Heart of Eden The News Magazine of the Benefice

November 2023

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.

A summer garden near Appleby - roll on next May!

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

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

Date	Time	Place	Event
1st	7:30pm	The Hollies, Asby	Asby Fellowship -John Bevan
1st	7:30	Warcop Parish Hall	Warcop & Sandford WI
2nd	11:30 – 1 pm	Warcop Parish Hall	Soup and Pud
3rd	7:30	Dufton Village Hall	Eden Valley Touring Network
4th	10:30 – 12	Milburn Village Hall	Village coffee morning
5th		Maulds Meaburn Village Institute	Bonfire Night supper
6th	10 – 12	Guide Hut	Cancer Support drop-in
6th	10:30 – noon	Maulds Meaburn Village Institute	Coffee Morning
6th	7:30pm	Ormside Village Hall	Country Dancing
7th	10 – 12	Temple Sowerby Victory Hall	Coffee Morning
8th	10:30 – 12	Sands Methodist Church Hall	Memory Club
8th	7:30pm	Dufton Village Hall	Open Circle
8th	10:30 – 12	Ormside Village Hall	Coffee Morning
9th	7:30	Public Hall Supper Room	Archaeological Group – "Asby Common Excavations"
9th	12 noon	The 3 Greyhounds, Asby	Asby Diners' Club
10th	7:30pm	Dufton Village Hall	Christmas Bingo
11th	7:30pm	Public Hall	Highlights: Driftwood – Pentabus and Thickskin
11th	10:30 – noon	Colby Village Hall	Coffee Morning
11th	10am – noon	Long Marton Village Hall	Coffee, caht, books & bacon butties
11th	10:30 – 3:30	Maulds Meaburn Village Institute	Craft Fair
11th	10am	Warcop Parish Hall	Coffee Morning
13th	2 – 4pm	Public Hall Supper Room	Evergreens
13th	7:30pm	Ormside Village Hall	Craft Evening
14th	11am & noon	Appleby Hub	Edenside – Next Steps Q&A
15th	7:30pm	The Hollies, Asby	Asby Fellowship – Donald Marston
15th	7:30	Long Marton Village Hall	Local History – Carlisle in WW1
16th	7:30	Warcop Parish Hall	Remote Cinema – "The Fabelmans"
17th	7pm -	Maulds Meaburn Village Institute	Gather Inn bar
18th	10:30 – 12	Milburn Village Hall	Church coffee morning
18th	7:30pm	Ormside Village Hall	Quiz Night
18th	7pm	Public Hall Supper Room	St. Lawrence's Church Audio Visual Evening
19th	1:30pm		
20th	10 – 12	Guide Hut	Cancer Support drop-in
20th	7:30pm	Ormside Village Hall	Country Dancing
21st	10 – 12	Temple Sowerby Victory Hall	Coffee Morning
22nd → 22nd	As church	St. Lawrence's Church	Star gazing Memory Club outing!!
22nd	10:30 – 12	Ormside Village Hall	Coffee Morning
24th	7:30	Colby Village Hall	Dominoes Evening
24th	7:30	Warcop Parish Hall	Christmas Fair
25th	7pm	Appleby Public Hall	Lights, Camera, Appleby – Cumbrian Red
25th	7pm	Maulds Meaburn Village Institute	Alan Cleaver talking about Corpse roads etc.
26th		Long Marton Village Hall	Christmas Market
27th	2 – 4pm	Public Hall Supper Room	Evergreens
29th	7:30pm	The Hollies, Asby	Asby Fellowship – Jane Morris
2nd Dec.	7pm	Appleby Public Hall	Lights, Camera, Appleby – Polar Express**??**

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Father John Winstanley introduces himself

I am Fr. John Winstanley, parish priest of St. Catherine's, Drover's Lane, Penrith with St. Wulstan's Alston Moor. Bishop Paul Swarbrick asked me to take on the care of Appleby and Kirkby Stephen Catholic communities about a year ago in addition to Penrith and Alston. I write for the first time for the Heart of Eden Churches Magazine as the Catholic priest serving the Parish of Our Lady of Appelby.

We are all very aware, I am sure, that patterns of ministry in all our churches are ever changing. I was pleased to attend earlier in the year the Inductions by the Bishop of Penrith of Anglican clergy in Kirkby Stepehen Parish Church and in St. Lawrence's Appleby. The large area I serve, along with Deacon Charlie and Deacon David, embraces four *Churches Together* fraternities: Appleby, Kirkby Stephen, Alston Moor and Penrith. Each local Catholic congregation, thankfully, have their own representatives who can attend meetings and events, and I join with them when possible.

Only the Holy Sprit can be in all places at all times, so I resign myself to doing what is possible with His guidance, but accepting the many things I cannot do. I am sure that such is the same for all of us.

