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

We also bring information from the council, local voluntary organisations, clubs and associations, buses and trains, events at the villages of the Mid-Eden Valley, and we are partly supported by the firms whose advertisements follow the news items.

September 2020

Near and Far

"I'll put a girdle round about the earth, in forty minutes." So boasted the mischievous spirit, Puck, in A Midsummer Night's Dream.

Today, his claim doesn't strike us as so miraculously impossible, now that an airliner can bring the Coronavirus to us from the other side of the world in a matter of hours. It's clear that the distance of oceans and mountain ranges cannot separate us from our neighbours. For good or ill we have to share this tiny planet. And what affects my distant neighbour will, sooner or later, affect me.

But, while I have to recognise the reality of my foreign neighbour, I have to begin by being a good neighbour to the man next door; for the fabric of my life grows from my relationship with him just because he's there, God-given, with all his differences from me. I can't specify what my neighbour should be, remembering that I myself am someone's un-ideal neighbour.

Having said that, the evidence is piling up to demonstrate that the human race in all its billions is one. And, to take the analogy of the body, if one member is sick, sooner or later, his pain will be the experience of us all. Coronavirus is no respecter of persons.

Those organisations such as Christian Aid which serve our brothers and sisters in less prosperous countries, they, like the rest of us are suffering from the economic hardship that Covid 19 is creating. The world's need is growing , but accessing the necessary materials is getting more difficult. Then it becomes all too easy - and understandable - to say "we've got our own to care for". Well, one day we too may be needing help from abroad, and we can't allow our own problems to lead us to ignore the needs of others In spite of Christian Aid Week this year not being able to raise its usual funds, Christian Aid hasn't given up, but goes on in faith, trusting in you and me to take up the challenge.

You're probably familiar with the story of Jesus feeding a crowd of 5000 with the ludicrous supply of just five barley loaves and two fishes. Incredible enough! But when everyone had eaten there were still, we are told, twelve baskets of left-overs. Where there's the generosity and genuine desire to help and where there's the trust to go ahead and attempt the impossible, the results can exceed our expectation.

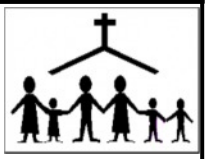
Rev. Roger Collinson

Church Registers (August)

Funerals

May they rest in peace and rise in glory:

7th Aug.	Sheila Sandercock	Crematorium and Sands Methodist Church
12th Aug	David Cockshott of Croft View, Long Marton	at St Andrews's Church, Penrith
24th Aug	Phyllis Smith formerly of Murton View, Appleby	Appleby Cemetery



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

As delivery of this newsletter is strictly by the editor's list of email addresses, and as a link from "A Church Near You" (https://www.achurchnearyou.com/church/12199/), if you or anyone wishes to read it, please get in touch with the editor for a copy, or follow the link.

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!

Heart of Eden Benefice

More and more churches in the Benefice are now opening for services on Sundays, and we hope this will continue.

If things go as planned we will have achieved the following transition over the period July to October, 2020.

- July 4 services, in 2 churches
- August 16 services, in 5 churches (plus general openings/individual prayer, 10)
- September 21 services, in 8 churches (plus general openings/individual prayer, 8)
- October 27 services, in 9 churches (plus individual prayer, 4)

Thank you to all the members, leaders and clergy who have made this possible, for your patience and understanding of the need to carefully manage change, and with the knowledge that the risks associated with coronavirus are still present, with everything still subject to change.

…and as they used to say on *Hill Street Blues*, "Be careful out there!" Some things are different - singing is not possible and 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. Everyone must wear a face mask. We also support 'Track and Trace' by taking brief contact details (and retaining them 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 - see back page. 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.

St. Lawrence, Appleby

Churchwarden: Jean Hutchison
Secretary: Jo Ayres (52017)

St. Peter, Asby

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

Now open for Sunday services and private prayer, see back page

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 Theobald's is now open for private prayer and reflection on Fridays, see back page.

St. Columba, Warcop

Churchwarden: Sheila Morbey
sheila.morbey@btinternet.com

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

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, or Kath Martin 51031.

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

UEFB, which covers the main settlements of Appleby, Brough, Kirkby Stephen, Tebay, Shap, Orton, Kirkby Thore and all the surrounding villages, would like to thank anyone who has supported them, especially in the last few months.

With the Covid19 pandemic they have literally been trying to 'think inside the bag' as they adapt to these unusual times.

