Heart of Eden The News Magazine of the Benefice

November 2021

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.

What's on this month in the Heart of Eden?

What's on?? What's on?? What's on?? What's on?? What's on?? What's on?? What's on?? What's on?? What's on?? What's on?? What's on?? What's on?? What's on??

Date	Time	Place	What's On?
1st	10am to noon	Bennett Room, Appleby Hub	Cancer Coffee Drop In
1st	18:30	Warcop Village Hall	Table Tennis Club
4th	11:30 to 1 pm	Warcop Village Hall	Soup and Pud
5th	19:30	Ormside Village Hall	The Ormsiders
6th	10:30 to noon	Milburn Village Hall	Village Coffee Morning
6th	9:30 – 11:30	Appleby Public Hall Supper Room	Coffee Morning in aid of RBL Poppy Appeal
7th	19:30	Appleby Public Hall	North Westmorland Arts: - piano, mezzo, viola/violin
8th	19:30	Ormside Village Hall	Country Dancing (tbc)
9th	10am to noon	Long Marton Village Hall	Coffee morning
10th	10:30 to noon	Ormside Village Hall	Coffee Morning
11th	10:45	Kirkby Thore Memorial Hall	Service for school and village reps.
12th	9:30 to 11:30	Murton Village Institute	Coffee Morning
13th	9:30 – 11:30	Appleby Public Hall Supper Room	Coffee Morning in aid of Appleby Emergency Response Group
13th	10-12, 2-4	St. James, Temple Sowerby	Gift Day and Coffee Drop-In
13th	19:00	Appleby Public Hall	Lights, Camera, Appleby – "Another Round"
13th	19:30	Dufton Village Hall	Luke Flear – Musician
14th	11:00	St. Lawrence, Appleby	Remembrance Day Civic Service
15th	10am to noon	Bennett Room, Appleby Hub	Cancer Coffee Drop In
16th	19:30	Appleby Public Hall Supper Room	Appleby Archaeology Group
17th		Appleby Bowling Club	Appleby Gardeners lunch
17th	19:30	Long Marton Village Hall	L..M. Local Hstory Group – "Pubs in Appleby"
17th	19:30	Ormside Village Hall	Craft Night
18th	19:15	Warcop Village Hall	Remote Cinema – "The Father"
19th	19:15	The Hub	Highlights North - Bojangles “Dracula in Sport”
20th	10:30 to noon	Milburn Village Hall	Church Coffee Morning
20th	9:30 – 11:30	Appleby Public Hall Supper Room	Coffee Morning in aid of Mayor of Appleby
22nd	19:30	Ormside Village Hall	Country Dancing (tbc)
24th	10:30 to noon	Ormside Village Hall	Coffee Morning
25th	19:30	The Hub	Highlights North - Daria Kulesh : “Long Lost Home”
27th	9:30 – 11:30	Appleby Public Hall Supper Room	Coffee Morning in aid of Inner Wheel
28th	19:30	Appleby Public Hall	North Westmorland Arts: Sacconi String Quartet
28th		Long Marton Village Hall (?)	Christmas Market

What's on?? What's on?? What's on?? What's on?? What's on?? What's on?? What's on?? What's on?? What's on?? What's on?? What's on?? What's on?? What's on??

Thoughts on Leadership

We are approaching the time of year when we remember those we have lost - from our own families, but also, of course, through sacrifices made in international conflicts, including World Wars. The forms of leadership exhibited by each are often simple to observe and heroic, yet their instinct and motivation quite hard to understand to any who have lived outside the pressure and immediate threats of war.

I am reflecting on many different facets of leadership on a programme with Common Purpose guiding me through the next four months, and beyond. There is much talk about awareness of the worlds others come from (embracing/valuing diversity), and of the benefits of building teams based on diversity rather than simply 'getting our own way', as individuals. At heart, the earliest sessions have invited us to reflect on our own zones of comfort and discomfort, and be more sensitive and respectful in developing more collaborative approaches.

All of us would do well to reflect on the way we come across to others, but as John Amaechi says in the opening pages of his new book on leadership, it is not only blind spots, but literally self-sabotage, which derails our pursuit of the extraordinary. Others may see how negative we can be about ourselves, yet we are wise to acknowledge the flaws we do have and give space for ourselves to develop afresh or in new ways. Greater self-awareness, if not too introspective, can be very rewarding.

I remember a long conversation with a young nurse, who had shown signs of being gifted in teaching, but dismissed this idea because they could never see themselves being like the teachers who stood in front of a classroom lecturing them. What I think we saw, together, was that their own style of teaching was not one of lecturing, or knowledge, but of coming alongside, like a coach, an advisor, and working with an individual or a small group.

This, of course, is reflected in what Christians and people of other faiths describe as discipleship - recognising our need of another/others to help us develop in the right direction. The core of who we are may be relatively fixed, but we can still be flexible enough to learn, even later in life, and exercise leadership in partnership with others, right where we are, in communities and churches.

Jesus said (Luke 9.23,24),

"If anyone would come after me, let him deny himself and take up his cross daily and follow me. For whoever would save his life will lose it, but whoever loses his life for my sake will save it."

And this returns us to the recognition that leadership which we should admire will be self-denying, rather than self-promoting, and self-sacrificing rather than self-pleasing. This is the kind of leadership respected by so many whatever the pressures of life, and whether it be in times of war, or simply the tensions of the village or town where we live today.

Rev Clive Hicks Rector, Heart of Eden Benefice

John Amaechi (2021) 'The Promises of Giants - how YOU can fill the leadership void' (Brealey, London)

Church Registers September/October

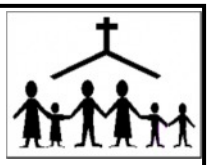
No Baptisms reported

Wedding…*We congratulate:*

2nd October	David Gould & Anna Middlemas	Musgrave

Funerals…*May they rest in peace and rise in glory:*

27th September	Jennifer Mary Robson	Sands Methodist Church (burial at Milburn)
7th October	Brian Liddle	Eden Valley Crematorium
18th October	Thelma Watt	Appleby (burial at Kirkby Thore)



Church of England:

Rector: Rev. Dr. Clive Hicks ☎ 017683 62436

Associate Priest: Revd Peter Boyles (on sick leave)

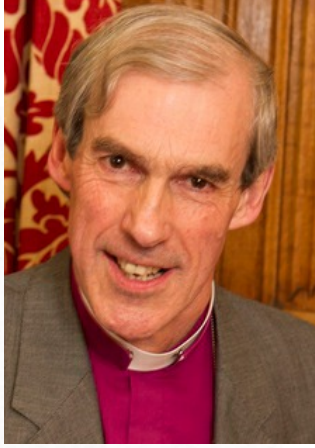
Retired Priest: Rev. Roger Collinson ☎ 017683.52886

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



The Bishop of Carlisle
The Right Reverend James Newcome
Bishop's House, Ambleside Road,
Keswick CA12 4DD

To: All clergy

New Start Team and Archdeaconry Job-Share

I trust you are well and as prepared as you can be for the busyness of the next few months. Please be assured that you will be in my prayers this Harvest period and through Advent and Christmas. I must say how very much I'm looking forward to being able to join with congregations in person over the coming months, as we continue to return to some degree of normality after the pandemic.

I wanted to write to you at the earliest opportunity to bring to your attention a couple of changes in the Diocese which will take effect in the coming months.