As I write these few lines today, the Roman Catholic Church celebrates the Feast Day of Pope St. John XXIII, who was Pope from 1958 until 1963. His advice was: 'See everything, overlook a great deal, improve a little'. These realistic sentiments can help us to focus on our helplessness before God, and therefore our trust in Him. Left to ourselves, we can be quite useless. Relying more and more upon God and His loving grace, He can do great things through us!

In the darkness of November, may our prayers for one another, and our example of Christian living, help us to see God's constant light made know to us in Christ Jesus.

My prayers and every good wish, Fr. John Winstanley

Church Registers August - October 2023

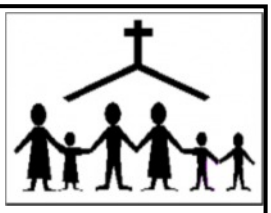
Marriage - *We congratulate*

16th September	Joseph (Joe) Lambert & Rebecca (Becca) White	St. Peter's Asby
30th September	Chris Pigney & Emma Proctor	Musgrave

Funerals…May they rest in peace and rise in glory

26th August	Patricia Sewell	Temple Sowerby
29th August	Violet Dowson	Appleby
11th September	Elizabeth Higginbottom	Kirkby Thore
15th September	Dorothy Armitage	Murton
10th October	Doreen Donnelly	Long Marton
13th October	Betty Richardson	Appleby

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"*

St. Lawrence, Appleby with St. John, Murton cum Hilton

Churchwarden and Secretary: Jo Ayres (☎52017)

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. Theobald, Musgrave & St. Columba, Warcop

Secretary: David Opperman david@davidopperman.co.uk

St. Edmund, Newbiggin

Churchwardens:

Mrs. M P. Sawrey-Cookson ☎ 61574

Tim Whittaker

St. James the Less, Ormside

Churchwarden: Margaret Parry

Secretary: Richard Parry

both ☎017683.51043

St. James, Temple Sowerby

Churchwardens:
Angela Cleasby ☎017683.61534
Robin Witchell ☎017683.61193
Secretary:
Anne Farmer ☎017683.61770

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. John 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 Concern

Age Concern Appleby is a local charity based in Boroughgate and Low Wiend and run entirely by volunteers. Our funds are distributed annually to local groups in the CA16 postcode who provide a service or activity to older people.

We are keen to hear from existing or new groups which may have been started and which may benefit from a donation from the charity.

Please contact Elaine Barraclough, Secretary on ☎017683 51250 or email ageconcernappleby@gmail.com in the first instance. All requests are considered at our November meeting

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 6th and 20th) 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.

We would very much welcome some new members!

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.

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
25th	Inner Wheel

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.

18th	Northern Crafts all day

Appleby-in-Westmorland Town Council

Publication deadline meant that this report was written before the Full Council meeting.

Waste Bins

Domestic waste in blue bags and the contents of public waste bins are removed by Urbaser under a contract negotiated by Eden District Council and passed on to Westmorland & Furness Council. Currently Urbaser operatives who are members of the GMB union are in dispute with the company and have taken strike action. This has affected the timing of blue bag collection and also delayed the emptying of street bins, whose overflow has had to be put in additional bags pending removal. The collection of waste for recycling in green bags, boxes and wheeled bins is done by a different contractor and is unaffected.

Town Charities

The Town Council provides trustees for two long-standing charitable bequests to the town, the Hannah Kennington and Ingram Dawson charities. Both were former residents who left money in their wills to be used for the benefit of the communal life and appearance of the town. Applications from community organisations are welcomed. Details can be found on-line and may also obtained from the Town Clerk at the Moot Hall.

Road Closures

Drawbriggs Lane between Cross Croft and Garbridge Lane was closed for a week for resurfacing, but re-opened on 16 October. High Wiend is currently closed to facilitate essential repairs on the former Golden Ball, with traffic diverted via Shaw's Wiend and Doomgate. The contractors are understood to be on schedule. As previously reported, planned works on Chapel Street, entailing temporary closures, are not expected to commence until 2024.

Butts Footpath

The footpath from the Leisure Centre along the northern perimeter of the cricket field is intended for pedestrians, not for vehicles or mounted cyclists; the grassland between the two paths east of the Leisure Centre is not a parking area. A bollard at the west end of the path that was removed following tree works in the wake of Storm Desmond has now been replaced.

Drains and Gullies

As usual in autumn, roadside gullies get filled with leaves, with the problem compounded when heavy rains wash in mud. Westmorland & Furness Highways have limited resources for drain cleaning but will respond as soon as they can. Please report blockages online or to the TIC, if you are able.

Facebook

The Town Council's Facebook page is named Appleby Town Council. Information, views and opinion polls located on other pages, which may bear the names of individual councillors, have not been authorised by the Town Council as a collective body.

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.

Bus Fare Cap - it is understood that maximum single fares will continue at £2 until 31 December 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 1 April, 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; it has been agreed that it will continue operating until April 2024 (and hopefully beyond).