In the last 3 weeks they have been in contact with local schools and headteachers, put on Facebook and on their website to try and reach any families who, because of lockdown, home schooling or the furlough scheme, are now struggling to feed their children on weekdays and need support, particularly for their lunches, as not having lunch at school. There has been a significant number of families who have taken up this offer of help, with over 50 children a week being supported. There is a continual 'thinking' as to what might be helpful to go in these bags and thanks go to everyone who has been involved.

We have seen a rise in our standard foodbank support and we want to acknowledge the hard work of the Kirkby Stephen and Appleby support teams, who have been providing food to shielded groups and families.

With the situation as it is, Citizens Advice are now asking that if you know of anyone, or you yourself are now finding you can't afford food, you can call 0808 2082138 for free (open Mon to Fri 9am to 5pm). If needed, they would issue a reference number. This would all be treated in strict confidence of course.

All details can be found on the UEFB website…. upperedenfoodbank.org.uk or by calling 07596 690902

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

The High and Low Crosses

The scaffolding and plastic sheeting in Appleby's matching obelisks – which date from the 17th and 18th centuries – have been shrouded, should have been removed by the time this report is read. They belong to the Town Council, but work to restore them to as near their original appearance over 300 years ago as can be established has been funded by Historic England as part of the HAZ project. Several layers of paint were removed. The sundials are now bright blue and red, and the shafts yellow-ochre limewashed. Fragments of paint still remain on the plinth and base of each structure, but it is believed that weathering will gradually remove these.

The Cloisters

The covered area in front of St Lawrence's Church gates, built in the early 19th century, also belongs to the Town Council. Once the site of a covered cheese and butter market, the cloisters occasionally host crafts stalls, but their main use is as a seating area. The public are asked to put their litter in bins and to refrain from smoking; the Public Spaces Protection Order forbids the consumption of alcohol.

Public Hall

During lockdown, the Council took the opportunity to refurbish the kitchen area. It is hoped that relaxation of social distancing regulations will eventually permit the resumption of coffee mornings. Indoor markets run by Northern Crafts are scheduled for various Saturdays. Please consult the online Public Hall calendar for dates.

'Staycation' Trains

The loco-hauled, first class charter tourist trains operating three times daily between Skipton and Appleby six days a week have brought a welcome influx of tourist footfall and trade into Appleby. Some local volunteers have assisted the venture by acting as train hosts, and Appleby Rotarians have provided a meet and greet service on the station platform. It is hoped that the venture will be repeated in 2021.

Service Trains

During the pandemic the timetable of services between Leeds and Carlisle via Appleby was cut. From September 14 most of the service to and from Carlisle will be restored, but there is an unsatisfactory 4-hour gap in departures from Carlisle on early evening weekdays. Services from Leeds will remain truncated until December at least, with last departure at 1648 and even earlier on Saturdays, which will be a huge disappointment for those hoping to resume live support of Yorkshire football teams. Northern Rail are aware of the problem, but the more people who contact them the better. On Sundays, however, there will be a later return from Leeds; the last train to Carlisle departs at 1852.

Live Sport in Appleby

The return of competitive cricket and football to Appleby after months of lockdown has brightened the lives of players and spectators. On behalf of the community, the Town Council thanks the officials of our town clubs for their dedication and hard work, particularly with youngsters. The football pitch is situated in public recreation land; it must be kept free from fouling. Dog-owners are asked to ensure their pet does not excrete on the pitch and to clear up thoroughly and immediately any mess that is made.

Thanks and Good Wishes

The Town Council has often benefited from the services of Appleby Business Centre, run formerly by Carl Bendelow, in recent years by Scott Larner. Scott has now decided to terminate the business; he will be much missed. On behalf of itself and the community, the Town Council offers its thanks and good wishes for the future to Scott and his family.

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

☎ 01768 593102 or 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 TALK

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

Departures from Appleby at 9.50, 11.25, 14.25

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

574 Kirkby Stephen to Appleby to Penrith (Tues) service

Departs Appleby at 10.15

(The departure time from Penrith is 14.30)

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

Please check on www.cumbria.gov.uk/buses on Mon 7 September for updates about this service (At time of writing, this service is suspended due to closure of Kendal College)

Community Transport

The Community Wheels service into/out of Appleby on Fridays is now operating, including connecting with the 563 bus to Penrith as normal, although capacity on the Community Wheels minibus is limited due to social distancing requirements. To join the Community Wheels scheme or book a journey on the minibus, phone Cumbria County Council on 01228 226428. If you need any other essential transport, contact Cumbria County Council on 0333 240 69 65 (option 5) or send an email to integratedtransport@cumbria.gov.uk

Train Talk

Our railway correspondent says "Note the need to change when going beyond Skipton on Saturdays."