Firstly, I am pleased to announce that we are to launch a new initiative through which we will provide a focussed support for those parishes and benefices which we know will struggle to recruit clergy as they become vacant. A 'New Start Team' is to be created to facilitate this, with the initial focus being the Maryport Team which becomes vacant in mid-October on the retirement of Susan McKendrey. May I take this opportunity to thank Susan for her years of hard work and service. In time, the New Start Team is likely to develop further as we support other parishes facing similar problems.

The Ven Richard Pratt, the Archdeacon of West Cumberland, will co-lead the New Start Team, but to ensure that there is enough capacity in Maryport as well as the Diocese I'm pleased to be able to announce that the Rev Stewart Fyfe, Rector of the North Westmorland Parishes and Rural Dean of Appleby, is to job-share with Richard, both as Archdeacon and in leading the New Start Team.

The precise split between Richard and Stewart of their work as Archdeacon of West Cumberland and in the New Start Team will be finalised in the next few weeks and details will be communicated accordingly. It is expected that Stewart will take up his new responsibilities in January. I should emphasise that as this is a 'job share' it will not create any extra posts in the Diocese, and it will be reviewed in three years' time. It will not affect the consultation on roles in the Senior Leadership Team that will be taking place later this month.

I'm sure you will join me in wishing both Richard and Stewart well in these job-sharing roles in order that we can further grow God's Kingdom across the County.

This comes, as ever, with thanks for all your work, and with my very good wishes

+James

Telephone: 01768 773430 E–mail: bishop.carlisle@carlislediocese.org.uk

Electronic copy by email is preferred; email address heart-of-eden-editor@hotmail.co.uk - often we are quite busy and don't have time to reply. Pleaseidentify the content in the email subject line and in the name of each attachment. Written copy, please leave in letter tray marked 'Heart of Eden Editor'in St Lawrence's Church, on top of the book-shelf on your left as you go in. It will be emptied for the last time at noon on the 13th of the month. Whensending email copy, please include some identification (e.g. shoe shop, W.I.) in the subject, and not just "Heart of Eden" - everyone does that!

New or changed copy for already-arranged adverts should be sent to the editor as above. It would help if you could please send any payments for advertising in envelopes clearly marked 'Advertising Manager'. Prices on application for commercial advertisements Note to Advertisers. Only adverts which have been paid for in advance will be printed in this newsletter.We are very grateful for the very generous donations made by various groups and individuals towards the running costs of this Newsletter. We would welcome articles (and front cover photographs) for this magazine – relevant to the time of year, book reviews, travel articles, etc. Please send themto the editor.

Small Private advertisements. New 'Small Ads' Section: we will only accept adverts suitable for a Church Magazine, and adverts will cost £5 for upto 40 words. Please write your advert (in block capitals) on a piece of paper, with your address, and leave it in the Heart of Eden tray near the mainchurch door of St. Lawrence's. Put an envelope, with a £5 note in it, and marked 'HoE Small Ad' and something to identify the advertisement, in the safe. The safe is straight ahead of you as you enter the church.To be included in a particular edition of the newsletter, please do this before noon on the 13th as with other items" **n.b. please make cheques payable to "PCC of Appleby"**

Newsletter Delivery As on-line 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 Churches

St. Lawrence, Appleby

Churchwardens: Jean Hutchison
Jo Ayres (☎52017)

Secretary: Jo Ayres

Thank you very much to everybody who worked so hard & imaginatively on the church windows & displays for Harvest Festival.

Special thanks to Linda, it was a joy to see so many different folk involved.

Your generosity will mean the Food Bank will benefit hugely too. Thank you again.

The Order of Compline.

After many months of not being able to have it at St Lawrence's we have resumed the service of compline on the 1st and 3rd Mondays of the month at 7pm. The Order of Compline is a quiet and prayerful time, based on an ancient Monastic Service, and lasts about 30 to 35 minutes. This month 1st and 15th.

Everyone is welcome to come to St Lawrence's and join us. we would be delighted to see and meet you.

St. Peter, Asby

Churchwarden: vacant

PCC lay chair: Peter Miller ☎51707

Secretary: Karen Royle
☎ 07966.371044

St. Cuthbert, Dufton

Churchwardens:
Mrs. Gillian Bryan ☎ 51414
Mrs. Pam Day

Secretary: Mrs. Louise Stewart

St. Michael, Kirkby Thore

Churchwarden:

Margaret Davidson ☎ 017683.61699

Church Warden and Secretary:

Maeve Moore ☎ 017683.62005

In addition to the services listed on the back page, we have a service in the Memorial Hall at 10.45am on Thursday 11th for school and village reps. Dan Pattimore and Mike Higginbottom will preside

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 BraithwaiteS

St. John, Murton cum Hilton

Churchwarden: Jean Hutchison)

Secretary: Jo Ayres ☎ 52017

St. Theobald, Musgrave

Churchwarden: Hannah Fox
Hannah.Fox17@outlook.com

St. Edmund, Newbiggin

Churchwardens:

Mrs. M P. Sawrey-Cookson ☎ 61574

Tim Whittaker

St. James the Less, Ormside

Churchwarden: Margaret Parry

Secretary: Richard Parry

both ☎51043

St. James , Temple Sowerby

Churchwardens:
Angela Cleasby ☎017683.61534
Robin Witchell ☎017683.61193

Secretary: Anne Farmer ☎017683.61770

Saturday 13th 10 to 12 & 2 - 4: Gift Day and Coffee drop-in

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

Mass Sundays at 11am

…and last but not least
St. Anne's Hospital (Boroughgate Almshouses)

St Anne's Hospital (aka Lady Anne's Almshouses) is now open daily from 10 am to 5 pm. We are no longer a closed order! The Trustees ask that anyone wishing to look around the Chapel wears a mask… and the Tuesday morning services have now started - 9:15am, matins except first Tuesday of the month Holy Communion.

News from the Area

Age UK - Carlisle and Eden

For info.just ring Pat Mchugh on ☎07958.936694.

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

"Come for Coffee" drop-in sessions take place in the Bennett Room, Appleby Hub on the 1st and 3rd Mondays of each month (this month 1st and 15th) from 10am to noon (excluding bank holidays). Anyone affected by cancer is welcome (whether patients, relations or carers of any age). In addition to coffee and a chat, there is an optional gentle exercise class from 10.30 to 11.00 If you require any further information regarding the meetings please telephone Rosie on ☎017683 52263 or Jackie on ☎017683 52277.

Citizens Advice Carlisle and Eden Volunteers needed

Coronavirus has made life hard for many people. Citizens Advice Carlisle and Eden (CACE) is here to help. In the last year CACE has provided free, confidential, independent advice and support on matters including employment, debt, benefits, housing, energy and consumer affairs to around 5,000 people.

Locally, we rely on a team of committed volunteers in a number of roles. To support our work we now want to recruit:

Trustees who ensure the organisation satisfies its legal and contractual obligations and help to shape its future direction; Are you able to devote some spare time, typically 5-8 hours a month, to help us make decisions about our work?

We need a range of skills, and your background is less important than your commitment to our aims and principles. You will need the ability to communicate well, work effectively as a team member and exercise sound judgement. A full induction will be provided.