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.

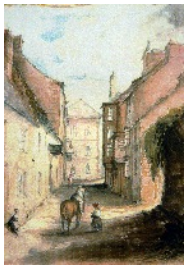
Voluntary Social Car Scheme covering Appleby, Bolton, Temple Sowerby and Milburn - if you would like to use this service, please contact Valerie Kendall Scheme Coordinator on 017683 53159.

Appleby Clubs, etc.

Appleby-in-Westmorland Society

Next meeting Sunday 19th at 1:30 pm in the Public Hall Supper Room

Apples Ancient and Modern by Hilary Wilson



Our September meeting was entitled **"Married in the Moot Hall"**, and the question being asked by the speaker was **"Was it you in the picture?"**

Due to a rearrangement of the published programme, Appleby-in-Westmorland Society Membership Secretary Archie Spence showed a selection of slides from the Appleby Archive to members at their recent meeting.

Within the memories of some of the audience was a time when there were any more shops in the town. 'We were more self-sufficient then' said Archie, harking back to a time before supermarkets beckoned from neighbouring centres like Penrith and people began to own their own cars and even - hard to believe today - public transport was more frequent. At one time the Post Office was in Bridge Street in Appleby as was a branch of JJ Graham. The end of the Moot Hall building which is now the entrance to the Tourist Information Centre was a bike shop, even a penny farthing among the machines displayed. Owners Blakes combined bikes with boot making!

Various shots of the other end of the Moot Hall building showed how it has been reconfigured throughout the years, with steps to the Council Chamber in different formats. 'The changes there are a chronicle of the town through the ages'; someone said.

A view of Boroughgate showed the now mature line of lime trees on either side not long after they were planted in 1875, one for each member of the Town Council it is said. Stephensons' fruit and veg shop is long established on its current site, but what is now Boots (although not allowed to use its trademark logo, being a listed building) was once Gilbersons the Chemists.

Also shown were old photos of Shiney Row near the river, knocked down to build Edenside Retirement Home, itself now due for demolition and rebuilding as supported living units following its closure after the 2015 floods which affected nearly eighty properties in Appleby. The Grammar School was represented by past headmasters and group photos, it being noted that during World War Two a windmill was built there to generate electricity.

A slide of the Appleby Chair - the town had chairmakers in Bridge Street - brought more recent memories of 'Appleby Times' a set of display boards showing photographs and text and now largely relocated in the Hub from its earlier home in a shop which is now an Italian restaurant. Included was a view of Appleby Creamery, an employer of many local people in its heyday which ended when dairy production was transferred over the Scottish border to Lockerbie.

So, when was the Moot Hall a place to get married/? Prior to the Local Government Act of 1974, Mrs Richardson officiated at the Shire Hall which was the Registry Office. During the many administrative changes which took place at that time, the Shire Hall was not handed over to the newly-formed Cumbria County Council. During an interregnum of six months the Moot Hall served as a wedding venue until the function of the Registry Office was transferred to Penrith.

If you were one of the couples married at Appleby Moot Hall, Archie Spence would like to hear from you. You can contact him on 07977387486 or archiespence28@gmail.com

Appleby Archaeological Group

Thursday 9th at 7:30 in the Public Hall Supper Room

Asby Common Excavations - update by Andy Phelps

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 (30th October, 13th & 27th November). 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, or https://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

Highlights

Saturday 11th November in Appleby Public Hall at 7.30pm

DRIFTWOOD : Pentabus and Thickskin

These are the shores of the Vikings, Victorians, van drivers and visions. The tide is out but the chips are hot. Two brothers go for walks along the beach at Seaton Carew. Their dad is dying, and their town is crumbling. Family rifts and political divides try to pull them apart, and a figure made of driftwood stalks the shores at night…..

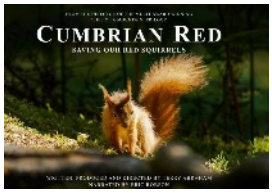
Driftwood is a two man show about tricky bonds and breaking points in one of the poorest regions of the UK.

Tickets 017683 52902 / www.highlightsnorth.co.uk

Lights…Camera…Appleby!

Cumbrian Red - Saving Our Red Squirrels (18)

Appleby Public Hall, Saturday 25th, 7.00pm



Celebrating the work of one of our local filmmakers, we are delighted to be able to screen Terry Abraham's new film Cumbrian Red - Saving Our Red Squirrels.

Featuring stunning cinematography, this breath-taking, moving and educational film documents the plight of native red squirrels within Cumbria. Some of the film has been shot in the Eden Valley, very close to our home town. The filmmaker Terry Abrahams, is an award-winning documentary maker and the producer of the BBC hit series 'Life of a Mountain'.

