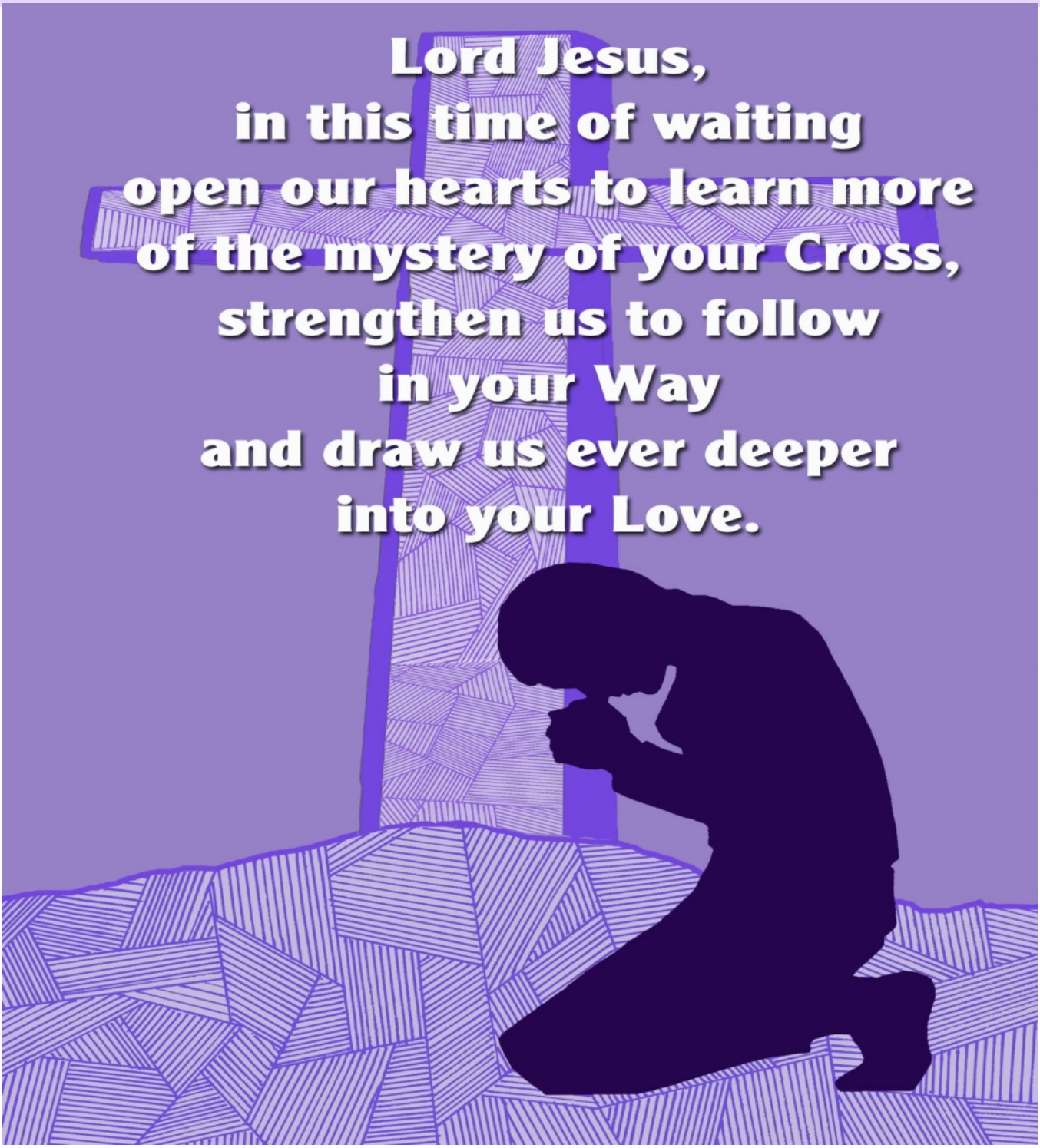
Heart of Eden The News Magazine of the Benefice

March 2022

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

But …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

When I needed a Neighbour

With age come a number of problems (compile your own list). Often, one of them is 'loneliness'. Now, Appleby and its neighbouring villages are pretty neighbourly places; but there are quite a number of folk who live on their own, who don't get out much for one reason or another, and, although they may not complain about it, are lonely. You may remember words of Jesus who said: "Blessed are you because when I was in prison you visited me.". That prison need not be one of iron bars; but it's still very easy to find yourself more or less cut off from everyone and the life of the community. So, if I wish to be a good neighbour, then visiting someone in that situation, helping them to feel wanted, still part of the community, is a good thing to do. But don't go in the spirit of 'doing good' (nobody wants 'good' done to them!) but because you want to offer your friendship and company and, likewise, to enjoy theirs.

Feeling left out is not the only cause of loneliness. I'm eighty-five, and most of my contemporaries are already dead. The world, for me, is becoming a rather empty place. I've only one friend from school days who's still alive, and he's the only one with whom I can share any memories of those far off days. More and more, I begin to feel marooned in time. Well, there's nothing anyone can do about that. But it's time in which, if I choose, I can reflect deeply on myself…who am I?…what am I?…do I count for anything in the great scheme of things?…or am I just one of billions who will be forgotten and never missed?

The people who wrote the Psalms had all these thoughts, and shared their experiences with us. So the author of Psalm 139 felt that he was not alone but known and valued by God; and he wrote: 'Where can I go from your spirit? Or where can I flee from your presence? For it was you who formed my inward parts: you knit me together in my mother's womb". It's a very intimate relationship. So, rather than avoiding the big questions, perhaps the way for us is to take this opportunity to reflect more deeply on the mystery of our existence, and on the God who visits us.

When we read the stories of Jesus, we find how he meets lonely men and women and offers them his friendship. He makes them feel that they matter. He breaks through the isolation of pain and loss and failure and disgrace. Perhaps, then - when I am feeling lonely and worthless - then is the time to recall that Jesus is the friend of the friendless ad self-despairing.

Roger Collinson

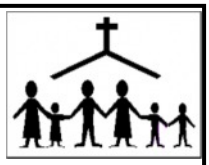
Church Registers January - February 2022

Baptisms…We welcome into the Lord's family:

20th February	Ted William Williamson	St. Michael, Kirkby Thore
20th February	Olive Edie Mae Schug	St. Columba, Warcop
27th February	William Lancaster Davies	St. Lawrence, Appleby

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

10th January	Beryl Sowerby	SS. Margaret & James, Long Marton
28th January	Jim Archibald	St. Lawrence, Appleby
28th January	John Wilkinson	SS. Margaret & James, Long Marton
30th January	Jean Bellas	SS. Margaret & James, Long Marton



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

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. Please identify the content in the email subject line and in the name of each attachment. 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 them to the editor.

