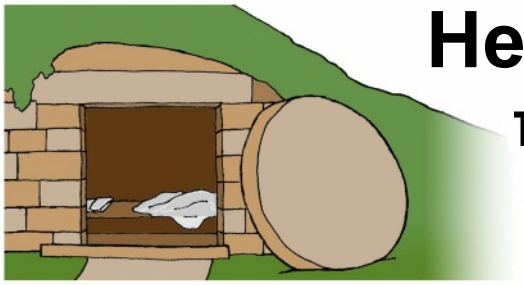
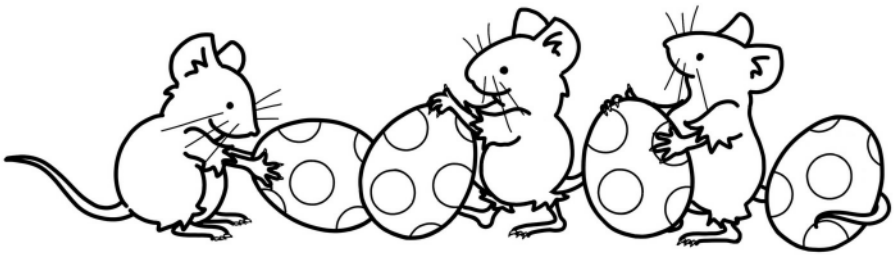
.St. Lawrence, Appleby and St. John, Murton-cum-Hilton; St. James, Ormside; St. Peter, Great Asby; St. Cuthbert, Dufton; St. Margaret & St. James, Long Marton; St. Cuthbert, Milburn; St. Columba, Warcop & St. Theobald, Musgrave; St. James, Temple Sowerby; St. Michael, Kirkby Thore & St. Edmund Newbiggin. .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

March 2024



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

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

Date	Time	Place	Event
1st	7pm	Dufton Village Hall	Caroline Francis & The Clifford Movement
2nd	9:30 – 11:30am	Public Hall Supper Room	Coffee Morning in aid of Liberal Democrats
2nd	10 - 12:30	Dufton Village Hall	Coffee morning
2nd	10:30 – noon	Milburn Village Hall	Village coffee morning
2nd	7 for 7:30pm	Ormside Village Hall	Quiz Night
4th	2 – 4pm	Public Hall Supper Room	Evergreens
5th	2:30pm	St. Lawrence, Appleby	Healing Service
5th	10 – 12	Temple Sowerby Victory Hall	Coffee Morning
6th	7:30pm	The Hollies, Asby	Asby Fellowship – Fran Parkinson
6th	7:30	Warcop Parish Hall	Warcop & Sandford WI
7th	11:30 – 1 pm	Warcop Parish Hall	Soup and Pud
8th	6:30pm	St. Cuthbert, Milburn	Farming brains trust with food
9th	9:30 – 11:30am	Public Hall Supper Room	Coffee Morning in aid of Eden Bells
9th	10:30 – noon	Colby Village Hall	Coffee Morning
9th	10am – noon	Long Marton Village Hall	Coffee, chat and books
9th	10am	Warcop Parish Hall	Coffee Morning **(and meet the clergy)**
9th	1:30pm	St. Lawrence, Appleby	Lady Clifford lecture
11th	7:30pm	Ormside Village Hall	Country Dancing
13th	11am	Appleby Public Hall	Arts Society – Chris Aslan talks about the Golden Road to Samarkland
13th	10:30 – noon	Sands Methodist Church Hall	Memory Club
13th	7:30pm	Dufton Village Hall	Open Circle
13th	10:30 – 12	Ormside Village Hall	Coffee Morning
14th	1pm	St. Lawrence, Appleby	Kenneth Wison, the highway cello
14th	7:30pm	Public Hall Supper Room	Archaeological Group – "Carlisle Cricket Club"
14th	Noon	The 3 Greyhounds, Asby	Asby Diners
14th	7pm	Dufton Village Hall	Behold Ye Ramblers
16th	10:30 – noon	Milburn Village Hall	Church coffee morning
17th	1:30pm	Public Hall Supper Room	Appleby-in-Westmorland Society: From Peasant to Estatesman
18th	10am – noon	Appleby Library	Cancer Support drop-in
18th	2 – 4pm	Public Hall Supper Room	Evergreens
19th	10 – 12	Temple Sowerby Victory Hall	Coffee Morning
20th	7:30pm	The Hollies, Asby	Asby Fellowship -John Bevan
20th	7:30pm	Long Marton Village Hall	Local History – to be arranged
20th	7:30pm	Ormside Village Hall	Craft Evening
21st	7:30	Warcop Parish Hall	Remote Cinema – "The Old Oak"
22nd	10am	Long Marton Village Hall	Annual General Meeting
22nd	7:30	Warcop Parish Hall	Prize Bingo
22nd	6:30	Knock Mission Hall	Pie and Quiz night
23rd	7pm	Appleby Public Hall	Lights, Camera, Appleby – "Little Miss Sunshine"
25th	7:30pm	Ormside Village Hall	Country Dancing
27th	10:30 – noon	Sands Methodist Church Hall	Memory Club
27th	10:30 – 12	Ormside Village Hall	Coffee Morning
29th	6pm	St. Cuthbert's Milburn	Stainer's Crucifixion
31st	06:45am	Raise Howe	Sonrise Service (with brass accompaniment!)