And here's a link to the Northern Rail Leeds/Carlisle/Heysham timetable, if you care to follow it:

https://d11vpqhghel6qd.cloudfront.net/images/timetables/bucket/leeds-to-carlisle-and-leeds-to-morecambe-heysham-port-3708.pdf

and to the charter trips

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

Excursions

There are three return trip options serving both south to north and vice versa. n.b. The Tourist Train still runs every day except Sunday up to and including September 12th

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

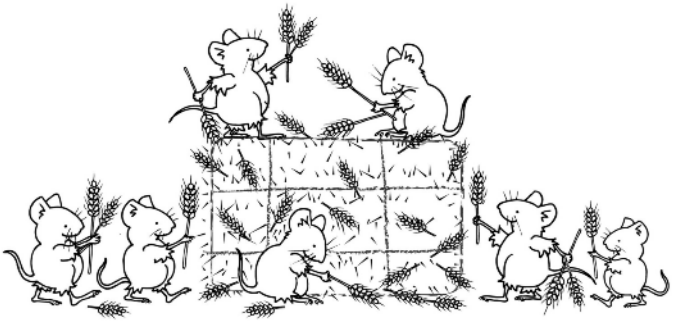
Option 2: Short trip with one hour in Appleby

- 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



Police Update (mostly Covid related)

https://content.govdelivery.com/accounts/UKCUMBRIA_POLICE/bulletins/29b0aef

Communion via Chopsticks

This cartoon was inspired by the story below, and is reproduced by courtesy of Mr. Charles Dunn of Nicholforest

A vicar has been using chopsticks to give out Holy Communion in an effort to help her parishioners feel less at risk from coronavirus.

The Rev Eileen Harrop came up with the idea when churches reopened for public worship after lockdown rules changed.

Mrs Harrop said the chopsticks helped her to keep her distance from worshippers at St Mary's in Gainford, County Durham.

The vicar, who left Singapore for the UK in 1979, was ordained in 2012.

Mrs Harrop, who also serves at St Andrew's in Winston, has been using chunkier bread rather than wafers for Communion as it is easier to grip.

'Rather special'

She said: "Many of my parishioners were quite anxious at the thought of taking Communion, even though we are only permitted to do so under strict guidelines to ensure that there is no chance of transmission of the virus.

"I thought 'why can't I use a long pair of chopsticks and drop real bread rather than wafers into the communicants' hands?'

"Administering the Communion in this way ensures that there is no cross-contamination and my parishioners feel reassured and confident to take part.

"It's rather special that the long chopsticks I use are normally used for the festive occasion Lo Hei, meaning 'stir the uplifted breath of life'.

"They take on an even greater meaning used in this context."

The current Church of England Covid-19 advice for Holy Communion is that worshippers should be offered bread but not wine, which would require sharing a cup.

The Green Thing

A conversation overheard in the supermarket' A young cashier suggested to a rather older lady that sheL \should bring her own bags next time because plasticbags are not good for the environment. The older lady apologised and then sighed "We didn't have this 'green thing'in my young days".

The cashier responded,' "That's our problem today. You folk didn't do enough to save our environment for future generations." The older lady said, *Ah, yes, you're right.Our generation didn't have the "green thing" in its day". She sighed and then continued: "Back then, we returned milk bottles, lemonade bottles and beer bottles to the shops, who then sent them back to the plant to be washed, sterilized and refilled, so those same bottles we used over and over. Thus really they were re-cycled… but we didn't have the "green thing" back in our day.

"Grocery stores put our groceries into brown paper that we reused for numerous things. Most memorable was the use of brown paper bags as book covers for our school books. This was to ensure that public property (the books provided for our use in school) were not defaced by our scribbling. Then we were able to personalise our books on their brown paper-bag covers… but, too bad we didn't do the "green thing" back then.

"I remember how we walked up stairs because we didn't have an escalator or lift in every store or office building, walked to the grocery stores and didn't climb into a 300 horsepower machine every time we had to go 200 yards… but you're right: we didn't have the "green thing" in our day.

"Back then we washed the baby's nappies because we didn't have the throw-away kind. We dried our clothes on a line, not in an energy-gobbling machine buming up 220 volts; wind and solar power really did dry out clothes back in our day: kids got hand-me-down clothes from their brothers or sisters: not always new clothing. We hadn't heard of designer labels… but you're right : we didn't have the "green thing' back in our day'..