'Small Ads' Section: we will only accept adverts suitable for a Church Magazine, and adverts will cost £5 for up to 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 main church 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 14th 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.*

A Move from Morland

A well-respected vicar in the Diocese of Carlisle - the Church of England in Cumbria - has been appointed Archdeacon of West Cumberland as part of a job-sharing arrangement.

The **Ven Stewart Fyfe** is sharing the role with the Ven Richard Pratt, who will retain the Archdeacon's title, but will now be serving as an Associate Archdeacon.

The two will also jointly lead a New Start Team focussing on the support of parishes in west Cumbria which are currently without a member of clergy. Richard will serve as Associate Priest in the Benefice of Maryport, Netherton, Flimby and Broughton Moor, and Stewart will be supporting the parishes of Aspatria, Hayton and Gilcrux in the near future.

Stewart said: "Having ministered in Cumbria since my ordination 17 years ago, I feel I know the county and the diocese very well and look forward to bringing that knowledge to bear in my role as Archdeacon.

"I thoroughly enjoyed my time in ministry in Morland. Each of the churches in the benefice has come to mean a great deal to us. It's been a time of huge change for the Church and for our rural communities.There have been a lot of challenges, but it's been particularly satisfying to see our work with young people growing, both through our Network Youth Church, our local schools, and the remarkable Morland Choristers' Camp, which has now been going for more than 50 years. We are so grateful to the people of Appleby Deanery for their love and support over the past 11 years.

"My new role will be challenging and is a little daunting, but also full of interest. It's a great privilege to be able to serve in this way and I look forward to meeting the people of the Archdeaconry. I give thanks that I shall be able to work in equal standing alongside Richard and that I shall be able to draw on his huge knowledge as an Archdeacon, ministering within the local context of west Cumbria."

Stewart comes to the post after 11 years as Rector of the North Westmorland benefice, incorporating the parishes of Bolton, Crosby Ravensworth, Morland, Thrimby, Great Strickland, Cliburn, Askham with Lowther and Clifton and Brougham. He was also Rural Dean of Appleby, taking charge of the largest geographical Deanery of any diocese in England.

He has been licensed in his new role by the Bishop of Carlisle and has moved to Abbeytown, returning to the Solway, having previously served as assistant curate in the benefice of The Barony of Burgh, near Carlisle.

Originally from Glasgow, Stewart, aged 52, grew up in Belgium but moved to England where he gained an economics degree from City University, London in 1991.After a period at the Serious Fraud Office, he converted to law in 1997 and spent around eight years working as a solicitor based in London and Hertfordshire, and latterly also at Burnetts in Carlisle. In 2004/05 he undertook his ministerial training at Ridley Hall, Cambridge and obtained a Masters in Practical Theology from the University of Cumbria. Stewart is married to Carolyn and they have two grown-up children, Olivia and Gregor.

The **Ven Richard Pratt** was appointed Archdeacon of West Cumberland in 2009, having previously served as Priest-in-Charge of St Cuthbert's with St Mary, Carlisle. Richard was ordained in 1984, serving his curacy at Wellingborough All Hallows in Northampton, later serving as Team Vicar at Kingsthorpe with St David's and then as Vicar of Northampton St Benedict, both in the same diocese.

He had previously studied Maths at Oxford University and later attended Lincoln Theological College, before gaining a PhD in Theology (how the Bible is interpreted in politics) in 2001. Before ordination Richard worked as a maths teacher in west Africa and then as a computer programmer and systems analyst in Peterborough.

As well as serving as Archdeacon of West Cumberland, he has also acted as Diocesan Communications Officer and continues to be Assistant Communications Officer. He and his wife Diane have three grown up children.

Richard, aged, 66, said: "I remain as passionate as ever about supporting the mission and ministry of churches across the Archdeaconry. It has been a privilege to serve these communities for the last 13 years and I look forward to continuing to do so alongside Stewart.

"As well as my Archdeaconry duties, my role will now take on a particular focus around the support of parishes who find themselves in a time of vacancy. As such, I have already begun to work alongside church communities in and around Maryport, helping develop new forms of church such as 30 Minute Church, alongside the recently-appointed Pioneer Enabler Lisa Andradez. It has provided new challenges but equally a sense of new ministry and excitement. Knowing Stewart well, I very much look forward to working with him in our combined ministry over the years to come. The workload is considerable but I'm confident that together we shall make a difference in west Cumbria."

As well as their delegated Archdeaconry duties, the job share will see Stewart take responsibility for supporting Keswick, Binsey, Solway Plain and Workington mission communities. Richard will continue to work with Criffel View, Grasmoor, Whitehaven, Whitehaven East, Coast to Fells and South Calder mission communities.

The Rt Rev James Newcome, Bishop of Carlisle, said: "I am delighted that both Stewart and Richard are able to jointly serve the Archdeaconry of West Cumberland and that they will provide particular focus - through the formation of the New Start Team - on extra help and support to those parishes in vacancy and to which, historically, we have struggled to recruit. They will also both be actively involved in creating new forms of church and other new initiatives.

"Stewart has committed his ministry to Cumbria since first being ordained and so has huge knowledge of the context in which our church mission sits within the county. Likewise, Richard has served the communities of west Cumbria tirelessly and faithfully as Archdeacon these past 13 years. I give thanks that he will continue to do so in the future."

A Letter from the Bishop of Carlisle re. recruitment of a new bishop of Penrith

Dear Colleagues,

There has been considerable discussion in the diocese since last June over the appointment of a new Bishop of Penrith. I have carefully listened to all views offered.

The question of filling the See of Penrith has been considered on several occasions by the Senior Leadership Team, Bishop's Council and Diocesan Synod. Several people have also written to me with their comments. Due to the various views expressed I invited the Revd. Preb Stephen Lynas - the recently-retired Senior Chaplain and Adviser to the Bishop of Bath and Wells - to interview leading voices from the diocese, to consider all the issues being raised and to write a report. His report was received in December and was considered in detail by the Senior Leadership Team and Bishop's Council in January.

During December, I also met with the national church's Dioceses Commission whose approval is needed to proceed with the appointment of a suffragan bishop. They gave their approval and suggested an appointment be made sooner rather than later. The Senior Leadership Team and Bishop's Council were also of the view that an appointment should be made as soon as possible.

