Heart of Eden

The News Magazine of the 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.

February 2021

There is a myth about Christians that needs to be demolished. The demolishing of this myth, however, is a difficult task because it is deeply entrenched within the mind of both Christian and non-Christian alike. The myth is that God calls the righteous to be even more righteous, the holy to be extra holy and the good to be very good. The media often speak of individuals as being "a staunch Christian" or "a practising Christian" or "a devout Christian".

The truth of the human condition, and indeed of being a Christian, is not that God calls the righteous, or the holy, or the good, or the faithful, but the very opposite. God calls the unrighteous, the sinner, the unholy, the wholly bad to follow Him. The problem is we don't like to think of ourselves in these terms, but if we don't, we have missed the point about Salvation and Redemption!

The Pharisees are classic examples of this kind of thinking. They judged and assessed people by external criteria, and maybe we do too. Accordingly, a surgeon, or solicitor, or successful businesswoman or clergyman appears to be less in need of salvation than a drug addict or someone caught in a life of crime. Jesus' teaching, however, presents a rather more radical diagnosis of the human condition.

We are ALL sinners; none of us is righteous; we are all in desperate need of Redemption. Simply being human creates a remarkable equality before the Almighty, because we are all members of a fallen and wounded human race.

Jesus did not come to call the righteous, but sinners and - guess what - we're all sinners. This means that the very best and the most noble of us still need the gift of Salvation. The Pharisees were scandalized that Jesus dined with Matthew and Zacchaeus and Mary Magdalene, and indignant that He accepted them as His followers.

We must not limit God's mercy or grace or forgiveness. The Christian, then, is not someone who is righteous or holy or good, but someone who is the recipient and beneficiary of God's abundant and lavish mercy. Grasping this truth, we grasp the true secret of Christian revelation and the great sign of God's love - that although we were still sinners Christ died for us, all of us. We are all in the same category, sinners offered forgiveness. If we want this gift we have only to accept the equality of all before Almighty God. This is known as the scandalous nature of God's mercy, or the atrocious logic of the Gospel. But in reality this is God's Good News, and how sad that many see it as bad!

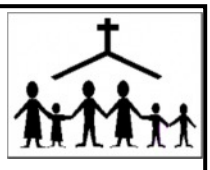
Fr. Peter Houghton

Church Registers January

Funerals

May they rest in peace and rise in glory:

21st	December	Linda Lowthian	Sands (+Beetham crem.)
21st	December	Tom Newton	Sands (+Beetham crem.)
4th	January	David George Atkinson	Newbiggin (+private crem))
14th	January	Caroline Larmour	Sands
15th	January	Mary Bell	Sands (+ Appleby cemy.)
22nd	January	Derek John Hughes	Long Marton (+burial)
23rd	January	Richard Sheppard	Kirkby Thore (+burial)
25th	January	Janet Slater	Ormside (+burial)
28th	January	Jean Circuit	Appleby (+burial)



Church of England:

Rector: Rev. Dr. Clive Hicks ☎ 017683 62436

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.

From the Rector

Church has gone back online, fully, during the current Lockdown, although we do have permission to hold public worship, we are limiting this to funerals, at present, often with no more than 10-15 people in attendance.

The feel of the Heart of Eden Benefice Zoom gatherings is informal, but we have found ourselves sharing and praying for others in quite moving ways. The technology seems well suited to interaction and building connections. Over 40 people of all ages have joined us, so far, a number trying the phone connection (no visual) which works quite well, too. You would be very welcome to give it a try over the next month or so.

More details of a programme for Lent and Easter will be following shortly, but churches together in the area are sharing in a series of Lent sessions running on Tuesdays (7.30pm) and Thursdays (2pm) beginning on 23rd and 25th February.

Many of us will have been directly aware of the effects of coronavirus in our own communities. As we come to the end of January, I have decided it is not appropriate to prepare a 'service plan' for services back in church. Indeed services remain suspended across the Benefice, due to the heightened risks and reality of cases known to us personally. I will be inviting churchwardens and PCCs to converse with myself, on any intention to re-open.

