.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 advertisements which follow the news items

Heart of Eden

The News Magazine of the Benefice

September
2023

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

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

Date	Time	Place	Event
	until 17th	Appleby TIC	"Our Common Heritage" Exhibition
1st -3rd	10am – 4pm	Smardale Gill Viaduct	Singing Viaduct Celebration
2nd	10:30 – 12	Milburn Village Hall	Village coffee morning
2nd	4pm	(trip to) Victoria Hall, Grange o/s	Don Giovanni (see p.15)
4th	10 – 12	Guide Hut	Cancer Support drop-in
4th	2 – 4pm	Public Hall Supper Room	Evergreens
5th	10 – 12	Temple Sowerby Victory Hall	Coffee Morning
6th	7:30pm	The Hollies, Asby	Asby Fellowship - Rev. Andrew Sterling
9th	10am – noon	Long Marton Village Hall	Coffee Morning with books and bacon
9th	10:30 – noon	Colby Village Hall	Coffee Morning
9th	10am	Warcop Parish Hall	Coffee Morning
10th	Noon – 5pm	Fellside Flowers Co., Long Marton	Flower Farm Open Day
11th	11:30 – 1 pm	Warcop Parish Hall	Soup and Pud
12th	12 noon	The 3 Greyhounds, Asby	Asby Diners' Club
13th	7:30pm	Dufton Village Hall	Open Circle
13th	10:30 – 12	Ormside Village Hall	Coffee Morning
13th	7:30pm	Ormside Village Hall	Country Dancing
13th	10:30 – 12	Sands Methodist Church Hall	Memory Club
14th	7pm	Dufton Village Hall	Village Hall Committee
14th	7pm	St. Edmund's, Newbiggin	Taizé for Holy Cross Day
16th	10:30 – 12	Milburn Village Hall	Church coffee morning
16th	9:30am	Public Hall Supper Room	Coffee morning in aid of Mayor of Appleby
16th	7pm	Appleby Public Hall	Lights, Camera, Appleby – Empire of Light
18th	10 – 12	Guide Hut	Cancer Support drop-in
18th	2 – 4pm	Public Hall Supper Room	Evergreens
19th	10 – 12	Temple Sowerby Victory Hall	Coffee Morning
20th	7:30pm	Ormside Village Hall	Craft Evening
20th	7:30pm	The Hollies, Asby	Asby Fellowship -Rev. Andrew Burrell
21st	7:30	Warcop Parish Hall	Remote Cinema – "Living"
23rd	2:30pm	Dufton Village Hall (?)	Methodist Harvest Afternoon Tea
23rd	9:30am	Public Hall Supper Room	Coffee morning in aid of Fellside Singers
27th	7:30pm	Ormside Village Hall	Country Dancing
27th	10:30 – 12	Ormside Village Hall	Coffee Morning
27th	10:30 – 12	Sands Methodist Church Hall	Memory Club
30th	9:30am	Public Hall Supper Room	Coffee morning in aid of Liberal Democrats Ass.

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

It's a Dog's Life

I like dogs. Don't get me wrong. I'm not a dog owner. I'm long past 'walkies' two or three times a day; and I shrink from the prospect of 'picking-up'. But I enjoy dogs - watching them when I'm out and about, and meeting their owners. I'm devoted to my little cat, but she doesn't adore me and can manage very well without my company. Her love for me - such as it is - is not unconditional. How unlike the faithful hound!

So why do I like dogs? I think I can best sum it up by saying how I admire their ability to make the best of whatever is going. For much of their time, out-of-doors, dogs are tethered by a lead; but this doesn't dampen their enthusiasm for smells. No lamppost or stained paving stone is without interest for those who have a nose to sniff it. And a dog's nose opens up a whole world of smells which is inaccessible to us nasally challenged humans. Just imagine what we are missing!

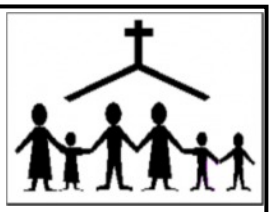
Dogs - and animals in general - ask so little of life: enough to eat and somewhere secure to sleep; Their energies are not consumed in the pursuit of all the things which fashion dictates that we humans need for our happiness. Often so busy in chasing after what we haven't that we miss those things we have.

Jesus urged us not to worry about our lives, for, he said: "Life is more than food, and the body more than clothing … Can any of you by worrying add a single hour to your span of life?" Instead of anxiously striving for the latest 'must have', he assures us that 'The Kingdom of Heaven' is already among us. What we really long for, in our souls, is here, now, under our nose.

Roger

Church Registers

Nothing received by press date



Church of England:

Rector: Rev. Fran Parkinson (☎07547791315) & Rev. Andrew Burrell (☎07778683820)

Retired Priest: Rev. Roger Collinson ☎ 017683.52886

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

Methodist Minister: Rev. Andrew Sterling: ☎ 017683 51244

Roman Catholic Priest (Our Lady of Appleby) Fr. J. Winstanley ☎ 01768.862273

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 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" ***If you do this, please ring the editor on ☎ 017683.51043 so that he knows to collect!! n.b. (1) please make cheques payable to 'The Heart of Eden Expenses Account' (2) let the editor know! 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://heartofeden.org.uk/), if you or anyone wishes to read it, please get in*

St. Lawrence, Appleby

Churchwardens: Jean Hutchison
Jo Ayres (☎52017)

Secretary: Jo Ayres

Appleby Church Bell Ringers - Free Bellringing Lessons

We are actively recruiting and will be pleased to welcome recent school leavers, parents of growing families, recently retired people or others who want to explore a new interest that is a bit out of the ordinary.

To book your free bellringing lesson and learn the art of change ringing on church bells, contact nickharrop@btinternet.com

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

Churchwarden:
Mr. Lutaf Greenshaw ☎07802254982
Services are suspended pending re-establishment of a PCC

St. Cuthbert, Milburn

Churchwarden:
Mr. Leigh Harding ☎ 0333.014.3944
Secretary: Christine Braithwaite

St. John, Murton cum Hilton

Churchwarden: 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

Sands Methodist Church

Rev. Andrew Sterling ☎51244

General Enquiries Alastair Kirkpatrick on am.kirkpatrick@yahoo.com or 51184

Roman Catholic Church of Our Lady of Appleby,

Gartheads Road, Appleby

Fr. J. Winstanley ☎ 01768 862273

St Anne's Hospital (aka Lady Anne's Almshouses) Every Tuesday morning throughout the year (except August) there is a short morning service (matins) at 9.15am in the lovely little Chapel in the courtyard where all visitors are very welcome to join us. Holy Communion is on the first Tuesday of the month.

Tours of St Anne's Hospital

For a donation to our Garden Fund, groups or individuals can have a look round a cottage, a talk in the courtyard and Chapel and a tour of our gardens.

To book, contact Valerie Kendall Tel: 017683 53159; email: vkendall@live.co.uk or 7 St Anne's Hospital, Boroughgate, Appleby-in-Westmorland, CA16 6XQ

News from the Area

Age UK - Carlisle and Eden

For info.just ring Pat McHugh on ☎07958.936694.