The process for appointing a new Bishop of Penrith is organised by the national church and there are several steps to go through which inevitably take time. To achieve this planning for succession I have begun the process of seeking to appoint a new suffragan bishop. Today an advert has been placed in 'The Church Times' to invite views on suitable candidates. There is some time pressure on beginning this process as there are only a few times in the year when the Archbishop is available to consecrate a new Bishop. You will appreciate that as a diocese, we need to plan for succession in the Senior Leadership Team and there is a need for a new Bishop of Penrith to be in post if possible by the autumn.

I am writing to ask for your prayers for a suitable candidate to be found and for the prayerful discernment of those who will advise on the appointment. The Diocesan Synod on 5th March will have the opportunity to make comments about the appointment of a new bishop and together we will seek to strengthen the leadership of the diocese over the coming years.

Thank you for your continued support during this time of change and whilst we continue to work through the continuing pandemic.

Yours in Christ, +James

☎: 01768 773430 E-mail: bishop.carlisle@carlislediocese.org.uk

St. Lawrence, Appleby

Churchwardens: Jean Hutchison
Jo Ayres (☎52017)
Secretary: Jo Ayres

The Order of Compline.

On the 1st and 3rd Mondays of each month at 7pm (this month 7th and 21st). we have the ancient Monastic Service of Compline, which lasts about 30 to 35 minutes. Everyone is welcome to come to St Lawrence's and join us. we would be delighted to see and meet you.

Children's Society

Thank you to everyone who has collected a box. If you have a full box from last year

1. Write down your phone number
2. Put it in an envelope marked "full box"
3. Put the envelope in the yellow safe.

Then I can contact you to arrange collection. This way we can continue to donate money in 2022. Thank you for your support

Lorna Atkinson.

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

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. Theobald, Musgrave

Contact: Joyce Keetley
keetleyjd@sky.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

St. Columba, Warcop

Contact: 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 (currently on leave)

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 7th and 21st) 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.

Memory Club in Appleby

The Memory Club is now operational. It offers a chance for people with memory loss to attend a regular social event along with their carers. Light refreshments are provided (a drink and biscuits) and activities such as crafts, dominoes, quizzes and singing. Family carers can join in with the activities, if they wish, or move to another room to relax or chat.

Meetings are on 2nd & 4th Wednesday mornings of each month (this month 9th and 23rd) from 10:30 to noon, at Sands Methodist Church Hall.

For further information, please contact :-

Anne Crosby ☎017683 51219

Tim Parkin ☎017683 52640

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 CACEhas 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.

In particular, Citizens Advice Carlisle & Eden is looking for a Treasurer to assist the Trustee Board with financial matters. Do you have a financial background? Would you like to put something back into your community?

For more information and a role description please contact Andy Setters, Chair of Trustee Board, on 07711 738 422 or email: asetters@aol.com

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: neil.hilton.mp@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 , 10 to 10:30 on Fridays

Once again, we have had a year of overwhelming generosity from people who live in this area and beyond, both with donations of food and of money, plus Christmas trees and vegetable boxes. This has meant that we have been able to take parcels to all those who have needed them because of the steady supplies that have been coming in. Those of us who volunteer at UEFB, as well as those who receive, are of course incredibly grateful for the fact that our shelves are well stocked, especially when we know from reports in the media that some food banks are struggling with low supplies.

We do thank you for your continued support, and list below some contact details, including our website which is the best place to look if you are wanting to know those items that are low in stock.

Upper Eden Food Bank will continue to be there for those who need it, and information can be found in the following ways:

Phone: 07596 690 902

Facebook: upperedenfoodbank

Web: www.upperedenfoodbank.org.uk

These may also be helpful:

Citizens Advice Carlisle & Eden:
03300 563 037, or Facebook

Local Links, Kirkby Stephen: Mon & Wed, 10 - 12, 1-3pm
017683 71775,

Cumbria County Council Community Support:
01228 221100

Appleby Hub Announcement

What's this like for an offer - live RENT free in Eden!

Cumbria based charity, Oaklea Trust always come up with great ideas -well they're trying out a unique new concept - providing accommodation for our employees. Rent free - what's the catch?

There is no catch - The aim will be for a group of our employees/or a family to house share at a property we have purchased in the Eden Valley. You will join us and our social care teams - we pay the rent - you will just be responsible for the household bills (electricity etc). You also get to work with us!

'This is a unique opportunity for Oaklea to be able to offer rent free accommodation in a 3 bed semi detached house in the beautiful market town of Appleby-in-Westmorland. This offer is for a family or individuals sharing and is linked with a successful job offer and continued employment with the Oaklea Trust. " Clive Wigley, CEO (For further information please contact Clive on 07734 162968)

The House

It's an end terraced house with TWO RECEPTION ROOMS and THREE BEDROOMS situated in a quiet side street off Appleby town centre and backing onto the Playing Field. The property benefits from double glazing and has electric heaters. Externally there is a small front paved area and a rear garden. (Council Tax band B)

More details (house and job description) on Oaklea website - click on this link https://www.oakleatrust.co.uk/were-streets-ahead-on-ideas/

Tourist Information Centre

Presently located in the West Cloisters
— opening hours Monday to Saturday, 10am to 2pm.

…or can be contacted on ☎017683.51177

Appleby Library

Our opening hours are now:

Monday and Friday only

10am to 12:30, and 1:30 to 5pm

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.

Town Council

Town Clerk

Following the interview of four very strong applicants, the Council's Staffing Committee invited Sue Gilbertson to take on the post of Town Clerk; she will commence her duties in March. Sue knows Appleby well, and the Council is confident that she will carry out her duties to the excellent standard of her predecessor, Karen Lowthrop, to whom we bade farewell at the end of February. We thank Karen for the positive part she has played in the life of the Appleby community and wish her every future happiness and success

Moot Hall and Cloisters

External work on the Moot Hall is almost complete, but the scaffolding will remain in place until the building has completely dried out. Restoration and repair work also planned for the Cloisters. We are fortunate that most of the funding, through the HAZ project, has come from Historic England and Eden District Council, but Appleby Town Council is also required to make a significant financial contribution.

Council Tax 2022-23

At its January 2022 meeting, the Town Council agreed its Budget for the coming year, including a rise in the local precept. The decision was taken reluctantly but felt to be necessary to enable the Town Council to sustain the level of service and maintenance residents expect. It amounts to £1.23p per month for a Band D property. Except in respect of Social Care, Cumbria County Council has decided to freeze Council Tax, and Eden District Council is expected to do the same.