Digital Advisers: to work with clients by email and on the phone to provide advice across a wide range of issues. You will need to undertake a rigorous training programme, have good IT skills and commit to one day a week of volunteering

If you are interested in either role, full details and how to apply can be found at: http://www.ca-ce.org.uk/ or email volunteer-recruitment@ca-ce.org.uk with a daytime phone number so we can call you for a chat

…. 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 by 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

Upper Eden Food Bank
'A church led, community fed project'

Please note that donations can be made at Appleby and Kirkby Stephen Co-Ops, and K.S. Spar shops during opening hours, also at the wheelie bins outside Sands Methodist Church on Appleby Sands from 10 to 10:30 Tuesdays and as of 1st November, 10 to 10:30 on Fridays

Through 2020 and continuing into 2021,many people have found and are still finding, things very difficult and the Food Bank has been kept busy. We are really grateful for the donations of food, money and time, that people have so freely given.

We have been overwhelmed by the support from many businesses, organisations, schools and individuals, including some who have moved away from the area, even overseas. Some people who at the current time have been unable to donate food have kindly sent us money instead and this has been put to good use, to buy any shortages we have had. (If you want to do that, just get in touch for details)

There are so many people to thank for all their support. There are those who store bags of food at home ready for delivering when the need arises in their area, there are those who pack food bags and there are those who donate food, collect food, and date food for easy identification. There are those who donate money, and those who deliver food straight from the stores at The Sands. And there are those who pray for the Food Bank volunteers and the work that goes on every week. Each and every one (of you) have contributed to making a big difference to these families, and indeed all those whom our Food Bank supports. Thank you!

It is very possible that more people will find themselves in difficult and challenging situations over the next few months, the food bank wants to be there to help, please get in touch if you, or someone you know needs our help. The service is confidential.

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

Tourist Information Centre

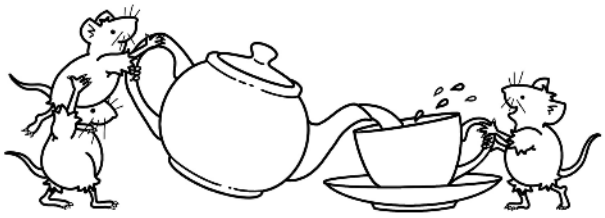
Presently located in the West Cloisters, and opening hours are Monday to Saturday, 10am to 3pm.

Or can be contacted on ☎017683.51177

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 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.

Coffee Mornings



Appleby Public Hall, Supper Room
Saturdays - 9 am to noon

Date	**in aid of**
6th	Royal British Legion Poppy Appeal
13th	Appleby Emergency Response Group
20th	Mayor of Appleby
27th	Inner Wheel

Town Council

Moot Hall

You may have caught glimpses behind the cage, scaffolding and sheet, of the original red sandstone of the Moot Hall, and white brick of later additions at the north and south ends. The intention is to finish these with a lime-based render. Work is also going on inside the building; hopefully, the extent of rot cause by damp trapped behind the previous concrete render will not be as great as was first feared. One of the small waste bins

previously attached to the south end of the building is now accessible again. Additionally, EDC has located a news free-standing bin next to the bus stop. There is no excuse for dropping litter in Boroughgate!

Farewell and Congratulations

After seventeen years of devoted service keeping the interiors of Council properties clean and tidy, Christine Ritson takes well-earned retirement. Meanwhile a recent recruit to our small administrative team, Emma Simpson, has deservedly been chosen Kendal College's Apprentice of the Month. The Council extends hearty thanks to Christine and congratulations to Emma.

Extending the Conservation Area

Eden District Council has updated the Appleby Conservation Area Character Appraisal Management Plan to add an additional area, consisting of the three Victorian streets between Garth Heads Road and the Settle-Carlisle Railway, namely Clifford Street, Belle View Road and Pembroke Street. A drop in session was held at the Public Hall on Monday 18 October, and the consultation period runs until 25 November. Enquiries and comments can be emailed to heritage@eden.gov.uk or made to the Town Council or the District Councillor for Bongate, Andy Connell.

Appleby Remembrance Day Parade

Appleby's Remembrance Day parade is planned for Sunday 14 November. The parade of British Legion, Council and uniformed organisations will commence from the Royal British Legion Club in Boroughgate at 1030, followed by a civic service at St Lawrence's Church at 1100. The Deputy Lord Lieutenant will be in attendance.

Coffee Mornings

Regular Saturday Coffee Mornings are back under way in the Public Hall Supper Room, enhanced by new kitchen fittings. The next six scheduled are: 23 October, Appleby Fire Service; 30 October, Appleby Bell Ringers; 6 November, Royal British Legion Poppy Appeal; 13 November, Appleby Emergency Response Group; 20 November, Mayor of Appleby Appeal; 27 November, Inner Wheel.

Sub-editor at work!

Bus Talk

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

Please continue to support any requests from bus operators relating to protection from coronavirus.

563 Appleby to Penrith (Mon - Fri) service (Stagecoach)

The improved 563 timetable introduced on 4th January by Stagecoach continues, including the service running throughout school holidays. 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

S6 Kirkby Stephen to Brough to Penrith (Tues) service

The S6 service, operated by Western Dales Bus started on Tuesday 13 April. This service provides 3 return trips from Kirkby Stephen to Penrith calling at Brough and Warcop; it will not pick up passengers from Appleby Sands to Penrith on outward trips to Penrith or drop off passengers in the same section of the route on return trips.

For details of the S6 timetable go to www.cumbria.gov.uk/buses

Community Transport

Community Wheels on Fridays - Back in full swing. Cumbria County Council are welcoming back service users of Community Wheels for residents of Dufton, Knock, Silverband, Milburn, Barrowmoor, Scattergate, Asby, Ormside, Warcop and Sandford for travel to Appleby. Cumbria CC are still encouraging use of face masks and good hygiene measures, also giving space where possible. There have been some changes to the Community Wheels service due to the extension of the 563 bus service ie Long Marton and Brampton are no longer served. Some users may also be able to use the 563 service from the road ends at Barrowmoor and Scattergate, however if you cannot reach the bus stops then you can still use the Community Wheels service.

To join the Community Wheels scheme, please ring 01228 226430. For general information go to www.cumbria.gov.uk/communitywheels

If you would like to join the rota of drivers (with D1 on your licence or a medical which shows the same capabilities) please contact Katy Wood on 07788 396194.

The Voluntary Social Car Scheme

covering Appleby, Bolton, Temple Sowerby and Milburn is operating - if you would like to use this service, including to get to a vaccination appointment, please

contact Valerie Kendal Scheme Coordinator on 017683 53159.

For general information about Community Transport, go to www.cumbria.gov.uk/communitytransport

Have your say on improving Cumbria's transport network

Cumbria County Council is encouraging people to give their views and feedback on the Cumbria Transport Infrastructure Plan (CTIP) 2022 - 2037 through an online survey.

The CTIP has been developed by Cumbria County Council and Cumbria Local Enterprise Partnership (CLEP) and sets out the policy framework for the role of transport and connectivity in supporting sustainable and inclusive growth in Cumbria.

The plan provides a vision for improving transport and infrastructure in Cumbria that provides for the needs of residents, businesses and visitors, as well as respecting our natural environment. The plan also details how Cumbria can support the ongoing recovery from the Covid pandemic and respond to the challenges of climate change.

The objectives of the CTIP are:

1. Clean and Healthy Cumbria - Promoting the role of active travel and digital infrastructure as enablers of inclusive economic growth and in supporting the health and well-being of our communities and the decarbonisation of transport networks

2. Connected Cumbria - Promoting improved transport networks across and into Cumbria to connect our places and support economic growth and opportunities for businesses and communities.

