



Cumbria Methodist Penrith Area Circuit

Sunday 16th August

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### **Sunday 16<sup>th</sup> August**

**Penrith:** 10.30am – Rev Gillian Belford

**Skelton:** 10.30am – Mr Michael Boone

**Stainton:** 10.30am – Rev Julia Reid

**Cottage Wood Centre:** 5pm – Rev David Milner

### **Tuesday 18<sup>th</sup> August**

**Penrith:** 10am – Rev Andrew Callaway

### **Sunday 23<sup>rd</sup> August**

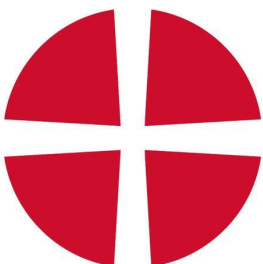
**Penrith:** 10.30am – Rev Julia Reid

**Skelton:** 10.30am – Ian Newton

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

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

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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 17th August

9.25am ~ Monday Walks – Meet outside PMC

7.30pm ~ Zoom Prayer Meeting

Tuesday 18th August

11am ~ 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 19th August

1.30pm ~ Wednesday Get Together - Skelton Methodist Church

7.30pm ~ Living Room HG

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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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Sponsored Walk

Ian White, who has Parkinson's, is undertaking a sponsored walk on Sunday 6th September, to raise funds for the employment of additional specialist nurses.

A Just Giving page has been set up on <https://events.parkinsons.org.uk/fundraiser/s/ianwhite44553>, and any donations would be most welcome.





Circuit Office at Penrith Methodist Church – a message from Rev Julia

You may have noticed that work is underway this week to uncover the treasures hidden on the shelves and in the various cupboard in the Circuit office at Penrith and to refit the office space and give everything a spruce-up. It has, of course, always been the Circuit Office, but historically there has inevitably been a blurring of any division between PMC and Penrith Circuit, latterly East Cumbria Circuit, plus the office has spilled into what was the Minister's vestry. We are now part of the larger Cumbria Circuit, with the space still needed as one of the Circuit Offices for some, but not all, of the Circuit Staff (including Niamh, who works for PMC as part of our arrangement to purchase 8.5 hours a week of her time from the Circuit, plus other Circuit staff such as Sarah, other admin staff, Rev Julia, Rev David Newlove, Dean Lawson, Allan Armstrong, and Su Davis – all of whom may at times make use of the office space as well as working from home and other locations). The Circuit is funding a refurbishment of the office to make the most of the space and to provide appropriate and secure storage for the future, as well as improved working conditions for the staff, under the supervision and contribution from the Penrith Property team, especially Don, Mike, Bryan and Ian.

The first stage of uncovering the treasures and refitting has been the decanting of all the contents into the Tarn Room, with Niamh working in the Beacon room for the next few weeks. Over that time Rev Julia and others, including Ange, Mike, Dean and Gareth C. (who have volunteered to help), will be sorting the contents into what is Circuit and what is PMC, and then sorting the PMC contents into those items which are needed in the refurbished office, those which are to be stored in easily accessible storage, those which need archiving appropriately, those which need to be on display so that everyone can benefit from them, and those which are no longer needed. Please be assured that this is not an exercise to 'bin everything' but rather to make sure that we take the time to save now what has been placed at the back of cupboards before they are beyond saving (and, yes, to bin some things which are well past their use-by date).

Please do bear with us while this sorting and refitting takes place. And please continue to use the post-box outside the office area to leave items for the office staff, in a clearly marked envelope, so the staff know what to do with the contents. Volunteers are sought to help with the painting of the office spaces...please let Don know if you can help. Perhaps you can do a window or some skirting or a wall or two?

If you or someone you know needs kitchen units and worktops that have come out of the office, please have a look in the upstairs link and let Don know what you would like.