Colin Cox has put out this reminder that we should remain vigilant, and thankfully our risk assessments and careful practices really do make a difference when we host funeral services during Lockdown - in church and at graveside.....

"Our biggest risk now is that we start to think this is all over; infections are falling, and we have the vaccination programme rolling out. These things are both true and good news. But we cannot let our guard down or we will once again see infections rocket. 85 local people died from COVID-19 in week ending 15 January, our highest ever number. That is a tragedy and reflects the extremely high infection rate we've seen over the past six weeks. We really must not let ourselves slip back to that place. Please keep doing what you're doing, stick to the lockdown rules and we can get infections down to a manageable level."

Colin Cox, Director of Public Health, 28 January 2021

Rev Clive Hicks

Rector Heart of Eden Benefice

For diocesan Covid guidance check out the link alongside

St. Lawrence, Appleby

Churchwardens: Jean Hutchison
Jo Ayres (52017)

Secretary: Jo Ayres

St. Peter, Asby

Churchwarden: Mrs. P. Bevan 53433

Secretary: Karen Royle 07966.371044

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

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

Churchwarden: Margaret Parry

Secretary: Richard Parry

both ☎51043

https://www.churchofengland.org/sites/default/files/2021-01/COVID-19%20Lent%20Holy%20Week%20Easter%20v1.0_1.pdf

St. James , Temple Sowerby

Churchwardens: Anne Farmer
Angela Cleasby

Secretary: Helen Morgan

St. Theobald, Musgrave

Churchwarden: Hannah Fox
Hannah.Fox17@outlook.com

St. Columba, Warcop

Churchwarden: Joyce Keetley
keetleyjd@sky.com

Our Sister Churches

Methodist Church

Rev. Andrew Sterling ☎51244

General Enquiries Linda Taylor (53448)

Roman Catholic Church of Our Lady of Appleby,

Gartheads Road, Appleby

Fr. Peter Houghton ☎51474

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.

Inner Wheel

We have two manual wheelchairs for temporary use of local people. They are kept at my house, 15 Boroughgate, and can be borrowed for a nominal deposit of £10. If the borrower cares to make a donation to Inner Wheel Charities after the loan, that would, of course, be welcomed.

My contact phone number is 017683 53324. Gillian Whiting, Secretary, Appleby Inner Wheel

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, or Kath Martin 51031.

Sadly, we are not able to deliver meals presently, but please let us know if you are interested in helping.

Upper Eden Food Bank

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

News from the TIC

Still open on winter hours: Monday- Thursday 10am-2pm, Friday 10am-3pm, Saturday 10am-2pm.
Closed for public holidays until 4th January - uncertain as to opening thereafter.

Penrith and District Red Squirrel Group

Your native red squirrels need you! Become 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.

Town Council

Window Wanderland

Through the combined efforts of .Visitor Centre manager Nicola Elliott and local writer and artist Karen Babayan, Appleby joined this project 'transforming streets into magical outdoor galleries' with heartening results. Business premise, school and houses have turned their windows into imaginative displays that have not only brought happiness to the community amiodst the gloom of winter lockdown, but have also demonstrated just how much imagination and artistic talent our town nurtures. The Council congratulates and thanks all who have taken part.

Appleby Heritage Centre

In the midst of the pandemic, for Eden District Council to bring the land and buildings back into productive use will be a slow process. In late January alarms in the Heritage Centre went off for several days continuously. This was apparently caused by multiple circuit failures, probably a consequence of the building standing empty for several months. Eden DC had to call in specialists to rectify the faults. It wasn't just a matter of someone going in to throw a switch EDC apologises for the noise.

Bollards

Some of the Appleby's distinctive small black-and-white bollards, linked by chains have fallen as a result of wear and tear. Our two district councillors, along with an ED officer, did a survey walk to identify which needed replacement. They will continue to be made of hardwood, not only the most economical option, but also in keeping with the town's character.

