Heart of Eden

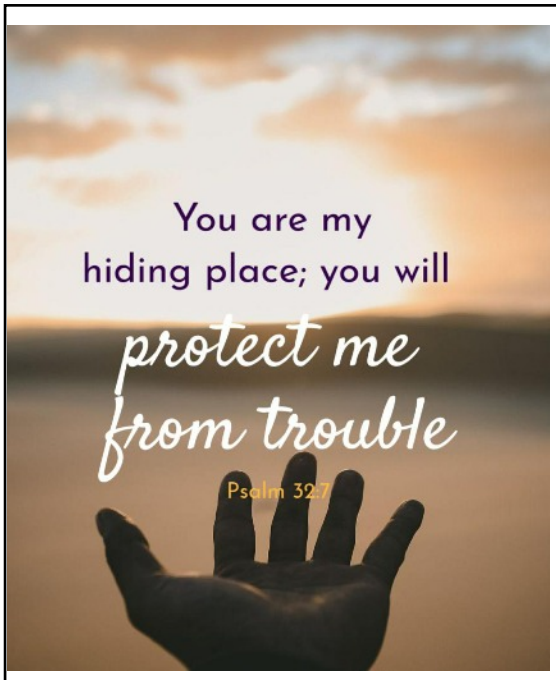
The News Magazine of the Heart of Eden Benefice

St. Lawrence, Appleby and St. John, Murton-cum-Hilton; St. James, Ormside; St. Peter, Great Asby; St. Cuthbert, Dufton; St. Margaret & St. James, Long Marton; St. Cuthbert, Milburn; St. Columba, Warcop & St. Theobald, Musgrave; St. James, Temple Sowerby; St. Michael, Kirkby Thore & St. Edmund Newbiggin.

Also with additional information from

Methodist Churches at The Sands, Appleby, Great Asby, Warcop and Dufton with Knock
The Roman Catholic Church of Our Lady of Appleby

August 2020



Thoughts on reopening churches

As it became possible to open our first churches at Musgrave, Kirkby Thore, Warcop and Musgrave for individual prayer, I found myself turning to the Psalms, which form the centrepiece of the Old Testament and Hebrew Bible. I heard others, too, commending these poetic works written by different artists and song writers, including King David. At Warcop I managed to join a musician, Sheila, to play some Mozart and Bach, with her fresh arrangements for violin and cello. As with the simplicity of a Rothko painting, the powerful simplicity of God as Trinity (Father, Son and Holy Spirit) is a relationship *'made in heaven'*. *A threefold cord is not easily broken*, I quoted in marriage preparation for a young couple this week – they recognised that their marriage was richer for including God in their preparations, their ceremony and their relationship.

I sat in three different churches reflecting on six Psalms over the period 10th to 24th July. Today I looked back at the verses I had been drawn to – three simple truths emerged. Firstly, that I am able to have a good, a very good, relationship with God. Secondly, that I know that God offers so much – *my heart is confident, my heart is confident,* the Psalmist repeats in Psalm 57. And, thirdly, repetition – a feature of much art and music – in Psalms 18 and 57 the psalmist speaks, confidently, twice, *He is faithful*, *His love is unfailing*. Like bands of colour. Like the interwoven parts of a trio. Like the Trinity. Relationships can be simple, and profound. Bands of colour, in Rothko's brighter moments, evoke a colour code at the heart of creation, reminding me that prayer is the very essence of a good life lived with and for God.

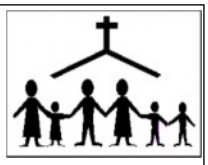
Rev. Clive Hicks

Church Registers (July)

Funerals

May they rest in peace and rise in glory:

4th July	Joseph (Harry) Saul	Asby (burial in cemetery)
6th July	Alan Sowerby Holmes	Milburn (graveside)
10th July	Catherine Sowerby	Appleby (graveside)
24th July	Jennifer (Jenny) Morgan	Appleby (graveside)



Church of England:

Rector: Rev. Dr. Clive Hicks 017682.54409

Associate Priest: Revd Peter Boyles 017683.54161

Retired Priest: Rev. Roger Collinson 017683.52886

For (C of E) wedding bookings contact Joyce Keetley, Office Manager, email: applebymc@carlislediocese.org.uk

and for baptism bookings contact the Revd Peter Boyles email: peterboyles@hotmail.co.uk

Methodist Minister: Rev. Andrew Sterling: : 017683 51244

Roman Catholic Parish Priest (Our Lady of Appleby)Church Fr. Peter Houghton : 017683 51474

Advertising

We are not taking small ads, and the existing adverts will be run gratis for the duration

Other matter for inclusion (church or village news, etc.) Deadline 25th of the preceding month

We are very grateful for the generous donations made by various groups and individuals towards the running costs of this Newsletter. We would welcome articles (and front cover photographs - the editor gets desperate for something new) relevant to the time of year, book reviews, travel articles, etc. Please send them to the editor (heart-of-eden-editor@hotmail.co.uk)

Newsletter Delivery

I should like to put on record thanks of the Heart of Eden production team to Jan and Alan Meakin, who have managed the distribution side of this magazine for the last eleven years, from time to time collecting from the printer, counting into heaps, delivering them to the various suburbs and villages, and in some cases, even putting them through letter boxes. We wish them a long and happy retirement!

Service Times.

Service times have been moved to the back page of the newsletter, as previously. At least it makes us feel a bit more normal!

"The best-laid schemes o' mice an' men gang aft agley" so check with A Church Near You or someone before you set off!

Heart of Eden Benefice

Churches in the Benefice have been opening for services on Sundays since 19 July. It is good to be back, but some things are different – singing is not possible, seating is socially distanced.

Each church in the Heart of Eden Benefice that opens will have prepared a risk assessment, so that any attending will feel confident that their health is being taken seriously. Social distancing at 2 metres, the use of hand sanitiser, careful directions and guidance will be at the heart of this. From 8th August it will be mandatory, for church services, that everyone wears a face mask. We also support 'Track and Trace' by taking and retaining brief contact details for 21 days.

Where risk assessments are in place we can now hold funeral and wedding services, but numbers are restricted depending on the size/layout of each church building. Guidance from the government is being reviewed and updated each month, in line with specific concerns about coronavirus, so there may be further changes during August.

A few of our churches are also opening for short periods for individual prayer and general access (St Lawrence's, Appleby, on Wednesdays) – details are given in the section about church services. Details of services will appear on the individual church sites found via this "A Church Near You" web-page.

Visit https://www.achurchnearyou.com/church/12199/benefice/

The contacts given on the respective pages for each church can also advise on baptisms, funerals and weddings. You will also find other information from the churches and Benefice - these are updated each month. We'd welcome your enquiries about anything that is of concern to you.

Of course other churches in the Eden Valley will have different patterns of opening.

We are very grateful that volunteers from the Appleby Emergency Response Group [AERG] have supported the mid-week opening at St Lawrence's - do let the rector know if you, or your organisation, would be willing to assist in other communities. Many people in our congregations are themselves vulnerable, so are understandably cautious in doing what would normally be much more straightforward.