3. Community Cumbria - Promoting integrated approaches to transport, supporting opportunity and renewal within towns and communities across Cumbria with better transport used to improve social inclusion.

The survey is available online here.

The CTIP draft document will be available to view or download from the introduction page so that respondents can study the detail before completing the survey.

If you would like any further information or have questions about the consultation, please email infrastructure.planning@cumbria.gov.uk

Appleby Edibles

The Licence from Eden District Council for allotments and a community garden at the Heritage Centre is now confirmed and skip gone, so the designing and improvement of the space continues apace.

We are still open 10am-12 on Tuesdays for casual socially distanced drop in, or other times by arrangement.

Contact Lucy 07710405357, , or applebyedibles1@gmail.com

Appleby Clubs, etc.

Appleby Archaeology Group

Tuesday 16th at 7:30 pm in the Appleby public hall supper room. Subject “Art and Archaeology”

Bowling Club

The outdoor season has finished, and now we start to play short mat. Come along and have a go, contact the club secretary ☎017683 52306 for more details

1st Appleby-in-Westmorland Scout Group are recruiting new members

Beavers (6-8yrs), Cubs (8-10.5yrs) & Scouts (10-14yrs)

We create stronger communities and inspire positive futures, by providing fun, friendship and adventure.

Join as a young person or volunteer and help young people gain skills to succeed.

Contact:

https://edenscouts.org.uk

1stappleby@edenscouts.org.uk

☎ 0845 094 6059

Appleby Gardeners

We have a lunch on the 17th November at the bowling club followed by music from Jackie and the good time boys. Please book!

Lights…Camera…Appleby!

Another Round (12A)

(Danish, with subtitles)

Saturday 13th November, 7.00pm

Appleby Public Hall

This Oscar and BAFTA-winning black comedy (2020) tackles life and

death with equal vigour. Starring Mads Mikkelsen, best known as Bond's Le Chiffre, this film has been described as mischievous, maddening and anarchic.

Martin (Mikkelsen) and three of his friends, Tommy, Peter and Nikolaj, are all weary high school teachers, who embark on a risky experiment of maintaining a constant level of intoxication throughout the workday in order to test whether their creativity and everyday wellbeing can be improved.

We will be serving a delicious tasting plate of Smørrebrød, Danish open sandwiches on authentic Danish ryebread, created by our very own ARC volunteer, Glyn Thompson (previously chef-patron of In Vino Veritas restaurant, Leeds), followed by a delicious Risalamande - Danish almond rice pudding with cherry sauce - from the Boroughgate kitchen of Charlotte Ratcliffe. Tickets £11 for food + film. Please book food tickets in advance.

Film only tickets, £4 available on the door. Doors open 6pm, food served 6.15-6.30pm. Film screening at 7pm. Pay bar, raffle and interval ice-cream from the Jersey Ice Cream Farm, Melkinthorpe.

Food tickets must be booked in advance from Appleby Tourist Information Centre or the Courtyard Gallery, Appleby. For further information: 07903 858093 or email: courtyardgallery@btconnect.com

Make Appleby Remote Cinema night your regular monthly social. All profits support further film and cultural events for Appleby.

ARC 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

Two Highlights items at the Hub

Bowjangles: Dracula in Space

Forget everything you think you know about string quartets… Bowjangles is an irreverent, anarchic group which spans diverse genres to bring music, theatre and comedy together as you've never seen before!

This intrepid foursome are blasting off into outer space for their latest adventure, meeting a mysterious benefactor who make a proposition which probably is too good to be true. Then….the lead violinist begins to act a little strangely…..

Internationally acclaimed, award winning Bowjangles present their new sci-fi horror musical comedy Dracula space

The Hub, Appleby,

Friday 19th November 7.30pm

Tickets : 017683 52902 / www.highlightsnorth.co.uk

Daria Kulesh : Long Lost Home

Bold, exotic, impressive … words used to describe Daria Kulesh as she explores her family roots in the mountains of the Caucasus. With her striking voice and strong Russian and Ingush heritage, Daria mixes personal history and folklore to take you on and engaging, enchanting and uplifting journey to a land of immense beauty and harrowing tragedy.

Appleby Hub

Thursday 25th November 7.30pm

Tickets : 017683 52902 / www.highlightsnorth.co.uk

North West Arts

After the total concert programme disruption first by floods and then by dint of COVID's appearance in our world, it gives us great pleasure to announce our 2021-22 season's programme of six concerts (see attachment), which we dearly hope to welcome you back with.

It has been a desperate time for the musicians in our midst, many of whom have seen their income completely disappear and the majority were beyond the scope of the furlough payments made to the majority of the UK workforce. Some of the individual tales of their experiences are quite harrowing and I don't think anyone could have foreseen the arrival, or consequences, of such a pandemic as COVID. So it is a privilege to be able to bring some of them back to live stage performances and we look forwards to putting real live audiences in front of them too. I went to my first live concert las month as part of the Lake District Summer Music Festival and the buzz in the air was almost palpable and the musicians thrilled to be on stage again after such a long lay-off. We are staying abreast of COVID guidelines and shall format the hall to allow spacing between chairs and are lucky that the hall's very high ceiling allows safe air movement.

To learn more about our assembled programme, do visit our website at www.appleby-concerts.org.uk (or just Google Appleby Concerts) and also pay our NWA Facebook page a visit for a different angle - https://www.facebook.com/applebyconcerts/ As before, you can book tickets on-line for individual concerts and links are provided on our website.

Have a look at our programme on p.17

Villages

Asby

Tues	9th	7:30pm Asby Village Hall: Asby WI: Annual meeting and members' meal
Sun.	28th	2pm High Plains, Drybeck: , 'Advent in a Barn' led by Kristy Pattimore. Collection in aid of Cancer Research

Dufton

Dufton Open Circle meets on the second Wednesday of each month at 7.30pm in Dufton Village Hall for a Speaker event and social gathering with brews and raffle. 1/2 year Membership is £5 till December 2021 and £2 for guests on the night. Come and join us for a good evening out. We also have outings and coach trips. Contact Ges Quarmby, Dufton Open Circle Co-ordinator, on Ges789@gmail.com, or ☎017683 52628.

Coffee mornings Tuesdays at 10:30

Yoga Wednesdays at 10am

Play group Fridays at 10:30

Saturday 13th at 7:30pm: Luke Flear - Musician
…or visit duftonvillage.info/calendar/

Long Marton

Yoga classes on a regular basis now

Coffee mornings 2nd Tuesday of each month from 10am to noon - low key for now

Carpet Bowling dates coming soon - be patient!

Have a look at the village web site and village hall Facebook page, respectively https://www.long-marton.co.uk/village%20hall.html and https://www.facebook.com/longmartonvillagehall/

Wednesday 17th 7:30pm Long Marton Local History Group Talk by Chris Wilson on "Pubs in Appleby"

Sunday 28th Christmas Market
details from Vicky on ☎01931.715840

… and don't forget the Spooktacular on the 29th October!!!

Milburn

Village coffee mornings first Saturday of each month. Church coffee mornings third Saturday of each month, both 10:30 to noon.

Murton-cum-Hilton

Friday 12th from 9:30 to 11:30: Coffee Morning at Murton Village Institute - raffle and cake stall.