"Back then we had one radio in the house: not a TV in every room. And if anyone did have a TV it had a small screen the size of a large handkerchief, not the size of a small football pitch. When cooking we blended and stirred by hand because we didn't have electric machines to do everything for us. When we packaged a fragile item for the post, we used layers of old newspaper to cushion it, not Styrofoam or plastic bubble wrap. Back then we didr't fire up an engine and bum gasoline just to cut the lawn. We used a push mower that ran on human power. We exercised by working out and so we didn't need to go to a gym to run on treadmills that operate on electricity… but you're right: we didn't have the "green thing" back then.

"We drank from a tap or fountain when we were thirsty, instead of using a cup or a plastic bottle every time we needed a drink. We refilled writing pens with ink instead of buying a new pen, and the men replaced a razor blade in a razor instead of throwing away the whole razor just because the blade got dull. But we didn't have the "green thing" back then. But then people took the bus and kids rode bikes to school or walked instead of turning their mothers into a 24-hour taxi service in the family's expensive car or van, which cost what a whole house did before the "green thing"...

"Oh, and we had one electric socket in a room, not an entire bank of sockets to power a dozen appliances. And we didn't need a computerised gadget to receive a signal beamed from satellites 23,000 miles out in space in order to find the nearest leisure park.

"But it is so sad this current generation laments how wasteful we old folks were because we didn't have the "green thing" back then. I think you should forward this on to another selfish old person who needs a lesson in conservation from some smart young thing !

We don't like being old in the first place, and so it doesn't take very much to set us off like this - especially from a tattooed, rnultipierced smarty pants who can't work out the change without the cash register telling them how much

Anon, “borrowed” from a sister publication in Norfolk

Celebrating 400th anniversary of the voyage of the Mayflower

If we find it difficult to cross the Atlantic just now, it was even worse 400 years this month. On 6th September 1620, 102 determined Puritans climbed on board the *Mayflower* and set sail from Plymouth. They had 30 crew to steer them across 3000 miles of open, perilous ocean.

Those Puritans, or ‘Pilgrim fathers’, could never have dreamed that their journey would become one of the most influential in world history. Their courage and purpose for the voyage would help shape the very history and culture of the USA.

The Pilgrim fathers themselves were in search of religious freedom and a new life. Years before they had rejected the Church of England, due to its Roman Catholic past, and in 1608 they had moved to Holland, where they could worship freely. But life was very hard there, and so the New World beckoned to them.

They had originally intended to use two ships, but the *Speedwell* sprang a leak shortly after sailing, and so they crowded as many as possible into the *Mayflower*. After a long and difficult 10 weeks at sea, they reached America, but could not reach their intended destination, Virginia, because of heavy seas. They finally landed in Provincetown Harbor, Cape Cod, Massachusetts on 11th November.

That presented the next great challenge: the bitter, harsh winter of Massachusetts. Half of the Pilgrims perished that first winter, of hunger and cold. Without the help of the local Indigenous peoples to teach them food-gathering and other survival skills, all of the colony would probably have perished.

After months of hard work, by the ‘Fall’ of 1621 the tiny colony had its first harvest. They celebrated this great achievement with their new Indigenous friends. It became Thanksgiving. The Pilgrims had been convinced that God wanted them to go to the New World. They wrote: "We verily believe and trust the Lord is with us, and that He will graciously prosper our endeavours according to the simplicity of our hearts therein.”

The Mayflower was one of the earliest pilgrim vessels, and so became a cultural icon in the history of the United States. This year, until coronavirus put a stop to things, many celebrations in the USA, England and the Netherlands had been planned.

6th Sept: Captain Allen Gardiner – founder of SAMS

Captain Allen Gardiner is a saint for anyone who refuses to give up on their calling. For this courageous and indominable man founded what became the South American Mission Society, though he sacrificed his own life in the process.

Gardiner had not started out to be a missionary. Born in 1704, he had left Berkshire to embark on a naval career which took him to Cape Town, Ceylon, India, Malaysia and China. But the death of his first wife in 1834 caused him to turn back to Christianity. He left the navy and became missionary.

With his second wife, Elizabeth, Allen Gardiner felt called to South America. But from 1838 onwards he faced implacable opposition from the authorities there, both secular and religious. His efforts to evangelise among the Chilean Mapuches - which included a family journey of 1000 miles overland by pack mule from Buenos Aires to Santiago and Concepción - met with hostility. So, in 1842 he settled on the Falklands, and tried to reach the Patagonian Indians. By 1844 he had founded the Patagonian Mission, because no other British Christian society felt able to take on responsibility for his work.

Next, Gardiner reached out to the Bolivian Indians of the Gran Chaco. But again, he was repulsed. So, he then decided on a bold attempt to evangelise the Indians of Tierra del Fuego.