Revd Clive Hicks Rector Heart of Eden Benefice

St. Lawrence, Appleby

Churchwarden: Jean Hutchison
Secretary: Jo Ayres (52017)

A huge thank you to Lucy & Wendy for helping to bring some order to the flower borders after the neglect of the lock down.

Also to the kind gentleman, who, after stopping to say hello, came back & cleared the weeds from the cracks in the paving stones.

St. Peter, Asby

Churchwarden: Mrs. P. Bevan (53433)Secretary: Karen Royle (07966.371044)

Now open for Sunday services, see back page

St Peter's will also be open for individual private prayer on Wednesdays, between 2 and 4 pm.

St. Cuthbert, Dufton

Churchwardens: Mrs. Gillian Bryan (51414)
Mrs. Shelagh Endres (52855)
Secretary: Mrs. Louise Stewart

St. Michael, Kirkby Thore

Churchwardens: Margaret Davidson (017683.61699)
Maeve Moore (017683.62005)
Secretary: Liz Higginbottom (017683.62910)

St Michael's Kirkby Thore is now open for private prayer and reflection on Wednesdays, see back page.

SS. Margaret & James, Long Marton

Churchwardens: Mrs. Josie Cannon 017683.51386
(Acting) Mr. Lutaf Greenshaw 07802254982

St. Cuthbert, Milburn

Churchwardens: Mrs. E. Godfrey (61007)
Mr. Leigh Harding (0333.014.3944)
Secretary: Christine Braithwaite

St. John, Murton cum Hilton

Churchwarden: Jean Hutchison)
Secretary: Jo Ayres (52017)

St. Edmund, Newbiggin

Churchwardens:
Mrs. M P. Sawrey-Cookson (61574)
Mrs. Marsh (51098)

St. James the Less, Ormside

Churchwardens: Margaret Parry (51043)
Secretary: Richard Parry (51043)

St. James , Temple Sowerby

Churchwardens: Anne Farmer
Angela Cleasby
Secretary: Helen Morgan

St. Theobald, Musgrave

Churchwarden: John Alderson
john.alderson65@gmail.com

St. Columba, Warcop

Churchwarden: Sheila Morbey
sheila.morbey@btinternet.com

Our Sister Churches

Roman Catholic Church of Our Lady of Appleby,

Gartheads Road, Appleby

Fr. Peter Houghton (51474)

Methodist Church

Rev. Andrew Sterling (51244)
General Enquiries Linda Taylor (53448)

Come 4 Lunch and Bring & Share will be back as soon as we can organise it

News from the Area

Age UK - Carlisle and Eden

For information just ring Pat Mchugh on 07958936694.

Heart of Westmorland Bereavement Support Group

For more information please contact: Kevin Robinson – 017683 51569 or Revd Sandy Pearl – 01931 714564

Cancer Information and Support in Eden

Regrettably, in view of the Coronavirus/lockdown situation, meetings are currently cancelled, but if anyone needs support and advice, support and advice is available from Rosie on ☎ 017683 52263

Citizens Advice Carlisle & Eden

Citizens Advice Carlisle & Eden needs YOU! The Citizens Advice service is looking for volunteers to train to be advice workers in the Eden area.

Citizens Advice Carlisle and Eden ask volunteers to give a regular one day a week over an extended period of time. We need volunteers to train as Advisers and also as Advice Assistants and Business Support roles. Whilst specific qualifications or experience are not required, to train for the role volunteers need to be good at listening, have a good manner when talking to people, be open minded and non-judgmental and enjoy helping people. It is also necessary to have competent skills in using a computer. All volunteers are given free training appropriate to their role which might include how to assess people's needs, either face-to-face or over the phone, and identify the most appropriate course of action. Volunteer Expenses are paid.

If you are interested in volunteering, please send an email to volunteer-recruitment@ca-ce.org.uk with a daytime telephone number, or visit our website www.ca-ce.org.uk and complete the form or call 03300 563037 to leave your details. Alternatively you can call in to our office at 2 Sandgate, Penrith.

… or if you need to consult your MP…

these are the details:

Christian Hilton / Office of Dr Neil Hudson
MP / Penrith and The Border
01768 484114
or email: Mail: christianb.hilton@parliament.uk
or website: URL: www.neilhudson.org.uk

Eden Carers

Do you care? If so Eden Carers may be able to help you. We are a charity providing free support to unpaid Carers; throughout Eden, who look after a family member, relative, friend or neighbour who could not manage without their help. We support over 850 individuals (170 of whom are young Carers aged 5 to 18 years). We provide statutory carers' assessments: information and signposting; 1 to 1 support; benefit information; newsletters, support groups including after school clubs for Young Carers; social events; training and activities. Contact us on 01768 890280 or enquiries@edencarers.co.uk Let us help you care.

Meals on Wheels - Volunteers Needed

We are looking for some volunteers to help deliver Meals on Wheels in the town of Appleby one lunchtime each month.
We are a friendly,flexible team who deliver a hot meal and a pudding to clients on Mondays to Fridays.
We will arrange for your DBS (Disclosure and Barring Service) forms to be completed, checked and issued and as long as you have a vehicle for deliver you'll be 'good to go'.
Please contact Dot Anderton 52389, Liz Harrison 51128, Kath Martin 51031 or Jenny Morgan on 52210.

Upper Eden Food Bank - Think 'inside the bag'!

Upper Eden Food Bank would like to thank with huge gratitude the kindness and generosity of all those people and organisations who have offered food and finance to help keep UEFB up and running. It is heart-warming to know that when challenges arise, community pulls together to help one another, each offering their own gifts and talents. Please know that volunteers are applying extra and stringent hygiene measures during the Covid-19 pandemic.

Please also know that we are here to help any who find themselves in difficult financial circumstances. Either call Citizens Advice Bureau on 0330 056 3037, or alternatively Cumbria County Council on 0800 783 1966 who can supply local numbers to refer you to the Food Bank. Or they may offer alternative help.

The UEFB website is a good place to check the current situation and needs: upperedenfoodbank.org.uk

Other UEFB contacts:

website URL: www.ksaandtcircuit.org.uk ; Facebook upperedenfoodbank

Email upperedenfoodbank@gmail.com
☎ 07596 690 902

Penrith and District Red Squirrel Group

Your native red squirrels need you! ecome a member of Penrith and District Red Squirrel Group for £20 a year. If you see a grey, red or sickly red please ring Gary Murphy on 07974788434 Visit our website at www.penrithredsquirrels.org.uk to donate If you would like a talk for your club/group we can arrange them. Coffee mornings and other fundraising events would also help. Find us on Facebook.