Cancer Information and Support in Eden

"Come for Coffee" drop-in sessions take place in the Guide Hut on the 1st and 3rd Mondays of each month (this month 4th and 18th) from 10am to noon (excluding bank holidays). Anyone affected by cancer is welcome (whether patients, relations or carers of any age). If you require any further information regarding the meetings please telephone Rosie on ☎017683 52263 or Jackie on ☎017683 52277.

Upper Eden Food Bank

'A church led, community fed project'

In this time of great uncertainty, and with the cost-of-living soaring, the Food Bank is working hard to support those in our communities who are struggling. It is only with the support and help of people such as yourselves that we are able to provide this assistance. We are so grateful.

If you would like a 'personalised' poster from UEFB to display, please reply to the email below with the full name to be included:

UEFBSecretary@outlook.com

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 11 to 11:30 on Tuesdays and 10 to 10:30 on Fridays

Additionally, should you know of any person or family in need of the food bank, please do get in touch, contact details below:

☎: 07596 690 902

: 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

The Welcome Inn!

It has been so lovely to meet and pray with those of you who have dropped into our 'Welcome Inn' since its launch in November.

We are open every Tuesday afternoon, from 1pm to 3pm, in St Lawrence's Church, Appleby as a place of companionship and healing with an opportunity for prayer and connection.

We also have a private and confidential space available in our Lady Chapel if you would like to talk or pray with one of our team. Once a month – on the first Tuesday at 2.30pm - we will also be holding a special 'service for healing' which is an opportunity to receive prayer and anointing, for you or for someone you love.

All are very welcome! We look forward to seeing you.

As a church we believe that healing is not just about people being well; it is about human flourishing and that, whatever the state of our body, mind and spirit, all people are beloved of God.

For further information, or for prayer requests, you can email us on welcomeinnhhh@gmail.com

Citizens Advice Carlisle and Eden Volunteers needed

Citizens Advice Carlisle and Eden (CACE) is here to help local people with any problems they may be experiencing. 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:

Digital Advisors: to work with clients by email and on the phone to provide advice across a wide range of issues.

Energy Advisers: to work with clients on the phone to give information and advice on dealing with problems people are having with their energy suppliers and bills

No special experience is required but volunteers should be good communicators and non-judgemental, be prepared to undertake a rigorous training programme, have good IT skills and able to commit to one day a week of volunteering.

If you are interested 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

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.

Contact Gillian Whiting, Appleby Inner Wheel on phone 017683 53324.

Appleby Smarter.

The Appleby Smarter group has now been active in the town for several years and is responsible for creating many friendships as well as helping to keep our town looking lovely!

Summer 2023 has seen our trusty volunteers helping tidy up the garden area at Appleby Station.

Another 2 week stint up in the little garden between Garth Heads Road and the Sands, grass cutting and tidying Banks Lane and cutting back the vegetation on Back Lane.

On Mondays 1pm - approx. 3pm (providing the weather is looking ok) expect to see us around and about town in our Hi Vis jackets, tidying / gardening / painting (and chatting!) or whatever task is on our long list.

Small social events a couple of times a year are held for our members and sometimes a cuppa and more chat happens at the end of a session, in one of our town's excellent cafes.

We would very much welcome some new members!

If you might be interested in joining this happy group of volunteers or would like to know a bit more, please contact Mike Eden by email applebysmarter@gmail.com or ring 0775 192 4982.

Also, anyone is more than welcome to pop down to wherever we are on a Monday afternoon for a chat and to see what we're up to. Again, contact Mike for details of where we'll be. Please Like our Appleby Smarter Facebook Page to see what we've been up to and comment if you wish

Tourist Information Centre

We have a lot of visitors who would like to join in with local events, so if you send the TIC a poster we will advertise your event on Facebook and put it out on our A-board.

We are trying to update the local clubs' and associations' contact numbers, in and around Appleby. If you are the contact, could you please get in touch with Appleby TIC tic@applebytown.org.uk.

We also can book a coffee morning on Saturdays at The Supper Rooms, Market Hall, Appleby. This is a wonderful way of promoting your cause.

We have lots of local books, and locally made craft items by Eden artisans. Come in and browse!

Opening Hours are currently Monday - Saturday 10am till 3pm.

Website: www.visitappleby.co.uk

Facebook: Appleby Tourist Information Centre

Twitter: @applebytown

Appleby Library

Opening hours now:

Monday, Wednesday and Friday, 9am to 12:30, 1:30 to 5pm **and** Saturdays 10am to 1pm

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.

Public Hall Coffee Mornings

Appleby Public Hall Supper Room Saturdays - 9:30am to 11:30am. If you are able, visit applebytown.org/public-hall-calendar/)

Date	in aid of
16th	Mayor of Appleby (i.a.o.Eden Animal Rescue)
23rd	Fellside Singers
30th	Liberal Democrats Association

If you would like to hold a coffee morning for your charity or organisation; please get in touch with Alison Taylor at Appleby TIC Tel 017683 51177 Ext 2 and we will put you on a waiting list.

Appleby-in-Westmorland Town Council

Roadworks: B 6260

The extensive resurfacing work on Shaw's Wiend, Scattergate and Colby Lane adjacent to the junction was completed by the evening of 10 August, a day ahead of schedule. Westmorland & Furness Council regrets the inconvenience caused by the temporary road, particularly in daytime. The dates of the works were finalised at short notice to fit in with the availability of the contractor; they were not subject to negotiation with the Town Council or anyone else.

Forthcoming Traffic Restrictions

Preliminary works relating to the flood defence scheme are due to commence on Monday, 4th September, which will entail temporary restrictions on traffic movements and road closures affecting High Wiend, Chapel Street and Holme Street. It is anticipated that the restrictions will only be in place for short periods of time on a rolling basis.

Platinum Playground

Appleby Town Council is happy to announce that it has reached the target of £90,000 for the refurbishment of the children's playground on King George V Field, made up of £28,000 raised through local donations and fundraising activities and £62,000 from a number of grants. The project takes its name from the late Queen's seventieth jubilee in 2022.

Appleby Show

Appleby Show took place on Thursday, 10th August under sunny blue skies, offering a great day out to a substantial attendance. The Council is, as always, most grateful to the organising committee and all who helped on the day to sustain a long-standing local tradition.

Heritage Weekend

Appleby is taking part in this year's Heritage Open Day Festival, with eight venues open to the public over the weekend of 16-17th September. This nationwide festival, includes over 5,000 events and is a chance to see hidden places and try out new experiences - all of which are FREE to explore. Venues open to the public in Appleby include the Moot Hall Council Chamber, the Masonic Hall, Drybeck Hall and Castle Bank Villa. A leaflet detailing locations and activities in Appleby can be picked up from the Tourist Information Centre and for information on all other events nationally, visit www.heritageopendays.org.uk

Mayor's Coffee Morning

On the morning of 16 September the Mayor, Councillor Pamela Davidson, will host a Coffee Morning in the Public Hall Supper Room in aid of Eden Animal Rescue.