Train Service

As a consequence of the impact of Covid-19 restrictions on travel, services to and from Appleby have been reduced. From 18 January Monday-Saturday train departures from Appleby to Carlisle are at: 0725 (replacement bus), 0948, 1248, 1514 and 1846. To Leeds they are at: 0906, 1133, 1532, 1700 and 1932 (replacement bus to Kirkby Stephen). Sundays services are unchanged: there are trains to Carlisle at 1106, 1305, 1426, 1624, 1819 and 2051; and to Leeds at 1007, 1307, 1602, 1644, 1808 and 1953. Passengers are required to wear face coverings on board and at stations.

Covid-19 Information

A Cumbria CC leaflet giving up to date information on what support is available to the public and how it can be accessed will be delivered to all households early in Febnruary.

BUS TALK

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

Please only use transport services for essential journeys during the national lockdown, in line with Government requirements. Please remember 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 (Stagecoach)

There will be no changes during the national lockdown to the improved 563 timetable introduced on 4th January by Stagecoach, including the service operating throughout school holidays as usual.

Since the 4th January, from Monday to Friday, the first departure of the 563, departing from Appleby at 9.51 to Penrith, now goes via Brampton, Long Marton, Kirkby Thore Cherry Tree Garage and Temple Sowerby. The last departure of the 563 from Penrith at 13.30 and Bus Station at 13.40 follows the same route in reverse. The other 563 journeys follow the A66 route with a detour to Temple Sowerby as previously. All journeys now start and finish at Appleby Scattergate.

For details of the 563 timetable, go to www.cumbria.gov.uk/buses

New S6 Kirkby Stephen to Brough to Penrith (Tues) service

Please note that the introduction of the S6 service (to operate on Tuesdays), which was to have started on Tuesday 5 January, has been delayed until further notice by Western Dales Bus because of the national lockdown.

NB The 574 Kirkby Stephen to Appleby to Penrith (Tues) service was withdrawn by Cumbria Classic Coaches at the end of December.

Community Transport

The Community Wheels service into/out of Appleby on Fridays is 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. The Voluntary Social Car Scheme covering Appleby, Bolton, Temple Sowerby and Milburn is operating with a limited number of drivers - if you would like to use this service please contact Valerie Kendal on 017683 53159. For any other essential transport, phone Cumbria County Council on 0333 240 69 65 (option 5) or send an email to integrated.transport@cumbria.gov.uk

Appleby Edibles

The site will still be open on Tuesdays 10am - 12 for anyone who is interested, whilst we still can't currently arrange meetings, workshops or events.

Any donations of wood suitable for raised beds, manure, soil or green waste from which to make compost would be greatfully received.

Appleby Clubs, etc.

Brownies

If you are interested in joining Brownies in Appleby, please contact Alison Taylor (Brown Owl) on 017683 61241

squidgums@hotmail.com

Lights…Camera…Appleby!

Remote in Appleby is run by volunteers and is a not-for-profit organisation. Remote Cinema is a scheme funded by the Big Lottery and offered to villages in Eden, by Eden Arts and Cine North. Follow us on our Facebook page: Appleby Remote Cinema Scheme

Sorry - no lights, no camera, no meal before the show this month. Be patient - better times will come!

Content of "Heart of Eden"

You may have noticed that there is less content in the Heart of Eden these days. This is not necessarily fault or that of the Editor. There is little happening in our area and what doesn't happen cannot be reported. However, if you have anything to tell me and my readers, just let me know.

Editor

6th Feb: The Martyrs of Japan, courage in persecution

Persecution of Christians in various countries is making the headlines these days. Believers facing such opposition might well find inspiration from the courage of the Japanese Christians of the late 16th and early 17th centuries.

The Jesuit Francis Xavier had first brought Christianity to Japan in 1549, when he persuaded Shimazu Takahisa, the daimyo of Satsuma, to give him permission to build the first Catholic mission in Japan. All went well at first, and the Japanese responded to the message of Jesus Christ more warmly than anyone could have foretold. By the end of the century, it has been estimated that there were nearly 300,000 baptised converts to Christianity in Japan.

But soon the very success of the Japanese Church led it into trouble: its vibrant growth as an indigenous community believing a faith brought in from the West meant trouble. It was caught up in a maelstrom of tensions between the shogunate, imperial government, Buddhist monks, Shintoists, and colonial ambitions of Spain and Portugal. Gradually, the Japanese rulers came to see Christians as a threat. So Christianity was banned, and those Japanese who refused to abandon their faith were to be killed.