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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## PMC Social Justice



**PMC Social justice Group** meets on the 3<sup>rd</sup> Tuesday of the month, from September:

Tuesday 15<sup>th</sup> September, 7pm

Tuesday 20<sup>th</sup> October, 7pm

Tuesday 17<sup>th</sup> November, 7pm

Tuesday 15<sup>th</sup> December, 7pm

Tuesday 19<sup>th</sup> 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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A CHRISTMAS CELEBRATION FROM THE GLASSHOUSE INTERNATIONAL CENTRE FOR MUSIC

A Songs of Praise Special Event.

Join Aled Jones and some very special guests at the iconic Glasshouse for a spectacular Christmas concert. Bring your singing voice and Christmas jumper for an evening of classic carols and traditional hymns.

WHEN:

Tuesday 6th October 2026 – start at 19:00

Doors open at 18:00

Age restriction: there is no minimum age for entry, all ages are warmly welcomed, but children aged 17 and under should be supervised by a responsible adult at all times.

WHERE:

The Glasshouse International Centre for Music, St Mary's Square, Gateshead Quays, Gateshead, NE8 2JR

https://lostintv.com/tv-show?id=1453&utm_source=outreach&utm_medium=email&utm_campaign=newcastle_sop_2026





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.

We are delighted that the President of Conference Revd. Mark Slaney will be preaching at Stricklandgate on Sunday 22nd at 10.30am. The theme of the service will reflect the theme of the weekend - Presence: staying connected to one another, to nature and the world around us. So dig out your pac-a-mac or your swimming hat and come and join the festivities.

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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



# 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. Your 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/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:

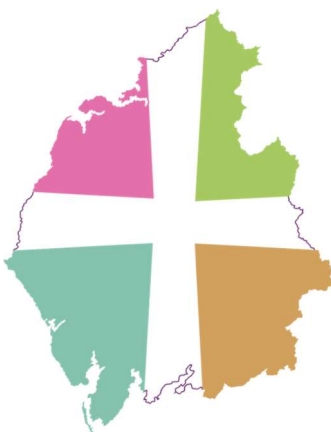
1. Go to www.nwedmethodists.org.uk
2. Follow the "Join our mailing list" link
3. Input your details and enjoy!



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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/>

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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.**

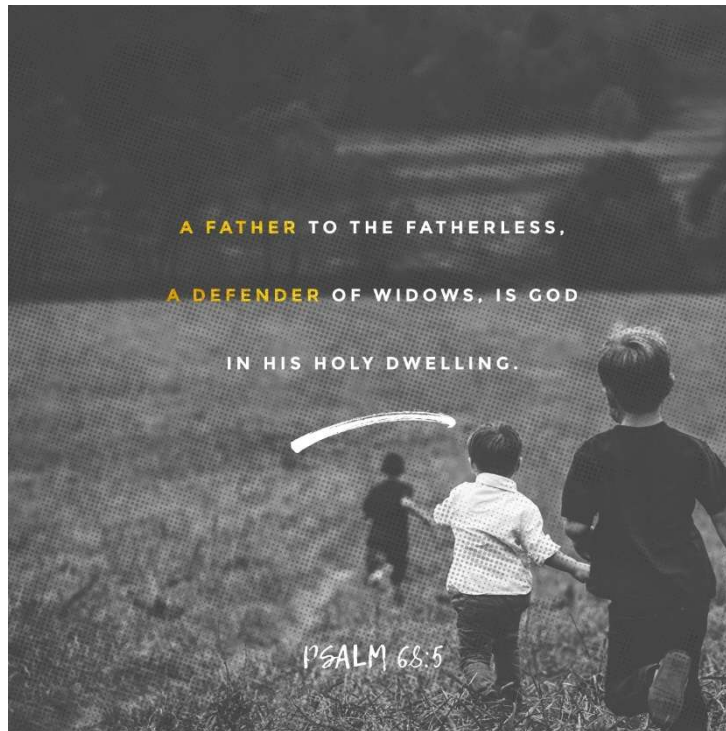
PLEASE CAN YOU HELP BY DONATING ANY OF THE FOLLOWING :-

**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

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