Learn more about the life of these beloved and iconic creatures alongside the voices of scientists, rangers, conservationists and locals as they seek to protect and conserve endangered red squirrels. The film is narrated by Eric Robson OBE.

We are delighted that Terry Abrahams will introduce the film and host a Q&A afterwards.

This is a film only, all ticketed event. Tickets must be purchased in advance and not on the door to avoid disappointment. Film tickets are £7 and available from Appleby Tourist Information Centre & the Courtyard Gallery, Appleby.

A donation from sales will be given to the Penrith and District Red Squirrel Group.

Doors open 6:45pm. Film screening at 7pm. Pay bar, raffle and interval ice-cream from the Jersey Ice Cream Farm, Melkinthorpe. For further information please ☎07921489611
or email : applebyremotecinema@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*

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 meeting will be on the 8th only (at the Sands) as an outing has been arranged for 22nd November.

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.

The Appleby Club is strictly non-political, non-denominational, gender-neutral, and does not raise funds. It is currently seeking new members!

You might also like to know that the club also runs occasional outings such as trips to the theatre or sporting events. As an example, we recently visited the Carlisle Airport museum.

If you think that any of this might interest you, please 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

Villages

Asby

Wed. 1st 7:30pm The Hollies
Asby Fellowship - John Bevan

Thurs 9th 12 noon The 3 Greyhounds
Diners Club Main course/tea/coffee £7.50, dessert +£2.50. Please let the 3 Greyhounds know if you're coming

Wed.15th 7:30pm The Hollies
Asby Fellowship - Donald Marston

Wed.29th 7:30pm The Hollies
Asby Fellowship - Jane Morris

Colby (village hall)

Sat. 11th 10:30 - noon Coffee Morning
(and every 2nd Saturday of the month) £1 plus a raffle.

Fri. 24th 7:30pm Dominoes Evening

Dufton Village Hall

Regular weekly events

Mondays 10:45 - 12:30 Coffee club

Wednesdays 10 - 11:45 Yoga with Jo Chapman

Special events

Friday 3rd - Eden Valley Touring Network music events- Bramble and Briar plus Alan Deen. £5.00
Doors open 7pm for 7.30 start. Bar available.

Wednesday 8th - Open Circle 7.30-9.00pm

Friday 10th November at 7.30pm Christmas Bingo in aid of Dufton Church - in Dufton Village Hall. Excellent prizes. Bring your own refreshments

Long Marton

Saturday 11th November 10am to 12noon: Coffee, chat & books, plus bacon butties. All are welcome

Local History Group: Wednesday 15th November 7.30pm Talk by Dave Carter 'Carlisle in the Great War' - What happened to civilians. £3 to inlcude refreshments, details from Christine at longmartonlocalhistorygroup@gmail.com

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

Sunday 26th November Christmas Market - some tables are still available, to reserve a table please contact 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. Helpers needed to help out with future events at the village hall. Any enquries please contact bookingslongmartonvi@gmail.com

Maulds Meaburn

Goings on at the village hall

Sunday 5th Bonfire Night supper, hosted this year by MMVI

Monday 6th 10:30 to noon Coffee Morning

Saturday 11th 10:30 - 3:30 Craft Fair. Free Entry. There will be a variety of craft stalls, refreshments and a raffle. Come and start your Christmas shopping

Friday 17th 7pm onwards Gather Inn bar.

Saturday 25th 7pm We welcome Alan Cleaver to talk about 'Ancient Paths, Corpse Roads, Beggars' Trods and Postal Paths' with particular reference to Maulds Meaburn and further afield in Cumbria. Tickets are £5 and can be reserved by contacting Karen Asquith (as before). The bar will be open from 6.30pm and there will be refreshments after the talk

Milburn

Village coffee mornings first Saturday of each month (this month 4th). Church coffee mornings third Saturday of each month (this month 18th), both 10:30 to noon.

Ormside

Village hall coffee mornings are the 2nd and 4th Wednesdays (i.e. 8th & 22nd) from 10.30 till noon.

Country Dancing 2nd and 4th Mondays (i.e. 6th & 20th), 7:30 to 9pm.

Craft night is on the third Wednesday (13th) at 7.30 pm.

Saturday 18th Quiz Night Kick off 7:30pm, bar opens 7pm

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 (7th and 21st) at the Victory Hall. All are welcome.

Warcop - Parish Hall

Mondays	6:30 - 8	table tennis club
Wednesday 1st	7:30 pm	Warcop & Sandford WI
Thursday 2nd	11:30 - 1	Monthly Soup and Pud
Saturday 11th	10 - 11:30	Coffee Morning
Friday 24th	7:30pm	Christmas Fair

Free entry - Bar - Raffle

Come along for a lovely evening - have a few drinks with nibbles and start getting ready for Christmas!