Trouble flared at Nagasaki on 6th February 1597, when six European Franciscan missionaries, three Japanese Jesuits and 17 Japanese laity, three of whom were young boys, were executed in a form of crucifixion by being elevated on crosses and then pierced with spears. Within a year, more than 130 churches had been burned. The persecution subsided, then flared up in 1613. Japanese Christians were beheaded, burned alive or imprisoned. They responded with courage and a willingness to sing praises and preach the gospel even as they were led to their deaths.

Such was the brutality of the persecution that by 1630 the Japanese Church had been driven underground and was thought to be lost. So, when missionaries arrived in the 19th century, they were astonished to find a community of Japanese Christians. It had survived for 250 years without clergy, churches, the Bible and only a sketchy idea of the Christian faith beyond one main thing: that Jesus Christ was Lord.

As Valentine's Day approaches, Canon Paul Hardingham considers romantic love.

Love Is…

As we mark Valentines' Day this month, it's good to ask the question: what does real love look like?

The Apostle Paul says: 'Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonour others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. Love never fails.' (1 Corinthians 13: 4-8).

Love is unconditional:

At heart, love is not just feelings but action! Paul talks here about unconditional love, using the word agape, which demonstrated in God's love for us: 'We love, because He first loved us.' (1 John 4:19).

Love is forgiving:

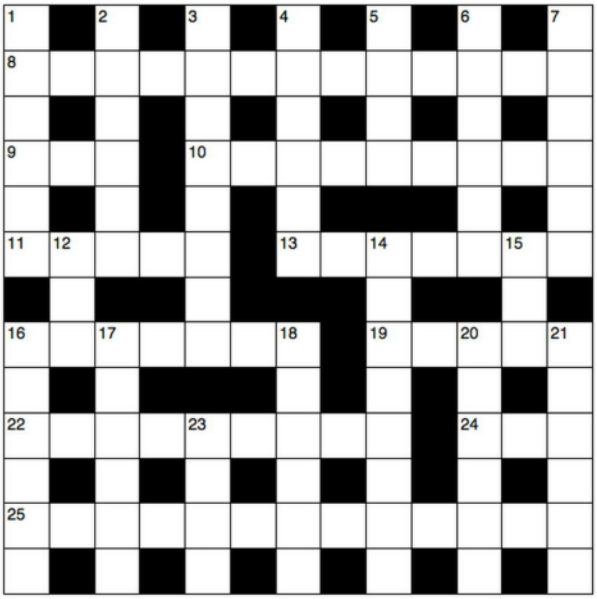
According to the film Love Story, 'Love means never having to say you're sorry.' This is rarely true in our experience! According to Paul, love is being ready to forgive others and 'keeping no record of wrongs' (5). We can only forgive others because we know God forgiveness in our own lives.

Love is sacrificial:

Paul says that agape love is not selfish or self-seeking, but selfless and self-sacrificial, putting the needs of other people first. This is modelled by Jesus giving His life for us on the cross. Take the words from 1 Corinthians and instead of the word love, substitute your own name. Now substitute the word Jesus. This is the Jesus who is available to you to make your love for others grow and flourish.

Someone once compared love being like a group of porcupines huddling together on a cold night. The closer they get, the more they jab and hurt each other. 'To love at all is to be vulnerable.' (C S Lewis).

February Crossword



Across

8 Interrogated (Acts 12:19) (5-8)

9 'Burn it in a wood fire on the — heap' (Leviticus 4:12) (3)

10 Tobit, Judith, Baruch and the books of Esdras and the Maccabees are part of it (9)

11 Science fiction (abbrev.) (3-2)

13 Clay pit (anag.) (7)

16 Went to (John 4:46) (7)

19 'Therefore, I urge you, brothers, in view of God's mercy, to — your bodies as living sacrifices' (Romans 12:1) (5)