Appleby Town Council

Moot Hall News

The Council Visitor Centre in the Moot Hall has re-opened to the public with similar regulations on social distancing, one-way flow, hand sanitising and wearing of face-covering as apply in retail premises. Meetings cannot yet be held in the Council Chamber; they are conducted on line and are open to the public. The building itself needs urgent work, particularly at the south end: a programme of work is planned by ATC and EDC in partnership as a project within the Heritage Action Zone (HAZ). Preliminary work is underway to establish a full costing for the repair of the Moot Hall roof, water systems and external rendering. Subject to a successful grant application from Town Council, Historic England would provide 80% of a grant up to £200,000 with ATC providing the rest from its building reserves fund

Easing Lockdown in Appleby

The Town Council welcomes the on-going relaxation of lockdown regulations, enabling most of the town's retail and hospitality businesses to resume trading. The Council congratulates them for their positive response. Recovery will be a difficult process: to liaise with local enterprises, the Council has created a Business Regeneration Working Party. As the town re-opened, a plan for recommended pedestrian flow was circulated in early July to encourage safer pedestrian movement. This was at the request of central government, with funding provided solely for that purpose: the guidelines were advisory. Eden District Council has re-opened playgrounds, and also the Leisure Centre on Saturdays. Among many others deserving congratulation are the cricket and football clubs for the work they are putting into the resumption of active sport in Appleby, especially for youngsters.

Highways

After a brief halt, County Highways resumed its programme of works. At the time of writing, Garbridge Lane was closed for resurfacing and improvements to its drainage. However anticipated Highways England work on Appleby by-pass during August has been deferred for contractual reasons.

Tourist Trains

On 20 July Rail Charter Services Ltd commenced a Monday-Saturday programme of three daily loco-hauled tourist trains operating between Skipton and Appleby, with first-class carriages. Booking details can be found online. The Mayor, in his civic robes, was a guest on the first day. This is a brave venture, particularly following four months of lockdown, but the first week saw encouraging loadings, bringing additional and welcome footfall into the town.

Public Transport

Local train and bus services (see 'Bus News') have operated throughout the pandemic. Government advice has now changed. There are no longer restrictions on the purposes of travel, provided face coverings are worn during journeys. To ensure the future of our transport, those who have not made their customary journeys are encouraged to resume them.

VJ Day 15 August

Planned events to mark the 75th anniversary of VE Day in May could not take place because of lockdown. It is hoped that at least a short open-air ceremony on Saturday 15 August may be possible, depending on circumstances.

Could you do something amazing?

Cumbria County Council supports the wonderful work done by over 200 foster families, some in the Appleby area. Fosterers are part of a team, with their own social worker and contact with other carers. With over 600 children needing foster families, more volunteers are always needed There are a number of different schemes:

Short Term Fostering: children are looked after until family circumstances change to enable them to return home.

Long Term Fostering: children need a substitute permanent family.

Approved Support (Respite) Care: children are looked after for short periods, usually weekends or holidays to provide temporary breaks for their carers/families.

Short Breaks (Shared Care): carers are linked with families who have one or more children with disabilities, to provide regular short-term care.

Homestays. Families with room to spare supply supported accommodation for young people in work, training or employment who are leaving the care system and learning to live independently.

If you want to find out more please

03033331216;

or go to www.cumbria.gov.uk/fostering

or message @cumbriafosteringandadoption

Support Needed for Families-following Covid 19.

Cumbria Family Support have continued our support for families mainly by phone/video during the Covid 19 pandemic, and we hope to gradually return to face to face work with families as appropriate. We are anticipating an increased need for our services as families emerge from lockdown, and particularly when children return to school in September.

We will need more volunteers for our home support service, which matches volunteers to families experiencing difficulties relating to health and emotional wellbeing. In order to be able respond quickly, we need to be recruiting and training new volunteers now.

Once trained and vetted, Volunteers are carefully 'matched' with a family, according to their skills and experience. They usually visit the family for a couple of hours each week- and give practical and emotional support, which may be to a parent, child/ren or both. Ongoing training and individual and group support is provided, and travel expenses paid.

If you'd like to know more, please contact:

Sarah Craig, Eden Family Support Coordinator

Tel: 01768 593102

07934858422

Email: sarah@cumbriafamilysupport.org.uk

www.cumbriafamilysupport.org.uk

CumbriaFamilySupport

@CumbriaFS

From the Westmorland Dales Landscape Partnership

In light of the current pandemic with Covid-19, we have cancelled all spring and early summer events until the situation improves. It seems the situation is changing daily. Please keep an eye on our website page, facebook and instagram with latest updates about our local heritage. Stay safe, best wishes from the Westmorland Dales Landscape Partnership Team.
https://en-gb.facebook.com/westmorlanddales/

For more information please contact Nicola Estill (Community Engagement Officer) at: Nicola-estill@fld.org.uk or call 01539 756620 www.thewestmorlanddales.org.uk

Bus Services - Changes Due to Coronavirus Outbreak

From Friends of Eden Valley Public Transport, using information from Cumbria County Council

Please check www.cumbria.gov.uk/buses for details of timetables.

Please note that you must wear a face covering (over nose and mouth) when using public transport, to give extra protection to the driver and other passengers. Bus operators are also implementing other measures including social distancing and enhanced cleaning measures on buses, in line with Government guidance.

563 Appleby to Penrith (Mon - Fri) service

The normal timetable is now operating

ie departures from Appleby at 9.50, 11.25, 14.25

(and departures from Penrith at 9.15,10.50, 13.30)

(NB The temporary Saturday service has been withdrawn)

574 Kirkby Stephen to Appleby to Penrith (Tues) service

Leaves Appleby at 10.15

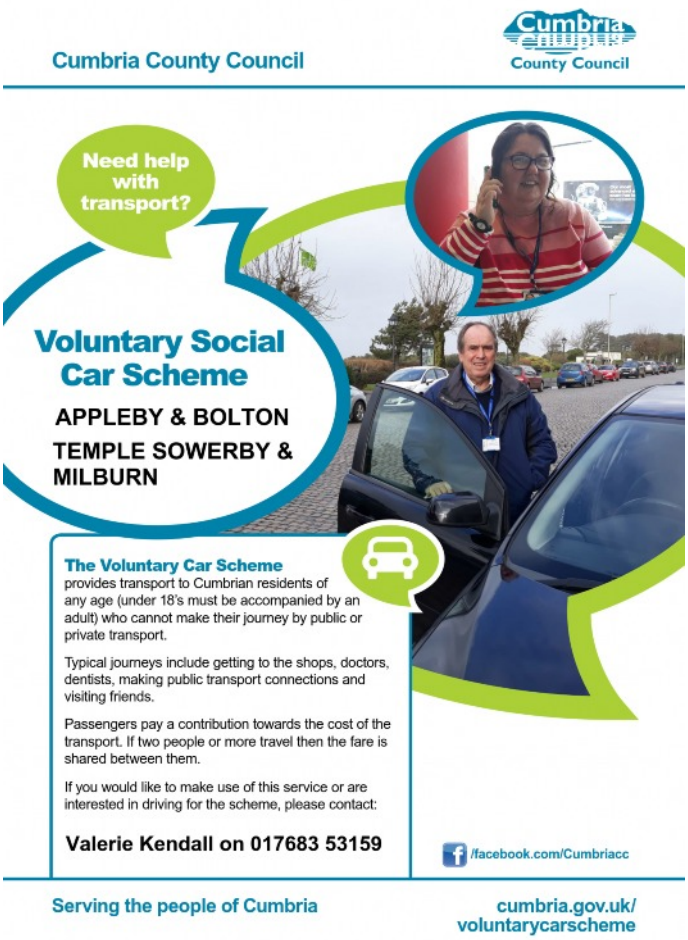
The departure time from Penrith is now at the normal time of 14.30