Lots of gifts, cards, Christmas decorations, glassware, make-up, jewellery, skincare, handbags, flowers, sweets, etc

Thurs. 16th 7:30 Remote Cinema

Remote Cinema - The Fabelmans (12)

Directed by Stephen Spielberg and starring: Michelle Williams, Paul Dano, Gabriel LaBelle and David Lynch.

This is a semi-autobiographical story based on Spielberg's early years. Young Sammy Fabelman falls in love with movies after his parents take him to see 'The Greatest Shown on Earth". Armed with a camera, Sammy starts to make his own films at home, much to the delight of his supportive mother.

Doors open 7.15pm, Screening: 7.30pm, refreshments available during the interval

Adults: £4.50 if booked at least 24 hrs in advance, £5.00 on the door. Children under 16: £3.00

To book tickets in advance, please email warcopcinema@outlook.com

The Baker of Tebay

Members of a Cumbrian congregation are cheering on their deputy churchwarden as she competes in this year's Great British Bake Off.

Abbi Lawson, aged 27, is a member of St James' Tebay and was one of 12 contestants to feature in the first episode of the hit programme's new series, broadcast last night.

Viewers saw Abbi take on the challenge of Cake Week, with the aim to bake a perfect vertically layered cake. She drew on her foraging skills using wild blackcurrants and poppy seeds for the cake and foraged gorse petals for its decoration. Abbi explained why she put herself forward for the programme, adding: "I had success at my village show and that made me think 'Give it a shot. What's the worst that can happen?'"

The Rev Canon Brendan Giblin, vicar of St James', praised her cake making skills and says she is being encouraged by everyone at her church. He added: "We were all thrilled to hear that Abbi had been successful in applying for the programme. She's a star baker in her own right and has done so well to make it through to the show as thousands of people apply each year. "We'll be praying for Abbi over the coming weeks as she faces all the various challenges in the Bake Off tent!"

As part of a technical challenge on the show, Abbi and the other contestants were asked to bake a chocolate fudge cake topped with fresh raspberries. And Abbi drew on her Cumbrian roots for the third challenge, designing a Herbert the Herdwick Sheep ginger sponge cake featuring a hazelnut praline crunch. Brendan added: "It was lovely to see Abbi celebrate her Cumbrian heritage with the Herdwick sheep cake design. In fact it looked too good to eat!"

(Not exactly a spoiler but she got knocked out in bread week on 10th October, although receiving high praise for her bread)

Rev. Fran on Prayer

I wonder if you have ever asked yourself why we pray.

The Oxford English dictionary defines prayer as, 'a solemn request for help or expression of thanks addressed to God or another deity'. Prayer, of course, takes many forms, and in the Church of England there is a breadth of tradition surrounding prayer; from the monastic rhythms of the Church Fathers, to new expressions that include art, music and being in creation. When I was growing up I was encouraged to use the acronym ACTS so that my prayers included adoration, confession, thanksgiving and supplication. It's a pattern that we often use in our Sunday worship too.

But prayer is also about communication and I've heard it said that women pray so that they know they have been listened to! It's a funny adage but has truth at its heart because I think we all pray to be heard, especially when we are walking through difficult times.

When we began the Welcome Inn back in November last year, we also set up a prayer chain to sit alongside the candles that many of you light when you visit St Lawrence's. There is something very intimate and personal about naming the person that you are wanting prayer for, and every Tuesday when we meet together, and on a Sunday morning, we hold those people before God.

Since it began that list has grown, and grown, and grown . . . so much so that we've had to begin writing names into a book so that we can remember them. To date we have over 1,000 prayer requests for people you know who are very ill or to remember those you have lost.

We have a special service remembering all those we have lost November 5th. 15:00 in St Lawrence's Church - please come and join us.

Destiny Africa Choir

Rosie Liddell of Temple Sowerby writes:
We are very excited to be hosting the Destiny Africa choir in the benefice in December of this year.

The choir come from Kampala Children's Centre, which has been set up to house and educate some of the many orphans in Uganda. The choir give an amazing energy-filled evening's entertainment of singing, drumming, dancing and telling their stories. They are doing a UK tour this autumn to raise funds for the children's centre. It is a great project, which Ralph and I

have visited. You can find out more on their website. https://www.destinyafrica.org

Concerts

They will perform two concerts, one at Temple Sowerby, the other at Great Asby. The dates are Monday 11th December and Tuesday 12th December, but we are waiting to confirm which date will be at which venue, then will be putting out publicity and selling tickets. The tickets will be £5 for adults and £3 for children (with possibly a family ticket price).

