



Weekly Bulletin Sunday 19th October Asking for Help

How do you solve problems?

Do you try to visualise different solutions? Do you go out and research different solutions? Do you try to understand the problem as much as you can to find a solution that'll make sure it never happens again? Or perhaps you'd rather solve the problem quickly even if it's just for the short term?

Whichever way it is that we might solve our problems, whether one of the above or another way. Perhaps we have a list of ways depending on the problem, or work through different ways until we get a solution? How often is it when we have a problem that our first answer is to ask for help? How often do we hear, or say, "If you need any help, just ask me", and then how many times do we actually ask? I know even just in the last few weeks it's something I've heard from and even said to others, but how many times have I asked for help?

I think often we can be more than willing to help others, but sometimes asking for help is just that bit harder. Well, paraphrasing Jesus slightly, "If you, then, though you are evil, know how to give good help to others, how much more will your Father in Heaven give good help to those who ask him!" (Matthew 7:11 NIV alterations underlined).



How often then, when we encounter a problem, is our first answer to ask our Father in Heaven for help? How many solutions do we try before falling on our knees before God? I often find I'm kicking myself when I try countless times to solve a problem, worry myself over it, and get worked up and stressed, and then and only then carry everything to God in Prayer. Then

I find myself not walking alone with the problem. I can't help but agree with Joseph Scriven as I sing in the song, "What a friend we have in Jesus", the lines "O what peace we often forfeit, O what needless pain we bear, all because we do not carry everything to God in Prayer!"

Even in the Lord's prayer, I'm challenged by the line "Give us today our daily bread" of coming before our Father every single day, or with every little thing, every need that we have and remind myself constantly that God is the greatest help with all our troubles. Psalm 68:19 "Praise be to the Lord, to God our Saviour, who daily bears our burdens."

Dean Lawson (Sept 2024)



Penrith

10.30am ~ Morning Communion – Rev Julia Reid
Readings: Psalm 121 & Luke 18:1-8 NLT

Skelton

10.30am ~ Morning Worship – Mr Michael Boone

Stainton

10.30am ~ Morning Worship – Ian Newton

Cottage Wood Centre

5pm ~ Harvest Festival Service – Rev Dr Allison Fenton

Alston Moor

11am ~ Morning Worship – Rev Ros Watson

Langwathby

11am ~ Morning Worship – Mrs Carolyn Dickinson

There are alternative Anglican services available.

For details, please see the EEMC website: www.eastofedenmc.org.uk

~~~~~



**Church Council Meeting**

Please note that our next PMC Church Council Meeting will be taking place on **Friday 17<sup>th</sup> October** at **7pm** in the Sandgate room (**not** 7.30pm as usual).

# Weekly Diary

## Monday 20<sup>th</sup> October

**9am** ~ Carlisle Refuge Collection - PMC

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

**2pm** ~ Bible Fellowship – Skelton Methodist Church

**7.30pm** ~ Zoom Prayer Meeting –

*All are welcome to join, please use the Meeting ID below,*

*Meeting ID: 955 474 1253*

*Password: 2YaB4F*

## Tuesday 21<sup>st</sup> October

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

**10am** ~ Morning Worship – Rev Andrew Callaway – 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 on 07711 088448 for further details.*)

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

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

## Wednesday 22<sup>nd</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 23<sup>rd</sup> October

**3pm** ~ Afternoon Worship – Miss Kathleen Williamson – Woodlands

**7.15pm** ~ Fellside HG (*Contact Ange at 07808 801229 for more details*)

**7.30pm** ~ Thornton House Group – 34, Carleton Meadows, Penrith, CA11 8UR

## Friday 24<sup>th</sup> October

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

## Saturday 25<sup>th</sup> October

**12.30pm** ~ Wedding Ceremony – Church/PMC

## Sunday 26<sup>th</sup> October

**Penrith: 10.30am** Harvest Festival Service – Mr Morgan Tebb-Roger

**7pm** Encounter

**Skelton: 10.30am** Morning Worship – Rev Julia Reid

**Stainton: 10.30am** United Service at Skelton

**Cottage Wood: 3pm** Afternoon Communion – Rev Julia Reid

**Alston Moor: 11am** Morning Worship – Rev Mary Elliot

**Gamblesby: 2pm** Local Arrangement/Songs of Praise

**Kirkoswald: 10am** Morning Communion – Mr Dean Lawson

## 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.





~~~~~



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 (maryeinbox@gmail.com) for more details and to book a place.