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

Thoughts on Lent

The six weeks before Easter is called the "Lenten Season". It is a time to focus on the suffering, death, and resurrection of Jesus Christ. Jesus died for our sins, giving us life, and through His resurrection, we have the hope of eternal life in heaven.

- Lent comes from the word "lengthen," representing the time in spring when the days grow longer.
- Originally, Lent was observed for 40 hours to commemorate Christ's 40 hours in the tomb. Later, it was extended to 6 days and eventually to 40 days.
- Lent begins on Ash Wednesday, 40 days before Easter, excluding Sundays.
- The purpose of Lent is to prepare ourselves through self-examination, instruction, repentance, and prayer.
- It is a time for mourning, solemnity, and reflection on our need for God's forgiveness.
- Lent is also an opportunity to experience and reflect on the sufferings of Jesus and His sacrifice for our sins.
- Many people dedicate extra time to prayer during Lent, seeking a closer relationship with God.
- Lent can be a time of spiritual renewal and growth as we strive to live according to Christ's standards of self-giving and love.
- It is also a time to share with others the hope found in a relationship with Jesus Christ.

The Lenten Season Is The Time Of Preparation

Lent is a season intentionally set aside for self-examination, instruction, repentance, and prayer. It is a time for all believers to prepare themselves for the celebration of Easter.

The Lenten Season Is The Time For Penitence And Discipline

During Lent, we are called to mourn, reflect on our sins, and deny ourselves certain pleasures. It is a time to strip away the things that hinder our relationship with God and focus on His forgiveness and grace.

The Lenten Season Is The Time For Special Prayer

Lent provides an opportunity for us to dedicate extra time to personal and public prayer. By seeking God's face and turning away from our wicked ways, we can experience His forgiveness and healing.

The Lenten Season Can Be A Time Of Spiritual Renewal And Growth

As we imitate Christ's fasting and prayer in the desert, we can strive to live according to His teachings and example. By incorporating prayer, meditation, and acts of love into our lives, we can experience spiritual renewal and grow closer to God.

The Lenten Season Is The Time To Share The Hope Found In Jesus Christ

Through our participation in Lent, we can share with others the hope and joy that comes from having a relationship with Jesus Christ. His presence in our lives is the source of our hope for eternal glory.

Conclusion:

Lent is a season of preparation, penitence, prayer, renewal, and sharing the hope found in Jesus Christ. As we observe Lent, let us examine ourselves, seek God's forgiveness, and grow in our faith. May this Lenten season be a time of spiritual growth and a deeper understanding of God's love and grace.