Appleby Edibles

Come and grow with us!

Who are we?

An inclusive group of gardening and nature enthusiasts who like to grow fruit and veg, socialise, and share skills in pleasant surroundings. Our members are of all ages and abilities, and we are happy to welcome members with health challenges. We enjoy a strong sense of connection with the environment.

Where are we?

At the far end of the former Appleby Heritage Centre site (near the railway station). There is free parking adjacent to the garden.

When are we open?

Please come and visit us Tuesdays and Saturdays 10-12. When you join Appleby Edibles you come up and garden whenever you like.

Enquiries to Karen West (Chair) 07974 759136, Annie Weir (Secretary) 07919 542143, or email us at applebyedibles@hotmail.com

Bus Talk

From Friends of Eden Valley Public Transport, using information from Westmorland and Furness Council.

Extension of bus fare cap - maximum single fares remain at £2, on most bus services, including the 563 and S6, until 31st October 2023 and will be £2.50 after this until 30th November 2024. All concessionary passes such as NOW Cards are still accepted as usual.

563 Appleby to Penrith service (Monday - Friday) (Stagecoach)

This service continues to operate with no changes.

563 Kirkby Stephen Station to Penrith service (Saturday) (Stagecoach)

This service started on 1st April, for a trial period of 16 weeks ie up to and including 15th July, initiated by Kirkby Stephen Town Council with support from Town and Parish Councils along the route and the Friends of the Settle-Carlisle Line. The service has proved very popular and will now continue to run until at least October 2023. Kirkby Stephen Town Council will review the service in August and hope that it will be possible to continue it into the winter and even indefinitely; the outcome of this review is awaited.**The 563 timetable** is available as a leaflet at various community locatIons and on www.westmorlandandfurness.gov.uk/buses

S6 Sedbergh and/or Kirkby Stephen to Brough to Penrith service (Tuesday and Thursday (Western Dales Bus)

NB This service 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. **The S6 timetable**: see www.westmorlandandfurness.gov.uk/buses

Community Transport

(Supported by Westmorland and Furness Council)

Community Wheels service This service continues to operate on Fridays into/out of Appleby - to join the Community Wheels scheme, please call 01228 226430.

Voluntary Social Car Scheme covering the Appleby area - if you would like to use this service, please contact Valerie Kendall Scheme Coordinator on 017683 53159.

Appleby Clubs, etc.

Appleby-in-Westmorland Society

Mystery Photo Intrigues Local Society

Members of the Appleby-in-Westmorland Society were somewhat diverted from the formal business of their recent Annual General Meeting by trying to work out the provenance of a carefully-mounted black and white print of a scene in the centre of town. It showed a dense crowd in Boroughgate with the former Barclays Bank building in the background. Suggestions were that the photograph had been taken from the balcony of the Conservative Club, possibly when the end of World War One was being celebrated. The proliferation of a certain style of hats also suggested a somewhat later time, in the 1920s. Anyone wanting to study the photograph and offer suggestions should contact Society Chairman Chris Wilson or Secretary Barry McKay.

Moving to the formal part of the meeting, after the acceptance of the 2022 Minutes Chairman Chris Wilson thanked Archie Spence for finding interesting speakers for the meetings and David Lowis for his work on the Appleby Archive. Giving the financial report he reported that the Society's balance, after allowing for outstanding uncleared cheques, would be £2,923.43, which included payment to Archie Spence for giving a talk on Old Appleby to an outside body. It was agreed, in view of the rising cost of living, that the annual subscription should be £17.50 next year and not increased to £20.00 until 2025.

The existing officers and committee had agreed to continue for the coming year, these being President The Rev. Canon Dr Peter Norton, Chairman and Treasurer Chris Wilson, Vice-Chairman and Membership Archie Spence, Secretary Barry McKay and Press Reports Val Kendall, The Committee in addition to the above to be John Hall, David Lowis, Davina Osman and Rosemary Spence. Apologies had been received from Councillor Andy Connell. The amendment proposed to the constitution regarding minimum requirements for a quorum was discussed and agreed. There being no further business the AGM closed.

Chris Wilson then gave a short talk, illustrated with slides, of recent digs undertaken by Appleby Archaeology Group. Foremost of these was the Friary Fields site of the former St Mary's Priory which was dissolved in 1539 by Henry VIII, described as 'a phenomenal building', where window fragments, pieces of horn, spoons plus the first piece of Roman pottery in the town had been found. Ground penetrating Radar (GPR) had been used to establish the outlines of part of the building and it was hoped to do a further dig, subject to the agreement of the residents of Friary Fields. In contrast, nothing had been found at the site of the Armoury in Boroughgate.

Appleby Bowling Club

We are always looking for new members to come and play. If you are interested please contact the club secretary Peter Metcalfe 017683.52306 or call in at the bowling club

Appleby Evergreens

Evergreens in the Public Hall Supper Room from 2 - 4 pm on alternate Mondays (this month 4th and 18th). An afternoon of dominoes and bingo is promised, with tea, biscuits and chat and even small prizes for the winners. The entry fee, which includes a raffle ticket, is £3.00 and all are welcome.

Appleby Rainbows, Brownies and Guides

Our team at Appleby Friends of Guiding and our leaders make everything run really smoothly. However, we are in need of more volunteers to help with our thriving units. We particularly need volunteers for Rainbows on Thursday 5:00 - 6:15pm and Brownies Wednesday from 5:00 - 6:15pm. We are looking for people who could help either on a weekly basis or regularly on a rota basis. You may be 18-20 and looking for some experience of working with children to help with your future career, or have a daughter at one of the groups and could be involved, we would welcome any younger/older siblings to join you, or a grandparent or trainee grandparent who has time and a wealth of experience to offer. If you feel you are able to support our units or want to come along and find out more, please contact me directly at kath1nunn@gmail.com *Kathryn Nunn*

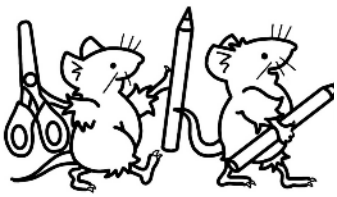
Chair Appleby Friends of Guiding

1st Westmorland Scout group (formerly 1st Appleby-in-Westmorland)

We're still recruiting 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: ☎ 0345 300 1818, orhttps://edenscouts.org.uk

1stwestmorland@edenscouts.org.uk



Appleby Hub Patchworkers

Hub cafe in Appleby 10-12 on Thursdays - free and everyone is welcome. If anyone has any queries please contact jane.farkins@right2work.org.uk

Lights…Camera…Appleby!

Empire of Light ® Appleby Public Hall

Saturday 16th September, 7.00pm

From Oscar-winning director Sam Mendes, this is a beautiful, powerful and poignant story about human connection and the power of cinema. Olivia Colman plays the duty manager of a seaside cinema on the south coast of England in the 1980's. She is struggling with her mental health but a new employee changes the course of her life and that of the cinema. Stars Colin Firth, Toby Jones and Michael Ward.