JOIN US FOR OUR DEBUT PERFORMANCE
WITH SOMETHING FOR EVERYONE INCLUDING:
TRADITIONAL, MUSICAL THEATRE AND POPULAR MUSIC

THE FORSAMLING SINGERS

FRIDAY 24TH OCTOBER 2025

7:30PM

GAMBLESBY METHODIST CHURCH

ENTRY VIA DONATION - SUGGESTED £5
IN AID OF THE GREAT NORTH AIR AMBULANCE

~~~~~

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.



The next meeting of our " All Together Fellowship " is on  
**MONDAY, NOVEMBER 3rd, at 2pm in Penrith Methodist Church.**

You are very welcome to join us for this session when  
Dickon Chaplin-Brice will give a presentation about the



Dickon has been involved with the quarry and museum for some 17 years.  
He will tell us about his experiences and share his passion for  
Lakeland's history and industrial heritage.

**PLEASE NOTE that we meet again on MONDAY, DECEMBER 8th**  
This will be our Christmas get-together.

A little more detail about both of the above meetings  
will be included in next week's bulletin

John & Margaret

~~~~~



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

**DON'T
FORGET!**

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

Fellside HG



We are watching/ discussing Chariots of Fire in sections:

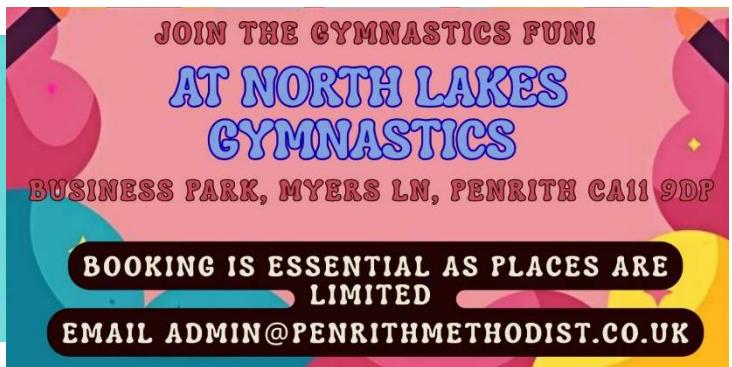
Thursday 23rd October at 7.15pm

Thursday 30th October at 7.15pm

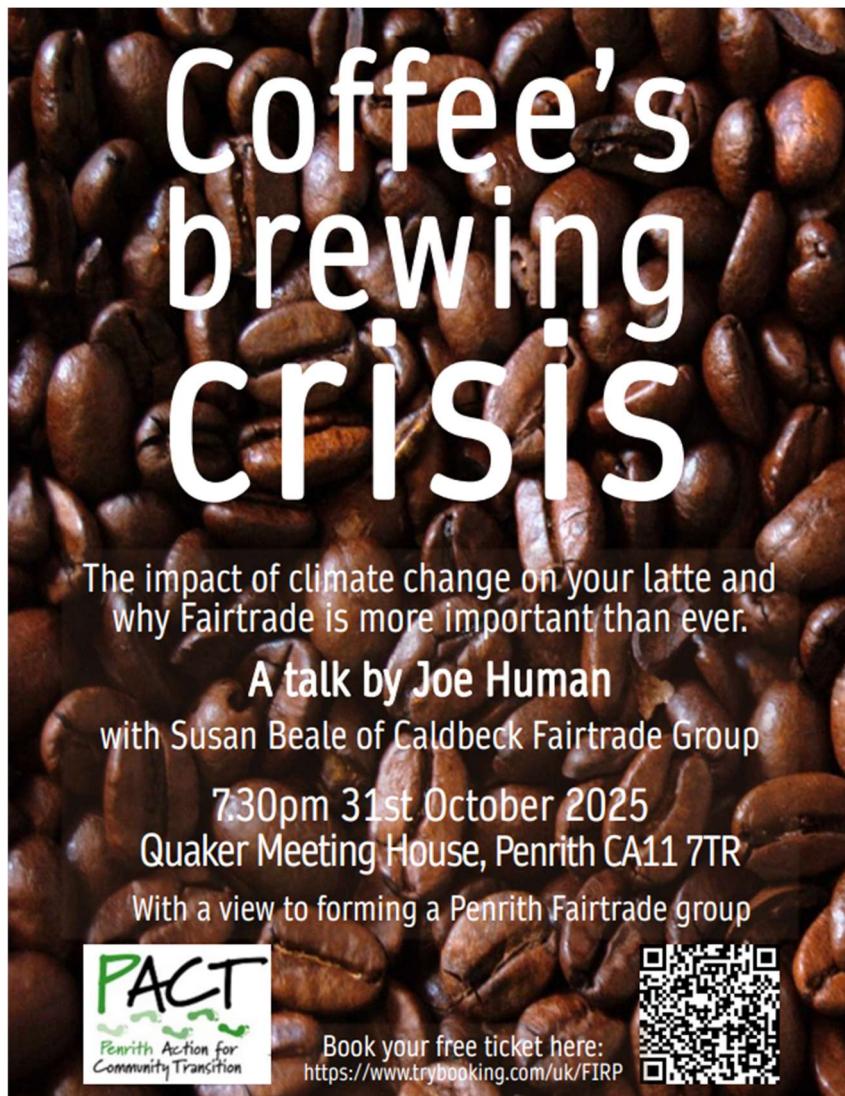
Thursday 20th November at 7.15pm

Please ring Mike 07511089321 or Ange 07808801229 for venue details.

~~~~~



~~~~~



Coffee's brewing crisis

The impact of climate change on your latte and why Fairtrade is more important than ever.

A talk by Joe Human
with Susan Beale of Caldbeck Fairtrade Group

730pm 31st October 2025
Quaker Meeting House, Penrith CA11 7TR

With a view to forming a Penrith Fairtrade group

PACT
Penrith Action for Community Transition

Book your free ticket here:
<https://www.trybooking.com/uk/FIRP>





Carols by Candlelight – “The Light We Carry”

Would you like to be part of this year's *Carols by Candlelight*?

Our Christmas service, **“The Light We Carry,”** will be held on **Friday, 12 December at 7pm** — a beautiful evening of music, reflection, and community.

Everyone is welcome to join the choir — **no matter your vocal ability!**

We'll be practicing on **Monday evenings, 7–8pm, starting in November.**