January 2024

Funerals…May they rest in peace and rise in glory

13th	Colin Sowerby	SS. Margaret and James, Long Marton
19th	Peter Green	St. Cuthbert, Dufton

Electronic copy by email is preferred; email address heart-of-eden-editor@hotmail.co.uk. Please identify the content in the email subject line and in the name of each attachment. It would help if you could please send any payments for advertising in envelopes clearly marked ‘Advertising Manager’. Prices on application for commercial advertisements - payment in advance, please! We are very grateful for the very generous donations made by various groups and individuals towards the running costs of this Newsletter. The editor welcomes articles (and front cover photographs) for this magazine – relevant to the time of year, book reviews, travel articles, etc. We will accept ‘Small Ads’ (suitable for a Church Magazine), and they will cost £5 for up to 40 words. Please email it to the editor as above or write it 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 it, in the safe, which is straight ahead of you as you enter the church.To be included in a particular edition of the newsletter, please do this before noon on the 14th as with other items. n.b. (1) please make cheques payable to 'The Heart of Eden Expenses Account' (2) let the editor know (07.401.425.430). On-line delivery of this newsletter is strictly by the editor’s list of email addresses, or as a link from “A Church Near You” (https://heartofeden.org.uk/),

Easter Day 6:45 am Sonrise Service

Once again the local churches between Shap, Tebay, Orton, Ravenstonedale and Appleby are sharing in a short open-air service to greet the risen Lord Jesus on Easter Sunday morning.

So set your alarm! Easter Day is Sunday 31st March, the service is at 6.45 a.m. and the sun will rise over Cumbria at 6.44 a.m.! Wrap up warm, and come out to Raise Howe on the east side of Orton Scar (just above the cattle grid on the B6260, on the way down to Appleby). And pass the word around to Christians in all the churches.

Appleby Town Band will be there to accompany the hymns; the speaker will be an Anglican, the Rev. Ken Boullier, who is a retired priest who recently moved to Appleby; and the service is to be led by a Methodist, the Rev. Stephen Radford.

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

Churchwarden and Secretary: Jo Ayres (☎52017)

Coming soon to St. Lawrence Church, Appleby

Saturday 9th March: 1.30pm organ music and coffee; 2 pm - Lady Anne Clifford lecture by Sarah Thursfield 'The Medieval Tailor's Assistant' with The Fellside Singers, then 17th Century music as Lady Anne is being dressed from her shift to her court dress.

Thursday March 14th at 1 pm. Kenneth Wilson - Highway Cello - Seven Last Words - on Tour 2024 — seven meditative poems, intermingled with Bach and a selection of music. Donations to the artist.

Refreshments following the reflection. All welcome

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

St. Cuthbert, Milburn

Churchwarden:

Mr. Leigh Harding ☎ 0333.014.3944

Secretary: Christine Braithwaite

On Friday 8th March at 6.30 for 7pm a fund raising event for the building fund is to be held in the village hall.

An evening of food - spuds and puds - BYO (Bring your own) drinks - glasses provided.

Farming questions and slides of farming old and new. Please send your farming question/ query to oakleaves@slakesfarm.com or ☎07864644964. We will have a panel of 3 local farmers who will try to answer them - this is a very informal evening!

There is a competition open to all :- "Make an animal out of a potato" - open to all ages.

Tickets are available from Judy Craig , Garth Cottage, Milburn - ☎01768361620 (cash only). Adults £10, primary school children £5, under 5s free.

Come and join us for an evening of good food; fun and friendship, we look forward to seeing you there.

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

n.b. Easter services, see back page.

t 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. Other services occasionally, see back page.

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 are now taking place in the **Appleby Library**, Low Wiend, CA16 6QP on the 3rd Monday of the month 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 Stan Rooke on phone 017683 52864.

Appleby Smarter.

The Appleby Smarter group meets once a week for a couple of hours on Monday afternoons to help keep our lovely town looking nice.

If you have made a New Year's resolution to :

- Get out and about
- Become a bit more active
- Make some new friends
- Start volunteering

then here is your opportunity!

Ring or email Mike for a chat on ☎0775 182 4982

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.