506 Appleby to Kendal via Penrith (Mon - Fri) service

This service remains suspended (until full reopening of Kendal College)

Community Wheels

If you need essential transport, contact Cumbria County Council on 0333 240 69 65 (option 5 charged at local rate) or send an email to integratedtransport@cumbria.gov.uk



CUMBRIA CONSTABULARY

View online

Contact us | Report a crime | Traffic Map | Job vacancies

COVID-19 (Coronavirus) Update 31st July 2020

Please let us know how useful these newsletter updates are, Click Here

Government guidance

Restrictions are under regular review by the government. Please find below some useful links to help you and your family stay safe:

Latest Gov.uk advice - Travel, FAQ's & The countryside code

Face Coverings

What you can and can't do

Accessing green spaces safely

Coronavirus (COVID-19) Local Communities

Keep up to date with COVID-19 in your area

Safety on the Mountains - Don't Exceed your Limits

The leaders of the twelve Lake District Mountain Rescue teams would like to remind peoplecoming into the Lake District to be responsible when venturing onto the fells. The numbers ofcallouts over the past week has increased dramatically with 17 compared to none the previousweek. We are now on day 100+ since the 23 March lockdown and the picture for theforthcoming months is starting to look grim. Although only 38 callouts since the end of March (28injuries, 1 Medical, 7 searches and 2 others) compared to 141 in 2019, nearly half of theseincidents occurred within the last 7 days. What can you personally do to keep rescues to aminimum and help our volunteerteams? The message is very clear. Getting onto the fells forhealthy exercise is really good but you must know yourlimits. Keep within those limits and avoid takingrisks. Know your own level of skill, competence andexperience and those of your group. Make sure you havethe right equipment for your trip to the hills and valleysnoting that many of our callouts are low down in the valleybottoms. Learn how to navigate, don't rely on smart phonetechnology it can let you down. Take a torch, even on thelongest days, you never know when your activity will catchyou out or you go to the help of a fallen, cragfast or lost walker.

The way teams operate has also changed with very robust Covid-19 procedures for protecting both our casualties and ourown volunteers. This is because our casualties and teammembers may in fact have the virus but not yet show thesymptoms (asymptomatic). Our procedures include thewearing of personal protective equipment (PPE), maintainingsocial distancing where possible and decontaminationprocesses at the end of the rescue. All this inevitably slowsdown the rescue. This is unfortunately unavoidable and weask for your patience and understanding if you are unfortunatein having an accident or medical emergency. We will come toyour aid but it will take longer than usual. However, becominglost or overdue is totally avoidable. There is guidanceprovided below to help avoid having to call out the teams.

Finally be considerate to the local communities, take yourlitter home and keep the roads clear for emergency vehiclesand farm traffic. Parking vehicles in passing places or on grass verges blocking field entrances isirresponsible and can seriously compromise rescues. There is good and essential safety advice onthe website www.adventuresmart.uk

Domestic Abuse live surgeries

This week we have once again been joined by partner agencies in answering any questions that you may have relating to domestic abuse and child exploitation, via our Facebook and Instagram pages during our live surgeries.

This week we have focused on the impact of domestic abuse on mental health.

Thank you everyone who took part, asked us questions, and voted in our polls.

Our next live surgery will be on Monday 27th July, over on our Facebook page. If you would like to join us between 11-12, you can do so by clicking here.

Whether you are a victim of abuse or are worried about a family member, friend, colleague or neighbour, we are here to help.

Follow us on Facebook - CumbriaPolice

Follow us on Instagram - @Cumbriacops

Rural crime prevention

Thieves are on the lookout for high value items to steal.

By taking some basic precautions, you can significantly lower your likelihood of being targeted.

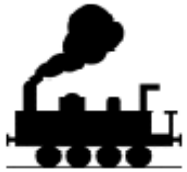
What3Words

Being able to give your precise location in an emergency can save vital time and lives.

Make sure you're prepared this summer by downloading the free what3words app so you can help 999 #KnowExactlyWhere the emergency is.

Share our post to help spread the word - view it here

Train Times - Leeds - Morecambe & Carlisle, Monday to Saturday



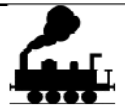
Leeds - Morecambe & Carlisle
Mondays to Saturdays from 06 July

											bus SX
Leeds	d	-	0517	-	0748	-	1049	1318	-	1648	-
Shipley	d	-	0530	-	0801	-	1103	1333	-	1702	-
Saltaire		-	0532	-	-	-	-	-	-	-	-
Bingley	d	-	0537	-	0806	-	1107	1337	-	1707	-
Crossflatts		-	0539	-	-	-	-	-	-	-	-
Keighley	d	-	0544	-	0811	-	1113	1343	-	1713	-
Steeton & Silsden		-	0548	-	-	-	-	-	-	-	-
Cononley		-	0553	-	-	-	-	-	-	-	-
Skipton	a	-	0600	-	0824	-	1125	1355	-	1725	-
Skipton	d	0522	0602	-	0826	0856	1127	1357	1458	1727	2000
Gargrave	d	0528	-	-	0832	0902	1133	-	1504	1732	2006
Hellifield	d	0537	0614	-	0840	0910	1141	1409	1513	1741	2014
Long Preston	d	0540	-	-	-	0913	1144	-	1515	1743	2017
Giggleswick		0548	-	-	-	0921	-	-	1523	-	2025
Clapham (North Yorkshire)		0556	-	-	-	0929	-	-	1531	-	2034
Bentham		0603	-	-	-	0935	-	-	1538	-	2040
Wennington		0608	-	-	-	0940	-	-	1543	-	2046
Carnforth		0622	-	-	-	0957	-	-	1559	-	2105
Lancaster	a	0631	-	-	-	1006	-	-	1607	-	2114
Bare Lane		-	-	-	-	1023	-	-	1628	-	-
Morecambe	a	-	-	-	-	1027	-	-	1632	-	-
Settle	a	-	0621	-	0848	-	1149	1416	-	1749	-
	d	-	0622	-	0850	-	1151	1417	-	1749	-
Horton in Ribblesdale	d	-	0630	-	0858	-	1159	1425	-	1758	-
Ribblehead		-	0638	-	0906	-	1207	1433	-	1806	-
Dent	d	-	-	-	0916	-	1217	1443	-	1815	-
Garsdale	d	-	-	-	0921	-	1222	1448	-	1821	-
Kirkby Stephen	d	-	-	0706	0934	-	1235	1501	-	1833	-
Appleby	a	-	-	0726	0946	-	1247	1513	-	1845	-
	d	-	-	0726	0948	-	1248	1514	-	1846	-
Langwathby	d	-	-	0751	1001	-	1302	1528	-	1900	-
Lazonby & Kirkoswald	d	-	-	0801	1007	-	1308	1533	-	1905	-
Armathwaite	a	-	-	0816	1015	-	1315	1541	-	1913	-
	d	-	-	0816	1015	-	1316	1541	-	1913	-
Carlisle	a	-	-	0841	1031	-	1331	1601	-	1928	-