He tried to raise the funds for a 120-ton schooner, which would have provided him with a secure base near Picton Island. But in the end, he could only manage two 26-foot launches, the *Pioneer* and *Speedwell.* Nevertheless, in December 1850 Gardiner and six other men sailed to Picton Island. But again, nothing went well. Fierce weather, Indian hostility, a series of errors and logistical problems led to disease and finally disaster. By March 1851 the group had had to flee for their lives. They sailed eastwards to Spaniard Harbour, a bay at the mouth of Cooks River. Here they waited in vain for fresh stores to arrive, and by September all six men had died of starvation.

Gardiner's journal, water-damaged but readable, was found in his hand the following year by the crew of HMS Dido, and includes the plea to God, "Let not this mission fail", and this prayer:

"Grant O Lord, that we may be instrumental in commencing this great and blessed work; but should Thou see fit in Thy providence to hedge up our way, and that we should even languish and die here, I beseech Thee to raise up others and to send forth labourers into this harvest…"

The work of the South American Society in the subsequent 160 years and the growth of the Anglican Churches of South America are God’s answer to that prayer. Gardiner had to face many failures in his life, but his solid, resolute faith is an inspiration.

2nd Sept The New Guinea Martyrs of 1942

The Anglican Church in Australia still honours the New Guinea Martyrs of 1942. These brave men and women, 10 Australians and two Papuans, refused to leave their missionary work on the island as the Japanese military forces advanced. As one tribute to them put it: '*They knowing full well the risk, elected to stay with their flock*.'

The missionaries were serving the people of Papua New Guinea as Christian priests, teachers, workers and medical nurses. All twelve were unarmed as they were going about their normal missionary work. They were killed for no reason at all, but to preempt any possibility that they might be a danger to the Japanese in the future. Or perhaps they were killed out of some vague Japanese hatred of Australian Christians, who were poles apart from the then fanatical Emperor-worship that enveloped the whole military strategy of Japan

The martyrs were:

In Gona, on the NE coast of Papua: May Hayman (medical sister), and Mavis Parkinson (teacher): both bayoneted to death.

In villages inland from Gona: Vivian Redlich (priest), Margery Brenchley (medical sister), Lillar Lashmar (teacher), Henry Holland, (priest), John Duffill (carpenter): all beheaded. Also, Lucian Tapiedi, an indigenous Papuan: axed to death. (A statue of Tapiedi now stands as a memorial above the West Door of Westminster Abbey.)

Outer islands: John Barge (priest), Bernard Moore (priest), boat sunk.

In open sea: Henry Mathews (priest), Leslie Gariadi (Papuan assistant): boat sunk and men machine-gunned in water.

Today the Church also remembers the more than 300 church workers of all churches who were killed in 1942, during the Japanese occupation of Papua New Guinea.

Your face mask and your dog

Face masks have been a big adjustment for all of us, but dogs especially may be struggling, warns the animal charity, Dogs Trust.

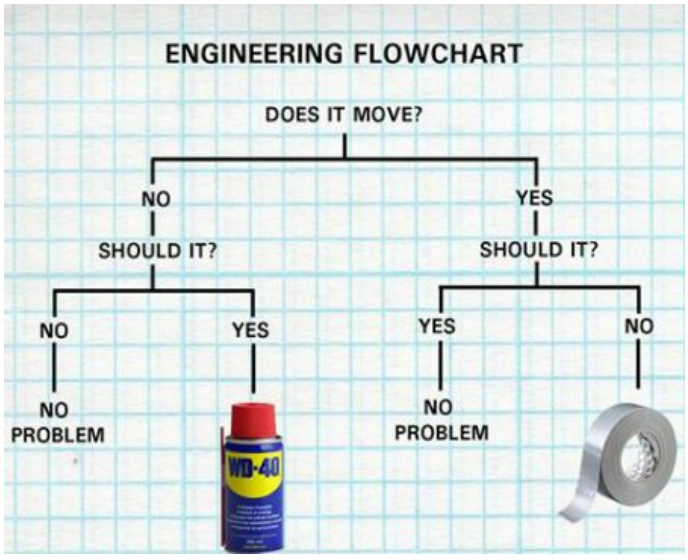
Dogs use our facial expressions to tell how we are feeling, so if they suddenly encounter people whose faces are covered, they could become confused, stressed, and even feel threatened. Their confusion may lead to a loss of obedience and cooperation with you.