Help needed

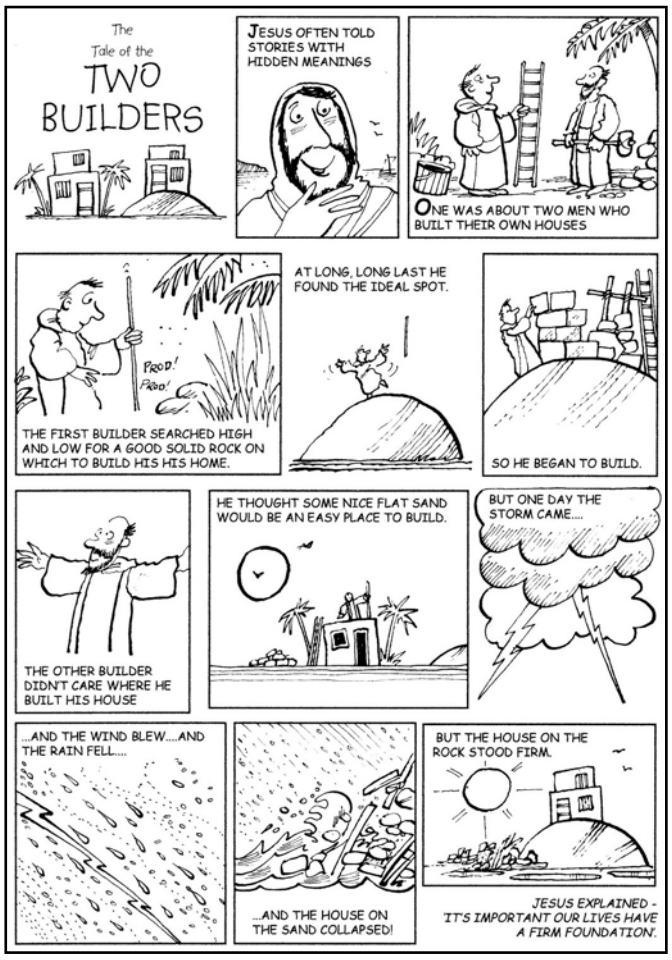
We have a team already in place beginning to plan for the occasion. A few more helpers would be useful. Please contact me if you can help with any of the following:

We are looking for a screen or screens to offer a small changing area for 2 people at each venue.

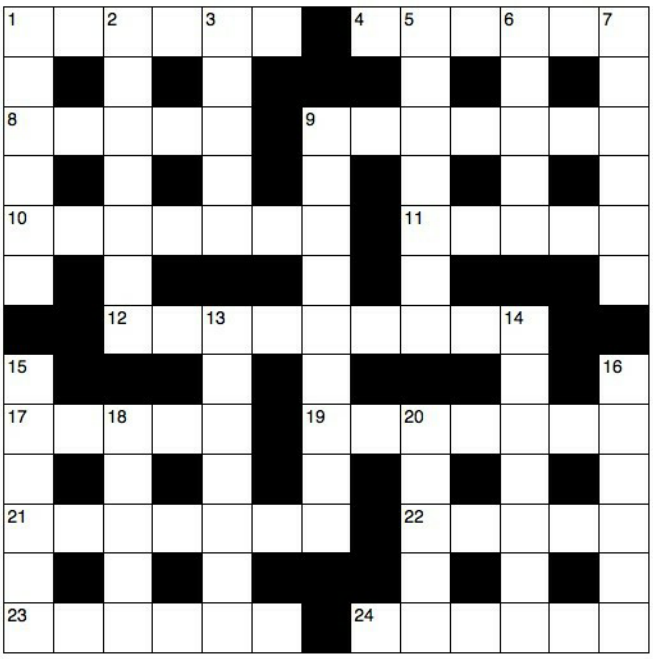
- We are looking for some mobile staging.
- Anyone with sound technology equipment or expertise would be helpful.
- Help with providing meals at either location. This will be a team effort to share the workload.
- We need a pool of cars and drivers. We have some people already but may be useful to have some backups. We will organise this fully once the schedule is finalised.

Please spread the word and see if we can fill both churches for the concerts. If you want to be kept updated so you can share with others in your area, let me know.

And finally, please pray for the choir, that God will really bless their time with us.



Crossword - solution page 12



Across

1 'The Lord Jesus... took bread, and when he had given - , he broke it' (1 Corinthians 11:24) (6)

4 'He has taken me to the banquet hall, and his - over me is love' (Song of Songs 2:4) (6)

8 Surrey town that hosts the National Christian Resources Exhibition (5)

9 Also known as Abednego (Daniel 1:7) (7)

10 Liken (Isaiah 40:18) (7)

11 A son of Etam, descendant of Judah (1 Chronicles 4:3) (5)

12 A part of the temple where the blood of a young bull was to be smeared (Ezekiel 45:19) (9)

17 'They make many promises, take false - and make agreements' (Hosea 10:4) (5)

19 Roman province to which Paul returned after evangelizing it on his first missionary journey (Acts 16:6) (7)

21 Material used to make baby Moses' basket (Exodus 2:3) (7)

22 'And feeble as - , in thee do we trust, nor find thee to fail' (5)