Carlisle & Morecambe - Leeds
Mondays to Saturdays from 06 July

											bus SX
Carlisle	d	-	-	0824	-	1049	1450	1618	-	1745	-
Armathwaite	a	-	-	0838	-	1104	1504	1632	-	1810	-
	d	-	-	0838	-	1104	1504	1632	-	1810	-
Lazonby & Kirkoswald	d	-	-	0845	-	1112	1511	1639	-	1825	-
Langwathby	d	-	-	0852	-	1118	1518	1646	-	1835	-
Appleby	a	-	-	0906	-	1132	1532	1700	-	1900	-
	d	-	-	0906	-	1133	1532	1700	-	1900	-
Kirkby Stephen		-	-	0920	-	1146	1546	1714	-	1920	-
Garsdale	d	-	-	0933	-	1205	1559	1727	-	-	-
Dent	d	-	-	0938	-	1210	1604	1732	-	-	-
Ribblehead	d	0713	-	0948	-	1219	1614	1742	-	-	-
Horton in Ribblesdale	d	0719	-	0954	-	1226	1620	1748	-	-	-
Settle	a	0727	-	1002	-	1233	1628	1756	-	-	-
	d	0727	-	1002	-	1234	1628	1756	-	-	-
Morecambe	d	-	-	-	1033	-	-	-	1731	-	-
Bare Lane		-	-	-	1037	-	-	-	1735	-	-
Lancaster	d	-	0648	-	1046	-	-	-	1745	-	2131
Carnforth		-	0657	-	1055	-	-	-	1755	-	2143
Wennington		-	0711	-	1109	-	-	-	1809	-	2157
Bentham		-	0717	-	1115	-	-	-	1815	-	2202
Clapham (North Yorkshire)		-	0724	-	1121	-	-	-	1821	-	2209
Giggleswick		-	0733	-	1132	-	-	-	1832	-	2219
Long Preston	d	0733	0742	-	1138	-	1634	1802	1839	-	2226
Hellifield	d	0736	0745	1010	1141	1242	1637	1805	1842	-	2228
Gargrave	d	0744	0754	-	1150	-	1645	1813	1850	-	2237
Skipton	a	0752	0802	1024	1155	1258	1654	1821	1858	-	2244
Skipton	d	0754	-	1025	-	1300	1659	1829	-	-	-
Cononley		-	-	-	-	-	-	-	-	-	-
Steeton & Silsden		-	-	-	-	-	-	-	-	-	-
Keighley	d	0804	-	1038	-	1310	1709	1839	-	-	-
Crossflatts		-	-	-	-	-	-	-	-	-	-
Bingley	d	0811	-	1045	-	1315	1714	1844	-	-	-
Saltaire		-	-	-	-	-	-	-	-	-	-
Shipley	d	0816	-	1050	-	1320	1720	1850	-	-	-
Leeds	a	0833	-	1108	-	1334	1738	1908	-	-	-

Rail Excursions



There are three return trip options serving both south to north and vice versa.

Disabled and mobility access

We can accept foldable wheelchairs and have a ramp so that passengers can board while seated. However we don't have specific wheelchair bays on the train so passengers need to sit in their booked seats. Foldable wheelchairs can be stored on the vestibule ends.

Option 1: Full day out

- Depart Skipton at 0835 or Settle at 0903, arriving Appleby at 1003
- Plenty of time to explore the surrounding area or the Lake District on foot or by bus/taxi.
- The return train from Appleby is at 1758 arriving Settle 1848 and Skipton at 1911

Option 2: Short trip with one hour in Appleby

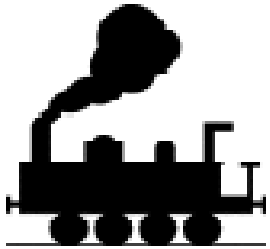
- Depart Skipton at 1218 or Settle 1244 arriving Appleby at 1335
- Return train from Appleby is at 1438 arriving back into Settle at 1528 or Skipton at 1549

Option 3: Day trip to Settle or Skipton from Appleby

- Depart Appleby at 1035 arriving Settle 1129 or Skipton 1203
- Options to visit either of these two historic market towns
- Return from Skipton is at 1612 or Settle at 1636 arriving back into Appleby at 1732

See https://www.railcharterservices.co.uk/

Train Times - Leeds - Settle - Carlisle, Sundays



Leeds - Settle - Carlisle
Sundays from 12 July

Leeds	d	0859	1228	1623	1852
Shipley		0913	1241	1637	1905
Saltaire		0915	-	-	-
Bingley		0920	1245	1641	1909
Crossflatts		0922	-	-	-
Keighley		0927	1251	1647	1916
Steeton & Silsden		0931	-	-	-
Cononley		0936	-	-	-
Skipton	a	0943	1303	1701	1933
Skipton	d	0945	1305	1701	1933
Gargrave		0950	1311	-	-
Hellifield		0959	1319	1713	1945
Long Preston		-	1322	-	-
Settle		1007	1328	1721	1953
Horton in Ribblesdale		1016	1337	1730	2002
Ribblehead	a	1024	1345	1737	2009
	d	1024	1345	1738	2010
Dent		1034	1355	1748	2020
Garsdale		1040	1401	1753	2025
Kirkby Stephen		1053	1414	1806	2038
Appleby		1106	1426	1819	2051
Langwathby		1120	1440	1833	2105
Lazonby & Kirkoswald		1126	1446	1839	2111
Armathwaite		1134	1454	1847	2119
Carlisle	a	1152	1511	1903	2139

Carlisle - Settle - Leeds
Sundays from 12 July

Carlisle	d	0925	1225	1607	1911
Armathwaite		0939	1239	-	1925
Lazonby & Kirkoswald		0946	1246	-	1932
Langwathby		0953	1253	-	1939
Appleby		1007	1307	1644	1953
Kirkby Stephen		1021	1321	1657	2007
Garsdale		1034	1334	-	2020
Dent		1040	1340	-	2026
Ribblehead	a	1049	1349	-	2035
	d	1049	1349	-	2035
Horton in Ribblesdale		1056	1356	-	2042
Settle		1104	1404	1734	2051
Long Preston		1110	1410	-	2056
Hellifield		1113	1413	1742	2059
Gargrave		1121	1421	-	2107
Skipton	a	1130	1430	1757	2116
Skipton	d	1130	1430	1758	2117
Cononley		-	-	-	-
Steeton & Silsden		-	-	-	-
Keighley		1140	1440	1808	2127
Crossflatts		-	-	-	-
Bingley		1144	1444	1813	2132
Saltaire		-	-	-	-
Shipley		1149	1449	1818	2138
Leeds	a	1206	1509	1832	2155

I've always wondered why the headquarters of "Call the Midwife" was called Nonnatus House - now read on!