We will be serving a fish & chip supper from Riverside Fish & Chips. Veggie option halloumi & chips from the Crown & Cushion. Tickets £13 for food and film. Film only tickets, £4. **Please book food tickets well 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**

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*

Additionally, please note (p.15) our trip to Grange over Sands to see Don Giovanni. Tickets from Courtyard or TIC.

Memory Club in Appleby

Meetings are normally held on the 2nd & 4th Wednesdays of each month at Sands Methodist Church Hall 10.30am -12 noon. This month's meetings will be on the 13th and 27th.

All are welcome, particularly those with memory loss. There will be light refreshments, games, crafts, music and singing.

For further information please contact:-
Anne 017683 51219
Tim 017683 52640

Probus Club

If you enjoy a good meal and interesting conversation, perhaps you might like to consider joining the Appleby Probus club.

If you are interested, just drop a line to either
Ian Rudd at ian.rudd70@icloud.com
or Adrian Marsh at adrian.marsh@live.co.uk

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

Appleby Rotary Club Bookshop

Some people may have noticed several boxes of books in a builders' skip outside the Hub recently, so I want to assure all our donors that we have not been throwing books away unwontedly. This was because when we moved boxes of books from a store room in preparation for the current renovations and alterations in the Hub café, we found that some boxes had been underneath a leaking roof and the contents were thoroughly soaked and thus utterly unsaleable.

We are therefore doubly grateful for recent donations. The generosity of people who pass books they have finished with has resulted in the Rotary Club raising nearly £18,000 since we re-opened in July 2016 following the restoration of the building after the flood. Indeed during the time since reopening, the Hub has been closed for several months due to lock-downs, making the amount raised even more impressive. Every penny of this sum has been used to support good causes.

Therefore the Rotary Club, and those who benefitted from your generosity, are extremely grateful. Barry McKay (Appleby Rotary Club bookshop co-ordinator) (017683 52282)

Westmorland Dales Walks and Activities

WESTMORLAND DALES

Made possible with Heritage Fund

'Our Common Heritage Exhibition'

Appleby Tourist Information Centre until 17th September

A Westmorland Dales exhibition inspired by oral histories with commoners and representatives of the farming community. The commons are an intrinsic part of our farming heritage and have underpinned the farming economy for centuries. The history of the Westmorland Commons links to the evolution of grazing animals in the area, the rise and fall of specialised breeding stock, droving and agistment, and the labour of tenant farmers working the common from small family farms for hundreds of years. The exhibition will summarise the results of our research into the history of the common land across the Westmorland Dales area, focusing on a range of oral history interviews we have undertaken with commoners and representatives of the farming community. Please check the Appleby Tourist Information website for opening times or the Westmorland Dales Website for further information.

www.friendsofthelakedistrict.org.uk/Event/our-common-heritage-exhibition

Singing Viaduct Celebration

An Aeolian Sound Experience and Heritage Celebration is taking place on Smardale Gill Viaduct from Friday 1st September to Sunday 3rd from 10am until 4pm each day.

It's an accessible walk through an installation of 20 sound sculptures on top of the 90' high viaduct. Aeolian sound sculptures constantly evolve and change as the wind's movement and intensity varies over time, creating an immersive and ever-changing soundscape that is responsive to the natural environment and provides a magical, unique sensory experience for those who interact with it. Created by Cumbrian artist Dan Fox, director of Sound Intervention based in Ulverston.

Artist Jill Brown has created a set of voiles which will also be displayed during the event celebrating the line, the area & its heritage.

This is a free event, no need to book. Further information can be found on the Westmorland Dales Landscape Partnership website.
https://www.friendsofthelakedistrict.org.uk/Event/singing-viaduct-celebration

Smardale Heritage Walks

Heritage walks will be taking place during the Singing Viaduct Celebration which will take in the Aeolian installation. Cumbria Wildlife Trust will be leading a walk to introduce the wildlife and reserve management on this amazing reserve on Friday 1st September. The WDLP will be leading a 5-mile guided walk on Saturday 2nd September. Debbie North from Access the Dales will also be supporting the event and running an accessible walk with all terrain wheelchairs available to book. Further information about these walks and to book can be found on the Westmorland Dales Landscape Partnership website. https://www.friendsofthelakedistrict.org.uk/Event/singing-viaduct-celebration

Tebay Roundabout Sculpture

Tebay Parish Council and the Westmorland Dales Landscape Partnership are progressing the project to celebrate Tebay's railway heritage with a sculpture of a Banking Engine and a Wagon on the roundabout. The project was stalled in early 2023 due to lack of applicants from sculptors. The project is now back on track and we are working with award winning sculptor from Kirkby Lonsdale, Andrew Kay.

Andrew intends to slightly abstract some of the components and make the sculpture out of 80 x 10mm flat bar. We will see just the framework of the train which will add to the visual interest. The length of the engine and wagon may be up to 8m long and 2.6m high. It will likely sit on rails on top of a ramped plinth.

Further information about the proposed site, location and sculpture is available for public viewing. These have now been submitted as a planning application by Tebay Parish Council to Westmorland and Furness Council. Visit our website for further information.
https://www.friendsofthelakedistrict.org.uk/news/tebay-roundabout-sculpture

PLEASE EMAIL Nicola Estill for further information about any of these activities: nicola-estill@fld.org.uk

Villages

Asby

Wed.6th 7:30pm The Hollies
Asby Fellowship - Rev. Andrew Sterling

Tues 12th 12 noon The 3 Greyhounds
Light Lunch. Tell them if you're coming

Wed.20th 7:30pm The Hollies
Asby Fellowship - Rev. Andrew Burrell

Colby (village hall)

Sat. 9th 10:30 - noon Coffee Morning
(and every 2nd Saturday of the month) £1 plus a raffle.

Dufton Village Hall

Regular weekly events

Coffee mornings Mondays at 10:45 - 12:30 at Postbox Pantry village café until September

Yoga with Jo Chapman Wednesdays 10 - 11:45

Special events

Wed.13th 7:30pm Open Circle - Ges Quarmby

Thurs. 14th 7pm V.H. Committee

Sat. 23rd 2:30 - 4 Methodist Harvest afternoon tea

Long Marton

Sat.9th at 10-noon. Coffee Morning with books and bacon!

Local History Group: note change of date Thursday 21st September - possible outing to Drybeck Hall, details from Christine at - longmartonlocalhistorygroup@gmail.com

Craft and chat - Thursday evenings from 7.30 - details from Nicola 62301.

Carpet bowls due to restart….details from Vicky 01931 715810. It's a good laugh, gentle exercise and refreshments. All ages and abilities made very welcome. Beginners especially needed!

A couple of forthcoming events are the Spooktacular (Oct 27th) and the Christmas Market (Nov 26th). Watch out for details……bookings now being taken by Vicky on 01931 715810.

Don't forget to consider the hall when thinking about a party or family gathering, if you're setting up a new activity or want to put on a play, rates from £6 per hour. Any enquries please contact: bookingslongmartonvi@gmail.com

And if you have a spare couple of hours a month we are looking for helpers and committee members for the village hall - no experience necessary!! Contact details on the web site www.long-marton.co.uk on the village hall page.