Ormside

Thursday evenings 6 to 7:30 Yoga
details from Polly on ☎07543.522711

Tuesday 5th 7:30pm Ormsiders (the group formerly known as the Ormside Girls [and before that the WI])

Mondays 8th & 22nd: Country Dancing classes in the village hall (probably!)- £3 per person - bar open - contact Margaret on ☎017683.51043 for details

Wednesdays 10th and 24th	10:30 - 12	Coffee morning
Wednesday 20th	7:30pm	Craft Night

Temple Sowerby

The majority of the Temple Sowerby Village Clubs and Activities have restarted. These include Garden Club, Coffee Morning, Ladies Lunch Club, a New Exercise Class and more. For details please check out the Village Website at https://templesowerby.org.uk/

Warcop - Parish Hall

Monday 1st at 6:30pm table tennis club

Second Saturday (this month the 13th) The regular monthly Coffee Morning in aid of Macmillan Cancer, 10am - noon. Donations of cakes and raffle prizes greatly appreciated

Thurs.4th: The monthly Soup and Pud, 11.30am - 1pm

3rd Thursday (this month the 18th)
7:15pm:Remote Cinema

The Father (12A) starring Anthony Hopkins and Olivia Coleman.

This highly praised film won Hopkins the Best Actor Oscar earlier this year. Stellar performances from both actors makes for compelling viewing as we watch the impact dementia has on loved ones and carers in this insightful drama.

Watch the trailer:
https://www.youtube.com/watch?v=60wDuQMJl2Q

As part of our plans to offer even more activities at Warcop Parish Hall, we are seeking local teachers and leaders to develop new classes and activities at our bright and modern hall. Classes can be daytime, evening or weekends.

We are looking for enthusiastic and suitably experienced and qualified leaders of the following areas. Thank you to all those who have already responded:

" BADMINTON - to establish a small local group to play for fun

" KEEP FIT/CIRCUIT TRAINING/HIT sessions - for mixed groups

" DANCE - someone to teach a range of dance styles to all ages and abilities, in a Covid-secure way.

" PILATES - to re-establish and grow this popular session

" PHOTOGRAPHY - traditional or digital - how to get the best results!

" INTERNET & IT FOR BEGINNERS - simple technology for those who would like to use the internet, iPads, laptops, or smartphones

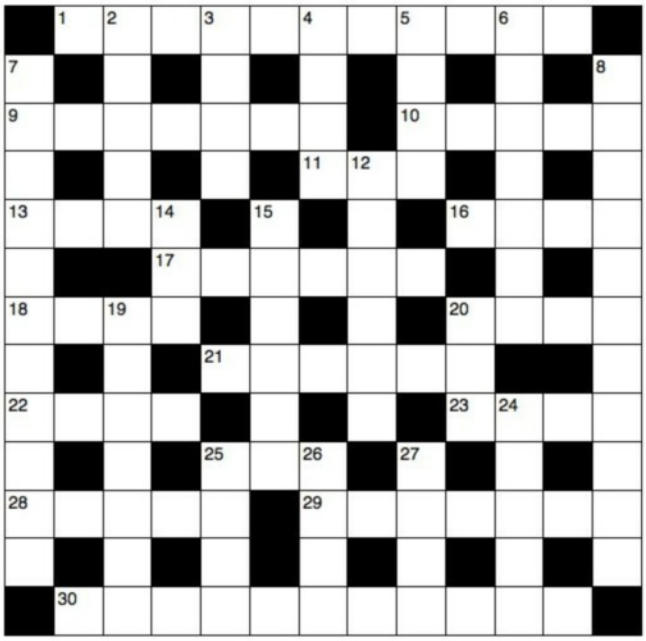
We are also interested to hear from people with exciting ideas for classes other than those listed above. We have recently started a new Yoga class on Thursday nights.

To find out more and to express an interest, or to book Warcop Parish Hall, please contact our Booking Secretary Sue Fell on 017683 41259 or mobile 07741 464 921.

To see what events we currently run, go to www.warcop.org.uk

November Crossword

(solution page 13)