Raymond Nonnatus (1204 – 40) is a good patron saint for anyone who does not take life for granted. The account of his own life begins with the story of how his mother died just before his birth, and of how Raymond was somehow extracted from her dead body just in time to save him. ('Nonnatus' means 'not born').

Raymond grew up in Portello, Catalonia and became a monk, joining the Mercedarian Order. Perhaps because of his gratitude for his own life having been spared, Raymond developed a passionate desire to see other people set free to live the lives God had given them. Whatever the reason, Raymond made the difficult and dangerous journey out to Algeria in order to redeem many slaves from what was a living death. So passionate was he to free them, that he even offered himself as a ransom for others' liberation.

While in Algeria, Raymond preached Christianity to the Muslims, and was put into prison, before eventually being sent back to Spain. The Pope sent for him, but Raymond was so weakened by his suffering in Algeria that he died on the way to Rome. But by then Raymond was content. Just as his life had been given back to him, so he had used it to give life back to others.

Nonnatus House was originally located in a different building, but this was scheduled to be demolished at the end of Series Two. In Series One and Series Two, it is stated that it is in Layland St., Poplar and In Series Three, after the original Nonnatus House was demolished, the new Nonnatus House was moved to Wick St., Poplar. It is stated by Nurse Miller in Series Three that the building used to be a training school for Parish Workers. There are several bedrooms where the younger midwives and nurses sleep and get together for music and cocktails. The building itself has 3 bathrooms, a guest room, multiple storage facilities, a kitchen, larder, parlour, dining room, clinical room, chapel, telephone room & entrance hall. It has also a spacious garden and allotment out front., where Fred Buckle can be seen working in several episodes. The old Nonnatus House was lived in by the nuns since 1899 and when it was demolished following bomb damage (in the 2013 Xmas Special), the sisters and staff spend time between Xmas and Easter in temporary lodgings across Poplar and then they move to a more spacious area. Sister Evangelina remarks that the clinical room is "the size of county hall". In series nine of the show, Sister Julienne receives a communication that as part of a slum clearance project the whole of the street will be demolished within two years (by mid-1967).

(I hope this wasn't too much information - I didn't write it….Ed.)

Mary Sumner – founder of the Mothers' Union

The Mothers' Union is now more than 140 years old. It has accomplished a staggering amount in that time, and nowadays numbers more than four million members, doing good work in 83 countries. That is a far cry from the modest circle of prayer for mothers who cared about family life, which is how it all began with a rector's wife, Mary Sumner.

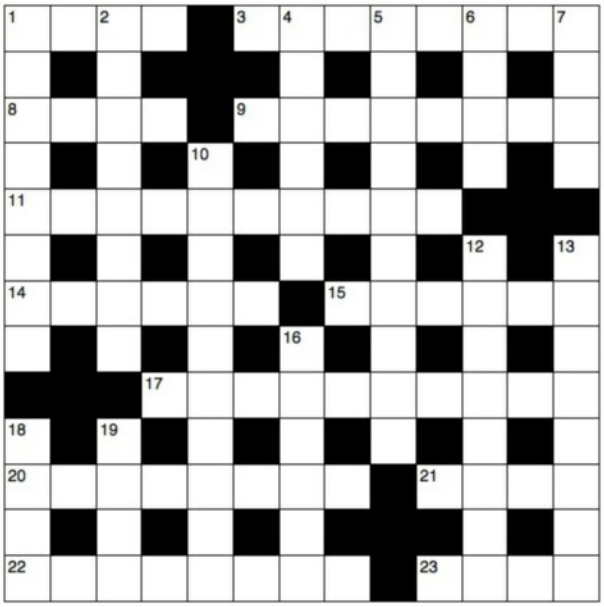
Mary was born in late 1828 in Swinton, near Manchester. When she was four, her family moved to Herefordshire. Mary's father, Thomas Heywood, was a banker and historian. Her mother has been described as a woman of "faith, charm and sympathy" – qualities which Mary certainly inherited. Mrs Heywood also held informal 'mothers' meetings' at her home, to encourage local women. Those meetings may well have inspired Mary's later work.

Mary was educated at home, spoke three foreign languages, and sang well. While in her late teens, on a visit to Rome she met George Sumner, a son of the Bishop of Winchester. It was a well-connected family: George's uncle became Archbishop of Canterbury, and his second cousin was William Wilberforce. Mary and George married in July 1848, soon after his ordination. They moved to Old Alresford in 1851 and had three children: Margaret, Louise and George. Mary dedicated herself to raising her children and supporting her husband's ministry by providing music and Bible classes.

When in 1876 Mary's eldest daughter Margaret, gave birth, Mary was reminded how difficult she had found the burden of motherhood. Soon she decided to hold a meeting to which she invited the local women not only of her own class, but also all the village mothers. Her aim was to find out if women could be brought together to offer each other prayer and mutual support in their roles as wives and mothers. That meeting at Old Alresford Rectory was the inaugural meeting of the Mothers' Union.

For 11 years, the Mothers' Union was limited to Old Alresford. Then in 1885 the Bishop of Newcastle invited Mary to address the women churchgoers of the Portsmouth Church Congress, some 20 miles away. Mary gave a passionate speech about the poor state of national morality, and the vital need for women to use their vocation as mothers to change the nation for the better. A number of the women present went back to their parishes to found mothers' meetings on Sumner's pattern. Soon, the Mothers' Union spread to the dioceses of Ely, Exeter, Hereford, Lichfield and Newcastle. By 1892, there were already 60,000 members in 28 dioceses, and by 1900 there were 169,000 members. By the time Mary died in 1921, she had seen MU cross the seas and become an international organisation of prayer and good purpose.