23 'The watchman opens the gate for him, and the sheep - to his voice' (John10:3) (6)

24 Stalk carrying the sponge of wine vinegar given to Christ on the cross (John 19:29) (6)

Down

1 Elijah dug one round the altar he built on Mount Carmel and filled it with water (1 Kings 18:32) (6)

2 'I am not - of the gospel, because it is the power of God for the salvation of everyone who believes' (Romans 1:16) (7)

3 Buddhist term relating to belief in reincarnation (5)

5 Damascus disciple who, at God's command, restored the sight of the blinded Saul of Tarsus (Acts 9:12) (7)

6 and 16 Horses: their sound (Jeremiah 50:11) (5) and their gait (Joel 2:4) (6)

7 A three (anag.) (6)

9 Athenian council addressed memorably by Paul (Acts 17:22) (9)

13 Abide by (Galatians 3:5) (7)

14 Persian princes (Daniel 3:2) (7)

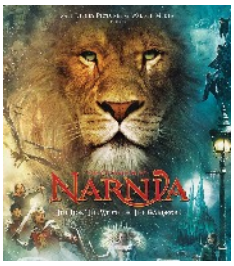
15 Force (Galatians 6:12) (6)

16 See 6 Down (6)

18 Paste (anag.) (5)

20 How the cedars of Lebanon are described (Isaiah 2:13) (5)

C S Lewis - remembering the creator of the Chronicles of Narnia



It was 60 years ago this month, on 22nd November, that the famous writer C S Lewis died. This Irish-born British academic, novelist and literary critic is best known for his novels on The Chronicles of Narnia, and his books on Christian apologetics.

Clive Staples Lewis was born in Belfast November 1898. He arrived in Oxford in 1917 as a student and stayed on as a fellow and tutor at Magdalen College for 29 years. In 1954 he moved to Cambridge University's Magdalene College, until his death in 1963.

C S Lewis's books include The Chronicles of Narnia, The Screwtape Letters, the Space Trilogy, Mere Christianity, Miracles, and the Problem of Pain.

Lewis was a close friend of JRR Tolkien, who also taught at Oxford. They were both active in the informal Oxford literary group known at The Inklings. Lewis had been baptised in the Church of Ireland, but then had abandoned his faith as a young man. He was converted to Christianity and became an Anglican at the age of 32, influenced by Tolkien and others.

Lewis' faith had a profound effect on his work and writings, and his wartime radio broadcasts on Christianity made him famous. In all, Lewis wrote more than 30 books, which have sold millions of copies. His Chronicles of Narnia was televised and filmed, and his Christian apologetical writings are still widely used today.

In 1956 Lewis married American writer, Joy Davidman, who died of cancer four years later, aged only 45. Lewis died on 22nd November 1963 from kidney failure. In 2013, on the 50th anniversary of his death, Lewis was honoured with a memorial in Poets' Corner, in Westminster Abbey.

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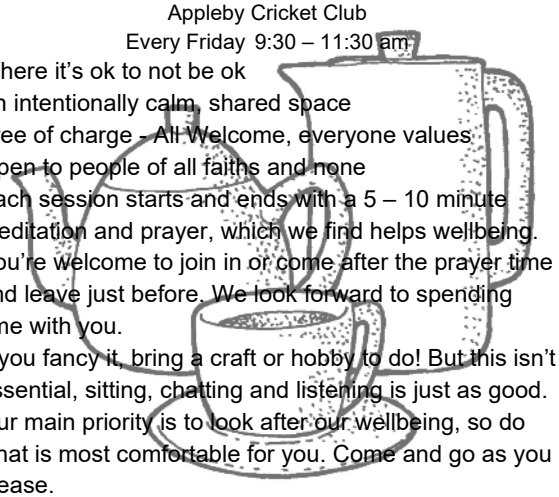

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You're welcome to join in or come after the prayer time and leave just before. We look forward to spending time with you.
If you fancy it, bring a craft or hobby to do! But this isn't essential, sitting, chatting and listening is just as good.
Our main priority is to look after our wellbeing, so do what is most comfortable for you. Come and go as you please.

Contact Kristy Pattimore
krist@pattimore.com ☎07480.935119

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Community Engagement Meeting

Edenside – Next steps

Where: Appleby Hub
Time: 1100 & 1200
(11am Update + opportunity for Q&A To be repeated at 12pm)
When: Tuesday 14 November

Informal – talk to us
Refreshments

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- 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

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St Lawrence's Church
Appleby

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(Digital Slideshows of varying subjects with carefully chosen music)

by two

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&

John Tillotson

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Supper Room, Appleby Public Hall
Saturday, 18th November at 7pm
Admission £5 at the door
including interval refreshments.

All proceeds to St. Lawrence's Church.