Anyone wishing to confirm a coffee morning at The Supper rooms, Market Hall, Appleby for 2024 Please get in touch with Alison Taylor at Appleby TIC ☎017683 51177 ext. 2 or tic@applebytown.org.uk.

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 2pm.

Website: www.visitappleby.co.uk Twitter: @applebytown

(sorry - X!!) Facebook: Appleby Tourist Information Centre

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
2nd	Liberal Democrats Association
9th	Eden Bells

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

Publication deadline meant that this report was written after the February meetings of the Town Council Committees, but before the Full Council meeting.

Jubilee Playground

Following a great local fundraising effort, work is expected to begin mid March on the extensive refurbishment of the children's playground in Broad Close. It is hoped that it will be complete before the end of April. A 3D image of what the new playground will look like can be seen at Appleby Tourist Information Centre.

Closure of High Wiend-Doomgate junction

United Utilities and Northern Gas will be carrying out essential works for lasting 4-5 weeks, starting on Monday, 26 February on thirty metres of highway between the junctions of High Wiend and Doomgate and Chapel Street and Holme Street. This will entail the closure of one lane and there will be temporary traffic management in place whilst the work is going on.

Multi-Agency Strategic Co-ordination Group (MASCG)

Set up in 2008, MASCG co-ordinates the work of different agencies, e.g. Police, Highways, RSPCA, that deal with the effects of the arrival for a few days into the Appleby of tens of thousands of campers and day visitors for the gathering known as Appleby Fair. It is chaired by a senior officer of Westmorland & Furness Council. To keep residents informed and to hear any concerns, Councillor Graham Simpkins, one of the elected representatives of Appleby & Brough ward, and a member of MASCG, holds periodic drop-in sessions at Appleby Library. The next will be on Saturday 9 March from 10 until 12.

Appleby Smarter

Several voluntary groups do great work for the town. This month the Town Council extends special thanks to Appleby Smarter, whose volunteers carry out minor but important infrastructure repair and refurbishment jobs in and around Appleby. They have done splendid work in tidying up the garden area at Lady Garth and recently cleared away thick mud left by the overflowing river on the Mill Hill approach to Jubilee Bridge and as well as flotsam trapped in the railings beside the steps up to the bridge. To enable Appleby Smarter to purchase more tools a grant was made from Westmorland & Furness Council's Locality Budget.

Bus Services

From 25 March Stagecoach will integrate the 563 service with a restored 564 operation. On weekdays Monday to Friday there will be bus connections from Appleby to Kirkby Stephen, Sedbergh and Kendal, as well as to Penrith. The 563 route between Kirkby Stephen and Penrith via Appleby will revert to what it was until 2016, going directly along the A685, A66 and B6542, with diversions to Brough, Kirkby Thore and Temple Sowerby. This means that the 563 will no longer serve Boroughgate, Scattergate, Cross Croft and

Long Marton. However, there may be other service improvements to be announced next month.

Appleby Council Tax for 2024-25

Appleby Town Council announced a 3.45% increase in Council Tax for 2024-25. This represents an increase of £4.71 per annum/10p per week for Band D households.

Appleby's Council Tax is used to conduct all areas of Council business, including running the Tourist Information Centre and Public Hall, and maintaining all Council owned property.

Appleby Town Council have spent a significant amount of money over the past few years carrying out essential works and improving their properties and will continue with this programme of work.

Westmorland & Furness Council announced a 4.99% increase in Council Tax for 2024-25, made up of a 2.99% increase in general Council Tax and an additional 2% increase for Adult Social Care. This represents an increase of £86.87 per annum/£1.67 per week for Band D households.

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 sur roundings. 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 ☹

Sadly, this article is to be discontinued. Changes to bus availability will in future be published in the Town Council report.

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

This Scheme offers transport for a small charge to anyone in the community of Appleby and District who needs it (under 18s must be accompanied). To use this service please contact Valerie Kendall, Scheme Co-ordinator, on ☎017683 53159

Appleby Clubs, etc.