August Crossword



Across

1 and 3 Two of the disciples who witnessed the transfiguration of Jesus (Luke 9:28) (4,3,5)

3 See 1 Across

8 'Let us draw — to God with a sincere heart in full assurance of faith' (Hebrews 10:22) (4)

9 O Simon is (anag.) (8)

11 Form of government under the direct rule of God or his agents (10)

14 How Jesus found his disciples when he returned to them after praying in Gethsemane (Luke 22:45) (6)

15 In The Pilgrim's Progress, the name of the meadow into which Christian strayed, which led to Doubting Castle (2-4)

17 Glad sin rat (anag.) (10)

20 Spinal column (Leviticus 3:9) (8)

21 Valley of the Balsam Tree with a reputation of being a waterless place (Psalm 84:6) (4)

22 'The oracle of Balaam son of Beor, the oracle of one — — sees clearly' (Numbers 24:3) (5,3)

23 Adam and Eve's third son (Genesis 4:25) (4)

Down

1 David's great friend (1 Samuel 20:17) (8)

2 'The Lord... will bring me safely to his — kingdom' (2 Timothy 4:18) (8)

4 'I, Daniel, mourned for three weeks. I ate no choice food; — — or wine touched my lips' (Daniel 10:3) (2,4)

5 Seeking to vindicate (Job 32:2) (10)

6 Female servant (Isaiah 24:2) (4)

7 'For Christ died for — once for all' (1 Peter 3:18) (4)

10 'Offering spiritual sacrifices — to God through Jesus Christ' (1 Peter 2:5) (10)

12 Jesus said that some people had renounced this 'because of the kingdom of heaven' (Matthew 19:12) (8)

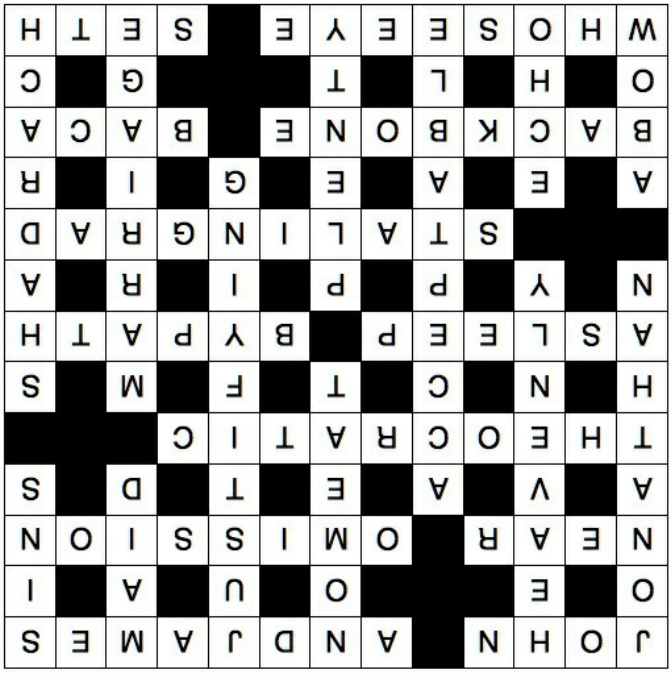
13 One of the three men thrown into the furnace for refusing to worship Nebuchadnezzar's golden image (Daniel 3:20) (8)

16 'You have — of good things laid up for many years. Take life easy; eat, drink and be merry' (Luke 12:19) (6)

18 'There before me was a white horse! Its rider held — — , and he was given a crown' (Revelation 6:2) (1,3)

19 Equipment to Charity Hospitals Overseas (1,1,1,1)

Crossword Solution



Anger at DfID merger with Foreign Office

A number of aid agencies have reacted with anger to the recent government decision to merge the Department for International Development and the Foreign Office in September.

The new government department will be called: The Foreign, Commonwealth and Development Office. It will be led by the Foreign Secretary.

The Government remains committed to the target of spending 0.7 per cent of GDP on international aid.

Christian Aid's director of policy, public affairs, and campaigns, Patrick Watts, called the merger "an act of political vandalism" and said that it "threatens a double whammy to people in poverty

He went on: "The timing couldn't be worse for people living in poverty… The Government's own independent aid watchdog shows that aid spent by DfiD is more effective and transparent than aid being spent by other government departments

World Vision has also objected to the Government's decision. Its chief executive, Mark Sheard, said: "While cross-governmental co-ordination is absolutely necessary, this should not be done at the expense of aid quality…By giving the Foreign Secretary oversight of aid, we will lose transparency, effectiveness, and accountability, and risk money being diverted to address UK foreign-policy interests rather than alleviating poverty

Tearfund said: "By far the best way to ensure that aid continues to deliver for those who need it the most is by retaining DfiD as a separate Whitehall department, with a Secretary of State for International Development, and by pledging to keep both independent aid scrutiny bodies: the Independent Commission for Aid Impact and the International Development Select Committee

The Church and the legacy of slavery

The events of recent weeks have shone a spotlight on the history and legacy of the slave trade, prompting renewed reflection by many organisations in this country and across the world.

The Church of England's history in this regard is complex: marked both with pride in the role of William Wilberforce and others who led the long fight for the abolition of the slave trade and shame in the role of many other individuals, and the Church itself, in the trade in human beings.

The bicentenary of the Act for the Abolition of the Slave Trade 1807 celebrated in 2007 provided unprecedented opportunities to acknowledge the Church's complicity. In a debate in 2006, the General Synod of the Church of England voted to issue an apology for the church's role in sustaining the trade.

The then Archbishop of Canterbury Rowan Williams, told the debate that the Church ought to acknowledge its corporate and ancestral guilt.

He said:

> "To speak here of repentance and apology is not words alone; it is part of our witness to the Gospel, to a world that needs to hear that the past must be faced and healed and cannot be ignored ... by doing so we are actually discharging our responsibility to preach good news, not simply to look backwards in awkwardness and embarrassment, but to speak of the freedom we are given to face ourselves, including the unacceptable regions of ... our history."

Speakers in the debate acknowledged that while the Church had played its part in justifying slavery, Anglicans including Wilberforce or John Newton, the former slave ship captain turned minister and composer of the hymn Amazing Grace, were powerfully motivated by their Christian faith. Wilberforce brought bills before Parliament for 20 successive years until legislation to abolish the trade was passed.

The Church is mindful that slavery still exists today in other forms. The Church alongside other organisations is actively working to educate and reduce instances of slavery. In May 2019 the National Church Institutions issued a Slavery and Human Trafficking Statement in accordance with the Modern Slavery Act 2015.

This statement document considers both historic and current forms of slavery. The Church works closely with the Clewer Initiative with the aim of removing instances of human trafficking.

Recent research has highlighted other links between the wider Church and the slave trade. An article in the Daily Telegraph on June 19, 2020 highlights how a number of individual clergy received payments under 1833 Abolition of Slavery Act compensating them for slaves which they or their families 'owned'.

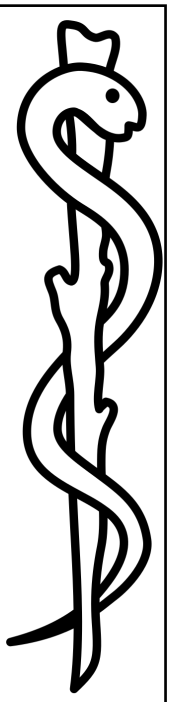
A spokesperson for the Church of England said:

> "While we recognise the leading role clergy and active members of the Church of England played in securing the abolition of slavery, it is a source of shame that others within the Church actively perpetrated slavery and profited from it.
>
> "In 2006 the General Synod of the Church of England issued an apology, acknowledging the part the Church itself played in historic cases of slavery.
>
> "The Church of England is actively committed to combatting slavery in all its forms today, particularly through the work of the Clewer Initiative which works with our 42 dioceses to help support victims of modern slavery and identify the signs of exploitation in their communities."