Here is how to get your dog used to you wearing a face mask:

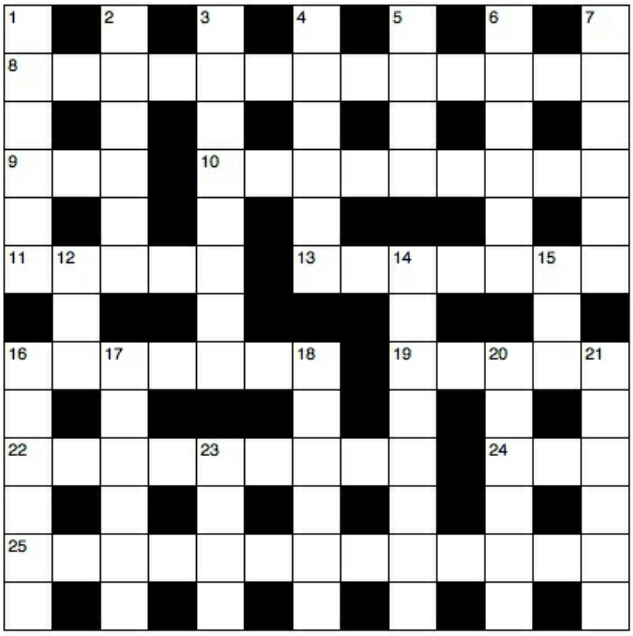
- Hold your hand over your face for a moment, speak reassuringly to your dog, and then reward him.
- Introduce your dog to your face mask, let him sniff it and let him see you put it up to your face, and then down again. Reward him.
- Put it on for a moment. Reassure and reward him.
- Put it on and move about the room, while reassuring him. Reward him.
- Gradually build up the length of time that you wear the face mask around him. Keep reassuring him. Reward him.

Expect that he may not be so quick to understand and obey you when you are wearing the mask – be patient.

Don't take him into public places where many people are wearing masks, unless you absolutely have to do so. It could be very stressful for him.



September Crossword



Across

8 Where the Ark of the Covenant was kept for 20 years (1 Samuel 7:1) (7,6)

9 One of the parts of the body on which blood and oil were put in the ritual cleansing from infectious skin diseases (Leviticus 14:14–17) (3)

10 Uncomfortable (3,2,4) 11 'Yet I have loved Jacob, but Esau I have — ' (Malachi 1:3) (5)

13 Where Paul said farewell to the elders of the church in Ephesus (Acts 20:17) (7)

16 'Jesus bent down and — to write on the ground with his finger' (John 8:6) (7)

19 Prophet from Moresheth (Jeremiah 26:18) (5)

22 Comes between Exodus and Numbers (9)

24 and 2 Down 'Then Elkanah went home to Ramah, but the boy ministered before the Lord under — the — ' (1 Samuel 2:11) (3,6)

25 There was no room for them in the inn (Luke 2:7) (4,3,6)

Down

1 Rough drawing (2 Kings 16:10) (6)

2 See 24 Across

3 Underground literature (including Christian books) circulated in the Soviet Union (8)

4 Lo, mash (anag.) (6)

5 The Bible's shortest verse: 'Jesus — ' (John 11:35) (4)

6 'Can a mother forget the baby at her — and have no compassion on the child she has borne?' (Isaiah 49:15) (6)

7 Can be seen in a dying fire (Psalm 102:3) (6)

12 'Send me, therefore, a man... experienced in the — of engraving, to work in Judah and Jerusalem' (2 Chronicles 2:7) (3)

14 Second city of Cyprus (8)

15 United Nations Association (1,1,1)

16 One of the women who first heard that Jesus had risen from the dead (Mark 16:1) (6)

17 Braved (anag.) (6)

18 — of Evangelism, outreach initiative in the 1990s (6)

20 'Woe to those who are wise in their own eyes and — in their own sight' (Isaiah 5:21) (6)

21 'Neither — nor depth... will be able to separate us from the love of God' (Romans 8:39) (6)