Public Hall

The relaxation of government social distancing regulations has made possible the return not only of Coffee Mornings in the Public Hall Supper Room, but also events in the main auditorium. Remote Cinema is booked for 26 February and 19 March, Westmorland Youth Orchestra performs on 12 March, and the Solway Saxophone Quartet on 13 March.

Appleby Tree Art Festival

As previously reported, this event 'to create magical outdoor galleries in our communities', will take place from 3-24 April. Free art workshops are running in Appleby Library every Monday and Friday afternoon until 28 March. For further information call at or ring Appleby TIC (51177) or ring Karen Babayan on 07903858093.

Bridge Street, Appleby

County Council Highways advise that during the week commencing 7 March essential resurfacing will lead to the closure of Bridge Street, except to the school bus and emergency vehicles. Pedestrian access will be maintained at all times.

Report on Appleby Fair 2021

The Multi-Agency Strategic Co-ordinating Group has issued an Evaluation Report for the 2021 Fair and the issues that arose from it. The text is available as an email attachment or in hard copy from the Town Council.

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 first departure of the 563, departing from Appleby at 9.51 to Penrith, 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 with a detour to Temple Sowerby. All journeys 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, provides 3 return trips from Kirkby Stephen to Penrith calling at Brough and Warcop. It does not pick up passengers from Appleby Sands to Penrith on outward trips to Penrith nor drop off passengers in the same section of the route on return trips but can be accessed from the stop opposite the Royal Oak (Appleby) if there are seats free.

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

Community Transport

Community Wheels on Fridays - The service into/out of Appleby serves residents of Dufton, Knock, Silverband, Milburn, Barrowmoor, Scattergate, Asby, Ormside, Warcop and Sandford for travel to Appleby, but now not Long Marton nor Brampton (due to the extension of the 563 bus service). 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 Kendall Scheme Coordinator on 017683 53159.

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

Appleby Clubs, etc.

Appleby-in-Westmorland Society

Next meeting Thursday 17th March 7:30pm, as ever in the Appleby Public Hall Supper Room: John Sharpe talks about "The History of Policing in Cumbria"

Friends of Penrith and Eden Museum

How Misplaced Belief Led to the Downfall of a Dynasty

Trained as a physicist and with a career background at management level in manufacturing and service industries, Neil Hannah brought the enthusiasm of the amateur to yet another discipline, that of local historian. Speaking to members of The Friends of Penrith and Eden Museum at their meeting at Penrith Conservative Club, he introduced his hearers to one of the charismatic characters of history in a talk entitled 'The Pretender, the Prince and Penrith'.

Being more specific, it was The Young Pretender, Prince Charles Edward Stuart, he was speaking about and the date was 1745. Thirty years earlier his father, Prince James Stuart, known as The Old Pretender, had briefly landed in Scotland during the Jacobite Rising but left after only a few weeks, returning to Rome for the rest of his life.

So what had made either of them, father and son, think they had a right to return to claim the throne of Great Britain? Taking his audience back into history and to the beginning of the Stuart dynasty in the person of James VI of Scotland who became James I of England on the death of Elizabeth 1 without children, Neil charted the eventful years when the Stuarts had ruled England, Scotland and Ireland. James I's son was Charles I who acceded to the throne in a period of growing dissatisfaction with the monarchy, dissolving parliament, asserting the Divine Right of Kings and ruling a nation divided by Protestantism and Catholicism . The outcome of the ensuing Civil War was victory for an army led by Oliver Cromwell and Charles's execution in 1649. The austere period of The Commonwealth which followed led to a popular wish for the return of the rule of kings and in 1660 Charles II returned from exile on the continent to rule until 1685, when he was succeeded by his son, James Ii who, to the dismay of much of the population became a Catholic. Having escaped to Holland just before his father's execution, his subjects drove him out again, inviting his daughter and her husband, William of Orange, to rule jointly in his place. The exiled James Stuart was warmly welcomed to France, a historic enemy of England, by King Louis XIV.

Now living in Italy, James Stuart proclaimed King in exile on the death of his father in 1701 planned to return to reclaim what his belief in the Divine Right of Kings made him see as his rightful place. As history tells, he only stayed in Scotland for a few weeks before turning tail back to his home in exile. This belief that seemed endemic to the Stuarts remained with his son, who in 1744 planned, supported by an army provided by the French, to float across the Channel to reclaim his what he saw as his throne. Fate in the form of two great storms intervened and destroyed the fleet. With the element of surprise gone and the French troops needed elsewhere, Young Pretender Prince Charles had to hire mercenaries who travelled on two ships. After the ensuing sea battle one of the ships sailed back to France; Charles and his remaining men landed at Eriskay in the Hebrides in 1745, where the locals wouldn't help him and told him him 'Go home'. ' I AM home' was Charles's response.

The second ship then sailed away, leaving Charles and seven men alone at Moidart. He marched south, gathering support from Highlanders on the way who rallied to this handsome and charming man, nicknaming him 'Bonnie Prince Charlie'. Amazingly, he was able to raise his standard at Glenfinnan in front of 1500 'troops' - mainly wild Highlanders with rudimentary arms who he couldn't afford to pay. General Cope representing the Hanoverian King George II in Scotland was in charge of 2,500 soldiers. The rebel army seized a position at the top of General Wade's Road, routing Cope' s army at the Battle of Prestonpans near Edinburgh. Bonnie Prince Charlie, at the head of his victorious Highlanders, marched south via Carlisle, thinking wrongly that the English north-west was sympathetic to him. He marched south, his presence being noted incredulously by a local shopkeeper, a Mr Couper. William Duke of Cumberland ('Butcher Cumberland' was a title he was to earn later) on the basis of false intelligence waited for his opponent at Stone in Staffordshire, but Bonnie Prince Charlie dodged him and went to Derby, the road to London now open to him as the bulk of the British cavalry were in France, fighting the war of the Austrian Succession. It is said that 'God Save the King' was first sung then at Covent Garden, such was the fear of the population of the seeming invincibility of the invaders from the north.