Sunday 10th 12-5pm Flower Farm Open Day & Teas at The Fellside Flower Co. Free entry. Refreshments & raffle proceeds to church.

Milburn

Village coffee mornings first Saturday of each month (this month 2nd). Church coffee mornings third Saturday of each month (this month 16th), both 10:30 to noon.

Ormside

Village hall coffee mornings are the 2nd and 4th Wednesdays (i.e. 13th & 27th) from 10.30 till noon.

Country Dancing 2nd and 4th Mondays (i.e. 11th & 25th), 7:30 to 9pm. Craft night is on the third Wednesday (20th) at 7.30 pm.

Fancy a game of Ping Pong?! We have a brand new table tennis table at Ormside Village Hall. It's available to hire, at £6 per hour, including use of the hall for an hour, 4 bats and balls or BYO equipment. To book ring ☎07759011555

Temple Sowerby

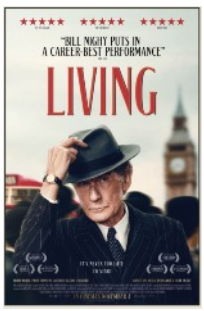
Information on clubs, events, sports and exercise classes held in the village can be found on the website which is https://templesowerbyvillage.co.uk/

Coffee Morning is 10am - noon on the 1st and 3rd Tuesdays of the month (5th and 19th) at the Victory Hall. All are welcome.

Warcop - Parish Hall

Mondays	6:30 - 8	table tennis club
Thursday 11th	11:30 - 1	Monthly Soup and Pud
Saturday 9th	10am	Coffee Morning

Thurs. 21st 7:30 Remote Cinema Living



In 1950s London, a humourless bureaucrat decides to take time off work to experience life after receiving a grim diagnosis. Starring Bill Nighy, Aimée Lou Wood & Alex Sharp.

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

The Rectory

St James the Least

On the absurdity of a vicar ever retiring

My dear Nephew Darren

Beware of being invited by bishops to drop round for a chat. My first mistake was to answer the phone when he rang; what are answerphones for, but to avoid having to talk to anyone - ever. My second mistake was not to be able to think of a meeting I had to attend -preferably on another planet - on the day he suggested.

I therefore found myself in his study this morning, waiting for the point of the meeting while we negotiated the obligatory five minutes discussing the weather and his summer holiday in France. I made it quite clear that I had been far too busy to swan off to foreign parts - although I suspect the implication of what I said passed him by.

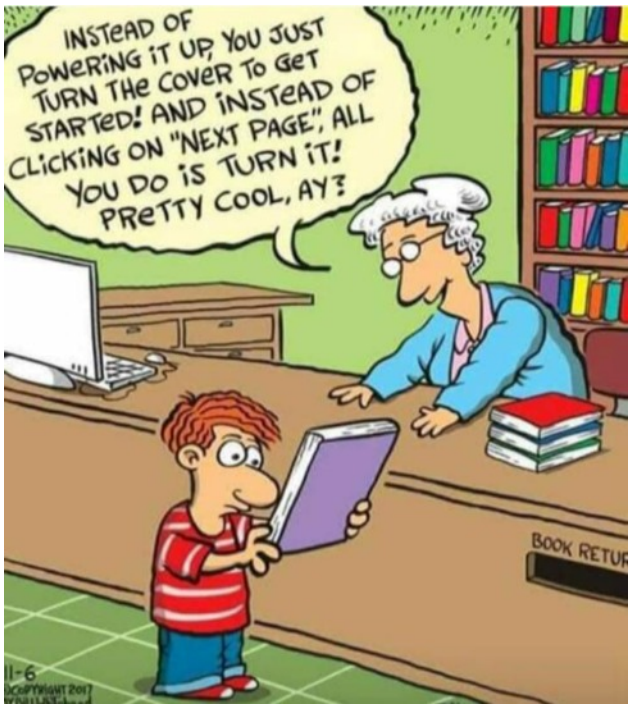
We then got to the point. He was toying with the thought of my retirement and linking us with the adjoining parish of St Agatha's. I patiently explained, using simple words and speaking slowly for his benefit, that at 85 and with 40 years at St James the Least of All behind me, I was just getting into my stride and that the vicar of St Agatha's, a stripling at 63, had nowhere near enough experience to organise the hymn list, let alone two parishes. This, too, seemed to drift somewhere above his head.

He had clearly done his homework. There were already plans for my Queen Anne rectory to be sold and my five acres of garden be turned into a housing estate. This news would be received by our parishioners with as much equanimity as if they were told that Buckingham Palace was to be converted into a sports centre.

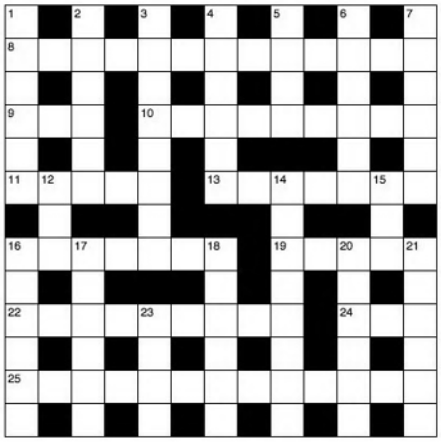
The matter, I was told, was confidential - which meant that I only relayed the news to one parishioner at a time. By the end of the day everyone in the village knew, and a counter attack was being planned. Inevitably, the most outraged were those who never attend church. People do so love having a church not to go to. Congregations have soared, gardeners are being brought in to tidy the rectory grounds, and the church council is now well attended. The latter is a mixed blessing, as I always think that the time to get worried is when people start to turn up to meetings.

It may surprise our bishop, but the threat of a merger has been the greatest impetus to mission outreach we've had in years. Retirement indeed! I'm sure Zadok was never asked about his pension plans.

Your loving uncle, Eustace



September Crossword (solution p.12)



Across

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

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

10 Uncomfortable (3,2,4)

11 'Yet I have loved Jacob, but Esau I have - ' (Malachi 1:3) (5)

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

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

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

22 Comes between Exodus and Numbers (9)

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

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

Down

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

2 See 24 Across

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

4 Lo, mash (anag.) (6)

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

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

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

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

14 Second city of Cyprus (8)

15 United Nations Association (1,1,1)

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

17 Braved (anag.) (6)

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

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

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

23 What Jesus shed in 5 Down (4)

St Edmund's Church Newbiggin

Taizé Prayer

Holy Cross Day

Thursday September 14th at 7.00pm

All are welcome to join us
for this time of quiet reflection and prayer

Holy Cross Day

On Holy Cross Day the Church celebrates the Cross as a symbol of triumph, as the sign of Christ's victory over death. Holy Cross Day goes right back to 14 September 335, and we have the mother of a Roman Emperor to thank for it.

Helena was a devout Christian, and after her son, Constantine, was converted, they agreed that she should travel from Rome to Israel, and seek out the places of special significance to Christians.