Appleby-in-Westmorland Society

17th March at 1:30pm in the Public Hall Supper Room, titled:

"From Peasant to Estatesman" by Christine Craghill

The Turnpike Lecture in January

Despite the downpour with its accompanying threat of the River Eden bursting its banks, visiting speaker Jean Turnbull had a good crowd attending her illustrated presentation 'The Turnpike Roads of Westmorland' to the Appleby-in-Westmorland Society *(precisely the sort of weather that stage coach travellers must have had to put up with. Ed.)*

The 19th century arrival of new and improved roads was the catalyst for turnpikes; trusts were created to manage and maintain them, together with cottages for turnpike keepers to whom travellers paid the charges for these proliferating gated routes. Bridges were constructed, described as 'commodious'; some of these can still be seen today, as at Levens, now incorporated into more modern structures. Jean showed some shots of village street plans and their surrounding areas, illustrating how these had been impacted by the arrival of turnpikes,.One such keeper's cottage was at Beetham, on the road which formed Westmorland's first bypass. Like others of its kind, it had a jutting out porch with windows at either side enabling the keepers to see approaching customers. In those days these were often stagecoaches, numbers of which also expanded due to the facility of using the turnpike road networks. From Kendal, for instance, it was possible to travel to London, Liverpool, Leeds Carlisle - in fact all over the country.

So, what other effect did the turnpike roads have? 'They reduced travel times' said Jean, adding that they also increased long-distance traffic, which in turn meant that blacksmiths proliferated to service the horses, as did inns and hotels for the travellers. Their heyday ended in the mid-19th century with the coming of the railways. At the same time there was a 'push' factor - the turnpike roads, after half a century's usage, were in need of repairs and few of the turnpike trusts could afford these. Instead costs fell on the ratepayers who lived in the areas which the turnpike roads passed through. To be fair at least some of those residents would have benefitted from the stagecoach trade one way or another, though there was an outcry that they were being unfairly burdened.

The decline was fairly fast; in the 1860s there were 1,000 turnpike trusts which by 1881 had decreased to 184 and down to two in 1890. The last trust closed After a question about the origin of the word 'turnpike', to which the answer turned out to be 'a spiked barrier across a road for defence or attack', Jean was thanked for her interesting talk by Society committee member Barry McKay. A plea was made for assistance with the inputting of artefacts and documents onto the catalogue of the Appleby Archive; someone with IT abilities being sought. Any willing helpers for this job should contact Chairman Chris Wilson.

Appleby Archaeological Group

Second Thursday of the month at 7:30 in the Public Hall Supper Room

14th March - Carlisle Cricket Club

The Arts Society, Appleby

The next meeting will be held at 11am on the 13th March in the Public Hall.

Chris Aslan talks about the Golden Road to Samarkland

Our lecturer for this month's exploration of Uzbekistan is a man with a truly extraordinary background. Born in Turkey, Chris spent his childhood both in Turkey and war-torn Beirut. After two years at sea, he pursued a degree in Media and Journalism at Leicester University. Come to the meeting to learn more!

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

Our Indoor Short Mat season runs until mid-April when we go outdoors. Keep your bowling skills sharp over the winter months!

Appleby Evergreens

Evergreens in the Public Hall Supper Room from 2 - 4 pm generally on alternate Mondays, i.e. in March 4th and 18th.

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

We're still recruiting:

Beavers (6-8yrs)	alternate Thursdays
Shap Beavers	Tuesdays
Morland Cubs (8-10½ yrs)	alternate Thursdays
& Scouts (10-14yrs)	times on application.

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: ☎/WhatsApp 0333 339 3710, 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

Lights…Camera…Appleby!

Little Miss Sunshine (15)

Saturday 23rd March 2024 For our March film, we give you a touching feel-good film to keep you going towards sunnier days! In this joyful escapade, the Hoover family put the fun into dysfunctional by piling into a VW bus and heading to California to support their unlikely pageant daughter in her bid to win the Little Miss Sunshine Contest. The sanity of everyone involved is stretched to the limit as the group's quirks cause huge problems as they travel along their interstate route. This strong ensemble cast, delightfully funny script and series of bizarre events make this a joy to watch.