But Bonnie Prince Charlie, still hoping for support from the French, was misinformed that an army was awaiting him at Northampton; the English were not supporting his cause. The rebel council decided to turn round, although their leader wanted to continue. Could he have taken London, a city of a million people, with his force of 5,000? The Young Pretender sulked, still hoping for French help and not accepting the advice of his General, Murray. To add to his problems, communication was bad and in 1746 the remains of his forces were defeated at the battle of Culloden.,

Charles became a fugitive, staying at The George Hotel in Penrith on his retreat north. He was helped to escape back to France by Flora Macdonald,while disguised as a washerwoman, the song 'Speed Bonny Boat' romanticizing his departure. Back into exile in France, he fell out with just about everyone who had previously supported and welcomed him, dying in obscurity in 1788, having assumed the somewhat empty title of Charles III after the death of his father.

A sad footnote to this colourful character and his equally colourful part in history was that Butcher Cumberland ravaged Scotland mercilessly, killing and dispossessing anyone suspected of supporting The Young Pretender.

Neil was thanked for his well-illustrated and well-informed account by Friends' Chairman Peter Simpson, who announced that their next meeting would be on 22nd March at the same venue, when David Cross would be the speaker, his subject 'Beyond the Canon - Less Familiar Lakeland Artists'.

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

Beavers (6-8yrs), Cubs (8-10½ yrs) & 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 sadly had our last AGM but happily are still having *Outings* until September. The first outing will be to Beetham Nurseries & Garden Centre Milnthorpe on April 27th.

The Spring Holiday to visit the Gardens of Argyll & Bute is still going ahead 16th - 20th May, staying at the Loch Long Hotel in Arrochar. There are still a few places left. If interested contact: K&B Coaches Penrith, on ☎01768 865446 or 017683 52209.

Highlights

Here's What She Said to Me : Utopia Theatre

Meet 3 generations of proud African women as they connect across 2 continents, across time and space. Together, they share their joys , struggles, tragedies and broken dreams to find healing in the present. The show combines drama with music, poetry and movement to tell the moving story of daughters and mothers in the world of migrations and shifting identities, braving life with an undying hope, optimism and resilience.

"Breathtakingly ambitious Nigerian-Yorkshire family saga!" The Guardian

The Hub, Appleby

Saturday 5th March 7.30pm

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

Maddie Morris

Winner of BBC Radio 2's young folk award, Maddie Morris is an exciting folk musician whose powerful, insightful and poetic music uses stories past and present to evoke thought about contemporary issues. She combines traditional and contemporary styles to present an exciting evening's entertainment.

Dufton Village Hall

Saturday 12th March 7.30pm

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

Appleby Hub Patchworkers

Monthly on Mondays 10-12 in the Bennett Room at Appleby Hub
£5 inc room hire, coffee tea & biscuits
14 Mar, 4 April, 9 May, 13 June, 11 July
Bookings to
Jane.farkins@right2work.org.uk
www.theedenworkshop.co.uk

Lights…Camera…Appleby!

The Last Duel (18)

Sat. 26th February, 7.00pm

Appleby Public Hall

Appleby Remote Cinema are back in action with an edge of your seat, nail-biting drama! Jodie Comer is a young actress best known for her role in the TV drama Killing Eve. In this fantastic costume drama set in the Middle Ages, her flawless and thrilling performance as Marguerite will leave you awestruck.

Based on actual events, the film unravels long-held assumptions about France's last sanctioned duel between Jean de Carrouges and Jacques Le Gris, two friends turned bitter rivals. Carrouges is a respected knight known for his bravery and skill on the battlefield. Le Gris is a Norman squire whose intelligence and eloquence make him one of the most admired nobles in court. When Carrouges' wife, Marguerite, is viciously assaulted

by Le Gris - a charge he denies - she refuses to stay silent, stepping forward to accuse her

attacker, an act of bravery and defiance that puts her life in jeopardy. (please be warned that there are scenes of violence and rape in this film).

We will be serving an authentic French Onion Soup followed by Tarte Tatin (apple tart), cooked by members of our own Appleby Remote Cinema committee. Tickets £12 for food and film. Film only tickets, £4. Please book all tickets in advance.

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 please tel: 07903 858093 or email: courtyardgallery@btconnect.com

Mothering Sunday
Sat.19th March 7.30pm
Appleby Public Hall

A maid living in post-World War I England secretly plans to meet with the man she loves before he leaves to marry another woman

Starring Odessa Young, Josh O'Connor, Colin Firth (why no mention of Olivia Colman?)

These are all the details of this show that I have at the moment. You know whom to contact to find out more! Ed.

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

North Westmorland Arts

Difficult times indeed … but luckily we have been able to find a replacement for the 13th March concert after receiving backword from Jamal Aliyev. They are The Solway Saxophone Quartet: Justin Kent, Stephen Bagot, Jane Bagot and Melanie Thorne.

Having played for us in the Meraki Duo in October, Meera Maharaj is making a return with her Meliora Collective on 3rd April.

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

Appleby Rotary Club

Appleby Rotary Club is supporting Physionet, a UK| based humanitarian organisation dedicated to helping some of the most marginalised people in the world by supplying children and adults with disability equipment considered surplus or redundant in the UK. Physionet supplied almost 8000 items of physiotherapy, paediatric equipment, wheelchairs, mobility items and some hospital hardware that would have normally ended in landfill.

If you have any surplus/redundant equipment please contact us and we will arrange collection.

Alastair Bell - Appleby Rotary Club on atbell@btinternet.com or ☎07970597536 / 017683 51547

Veg Patch

Work with any one who has an interest in community gardening continues into the Spring. Every Tuesday 10am till 12 at the Heritage Centre. There will be demonstrations of grafting, so keep an eye on our Face Book page for exact times and dates

Westmorland Dales Walks and Activities

Celebrating our Dark Skies in the Westmorland Dales with Polestar PlanetariumThe Yorkshire Dales is home to some of the darkest skies in the country. We have large areas of unpolluted night sky where it's possible to see the Milky Way, planets, meteors and even the Northern Lights. To celebrate our exceptional dark skies and our recent designation as an international Dark Sky Reserve we have Polestar Planetarium booked for 3 days from Wednesday 2nd to Friday 4th March.

The planetarium will be available to local schools during the day and we have two FREE sessions for the general public in the evenings.We're putting on two dates at Maulds Meaburn and Kirkby Stephen. We're expecting these evenings to fill up quickly and numbers are limited so do reserve your place/s early on the Westmorland Dales Website below.