22 David's plea to God concerning those referred to in 14 Down: 'On — — let them escape' (Psalm 56:7) (2,7)

24 Royal Automobile Club (1,1,1) 25 How the book of Ezekiel refers to God more than 200 times (Ezekiel 2:4) (9,4)

Down

1 Seas (Proverbs 8:24) (6)

2 One of the sons of Eli the priest, killed in battle by the Philistines (1 Samuel 4:11) (6)

3 Specialist in the study of the Muslim religion (8)

4 'Do not rebuke an older man harshly, but — him as if he were your father' (1 Timothy 5:1) (6)

5 One of Esau's grandsons (Genesis 36:11) (4)

6 Taking a chance (colloq.) (2,4)

7 God's instructions to the Israelites concerning grain offerings: ' — salt to — your offerings' (Leviticus 2:13) (3,3)

12 Confederation of British Industry (1,1,1)

14 'All day long they twist my words; they are always — to harm me' (Psalm 56:5) (8)

15 The crowd's reaction to Jesus bringing back to life a widow's son in Nain (Luke 7:16) (3)

16 Disappear (Psalm 104:35) (6)

17 How Jeremiah was likely to die if he wasn't rescued from the cistern where he was imprisoned (Jeremiah 38:9) (6)

18 What the prophets do to a wall, with whitewash (Ezekiel 13:10, RSV) (4,2)

20 Made by a plough (Job 39:10) (6)

21 Noah was relieved when the flood waters continued to — (Genesis 8:5) (6)

23 Jesus gave the Twelve the power and authority to do this to diseases (Luke 9:1) (4)

Crossword Solution

Zoom Wellbeing Cafe

Where it's OK not to be OK

An intentionally calm, shared space, offered free of charge, where all are welcome and everyone is valued.

Welcome to our Online Wellbeing Café

Tuesday from 1.30 - 3.00pm & Friday 10.00 - 11.30am

(Come and go as you please)

We share a variety of hobbies and activities, which help us look after our wellbeing.

You may like to chat, but you don't have to say anything. Feel free to switch off your camera and just be part of the group anonymously if that helps.

Hosted by the local church, but open to people of all faiths and none. We start and end each session with a 5 - 10 minute meditation and prayer, which we find helps with wellbeing. You are most welcome to join in or to come after the prayer time and leave just before. We look forward to spending time with you.

Contact Kristy Pattimore kristy@pattimore.com

Tel. 07480 935119 for details of how to join the Zoom

27th Feb: George Herbert, vicar and poet

On this day the Church Calendar celebrates George Herbert.

Herbert was born into a wealthy family in Mid-Wales on 3rd April 1593. His father was a Member of Parliament who died when Herbert was three years old. His mother moved her large family to London where, aged 12, Herbert entered Westminster School. In 1609, his mother remarried, and Herbert left home to be a student at Trinity College, Cambridge

By the age of 23, Herbert had graduated with two degrees. He was fluent in Latin and Greek and in 1620 was elected as the University's Public Orator. He held this position for seven years, and for a short time was MP in his hometown in Wales.

Although Herbert was securing an illustrious future and his speeches had gained the attention of King James 1 (he of the King James Bible), he was restless. He felt God was calling him to the priesthood and much of his poetry expressed his inner spiritual conflicts.

When the King died in 1625, and two influential patrons also died at about the same time, Herbert responded to God's call on his life and gave up his secular ambitions. He married in 1629 and became a priest in a small Anglican church in Bemerton in Wiltshire.

It was an era when many clergy were absentee incumbents, paying someone else to do the parish work while they lived elsewhere, but Herbert set himself to be a true parish priest, noted for his pastoral care and practical support of his parishioners.

And here he found inner peace at last, serving God in the local community. His poetic talent continued to flourish along with his musicianship as a skilled lutenist. After only three years as a priest, he died of tuberculosis on 1st March 1633. He was 39.

Some ninety of Herbert's poems have been set to music by such composers as Ralph Vaughan Williams and Benjamin Britten. His most well-known hymns are *Teach me my God and King, Let all the world in every corner sing* and *King of glory, king of peace*.

A number of artistic commemorations of Herbert exist in several churches and cathedrals including a stained-glass window in Westminster Abbey and a statue at the front of Salisbury Cathedral.