We will be serving classic pizzas (ham & mushroom or vegetarian) from Appleby's Pizza Roma, with homemade coleslaw and a green salad. **Please book food tickets well in advance to avoid disappointment.**

Tickets £12 for food and film. Film only tickets, £4. **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.

Tickets from Appleby Tourist Information Centre or the Courtyard Gallery, Appleby. For further information please tel. 07921489611 or email applebyremotecinema@btconnect.com

Memory Club in Appleby

Meetings are held on the 2nd & 4th Wednesdays of each month at Sands Methodist Church Hall 10.30am -12 noon. February meetings will therefore 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.

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 6th - 7.30 pm Asby Fellowship, The Hollies: Fran Parkinson

Thurs 14th - 12 noon Diners at the Three Greyhoundsmain course and tea/coffee £7.50; dessert £2.50 All welcome but let the 3Gs know you are coming please by Wednesday lunch time.

Wed 20th - 7.30 pm Asby Fellowship, The Hollies: John Bevan

Colby

Village hall coffee mornings second Saturday of the month (i.e. 9th) from 10.30.

Dufton Village Hall

Regular weekly events

Mondays 10:45 - 12:30 Coffee club (committee room)

Wednesdays 10 - 11:45 Yoga with Jo Chapman

Fridays term term time only 9.30-12.00 - Play group

Special events:-

Friday 1st	Caroline Francis and The Clifford Movement (EVAN music event) 7 for 7.30pm Entry £5.
Saturday 2nd	Coffee Morning 10 - 12:30 in aid of St. Cuthbert's
Wednesday 13th	Open Circle 7.30-9.00pm
Thursday 14th	Behold Ye Ramblers (Highlights event) 7 for 7.30 pm

Knock

Friday 22nd	Doors open 6:30pm Pie and Quiz night at the Mission Hall

Long Marton

The **Annual General Meeting of Long Marton Village Institute** is to be held on Friday 22nd March at 10.00am, please come along to support this local asset.

Saturday 9th February 10.30am to 12noon: Coffee, chat & books, all are welcome.

Local History Group: Wednesday 20th March 7.30pm, £3 to include refreshments. A speaker is to be arranged. Details from Christine at longmartonlocalhistorygroup@gmail.com

We are hoping to resume indoor carpet bowls, gentle exercise coupled with a good laugh. Anyone interested please contact Vicky on ☎01931 715810.

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

Long Marton Book Group would welcome new members. We are a friendly group and enjoy a varied selection of reading material that we discuss when we meet, (together with other matters of general interest!). Our books are provided by the Cumbria Library Service. Currently we have members from Long Marton, Milburn, Brampton, Appleby & Penrith.

Our next meeting is on Thursday 28th March at 2pm. After that, on the last Thursday of alternate months - May, July etc . If you would like further information or would like to come along, please contact Helen tel 017683 51974, email bendelowh@gmail.com or Anne tel 01768210358.

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

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

2nd Quiz Night Kick off 7:30pm, bar opens 7pm

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

Country Dancing 2nd and 4th Mondays (i.e. 11th and 25th), 7:30 to 9pm.

Craft night is on the third Wednesday (i.e. 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

Remote Cinema Thurs. 21st March

The Old Oak (15)

Directed by Ken Loach

Set in County Durham. A pub landlord in a previously thriving mining community struggles to hold onto his pub. Meanwhile, tensions rise in the town when Syrian refugees are placed in empty houses.

Doors open 7.15pm, Screening: 7.30pm. Adults: £4.50 if booked at least 24 hrs in advance, £5.00 on the door.