Please check with your school first before booking your children on…

- Wednesday 2nd March 2022 - Maulds Meaburn Village Institute at 6:30pm
- Thursday 3rd March 2022 - Kirkby Stephen Grammar School Gym at 6:30pm

If you would like to book please visit our events page at www.thewestmorlanddales.org.uk or email : westmorlanddales@fld.org.uk

Villages

Asby

Wed	2nd	7:30pm	The Hollies	Asby Fellowship - John Bevan
Tues	8th	2pm	Village Hall	Asby WI: Headway - the Brain Injury Association
Wed	16th	7:30pm	The Hollies	Asby Fellowship - Patricia & Tony Higton
Wed	30th	7:30pm	The Hollies	Asby Fellowship - Patricia & Tony Higton

Colby

Tuesday 1st March 10am to noon at the village hall.

Colby WI Coffee and Cake Morning. All money raised will go to the Tearfund Afghanistan Appeal

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. 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

Visit duftonvillage.info/calendar/

Long Marton

Local History Group - All meetings are held in Long Marton Village Institute at 7.30pm. Talks to include refreshments - £3.00, in house looking at archives -£2.00.

Next talk Wed, 16th March 2022 David Crosby Life on A Westmorland Farm in the 1940s.

Coffee mornings, on second Tuesday from 10.00am; all welcome, so come along and meet your fellow villagers over a cuppa & cake/toastie. Donations appreciated.

Chat & Craft evenings, on Thursdays from 7.30pm. Bring a project or start a new one.

Carpet Bowls - upstairs in the hall on Tuesdays from 2pm. £2 to include refreshments - a good social afternoon as well as gentle exercise and a little competition! March dates: 1st, 15th, & 29th.

Table Top Sale - LMVI on Sat 26th March from 10.00 until 1.00. Tables provided, £6 each. Refreshments served (tea, coffee, cakes & bacon butties) Details - ☎01931 715810 email: vicky@long-marton.co.uk

To book the Hall please contact bookingslongmartonvi@gmail.com

Our letting rates are very reasonable and in the case of someone wanting to assess the level of interest we could waive the booking fees for the first session to assist in trying out new ideas.

Trout Beck Habitat Improvement Project: Community day, Saturday 19th March 10am - 3pm at Ghyll Barn, Long Marton.

Over the last three years, Eden Rivers Trust (ERT) has been working with local farmers, landowners and local people to improve river habitat in the Trout Beck catchment. To mark the end of this EU funded project, the Trust would like to invite you to a FREE community celebration day at Ghyll Barn, Long Marton.

It's your chance to hear more about the work carried out in Flakebridge, Dufton, Long Marton and Kirkby Thore, find out how you can still be involved in helping to make the river a better place for people and nature in this area, have a go at some fun activities and learn a few new skills along the way! Suitable for all the family, you can just drop in for a few hours in the morning or stay all day (please book in advance for the walks, lunch and afternoon field trip).

Morning: hear about the Trout Beck project, wander round the ERT volunteer hub - try some traditional rural skills such as scything and willow weaving, go on a guided walk and learn about what to look out for when surveying the river, go river dipping and more. Refreshments will be provided.

Afternoon: Join us for lunch at 12.30, followed by a field trip to the Flakebridge project site with Jenny Garbe, ERT's Trout Beck Project Manager.

For more information and to book places on the walks, lunch and trip, visit: https://www.edenriverstrust.org.uk/things-to-do/volunteer-celebration-event-2022/

Eden Rivers Trust's Trout Beck habitat improvement project is supported by a Water Environment Grant, funded by the European Fund for Rural Development.

Milburn

Village coffee mornings first Saturday of each month . Church coffee mornings third Saturday of each month, both 10:30 to noon (so far as I know. Ed.).

Ormside (in the village hall)

Either Tuesday 1st or Friday 5th, probably 7:30 but check first! — Ormside Girls

Wednesdays 10th and 24th 10:30 - 12 Coffee morning

Wednesday 17th 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 evenings, 6:30 - 8 pm table tennis club

2nd Saturdays (see "What's On") Coffee Morning in aid of Macmillan Cancer, 10am - noon. Donations of cakes and raffle prizes greatly appreciated

The monthly Soup and Pud: 1st Thursday, 11.30am - 1pm (see "What's On")

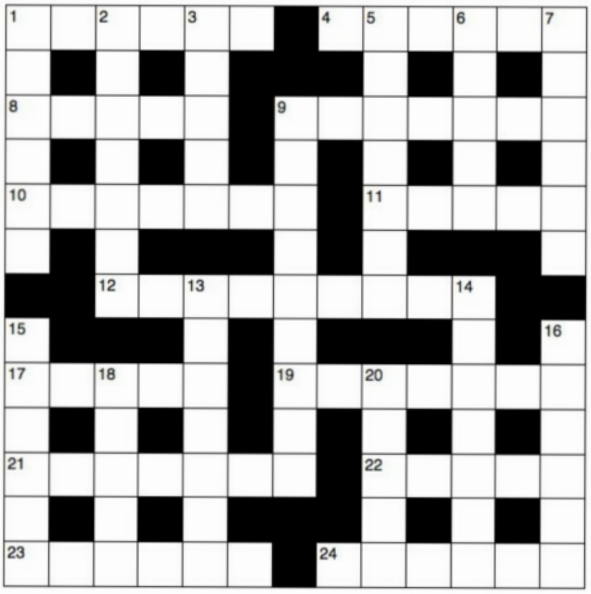
3rd Thursday 7:15pm: Remote Cinema (tba)To find out more and to express an interest, or to book Warcop Parish Hall, please contact our Booking Secretary Sue Fell on 017683 41259 or mobile 07741 464 921

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

Ashing - what is it (see page 16)?

Such a strange name for a church service! Why would anyone be attracted to attend such a thing?
This year Ash Wednesday is close to the start of March; on the Second of the month. As the first day of Lent the service is used to physically place a sign of the cross on each person's forehead using ashes made from the previous year's palm crosses.
The use of ashes has a long history in Jewish and Christian worship; the Old Testament referring to sackcloth and ashes over twenty times.
There is clearly a visual link with the blackness of evil and sin but also the 'dirtiness' that spreads everywhere from it. We all know how a small amount of mud on the shoes walked into the house will soon go everywhere and take a much harder and longer clean-up operation than if it was wiped off before entering.
In Christian records, ashes are used for penitents by the sixth century, but it is not until the beginning of the eleventh century that the faithful took part in a ceremony on the Wednesday before Lent that included the imposition of ashes. Still later this came to be called Ash Wednesday.
Over the centuries the emphasis of meaning for the imposed ashes has changed, from a preparation for baptism, a renewal of baptismal vows, to an understanding of a community's preparation for the event of the Paschal mystery of rebirth at Easter.
It reminds of what is past and what is to come, and it encourages us to think again of how we can change that journey should we wish to do so.
This month
The Imposition of Ashes is a powerful nonverbal and experiential way of participating in the call to repentance and reconciliation. It is 'felt' in the heart and soul - as well as on the skin.
And can be one of the most profound experiences of humility as we enter together as a Christian community across the globe our journey towards the Cross and the Resurrection.
As the priest says the traditional words over you, "Remember that you are but dust, and to dust you will return. Turn away from sin and be faithful to Christ. Amen." what will you be focusing upon?