I find that I've done Valentine's Day and Pancake Day to death in previous years, so this year I'll just give you the basic recipe!

Ed.

Preparation time
less than 30 mins

Cooking time
less than 10 mins

Serves
Serves 4

Dietary

Find out how to make pancakes the classic way, this recipe is great for sweet or savoury pancakes. Perfect for Pancake Day or just a special breakfast. Pancake batter at the ready, get flipping!

Each serving provides 317 kcal, 12.5g protein, 42g carbohydrates (of which 4g sugars), 10.5g fat (of which 3.5g saturates), 2g fibre and 0.5g salt.

By William Leigh

Ingredients

200g/7oz plain flour
pinch salt
350ml/12fl oz milk (or ½ milk and ½ water for a lighter pancake)
2 large free-range eggs, lightly whisked
1 tbsp vegetable oil, plus extra for frying

Method

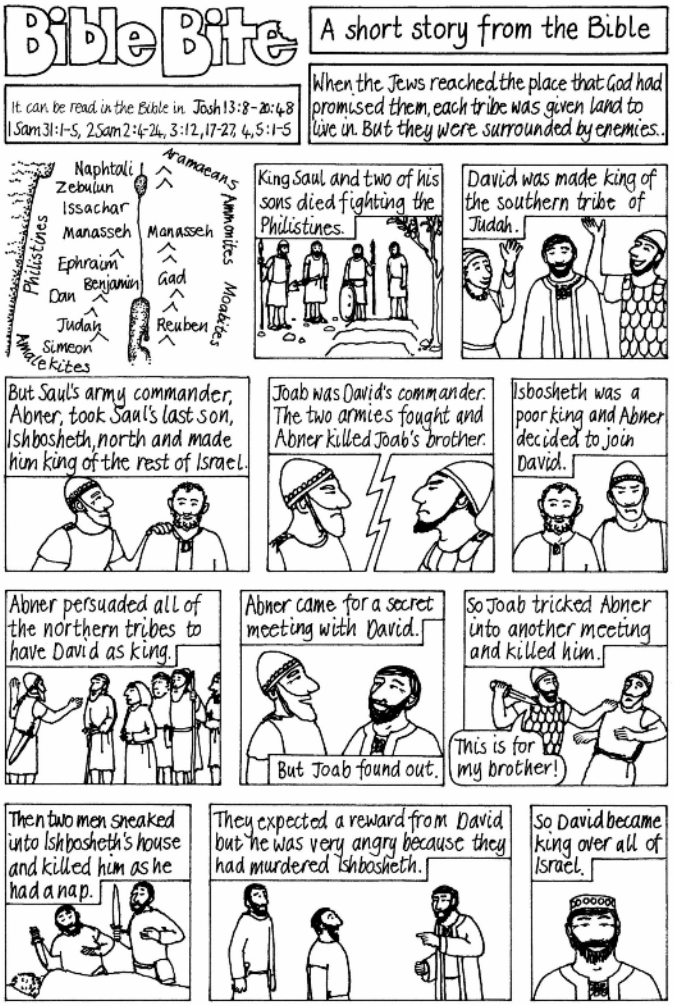
1. Put the flour and salt into a large bowl, make a well in the centre and pour in the milk and eggs. Give the liquid mixture a quick whisk before incorporating the flour. Continue to whisk until you have a smooth batter.
2. Now add 1 tablespoon of vegetable oil and whisk thoroughly.
3. Take a crêpe pan, or large frying pan, dip some kitchen paper in the oil and carefully wipe the inside of the pan. Heat the pan over a medium heat for 1 minute.
4. Add just under a ladleful of batter to the pan and immediately start swirling it round the pan to get a nice even layer.
5. Cook the pancake for 30–40 seconds. Use a palette knife to lift the pancake carefully to look at the underside to check it is golden brown before turning over. Cook the other side for approximately 30–40 seconds and transfer to a serving plate.

Recipe Tips

These pancakes can be eaten straight away or frozen after cooling - stack and wrap them in twos.

You can use this traditional pancake recipe to make sweet or savoury pancakes. For sweet pancakes, you can add a dessertspoon of caster sugar and the zest of an orange for a great flavour.