Of course, much of Jerusalem had been destroyed by the Romans around 135 AD. But even so, Helena finally located what she believed to be the sites of the Crucifixion and of the Burial (and modern archaeologists think she may well be correct). The sites were so close together that she built one large church over them - the Church of the Holy Sepulchre.

That church, built in honour of the Cross, was dedicated on 14 September 335.

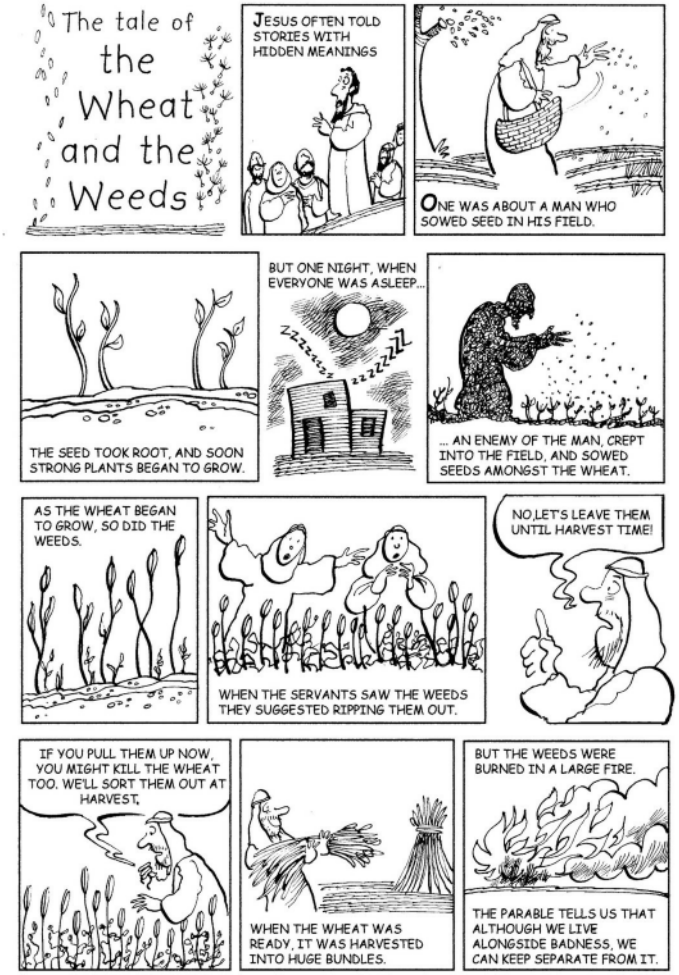
The sign of the Cross has been used by Christians since early times. Tertullian, writing his *De Corona* (3:2) around AD 211, noted that Christians seldom did anything significant without making the sign of the cross.

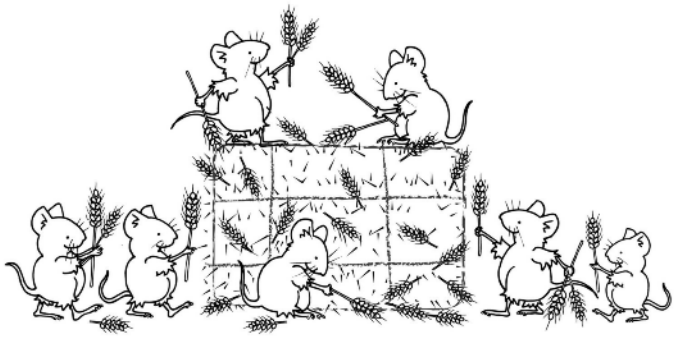
What is its significance? Well, people often put their initials or some sort of personal mark on something to show that it belongs to them. The Cross is the personal mark of our Lord Jesus Christ, and we mark it on ourselves as a sign that we belong to him. Even in the book of Revelation, we read that the servants of God are 'sealed' or 'marked' on their foreheads as a sign that they are His.

A preacher once put it this way: if you were explaining to someone how to make a cross, you would say: "Draw an I." That is you standing before the Lord, saying, 'here I am'. Then cancel that vertical stroke with a horizontal stroke – as if to say: "Lord, I abandon my self-will and make you the centre of my life instead. I abandon myself to your love and service."

On Holy Cross Day, we recall Jesus' wonderful promise: "And when I am lifted up, I will draw all men unto me." (John 12:32).

This year Holy Cross Day, falls on on Thursday September 14th. It is a Church festival day which often seems to be by-passed but is really quite important. We have been invited to hold Taizé Prayer for Holy Cross Day at the lovely little church of St Edmund in Newbiggin, and everyone is very much welcome to come along and join us for this. Taizé Prayer is a different experience, but one which people really enjoy. It is simple, based on readings, prayers, singing of simple chants, and lots of time for quiet reflection and prayer. It's as easy as that! Put this into the lovely setting of St Edmund's and something rather special is promised.
Do come along and join us, especially if this would be your first time. We will look forward to welcoming you. The Prayer will begin at 7.00pm.





Help more children get back to school this month

As our children return to school this month, World Vision has been reporting on its work in countries where more and more children will NOT be going to school this autumn.

Instead, the worldwide cost-of-living-crisis means that such children will either be skipping meals to make ends meet, unable to go to school because of the fees, 'sold' into early marriage, or sent to work as child labour.

World Vision is warning that: "Forcibly displaced children are paying the price for the international community's failure … new and protracted conflicts, disasters, and extreme weather, alongside the reverberating impacts of the pandemic and higher costs are driving the shocking rise in hunger and malnutrition seen in many parts of the world today."

And so it is that 85% of forcibly displaced families are unable to afford enough food to meet their daily nutrition needs. 25% of families are responding to increased financial pressures by keeping their children out of school, and 19% have sent their children to work.

Meanwhile, significant numbers of families in Afghanistan and Niger (12% and 7% respectively) are using child marriage as a coping mechanism for decreased income.

If you can help World Vision to provide help for such children, go to: https://www.worldvision.org.uk

How can a Christian be a scientist?

I used to ask this question as a student. I wondered what it was like to have a career in science, and how being a Christian might make a difference. Eventually I met a good number of successful scientists who were sincere Christians, and I learned that science and faith are a great combination. Dr Francis Collins, former Director of the project to decode the whole of human DNA, wrote that it is "possible for the scientist-believer to be intellectually fulfilled and spiritually alive, both worshipping God and using the tools of science to uncover some of the awesome mysteries of His creation." So, what do people like this make of the opportunities and challenges of a life in science?

Although our beliefs may affect what we notice about the world and how we interpret our data, they don't affect the outcome of the experiments themselves. If a Muslim and a Christian drop the same ball from the same height under identical conditions, it will fall at the same speed. This means that a scientist can be respected by her colleagues for doing good work, regardless of what she believes and what her colleagues think of her worldview.

Science is an exercise in observing and measuring things, and coming up with general principles about the way things are. The world has been declared by God to be 'very good' (see chapter one and two of Genesis), and exploring it is a way to express our gratitude to Him. Scientific discoveries can also bring a sense of awe and wonder that feeds into our worship.