23 What Jesus shed in 5 Down (4)

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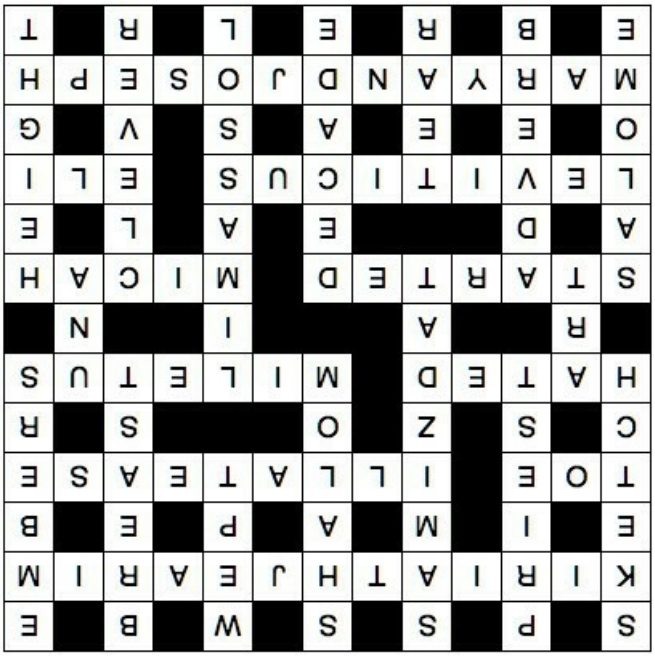
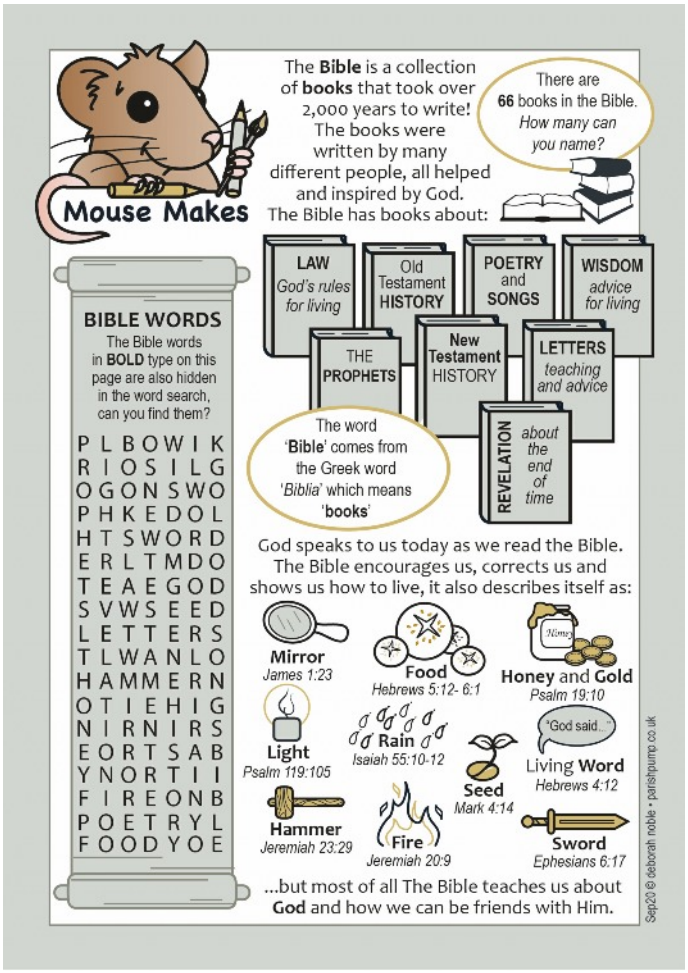
Penrith
CA11 7XR

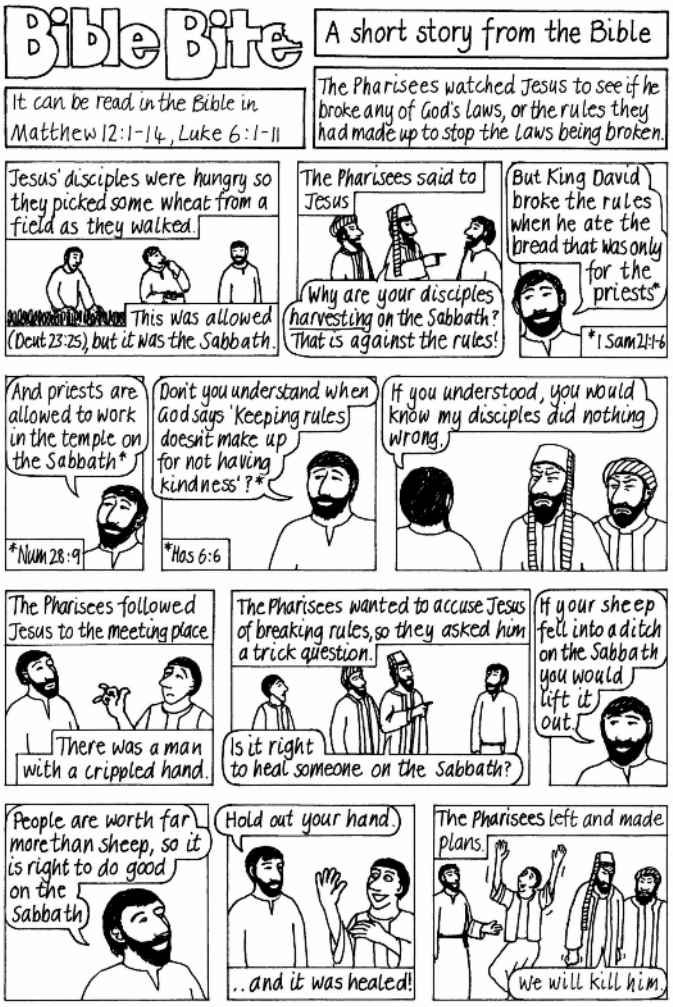
cameron.butland@carlisle diocese.org.uk
08768 773430