March Crossword



(answers p.13)

Across

1 Arouse (Song of Songs 2:7) (6)
4 Extinguish (Isaiah 1:31) (6)
8 '"They — — ," you will say, "but I'm not hurt!"' (Proverbs 23:35) (3,2)
9 Unhappiness (Nehemiah 2:2) (7)
10 Jewish (7)
11 Dirge (anag.) (5)
12 'A truthful witness gives honest — , but a false witness tells lies' (Proverbs 12:17) (9)
17 Paul quoted from the second one in his address in the synagogue at Pisidian Antioch (Acts 13:33) (5)
19 'Do not use your freedom to — the sinful nature' (Galatians 5:13) (7)
21 'As you can see, he has done nothing to — death' (Luke 23:15) (7)
22 Name applied by Isaiah to Jerusalem (Isaiah 29:1) (5)
23 'All the people — — one man, saying, "None of us will go home"' (Judges 20:8) (4,2)
24 Lazarus, who was carried by angels to Abraham's side when he died, was one (Luke 16:20) (6)

Down

1 Appalled (Job 26:11) (6)
2 'In an — to escape from the ship, the sailors let the lifeboat down into the sea' (Acts 27:30) (7)
3 Expel (Acts 18:16) (5)
5 'But I have a baptism to — , and how distressed I am until it is completed!' (Luke 12:50) (7)
6 'Of the increase of his government and peace there will be — — ' (Isaiah 9:7) (2,3)
7 Hurry (Psalm 119:60) (6)
9 'For I desire mercy, not — , and acknowledgement of God rather than burnt offerings' (Hosea 6:6) (9)
13 One of its towns was Sychar, where Jesus met a woman at Jacob's well (John 4:5) (7)
14 Shouting (Acts 7:57) (7)
15 Arachnid (Isaiah 59:5) (6)
16 One of Paul's first converts in Philippi was Lydia, a — in purple cloth (Acts 16:14) (6)
18 Donkeys (5)
20 Raked (anag.) (5)

On how to sabotage a music festival

The Rectory

St James the Least

My dear Nephew Darren

It seemed such an innocent suggestion. A local farmer announced he wanted to arrange a Spring music festival. I could already hear Mozart string quartets being played in our Lady Chapel, and arias from Donizetti operas being sung *al fresco* in the Glebe field, while we sipped champagne in the warm Spring sunshine and admired the flowers.

Unfortunately, our farmer was thinking of a heavy metal weekend in one of his fields. The teacups began to rattle when village talk turned to portable lavatories, mobile catering vans and using the churchyard for overflow camping space. Then the police arrived to discuss crowd control and drug policy. At James the Least of All we tend more towards congenial dinner parties, with drugs labelled Bollinger or Glenfiddich.

That was the point when Colonel Trubshaw began to search out his old shotgun. His wife even stopped serving coffee after Mattins, in order to patrol the perimeter of their estate with their arthritic spaniel. On the other hand, Miss Little went a little mad. She exchanged her usual tweeds and brogues and pearls for a red bandana, long patchwork dress and peace beads. She must have enjoyed the 1960s.

It was time to take action, so I told our farmer that St James the Least of All would support him to the hilt. Our ladies would of course do flower arrangements for the stage, and our sidesmen would greet the campers as they arrived. We would provide a full choral Evensong on Friday night, to help set the tone for the weekend. When the farmer gasped something about heavy metal, I was able to reassure him. “Heavy metal? We’re doing that Saturday morning from about 6am, when our bellringers will give a three-hour exhibition of change ringing.” The farmer pleaded something about singing, and I was able to reassure him on that point as well: “On Sunday we’ll do a Songs of Praise, and not to worry, your campers can choose their favourite hymns from ‘Ancient and Modern’.”

I was thanked profusely, but the following week, our dear farmer wrote to tell me he had decided to graze sheep on his field after all. Shame about that.

Your loving uncle, Eustace

"Lent .... soon became firmly attached to Easter, as the principal occasion for baptism and for the reconciliation of those who had been excluded from the Church's fellowship for apostasy or serious faults. This history explains the characteristic notes of Lent - self-examination, penitence, self-denial, study, and preparation for Easter, to which almsgiving has traditionally been added.

Now is the healing time decreed

for sins of heart and word and deed,

when we in humble fear record

the wrong that we have done the Lord. (Latin, before 12th century

Ashes are an ancient sign of penitence; from the middle ages it became the custom to begin Lent by being marked in ash with the sign of the cross. Liturgical dress is the sim plest possible. Churches are kept bare of flowers and decoration. The Fourth Sunday of Lent (Laetareor Refreshment Sunday) was allowed as a day of relief from the rigour of Lent, and the Feast of the Annunciation almost always falls in Lent; these breaks from austerity are the background to the modern observance of Mothering Sunday on the Fourth Sunday of Lent.

As Holy Week approaches, the atmosphere of the season darkens; the readings begin to anticipate the story of Christ's suffering and death, and the reading of the Passion Narrative gave to the Fifth Sunday its name of Passion Sunday. There are many devotional exercises which may be used in Lent and Holy Week outside the set liturgy. The Stations of the Cross, made popular in the West by the Franciscans after they were granted custody of the Christian sites in the Holy Land, are the best known."

Mothering Sunday & Mother Church

The Fourth Sunday in Lent was called 'Mid-Lent' or 'Refreshment Sunday', when the rigors of Lent were relaxed more than was normal for a feast day. It is called Mothering Sunday as a reference to the Epistle reading for the Day (Galatians 4:21-31). The Lenten Epistles follow from each other with teaching about our life as Christians and how we are to follow Christ.

On Mid-Lent Sunday the Epistle talks of bondage and freedom; the bondage of the Law and the Old Covenant as compared to the freedom in Christ, "the promised one", and the New Covenant. Verse 26 reads "But Jerusalem which is above is free, which is the mother of us all." We gain our freedom from Christ and, as it was seen before the Reformation, the Church.