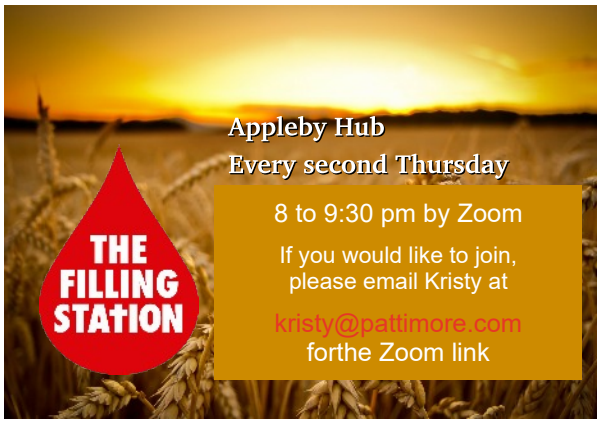
For savoury pancakes, you can add some finely chopped herbs such as dill and parsley, or perhaps some grated Parmesan.



† You can say that again! You may be better not to try this at home

Ed.

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



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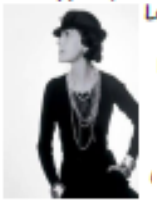

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Church Services February 2021

7 February – II before Lent
Leader: Fran Parkinson
Proverbs 8.1,22-31
Psalm 104.26-37
Colossians 1.15-20
John 1.1-14

14 February – Sunday before Lent
Leader: Andrew Sterling
2 Kings 2.1-12
Psalm 50.1-6
2 Corinthians 4.3-6
Mark 9.2-9

17 February – Ash Wednesday and First Sunday of Lent
Leader: Stewart Fyfe
Genesis 9.8-17
Psalm 25.1-9
1 Peter 3.18-22
Mark 1.9-15

28 February – Lent II
Leader: Peter Boyles
Genesis 17.1-7,15,16
Psalm 22.23-31
Romans 4.13-25
Mark 8.31-38

Plus Zoom Lent groups Tuesdays 7:30pm and Thursdays 2pm

Kirkby Stephen, Appleby & Tebay Methodist Circuit

As it stands none of the churches are open in the coming month. We have no plans to open them through February.

People can however access the Sands Zoom service at 10:30am every Sunday, as well as a bible study every Tuesday evening at 7:30pm

We are also hosting a coffee and chat time on Zoom through on a Thursday afternoon between 2-4pm during February. All are welcome to drop in and out during that time.

Anyone interested can email me for a link if they do not already have one (andrew.sterling@methodist.org.uk)

Church of Our Lady of Appleby
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St. Anne's Hospital (Boroughgate Almshouses)
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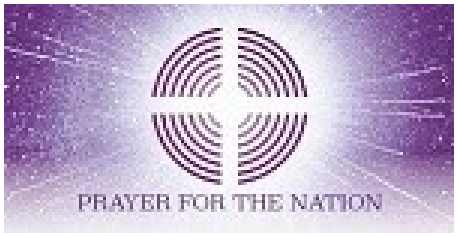

Prayer for the Nation

In the week that the number of COVID- related deaths in the UK exceeded 100,000, so both Archbishops are inviting everyone to call on God in Prayer for the Nation.

Starting on 1 February you are invited to set aside time every evening to pray, particularly at 6pm each day.

The Archbishops issued this renewed call to prayer outlined in their most recent letter to clergy, released earlier this week.

There will be a rolling seven day of themes for prayers, as follows:

- Sunday - Family, friends and loved ones
- Monday - Schools and colleges, children and young people
- Tuesday - Elderly, isolated and vulnerable
- Wednesday - Businesses, the workplace and economic wellbeing
- Thursday - The NHS and other key workers
- Friday - National and local governments
- Saturday - All who are grieving and all suffering with physical and mental ill-health.

Prayer resources, including new weekly prayers, daily biddings, family prayers and a prayer booklet (downloadable as a PDF) are all available by clicking here, whilst a range of video reflections from senior church leaders on YouTube praying for specific daily themes and also general 'prayers for the nation can be viewed by clicking here.