Rest Under The Stars
A Cumbrian Journey
CARLISLE CATHEDRAL

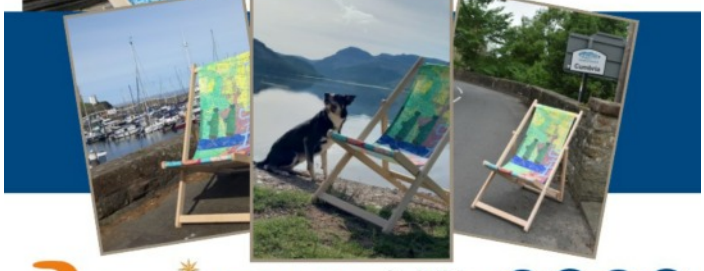
Rest Under The Stars is a free, interactive art installation which invites you to rest from the busyness of our lives under an awning of beautiful shapes and colours, created by Prism Arts and inspired by their visits to Carlisle Cathedral. The chairs and soundscape have also been designed and created by Prism Arts.

Venue: St Lawrence's, Appleby

Date: From 22nd November

Time: Open with the Church

Contact: reverend@heartofeden.org.uk



prism arts · Hayward Tod · CUMBRIA COMMUNITY FOUNDATION · Heritage Fund

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.

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

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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 November 2023

Church of England

St. Lawrence, Appleby

Fri.	3rd	10:00	Holy Communion
Sun.	5th	08:00	Holy Communion
		10:45	Lay led MP
Fri.	10th	10:00	Holy Communion
Sun.	12th	10:45	Remembrance
Fri.	17th	10:00	Holy Communion
Sun.	19th	10:45	Holy Communion
Fri.	24th	10:00	Holy Communion
Sun.	26th	10:45	Holy Communion

St. Peter, Asby

Sun.	5th	15:00	Holy Communion
Sun.	12th	10:45	Remembrance (at Lychgate followed by united at Baptists)
Sun.	19th	15:00	Evening Prayer
Sun.	26th	11:00	Morning Prayer

Boroughgate, St. Anne

Thu.	2nd	19:00	Taizé
Mon.	6th	19:00	Compline
Tue.	7th	09:15	Holy Communion
Tue.	14th	09:15	Morning Prayer
Mon.	20th	19:00	Compline
Tue.	21st	09:15	Morning Prayer
Tue.	28th	09:15	Morning Prayer

Dufton St. Cuthbert

Sun.	12th	15:00	'Remembering' Service (united with Dufton & Knock Methodists)
Sun.	26th	10:30	Holy Communion

Kirkby Thore, St. Michael

Sun.	5th	10:00	Breakfast church
Sun.	12th	10:30	Morning Prayer
Sun.	19th	10:00	Breakfast church
Sun.	26th	10:30	Holy Communion

Long Marton SS. Margaret and James

Services suspended meanwhile

Milburn, St. Cuthbert

Sun.	5th	10:30	Holy Communion
Sun.	12th	10:30	Holy Communion
Sun.	19th	10:30	Holy Communion
Sun.	26th	15:00	Advent Carols

Murton, St. John

Sun.	12th	10:30	Remembrance
Sun.	26th	15:00	Evening Prayer

Musgrave, St. Theobald

Sun.	26th	10:00	Holy Communion

Newbiggin, St. Edmund

Sun.	5th	10:30	Holy Communion
Sun.	12th	10:45	Remembrance
Sun.	26th	16:00	BCP Evening Prayer

Ormside, St. James

Sun.	5th	10:00	Matins
Sun.	12th	10:00	Holy Communion
Sun.	19th	10:00	DIY
Sun.	26th	10:00	Holy Communion

Temple Sowerby, St.James

Sun.	19th	10:30	Holy Communion

Warcop, St. Columba

Sun.	5th	10:30	Holy Communion
Sun.	12th	10:55	Joint Remembrance
Sun.	19th	10:30	Morning Praise

Methodists

Connexion Service 18:30 on 12th at Kirkby Stephen Rev. Andrew Sterling

Sands, Appleby

Sun.	5th	10:30	Revs. J & L Riley
Sun.	12th	10:30	Rev. Andrew Sterling
Sun.	19th	10:30	Revs. R & G Crippen
Sun.	26th	10:30	Rev. Andrew Sterling

Dufton with Knock

Sun.	5th	10:45	Local Arrangement
Sun.	12th	15:00	United Service at Parish Church
Sun.	19th	10:45	Mr. Allen Burton
Sun.	26th	10:45	Local Arrangement

Warcop

Sun.	5th	10:30	Mrs. Jacky Ousby
Sun.	12th	10:55	United Service at war memorial
Sun.	19th	10:30	Mr. Richard McGregor
Sun.	26th	15:00	Rev. Andrew Sterling

Roman Catholic Church of Our Lady of Appleby

Masses on Sundays at 4pm, Tuesdays at noon,

Confession Sundays at 3:30pm