Some people don't want to get involved in certain lines of research because of ethical concerns. On the other hand, there are many issues that make Christians want to get stuck into new research that will help care for people and the rest of creation, such as medical research, ecology or developing appropriate technologies.

Organisations such as Christians in Science and the Faraday Institute gather together scientists who are also people of faith, and others who are interested in the subject. They come from a wide range of backgrounds, and express their beliefs in a variety of different ways. What they have in common is the conviction that you don't have to choose between science and God. As the young people in our churches prepare to return to their studies, online if not in person, let's encourage them that science (along with many other fields) is a great way to serve God.

WPS SUPPLIES LTD
FUEL & MORE FOR YOUR HOME

	BULK BAGS	BARROW BAGS	NETS
KILN DRIED	£105	£65	
HARD WOOD	£ 95	£60	
SOFT WOOD	£ 75	£50	
HW NETS			£8
SW NETS			£6
KINDLING			£5

OVOIDS 50KG & 25KG BAGS
KINDLING, FIRE LIGHTERS, FLAMERS
WE ARE YOUR LOCAL FLOGAS STOCKIST
** WE ALSO HAVE BUILDING SUPPLIES – SAND, CEMENT, AGGREGATES, BLOCKS, LINTELS, TOOLS AND MORE **
WOODSURE READY TO BURN ACCREDITED
PLEASE RING 017683 72333
wpssupplies@btconnect.com
Unit 2 Station Yard, Kirkby Stephen CA17 4LA

THE LAWN CUTTERS

We cut your lawn.
You spread the cost over 12 months.

Cuts occur between March-October, once or twice per month (depending on your preference).

Residential. Commercial.

www.thelawncutters.co.uk
contact@thelawncutters.co.uk
01768254554

The start of the football season was the cause of universal joy

LAKE DISTRICT LIME
THE LIME RESTORATION SPECIALISTS

The Conservation and Restoration of traditionally built buildings throughout Cumbria.

- Lime POINTING
- Lime PLASTERING
- Lime RENDER
- Lime MORTAR
- LIMECRETE FLOORS

lakedistrictlime.com/ 07554019469

Mike Addison FBDO CL
OPTICIAN

Mike Addison Optician
The Shire Hall, The Sands,
Appleby-in-Westmorland CA16 6XN

"Providing eye care for all the family"

Over 60's and under 16's receive FREE eye examinations.

Private & NHS patients welcome.

New OCT technology for more detailed eye examinations

Tel: Appleby: 017683.53199
Kirkby Stephen: 017683.71555

Email - info@mikeaddisonoptician.com

Full disabled access and free on-site parking (please phone for more info.)

Restore Recover
PHYSIOTHERAPY

◆ Physiotherapy ◆ Massage therapy ◆ Sports injury

Registered physiotherapist in Appleby

www.restorerecover.co.uk

Call: 07793551976

RAZZAMATAZ
THEATRE SCHOOLS

You're invited to a
FREE TASTER SESSION at
Razzamataz Theatre Schools.

From babies to 18 year olds!

Tuesday's - Kendal
Wednesday's - Penrith
Thursday's - Appleby

Booking Essential!

To book or for more information call/text or email Asha on:
07539144225
penrith@razzamataz.co.uk

Qualified Foot Health Professional
Aggie Koza MCFHP MAFHP
21, Belle Vue Road,
Appleby
CA16 6TY
Home visits by arrangement – day, evening and weekends
017683.98457
07910 028 955

WILLS, TAX & PROBATE SOLICITOR
LYNN EMERY

One of the few true specialists. Large city firm experience without the high prices. Has saved millions of £'s of tax
01697.478303 / 07901.229218
lynn@lynnemery.co.uk

Appleby Travel
Looking after your travel needs and dreams since 1987
Specialists in cruising and tailor-made travel
16, Boroughgate
Appleby-in-Westmorland
Cumbria CA16 6XB
Tel. 017683.52220
ABTA No. 89495
Email
holidays@applebytravel.co.uk

PENRITH LINKING LIVES

LINKING LIVES UK

- Are you lonely, living alone with no one to chat to?
- Do you know someone who is socially isolated?
- Do you know of someone whose family has moved away?
- Do you know of someone who just needs a friend?
- Do you want to volunteer or find out more?

WHO ARE WE?

- Linking Lives brings people together to support socially isolated people through home visits, telephone calls and engagement in social events and activities in the community.
- We make weekly visits or phone calls to enable volunteers to make a significant difference to the lives of people.
- We receive referrals from local organisations, friends and family members. Volunteers are fully vetted, interviewed, trained and linked up with someone matching their interests and personality.

For more information, to volunteer or to refer someone please email penrith@linkinglives.uk call us on 0795 173 8540 or visit our website www.linkinglives.uk/penrith

---

GLYN JONES & SON
FUNERAL DIRECTOR
— ESTABLISHED 1979 —

Offering you support, care and guidance at a time when you need it most.

A 24-hour professional and caring service covering Appleby, Kirkby Stephen and surrounding areas

Hugh and Lorraine Jones
Kevin Robinson

12 Battlebarrow,
Appleby-in-Westmorland
Telephone : 017683 51569

Residential and Dementia Care for the Elderly

We offer excellence in care providing safety and well being for our residents and peace of mind for their family & friends

Day Care and Respite stays available
No appointment necessary, call in for a chat anytime!

For further details please call **017683 71291**
Email: stobarshall@thefranklyngroup.com
Website: www.thefranklyngroup.com/stobars

ADVICE, ADMIN, & ADVOCACY

Do you get frustrated that everything is now on the internet? Or you can be stuck on the phone for hours?

Then Vincent Egan can help you

From Passports, Probate & Pensions, Admin, Guidance & all types of paperwork.

Face to face, tailored support & all the 'Techy' stuff done on your behalf.

Contact Vincent Penrith: ☎01768 866866 or 07860 289516

D WAPPETT ELECTRICAL CONTRACTOR LTD

Domestic
Part P Approved NAPIT
Contact GEORGE WAPPETT
Tel. 017683-52012
Mobile: 07815 703 404

Lady Muck
Of the Eden Valley

Chimney and domestic oven cleaning services.
www.LadyMuckEdenValley.co.uk
For prices and booking please contact Tanya on
07444 240337 / 01768898752
email: LadyMuckEdenValley@gmail.com

DON GIOVANNI

A Coach & Show Adventure!

Don Giovanni
performed by an all-star cast from Glyndebourne & The Royal Opera House.
Directed by Persia Babayan-Taylor

SATURDAY 2ND SEPTEMBER
at Victoria Hall, Grange-Over-Sands.

- Bus leaving Boroughgate, Appleby at 4pm. Arriving Grange-Over-Sands 5pm.
- Return to Appleby for 10.45pm.
- **All inclusive cost: £32.**
- **Tickets from Courtyard Gallery & Appleby Tourist Information Centre**

In a new English translation, this production of Mozart and Da Ponte's masterpiece features an all-star cast from Glyndebourne, Garsington and the Royal Opera House.