UK registered charity numbers Christian Aid 1105851 Diocese of Carlisle DBF 201617 Mothers' Union 246521 Christian Aid company number 871525 Diocese of Carlisle company number 28926. Photo: Adelaide/Kerry Manser

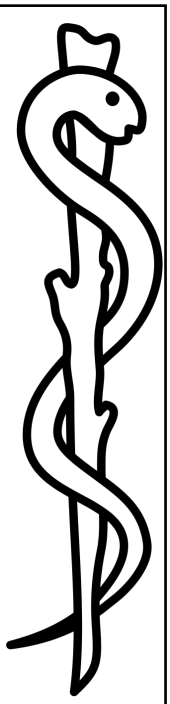
Crossword Solution







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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fr[illegible]am – 12:30pm

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Church Services September 2020

Heart of Westmorland YouTube Channel
Service Plan, September 2020

6th September - Trinity 13

Ezekiel 33.7-11; Romans 13.8-14; Matthew 18.15-20

Leader: Rev Andrew Sterling; Preacher: Richard McGregor

13th September - Trinity 14

Genesis 50.15-21; Romans 14.1-12; Matthew 18.21-35

Leader: Rev Clive Hicks; Preacher: Rev Stewart Fyfe

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
- Crosses
- Landscapes
- Your local communities
- Seasonal flowers, scenes, animals, etc.
- Rainbows

September on-line midweek service

2nd Rev. Andrew Sterling Luke 4, vv.38 - end

Appleby, St. Lawrence

Sunday 6th Trinity 13	10:45	Holy Communion
Wednesday 9th	10.30	General Opening
Sunday 13th Trinity 14	10:45	Holy Communion
Wednesday 16th	10.30	General Opening
Sunday 20th Trinity 15	10:45	Holy Communion
Wednesday 23rd	10.30	General Opening
Sunday 27thTrinity 16	10:45	Holy Communion
Wednesday 30th	10.30	General Opening

Methodist Churches

The Sands, Appleby

each Sunday	**10:30am**	
6th	6:30pm	Zoom Connection Service

Dufton with Knock

each Sunday	10:45am

Methodist Church with Baptists at Great Asby

each Sunday	11:00am (13th with C of E)	
6th	6:30pm	Zoom Connection Service

Crosby Garrett

each Sunday	6:30pm (6th Holy Communion)

Warcop

6th, 13th & 20th	10:30
6th & 27th	6:30pm

Gt. Asby, St. Peter

Sunday 6th Trinity 13	18:30	Holy Communion
Wednesday 9th	14.00	Individual Prayer
Sunday 13th Trinity 14	11:00	United Service + Methodists
Wednesday 16th	14.00	Individual Prayer
Sunday 20th Trinity 15	18:30	Evening Prayer
Wednesday 23rd	14.00	Individual Prayer
Sunday 27thTrinity 16	11:00	Morning Prayer
Wednesday 30th	14.00	Individual Prayer

Dufton, St. Cuthbert

Sunday 13th Trinity 14	15:00pm	Compline
Sunday 27th Trinity 16	15:00pm	Holy Communion

Kirkby Thore, St. Michael

Sunday 13th Trinity 14	10:30am	Morning Prayer
Sunday 27th Trinity 16	10:30am	Holy Communion
Wednesdays	2 - 4pm	Individual Prayer + Compline at 4pm

Milburn, St. Cuthbert

Sunday 13th Trinity 14	10:45am	Holy Communion
Sunday 27th Trinity 16	10:45am	Holy Communion

Musgrave, St Theobald

Sunday 13th	10:00am	Holy Communion
Sunday 27th	10:00am	Holy Communion
Fridays	10 - noon	Individual Prayer

Ormside, St James

Sunday 13th	09:15am	Holy Communion
Sunday 27th	18:00pm	Informal Service

Temple Sowerby, St. James

Sunday 20th	10:30am	Morning Prayer, Harvest Festival and APCM

Warcop, St. Columba

Sunday 6th	10:45am	Holy Communion
Sunday 20th	10:45am	Holy Communion
Wednesdays	2 - 4pm	Individual Prayer

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