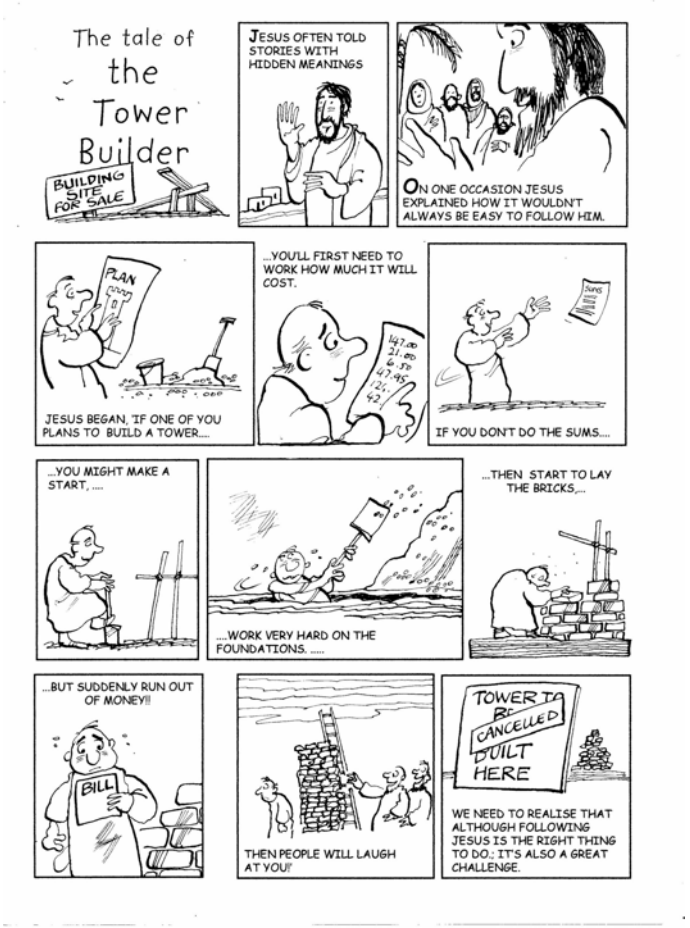


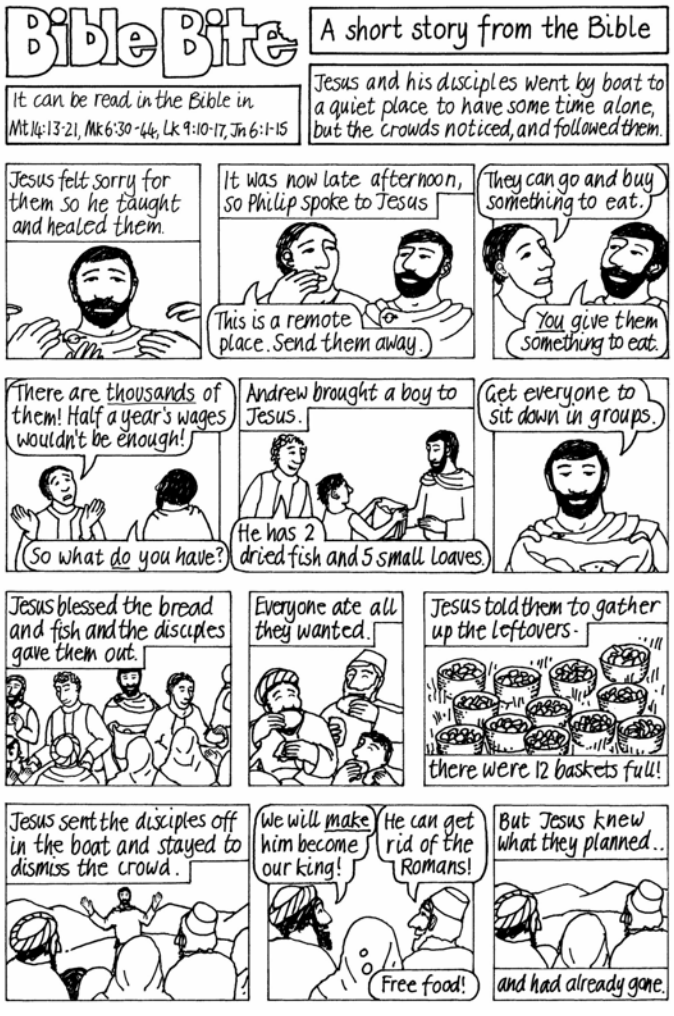
Across

1 In David's battle with the Arameans, 700 of these were killed (2 Samuel 10:18) (11)
9 'No - , impure or greedy person has any inheritance in the kingdom of God' (Ephesians 5:5) (7)
10 City on the banks of the River Nile (5)
11 Stamped addressed envelope (1,1,1)
13 Taverns (4)
16 'Be on your guard; stand - in the faith' (1 Corinthians 16:13) (4)
17 'He will not always - , nor will he harbour his anger for ever' (Psalm 103:9) (6)
18 and 27 Down Where the magi came from and what guided them (Matthew 2:1-2) (4,4)
20 Ancient Celtic alphabet of 20 characters (4)
21 She married Esau when he was 40 years old (Genesis 26:34) (6)
22 A great-grandson of Noah (Genesis 10:7) (4)
23 Title accorded to certain Roman Catholic clerics (abbrev.) (4)
25 'My house will be a house of prayer; but you have made it a - of robbers' (Luke 19:46) (3)
28 Annie (anag.) (5)
29 Plead with (Zechariah 7:2) (7)
30 Tenth foundation of the new Jerusalem (Revelation 21:20) (11)

Down

2 'We have a building from God, an eternal house in heaven, not built by - hands' (2 Corinthians 5:1) (5)
3 Uncommon excellence (Proverbs 20:15) (4)
4 'You have exalted my horn like that of a wild ox; fine - have been poured upon me' (Psalm 92:10) (4)
5 - Homo ('Behold the Man') (4)
6 'He has given proof of this to all men by - him from the dead' (Acts 17:31) (7)
7 'Our - is in heaven' (Philippians 3:20) (11)
8 'This is a day you are to - ' (Exodus 12:14) (11)
12 Assault (Psalm 17:9) (6)
14 'Jesus found a young donkey and - upon it' (John 12:14) (3)
15 Liverpool dialect (6)
19 'Remember the - day by keeping it holy' (Exodus 20:8) (7)
20 Nineteenth-century German physicist after whom the unit of electrical resistance is named (3)
24 Nazirites were not allowed to eat this part of a grape (Numbers 6:4) (5)
25 'If anyone would come after me, he must - himself and take up his cross and follow me' (Mark 8:34) (4)
26 Evil Roman emperor from AD54 to 68, responsible for condemning hundreds of Christians to cruel deaths (4)
27 See 18 Across





CUMBRIA CONSTABULARY
SAFER STRONGER CUMBRIA

Please Be Patient for Horses

We're asking people to remember to be careful and patient when driving near horses.

This follows a recent near miss involving a horse and a 4X4 vehicle near Dufton.

If you meet a horse rider on the road, remember these four things

Slow down

Be patient, don't use your horn or rev your engine

Pass the horse wide and slow, (if safe to do so) at least a car's width if possible

Drive slowly away

As the days are getting shorter remember to be bright and be seen when on the road, while walking, biking, running or riding.

Catalytic Converter Thefts - What We're Doing To Stop This And Tips to Prevent Crimes

Thieves can remove a catalytic converter within minutes. The precious metal in catalytic converters has led to an increase in theft. In one of the latest incidents in Cumbria, it was reported to 101 that a vehicle had its catalytic convertor stolen between 4pm on September 30 and 10am on October in Appleby.

Together with our partners, we're committed to tackling the issue. Here are some of the steps you can take to protect your vehicle.

● Protect your car by asking your dealer if they can give you any advice on locks or guards that are approved by the vehicle manufacturer and tested to Sold Secure Gold.

● Mark your catalytic converter with a forensic marker and register your converter to make it harder for thieves to dispose of.

● Park your car somewhere well-lit and overlooked, among as many cars as possible. Try to park so the convertor can't be easily reached - close to a wall or fence. Try not to park at the end of the row if there are free spaces.

● Look for a 'Park Mark' car park, which will ensure the car park has been assessed and approved for security.

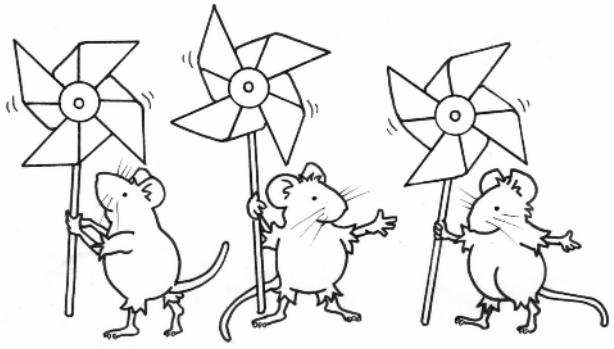
SmartWater is a water-based, inorganic traceable liquid that contains a unique forensic signature. Only a tiny speck is required to link a criminal back to the scene of crime. We are working with garages in Appleby, Kirkby Stephen, Alston, Langwathby and Shap, which will mark catalytic converters with SmartWater on vehicles free of charge. There are limited numbers of SmartWater kits available at each garage. It is on a first-come first-served basis.

If you are interested in getting this fitted please contact your local garage directly from the list below to book your vehicle in:

" Courtfield Garage, Appleby

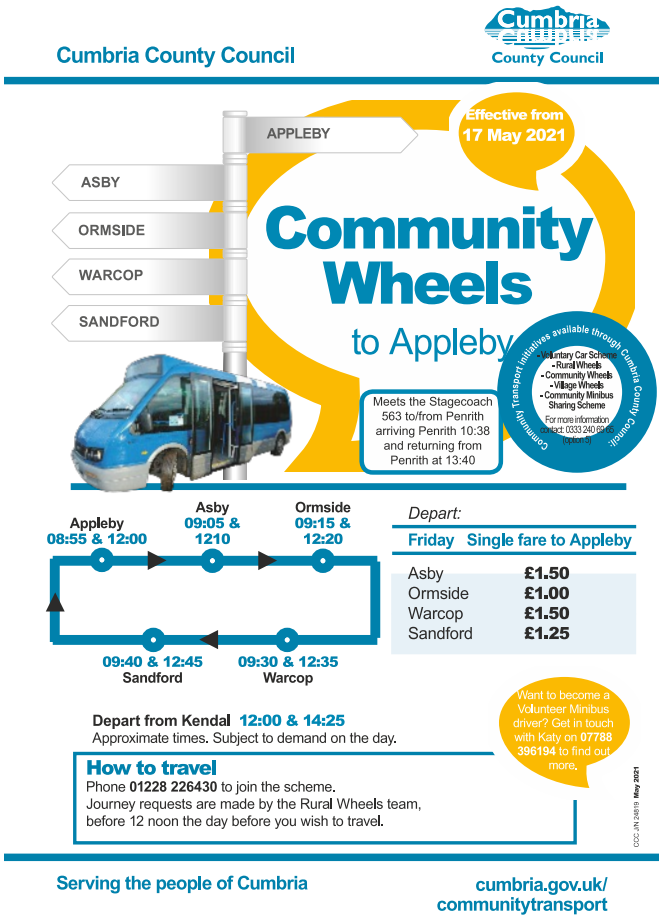
" Sammy Lees, Appleby

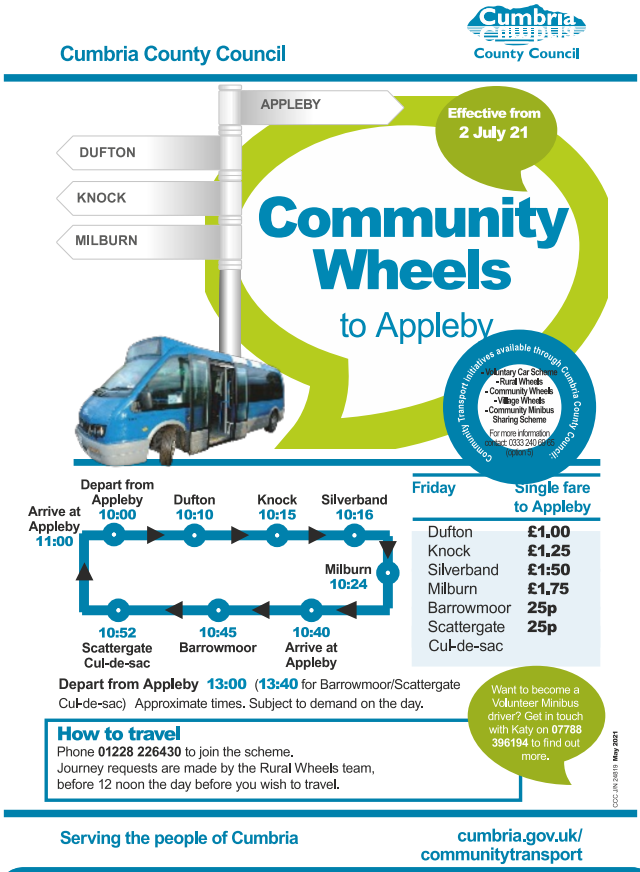
" Eden Garage, Appleby



November Crossword Solution

■	C	H	A	R	I	O	T	E	E	R	S	■
C	■	U	■	A	■	I	■	C	■	A	■	C
I	M	M	O	R	A	L	■	C	A	I	R	O
T	■	A	■	E	■	S	A	E	■	S	■	M
I	N	N	S	■	S	■	S	■	F	I	R	M
Z	■	■	A	C	C	U	S	E	■	N	■	E
E	A	S	T	■	O	■	A	■	O	G	A	M
N	■	A	■	J	U	D	I	T	H	■	■	O
S	E	B	A	■	S	■	L	■	M	S	G	R
H	■	B	■	D	E	N	■	S	■	E	■	A
I	N	A	N	E	■	E	N	T	R	E	A	T
P	■	T	■	N	■	R	■	A	■	D	■	E
■	C	H	R	Y	S	O	P	R	A	S	E	■





Applications can be processed by Rural Wheels contactable on 01228 226430

By post:

The Rural Wheels Service, Cumbria House,

Cumbria County Council, 117 Botchergate,

Carlisle CA1 1RD

Cheques or postal orders (£5 per person over 18) should be made payable to Cumbria County Council

Application form

Number of applicants

Name(s) including title

Date(s) of birth

Address

Postcode

Telephone (including code)

Please list below any medical conditions or mobility problems you have, for example, if you are partially sighted or use walking aids etc.

Do you use a wheelchair ☐ Yes ☐ No

If yes, are you able to transfer to a seat? ☐ Yes ☐ No

If the wheelchair is powered, please provide make and model.

Emergency contact and telephone number

Is it hard to park your car in the garage?

It is not your fault: the bestselling modern cars have become bigger by about up to a third. A comparison of the most popular models sold in 1965 and 2020 had found that most popular modern models have expanded from 59 inches (1.5m) in width to 71 inches (1.8m) in width. Their length has gone from 153.5 inches (3.9m) to 169 inches (4.3m). The most popular 2020 model, the Ford Fiesta, has a width of 66 inches (1.7m).

Yet the average garage door is still only 82 inches wide (2.1m), often leaving just six inches (15cm) each side of the vehicle.

Besides, where would you put the washing machine and the freezer? (Ed.)

Lest We Forget

'In Flanders' fields the poppies blow between the crosses, row on row, that mark our place: and in the sky the larks, still bravely singing, fly scarce heard amid the guns below.'

This is the first verse of John McCrae's poem, first published in Punch magazine in 1915. It soon came to symbolise the sacrifice of all who died in World War One. Today, the poppy remains a tangible symbol for those who have sacrificed their lives in war, especially as we remember those who died in Afghanistan. But why do we remember?

'They will beat their swords into ploughshares and their spears into pruning hooks. Nation will not take up sword against nation, nor will they train for war anymore.' (Micah 4:3). Writing 700 years before Christ, Micah spoke at the time when Samaria fell due to the aggression of Assyria. However, he prophesied a future of hope, a world where nations come together in peace rather than war. His words are fulfilled in the kingdom of God established by Jesus.

Our understanding of *peace* is more than simply the absence of conflict. It is about building relationships between people, communities and nations, founded on love and justice for all. As we remember those who died in war, we should look practically at how we can build such relationships, beginning with our own families, colleagues and neighbours. *'We will walk in the name of the Lord our God for ever and ever.'* (Micah 4:5). Let's ask God's Spirit to make us people of peace, justice and compassion for today's world.

'They shall grow not old as we that are left grow old: Age shall not weary them, nor the years condemn. At the going down of the sun and in the morning we will remember them.'

100 years of red poppies

Amid the mud, blood and carnage of trench warfare in World War 1, tens of thousands of bright red poppies grew, marking the graves of the fallen. This led John McCrae, a Canadian army physician who had lost a colleague, to write "In Flanders Fields",

In Flanders fields, the poppies blow

Between the crosses, row on row

That mark our place, and in the sky

The larks, still bravely singing, fly.

This image inspired the adoption of a red poppy as the symbol of all soldiers who had died in conflict. Exactly 100 years ago, on the 11th Nov 1921, poppies of remembrance were sold for the first time in British and Commonwealth countries. Hostilities had actually ceased three years earlier at the 11th hour of the 11th day of the 11th month.

This year, on the 14th November, which is the nearest Sunday, a two-minutes silence will be kept at war memorials throughout the country, and at the national ceremony at the Cenotaph in London's Whitehall. The Queen will pay tribute alongside Members of the Cabinet, Opposition Party leaders, former Prime Ministers, the Mayor of London and many others. Representatives of the Armed Forces, Fishing Fleets and Merchant Air and Navy will be there, as well as High Commissioners of Commonwealth countries. All will wear a red poppy.