Come and share in the joy of the season as we celebrate the Light that shines in all of us.

Shoebox Packing

Thank you to everyone who helped to pack 40 boxes at our communal get together. Thank you also for the bags of lovely items left beforehand, brought on the day or given since. We have donations to cover the transport costs too which is amazing. Thank you.

If you are doing your own box, please return to PMC by **Sunday 9th November**.



~~~~~

# **The Christians Against Poverty Eden debt centre celebrates its ten year anniversary!**

Everyone is welcome to join us as we look back and celebrate ten years of helping local people become debt free.



**Thursday 13th November, 1pm - 2.30pm**



**The Rooms Penrith**, Penrith Parish Centre, St Andrew's Place, Cumbria, CA11 7XX



**Contact: Jen Dixon**, Debt Centre Manager  
[jendixon@capuk.org](mailto:jendixon@capuk.org)

A light buffet and refreshments will be served  
Please **RSVP** by **Monday 3rd November**

This invite is open to anyone who has been involved in the work of the debt centre in the past, currently or is interested in finding out more for the future.





## **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!

~~~~~

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.



~~~~~

### **Ukraine**

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

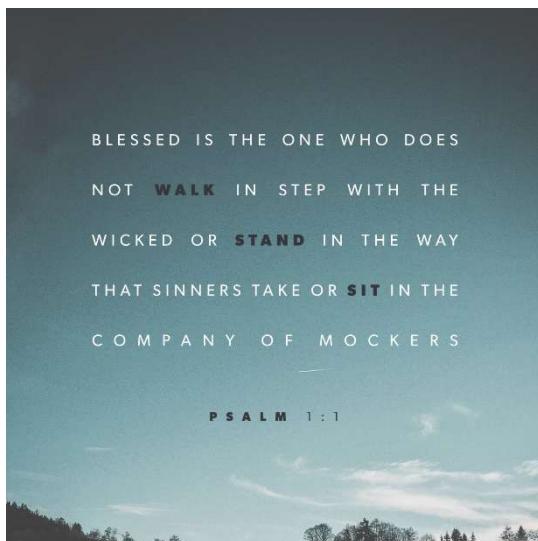
- Soap
- Shampoo
- Toothpaste
- Toothbrushes
- Paracetamol
- Washing Powder
- Nappies for babies
- Sanitary Towels
- As always, CANDLES (Preferably plain wax ones, either new or partly used)



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](mailto:revdavidnewlove@gmail.com)

### **Ministers in Pastoral Charge:**

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

**Rev Ros Watson:** 07923 044709 or email: [ros.watson@methodist.org.uk](mailto:ros.watson@methodist.org.uk)

**Pioneer Enabler:** **Morgan Tebb-Roger:** 07949 156051

or email: [outreach@penrithmethodist.co.uk](mailto:outreach@penrithmethodist.co.uk)

**East Fellside Local Lay-Pastor:** **Celia Ramnath:** 01768 639971

or email: [celia.ramnath@cumbriamethodists.org.uk](mailto:celia.ramnath@cumbriamethodists.org.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!**