Recent events have also prompted debate about statues, monuments or other commemorations to those linked to the slave trade in public places in the UK, including some historic churches.

Remember that in the current lockdown circumstances, some things which are advertised may not, in fact, be available

Covid-19/Corona Virus Advice



Colin Cox, Cumbria's Director of Public Health, said:

"The numbers of new cases in Carlisle and Eden were a concern. That's why we are extremely

grateful to everyone who followed our advice and got tested. What we can now see, from the

low number of new cases identified, is that there does not appear to have been widespread

transmission of the virus as a result of the visits to local pubs by people who were infectious. This is good news but we continue to monitor closely. "It is also very clear that the virus is still circulating and being passed between local people in the community, so we must not think that the risk has gone away. Only by continued vigilance and following the basic public health guidance will we prevent the number of people being infected growing again. "For anyone heading for a night out this weekend I'd ask you just to do the basics – social distancing as far as possible, wash your hands regularly and make sure you provide contact details to any venues you visit. If you are getting a taxi we would also advise you to wear a mask."

The key public health messages remain:

- Wash or sanitise hands regularly
- Observe social distancing rules
- Wear face masks or coverings in enclosed public spaces
- If you have symptoms, self-isolate and get tested
- Follow advice to self-isolate if asked

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We're holding a drop in session at various venues around Eden

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Penrith Jobcen
1st & 3rd Wednesda h month
from 1:30pm :30pm

Kirkby St n Local Links
4th We day each month
fr am – 12:30pm

Appleby Library
Wednesday each month
from 2:00pm – 4:00pm

telephone only meanwhile

Please see our website, social media or contact us directly for the exact dates

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Yoga & Mindfulness	2020	Suitable for all abilities
Tue	Yoga Appleby	7.15pm - 9pm
Wed	Yoga Long Marton	10am -11.45am
Thur	Yoga Appleby	7pm - 8.45pm
Fri	Yoga Appleby Gentle Mindful Yoga & Meditation	10am – 11.30am
Sun	Mindfulness Dufton Mindfulness Based Living Course	4pm – 5.30pm
	Workshops and retreats contact me for info	

Info and bookings: Jo Chapman 07902718957
Email: jodufton@hotmail.com www.cumbriayoga.co.uk

Church Services August 2020

Heart of Westmorland YouTube Channel
[draft] Service Plan, August 2020

2 August - Trinity 8
Romans 9.1-5; Matthew 14.13-21
Leader: Richard McGregor
Preacher: Rev Clive Hicks

9 August - Trinity 9
1 Kings 19.9-18 (Elijah in his cave); Romans 10.5-15 (how are they to believe in one of whom they have never heard?); Matthew 14.22-33 (Jesus Walks on the Water)
Leader: Rev Peter Boyles
Preacher: Rev Stewart Fyfe

16 August - Trinity 10
Isaiah 56.1,6-8 (my house shall be called a house of prayer for all peoples); Romans 11.1-2a,29-32 (The place of Israel in God's plans); Matthew 15.[10-20]21-28 (The Canaanite Woman's Faith)
Leader: Rev Kristy Pattimore
Preacher: Rev Andrew Sterling

23 August - Trinity 11
Isaiah 51.1-6 (God's deliverance will stand for ever)
Romans 12.1-8 (The New Life in Christ)
Matthew 16.13-20 (Peter's Declaration of Jesus as the Messiah)
Leader: David Jones
Preacher: Andrew Burrell

30 August - Trinity 12
Jeremiah 15.15-21 (God's deliverance to all who repent)
Romans 12.9-21 (Not repaying evil with evil)
Matthew 16.21-28 (Take up your cross…)
Leader: Rev Stephen Radford
Preacher: Rev Dan Pattimore

Photo Themes (if people would like to submit local photos to use in the services)
By sharing them, you consent to us using them royalty free in our YouTube services with the attribution "Original Photographs provided by members of the congregation". They must be original photographs and you must have the permission of anyone appearing in them.
Please send your photographs to David Bach (davidcbach1@gmail.com) for compiling.

Photo Themes

- •Vines
- •Storms at sea
- •Caves
- •Meals
- •Dogs
- •Dried up streams
- •Landscapes
- •Your local communities
- •Seasonal flowers, scenes, animals, etc.
- •Rainbows
- •Crosses (including people carrying crosses)

August on-line midweek services

5th Clive Hicks Matthew 15.21-28 (faith of a Gentile Woman)

12th Stewart Fyfe Matthew 18.15-20 (correcting another believer)

19th David Jones Matthew 20.1-16 (parable of the Vineyard Workers)

26th Peter Boyles Matthew 23.27-32 (Jesus criticizes the religious leaders

Appleby, St. Lawrence

Sunday 2nd Trinity 8	10:45	Holy Communion
Wednesday 5th	10.30	general opening
Sunday 9th Aug Trinity 9	10:45	Holy Communion
Wednesday 12th	10.30	general opening
Sunday 16th Aug. Trinity 10	10:45	Holy Communion
Wednesday 19th	10.30	general opening
Sunday 23rd	10:45	Holy Communion
Wednesday 26th	10.30	general opening
Sunday 30th Aug.	**18:00**	**United Benefice Service for all Anglican churches. Everyone welcome**

Great Asby, St. Peter

Sunday 2nd Trinity 8	18:30	Holy Communion
Sunday 9th Aug Trinity 9	11:00	United Service with Baptists
Sunday 16th Aug. Trinity 10	18:30	Evening Prayer
Sunday 23rd	11:00	Morning Prayer
Wednesdays	14.00	Individual Prayer

Kirkby Thore, St. Michael

Sunday 9th Aug Trinity 9	10:45am	Morning Prayer
Sunday 23rd	10:45am	Morning Prayer
Wednesdays	2 - 4pm	Individual Prayer

Milburn, St. Cuthbert

Wednesday 19th	14.00	Individual Prayer
Wednesday 26th	14.00	Individual Prayer

Musgrave, St Theobald

Sunday 23rd	10:00am	Holy Communion
Fridays	10 - noon	Individual Prayer

Temple Sowerby, St. James

Sunday 16th	10:45am	Holy Communion

Warcop, St. Columba

Sunday 2nd	10:45am	Holy Communion
Sunday 16th	10:45am	Holy Communion
Wednesdays	2 - 4pm	Individual Prayer

Methodist Churches

Several more of our churches will be reopening on Sunday 2nd August for worship.

The Methodist Church	**The Sands, Appleby**
2nd 10:30am	**Rev Andrew Sterling**
The Methodist Church	**Dufton with Knock**
2nd 10:45am	
The Methodist Church	**Great Asby**
2nd 6:30pm	A Sterling
The Methodist Church	**Kirkby Stephen**
2nd 10:30am	
The Methodist Church	**Ravenstonedale**
2nd 2 pm	
The Methodist Church	**Crosby Garrett**
2nd 6:30 pm	

Nothing further known at time of publication Ed.

Church of Our Lady of Appleby
Closed until further notice

St. Anne's Hospital (Boroughgate Almshouses)
Closed until further notice