Around 30 million poppies are sold each year in the UK by the Royal British Legion. All the proceeds are used to provide serving and ex-service personnel with financial support, advice, employment, mobility, housing and mental health facilities.

Today we are more aware than ever that battles are fought mainly by young people, and many of those who survive bear scars for life. The act of 'remembering' will not only look back to mark their sacrifice, but also yearn to learn lessons for the future.

Reflecting on the poem, 'In Flanders Fields', the American professor Moina Michael, wrote:

And now the Torch and Poppy Red
We wear in honour of our dead.
Fear not that ye have died for naught;
We'll teach the lesson that ye wrought
In Flanders Fields.

War memorials

The National Arboretum in Staffordshire

Blessed are those who mourn, for they will be comforted. (Matthew 5:4)

National and local *memorials* to the casualties were first proposed during the First World War. After the war ended, local committees were set up to plan how to commemorate the sacrifice of their young men's lives. The committees were not usually run by the local churches but often by landowners, employers, and representatives of comrades' groups. Memorials often started as shrines where locals could gather to leave messages or flowers.

Over the next few years, permanent memorials were set up in every village, town and city across the UK. They differ widely in style. Sometimes a stone cross was chosen, other times a plaque or an obelisk. They usually lis the names of local men who died, but sometimes all the men from the community who had served. Sometimes they list just names, while others are complete with details of the units they served in. They usually reflect an equality in death – that no-one was more important than another.

In many cases, memorials were not dedicated until well into the 1920s. It took time to decide on the design and raise money. In many cases there was difficulty in tracing the names of all the fallen. There was also the question of where to site the memorial. Most are on roadsides, or in the centre of a community. Some, but not many, are in churchyards. Many memorials were facilities for the community such as recreation grounds or village halls in addition to the lists of names.

Most memorials were paid for by public donations, local fetes and concerts. No-one gave a thought to who would pay for their upkeep in the future. Now, one hundred years later, many are in need of repair, cleaning or restoration. Sadly, some have been vandalised or have had the metal plaques stolen.

Many local authorities, including town and parish councils, have taken responsibility for the upkeep of memorials although there rarely is any legal duty to do this.

An epic struggle between good and evil
took place in the Vicarage kitchen

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citizens advice Carlisle & Eden

We give free, up-to-date advice to everyone in Eden

Coronavirus has made life hard for many people. Citizens Advice Carlisle & Eden is here to help.

If you need help with benefits, work, debt and money, housing, or more, please get in touch or look at useful information available at www.citizensadvice.org.uk.

For Debt/Money advice or Foodbank referrals: 03300 563037

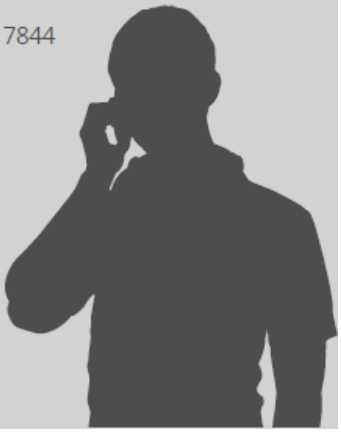
For help claiming Universal Credit: 0800 1448 444

For all other enquiries: 0808 278 7844

Email Advice:
Via Contact Us form on website;
www.ca-ce.org.uk

Webchat Advice
www.citizensadvice.org.uk

Check out our social media page
Twitter & Facebook;
@CarlisleEdenCA



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

NORTH WESTMORLAND ARTS
2021-22 Concert Season
All concerts are at 7:30pm in Appleby Public Hall.

Sun 7th Nov:	Emma Abbate (piano) + mezzo-soprano and viola
Sun 28th Nov:	Sacconi String Quartet
Sun 27th Feb:	Boglarka Gyorgy and Amy Butler (violin & piano)
Sun 13th Mar:	Jamal Aliyev and Maksim Stsura (cello & piano)
Sun 3rd Apr:	Meliora Collective – strings, harp, flute, clarinet

www.appleby-concerts.org.uk
Email: enquiries@appleby-concerts.org.uk **Tel:** 017684 83777
Supported by Westmorland Arts Trust, Hadfield Trust, Bryan Lancaster Trust

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Church Services for November 2021

Church of England

n.b. 14th is Remembrance Sunday

† = remembrance service

Appleby, St. Lawrence

Fridays Holy Communion at 10am

Monday 1st	19:00	Compline
Sunday 7th	10:45	Holy Communion
Sunday 14th	10:45	†
Monday 15th	19:00	Compline
Sunday 21st	10:45	Matins lay led
Advent Sunday 28th	10:45	Holy Communion

Boroughgate, St. Anne's Hospital

Tuesdays at 09:15 Matins except first Tuesday Holy Communion

Dufton, St. Cuthbert

Sunday 14th	15:00	† @ Methodist chapel
Sunday 28th	18:00	Holy Communion

Great Asby, St. Peter

Sunday 7th	18:00	Holy Communion
Sunday 14th	10:45	†
Sunday 17th	18:30	Evening Prayer
Sunday 21st	14:00	Baptism
Sunday 18th	14:00	Advent in the barn

Kirkby Thore, St. Michael

Sunday 7th	10:30	Baptism
Sunday 14th	10:30	†
Sunday 28th	10:30	Holy Communion

Long Marton, SS. Margaret & James

Sunday 7th	15:00	Evening Prayer
Sunday 14th	9:15	†
Sunday 21st	15:00	Holy Communion

Milburn, St. Cuthbert

Sunday 7th	10:30	Holy Communion
Sunday 21st	10:30	Holy Communion
Sunday 28th	15:00	Advent carol service

Murton, St. John

Sunday 14th	10:30	†
Sunday 21st	18:30	Looking to Advent

Musgrave, St. Theobald

Sunday 28th	10:00	Holy Communion

Newbiggin, St. Edmund

Sunday 7th	09:00	Holy Communion
Sunday 14th	10:45	† (lay led)
Sunday 28th	16:00	Evensong

Ormside, St. James

Sunday 7th	09:15	Mattins (lay led)
Sunday 14th	t.b.a.	
Sunday 21st	10:00	DIY
Sunday 28th	15:00	Evening Prayer

Temple Sowerby, St. James

Sunday 21st	10:30	Morning Prayer (lay led)

Warcop, St. Columba

Sunday 7th	10:45	Holy Communion
Sunday 14th	10:55	†(@ Methodists)

Methodist Church

All

Sunday 10th	18:30	Cnxn Svce with Kirkby Stephen

The Sands, Appleby

Sunday 7th	10:30	Rev. Mike Harrison (HC)
Sunday 14th	10:30	† Rev. Andrew Sterling
Sunday 21st	10:30	Rev. Tony Taylor
Sunday 28th	10:30	Rev. G Crippen

Dufton with Knock

Sunday 7th	10:45	Mr. Allen Burton
Sunday 14th	18:30	Mr. Harry Hutchinson Connexion Service TBC
Sunday 21st	10:45	Rev. Jackie Betts
Sunday 28th	10:45	Local arrangement

Warcop

Sunday 7th	10:30	Mrs. Jacky Ousby
Sunday 14th	10:55	†
Sunday 21st	10:30	Rev. A Sterling
Sunday 28th	18:30	Advnet service TBC

Church of Our Lady of Appleby

Mass every Sunday at 11:00