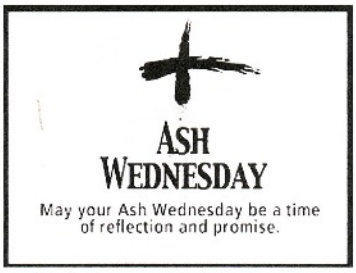
Thus, Mothering Sunday is about the freedom that we gain through the promise of Jesus Christ delivered through our Mother the Church. People were encouraged to go to their 'Mother Church' (their home church or their home Cathedral) to worship and give thanks. Hence apprentices, and others, went home for the weekend and often brought gifts (or accumulated pay) home to their family.

On the other hand, Mother's Day is a secular festival invented in 1904 and is celebrated on the 2nd Sunday in May in most countries in the world. The UK seems to be the exception. In recent years Mothering Sunday has been hijacked to take the place of a special, secular day to give thanks for our mothers.

St Lawrence's Church
Appleby
in Westmorland

Heart of Eden Parishes

Ash Wednesday Communion with Ashing



Wednesday March 2nd at 7.30pm

Rev'd Fran Parkinson will Preside
Revd Clive Hicks will Preach

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Facilities: toilets, disabled toilet, kitchen, stage, stereo

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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

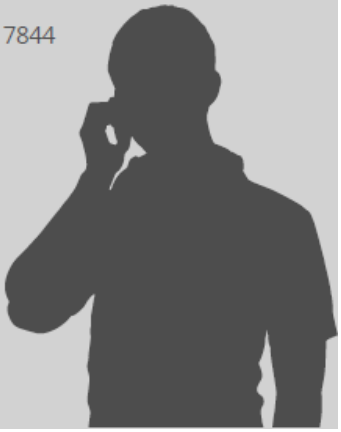
For help claiming Universal Credit: 0800 1448 444

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



Renew Wellbeing Cafe

...where it's ok to not be ok.

An intentionally calm, shared space.

Free of charge.

All Welcome, everyone valued.

Open to people of all faiths and none.

Each session starts and ends with a 5-10 minute meditation and prayer, which we find helps wellbeing. You're welcome to join in or come after the prayer time and leave just before. We look forward to spending time with you.

If you fancy it, bring a craft or hobby to do!

But this isn't essential, sitting, chatting and listening is just as good. Our main priority is to look after our wellbeing, so do what is most comfortable for you!

APPLEBY CRICKET CLUB
EVERY FRIDAY
9.30AM - 11.30AM

Contact: Kristy Pattimore
kristy@pattimore.com
Tel. 07480 935119

Come and go as you please.

NORTH WESTMORLAND ARTS
Appleby Concerts 2021-2022
7:30pm in Appleby Public Hall. Tickets at the door or online.

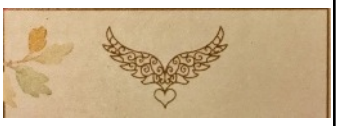
Sun 27th Feb: **Boglarka Gyorgy & Amy Butler** (violin & piano) **£15**

Sun 13th Mar: Solway Saxophone Quartet **£15**
Justin Kent, Jane Bagot, Stephen Bagot, Melanie Thorne

Sun 3rd Apr: **Meliora Collective – Septet** inc. harp, string quartet, clarinet, flute (Meera Maharaj) **£20**

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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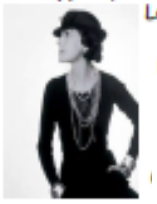

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Church Services for March 2022

Church of England

Appleby, St. Lawrence

Fridays Holy Communion at 10am

Wednesday 2nd	19:30	H.C. + ashing
Sunday 6th	10:45	Holy Communion
Monday 7th	19:00	Compline
Sunday 13th	09:00	Holy Communion
Sunday 20th	10:45	M.P.(lay led)
Monday 21st	19:00	Compline
Sunday 27th	10:30	Joint Mothering Sunday service at the Sands

Boroughgate, St. Anne's Hospital

Tuesdays at 09:15 Matins ,
except first Tuesday Holy Communion

Dufton, St. Cuthbert

Sunday 13th	15:00	Evening Prayer
Sunday 27th	15:00	Holy Communion

Asby, St. Peter

Sunday 6th	15:00	Holy Communion
Sunday 13th	11:00	United Service at St. Peter's
Sunday 20th	15:00	Evening Prayer
Sunday 27th	11:00	Mothering Sunday service

Kirkby Thore, St. Michael

Sunday 13th	10:30	Morning Prayer
Sunday 27th	10:30	Holy Communion

Long Marton, SS. Margaret & James

Sunday 6th	15:00	Evening Prayer
Sunday 20th	15:00	Holy Communion

Milburn, St. Cuthbert

Sunday 6th	10:30	Holy Communion
Sunday 20th	10:30	Holy Communion

Murton, St. John

Sunday 27th	18:30	Holy Communion

Musgrave, St. Theobald

Sunday 13th	10:00	Holy Communion
Sunday 27th	10:00	Mothering Sunday service - location to be confirmed

Newbiggin, St. Edmund

Sunday 6th	09:00	Holy Communion
Sunday 27th	16:00	Evensong

Ormside, St. James

Sunday 6th	09:15	Morning Prayer
Sunday 13th	09:15	Holy Communion
Sunday 20th	10:00	DIY
Sunday 27th	15:00	Evening Prayer

Temple Sowerby, St. James

Sunday 20th	10:30	Holy Communion

Warcop, St. Columba

Sunday 6th	10:45	Holy Communion
Sunday 20th	10:45	Holy Communion

Methodist Church

All

Sunday 9th	18:30	Cnxn Svce at Appleby

The Sands, Appleby

Sunday 6th	10:30	Informal Service
Sunday 13th	10:30	Rev. Richard Crippen
Sunday 20th	10:30	Rev. Andrew Sterling
Sunday 27th	10:30	Mrs. Jacky Ousby & Rev. Fran Parkinson

Dufton with Knock

Sunday 6th	10:45	Rev. Andrew Sterling
Sunday 13th	10:45	Harry Hutchinson
Sunday 20th	10:45	Terry Longworth
Sunday 27th	10:45	Informal Service

Warcop

Sunday 6th	10:30	Bernard Staley
Sunday 13th	10:30	Mrs. Sue Thackray
Sunday 20th	10:30	Harry Hutchinson
Sunday 27th	10:30	United Service at Parish Hall

Church of Our Lady of Appleby

Mass every Sunday at 11:00, so far as known at time of going to press

H.C. = Holy Communion

M.P = Morning Prayer