Bring a picnic, book a table at a café or treat yourself to a fish & chip supper & enjoy the beautiful seaside town of Grange-Over-Sands.

Cumbria Opera Group

Wellbeing Wednesdays

A quiet space to take a break,
meet with friends
and share your interests

Pop along any time

Kirkby Thore Memorial Hall
Every Wednesday between 2.30 and 4.30pm

Free tea, coffee and cake

THE WELCOME INN!

We welcome you to join us
at St Lawrence's Church, Appleby

for coffee, companionship and connection
every Tuesday afternoon, from 1.00 to 3.00pm.

This is a Healthy Healing Hub
A place of healing and hope
www.gohealth.org.uk/hhh GOHEALTH

For further information, or prayer requests, you can email us at welcomeinnhhh@gmail.com

Harvest

Thanks be to God!

Looking for Spiritual Food?

Live at Appleby Hub
Second Thursday of each month 7.30 – 9.30pm

THE FILLING STATION

Flower Farm Open Day

SUNDAY 10th SEPTEMBER 12–5pm
THE FELLSIDE FLOWER COMPANY, LONG MARTON, APPLEBY

Wander around the cut flower beds, enjoy fresh air and wide views, meet the flower farmers and find out about locally grown flowers.

FREE ENTRY Refreshments served til 4pm, proceeds to Long Marton church

Follow parking signs – toilets available – dogs on leads – families welcome

The Fellside Flower Company, Long Marton, CA16 6BT Tel: 07711 245820
What3Words ///hacksaw.crowd.downhill
www.flowersfromthefarm.co.uk/event/the-flower-farmers-big-weekend-2023/

Appleby Guide Hut

For Hire

Girlguiding

£12 per hour

Suitable for: one off events or regular meetings e.g. children's birthday parties, workshops, day and evening courses.

Facilities: Clean, bright, warm hall with toilets, fully equipped kitchen, stage, disabled access and toilet.

Contact: Pam Sharples - Pam.sharples@outlook.com 0756234560
or Kathryn Nunn kath1nunn@gmail.com 07717841723

All hire fees go towards supporting Appleby Rainbows, Brownies and Guides

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

ROYAL AIR FORCE AIR CADETS the next generation

ARE YOU LOOKING FOR A NEW CHALLENGE?

Are you up for fun, adventure, incredible experiences, obtaining new skills and making new friends and between 12 (in year 8) and 17yrs old

Squadron Headquarters
Appleby Grammar School
Battlebarrow
Appleby-in-Westmorland
CA16 6XU

For further information contact: oc.2192@aircadets.org

2192 Appleby Grammar School Sqn ATC

Come and see what 2192 Appleby Air Cadet Squadron has to offer you

... it isn't just marching!

WE ARE A WARM WELCOME SPACE

An intentionally calm, shared space
Free of charge, all welcome, & valued

Renew Wellbeing Eden

Where? Appleby Cricket Club
When? Fridays 9:30 to 2
Free warm drinks, refreshments and hot lunch.

Affected by Cancer?

Appleby & District Cancer Support Group invite you to **come for Coffee** and a Friendly Chat

We meet every 1st & 3rd Monday in the month (excluding Bank Holidays) from 10am to 12 noon in The Guide Hut, Holme Street, Appleby

For further information phone:

Rosie on ☎017683 52263 or

Jackie on ☎017683 52277

Church Services for September 2023

Church of England

St. Lawrence, Appleby

Fri.	1st	10:00	Holy Communion
Sun.	3rd	08:00	Holy Communion
		10:45	Lay led morning prayer
Fri.	8th	10:00	Holy Communion
Sun.	10th	10:45	Holy Communion
Fri.	15th	10:00	Holy Communion
Sun.	17th	10:45	Holy Communion
Fri.	22nd	10:00	Holy Communion
Sun.	24th	10:45	Holy Communion
Fri.	29th	10:00	Holy Communion

St. Peter, Asby

Sun.	3rd	11:00	Baptist Harvest Festival
Sun.	10th	11:00	United Service, Baptist Church
Sun.	17th	18:30	Holy Communion
Sun.	24th	11:00	Morning Prayer

Boroughgate, St. Anne

Tues..	5th	09:15	Holy Communion
Tues..	12th	09:15	Morning Prayer
Tues..	19th	09:15	Morning Prayer
Tues..	26th	09:15	Morning Prayer

Dufton St. Cuthbert

Mon.	4th	19:00	Compline
Sun.	10th	15:00	Taizé
Mon..	18th	19:00	Compline
Sun.	24th	10:30	Holy Communion

Kirkby Thore, St. Michael

Sun.	3rd	10:00	Breakfast church
Sun.	10th	10:30	Morning Prayer
Sun.	24th	10:30	Holy Communion

Long Marton SS. Margaret and James

Services suspended meanwhile

Milburn, St. Cuthbert

Sun.	3rd	10:30	Holy Communion
Sun.	10th	10:30	Holy Communion
Sun.	17th	10:30	Holy Communion
Sun.	24th	18:30	Lay led Evensong

Murton, St. John

Sun.	24th	18:30	Evening Prayer

Musgrave, St. Theobald

Sun.	24th	10:00	Holy Communion

Newbiggin, St. Edmund

Sun.	3rd	10:30	Holy Communion
Thurs.	14th	19:00	Taizé
Sun.	24th	16:00	Evensong

Ormside, St. James

Sun.	3rd	10:00	Matins
Sun.	10th	10:00	Holy Communion
Sun.	17th	10:00	DIY
Sun.	24th	10:00	Holy Communion

Temple Sowerby, St.James

Sun.	17th	10:30	Holy Communion

Warcop, St. Columba

Sun.	3rd	10:30	Holy Communion
Sun.	10th	14:00	Harvest Festival **at Bleatarn**
Sun.	17th	14:00	Harvest Festival United with methodists **in Parish Hall**

Methodists

Connexion Service 18:30 on 3rd at Appleby
Rev. Andrew Sterling

Sands, Appleby

Sun.	10th	10:30	Informal Service
Sun.	17th	10:30	Rev. Mike Harrison
Sun.	24th	10:30	Revs. R & G Crippen

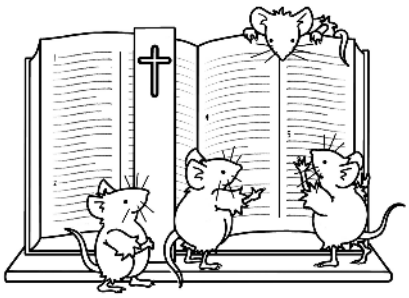
Dufton with Knock

Sun.	10th	10:45	Rev. Andrew Sterling
Sun.	17th	10:45	Mr. Bernard Staley
Sun.	24th	10:45	Mr. G. Murray

Warcop

Sun.	10th	10:30	Informal Service
Sun.	17th	15:00	United Harvest in Parish Hall
Sun.	24th	18:30	Rev. S. Radford

Roman Catholic Church of Our Lady of Appleby

Masses on Sundays at 4pm, Tuesdays at noon,

Confession Sundays at 3:30pm