Children under 16: £3.00. Refreshments available during the interval. To book tickets in advance, please email warcopcinema@outlook.com

Mondays	6:30 - 8	table tennis club
Wednesday 6th	7:30 pm	Warcop & Sandford WI
Thursday 7th	11:30 - 1	Monthly Soup and Pud
Saturday 9th	10 - 11:30	Coffee Morning - Tea, coffee and biscuits, plus bacon or Sausage rolls (vegetarian alternatives) and scones for purchase Entry £1.50. **Plus - meet your local clergy, Revs. Andrew Burrell, Fran Parkinson and Andrew Sterling.**
Friday 22nd	7:30pm	Prize Bingo - £1 per book includes refreshments

What do you think of the weather forecasts?

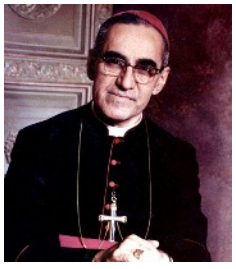
It seems there is some turbulence between the Met Office and the Royal Meteorological Society.

The Royal Meteorological Society has objected to the recent "deluge" of cautionary statements that the Met Office put out concerning the recent storms. It says that "probably not a day went by" during one week of bad weather, "without a weather warning." It fears that too many warnings will risk making people "complacent".

The Met Office, backed by a Cabinet Officer minister, Alex Burghart, disagreed. Responding to an urgent question in the House of Commons, he said:

"The forecasting capabilities of our experts in the Met Office and the accuracy and speed at which they can warn and inform the public of incoming severe weather events does, with no doubt, save lives and protect our homes and businesses." What do you think? Is the Met Office playing Nanny, or getting it right?

Oscar Romero, Archbishop of San Salvador, martyr 1980



Oscar Romero was a bit of a modern Thomas Becket - loyal to the authorities until he was given great responsibility for the Church. Then, like Becket, there was trouble.

In Romero's case, it all began when he was born Cuidad Barrios in El Salvador back in 1917. Devout from a young age, he was ordained in 1942, and became a parish priest in the diocese of San Miguel.

For 25 years Romero worked hard in his parish, where he was a traditional priest, very conservative, ascetic, and devoted to the Virgin Mary. In 1967 he was appointed Secretary to the Episcopal Conference of El Salvador. He was elevated to be Bishop of San Salvador and then Bishop of Santiago de Maria. An admirer of the conservative Opus Dei movement, Romero firmly opposed any liberation theology.

Then in 1977 Oscar Romero was appointed Archbishop of San Salvador. The Salvadorian government saw him as a safe pair of hands for the job.

But they were in for a shock. For Romero's new responsibilities made him look afresh at the relationship between Church and State in El Salvador. He did not like what he saw. Romero saw that social unrest and poverty were the direct result of government repression, and even worse, that the Church played its part in the on-going violence of Salvadorian society. After the murder of several outspoken priests and then the expulsion of several allegedly Marxist Jesuits, Romero felt compelled to speak out.

The right-wing Latin American governments were well used to priests who worked with the poor speaking out against them. But this was the first time that an Archbishop had raised his voice, and they were furious.

But Romero became a champion of liberation theology. He condemned government violence and championed the right of the poor to economic and social justice. He even wrote a pastoral letter from the Salvadorian bishops, supporting proportionate counter-violence towards the oppressive right-wing regime. When, nonetheless, he also still tried to act as a mediator between the rival groups, he was nominated for the Nobel Peace Prize.

For several years Romero received death threats from both left- and right-wing paramilitary groups. Finally, while celebrating Mass, he was shot through the heart by a government assassin. It was 24th March 1980, and 40 more people died in the gunfire and explosions at his funeral. The Church worldwide mourned for him.

Church of England welcomes Listed Places of Worship funding

Church of England Cathedrals and churches were among nearly 5,000 religious buildings to recently receive a share of up to £42 million in Government funding aimed at helping with the conservation of listed places of worship.

The Listed Places of Worship (LPW) Grant Scheme gives grants covering the VAT on repairs to listed buildings used as places of worship.

Beneficiaries of the scheme over the last year included Leicester Cathedral, which received more than £600,000 for restoration work; Chichester Cathedral, dating from the 11th century, received more than £195,000 for its roof and lighting projects; and the 12th-century Collegiate Church of St Mary in Warwick, which was granted more than £141,500 to repair its ancient tower.

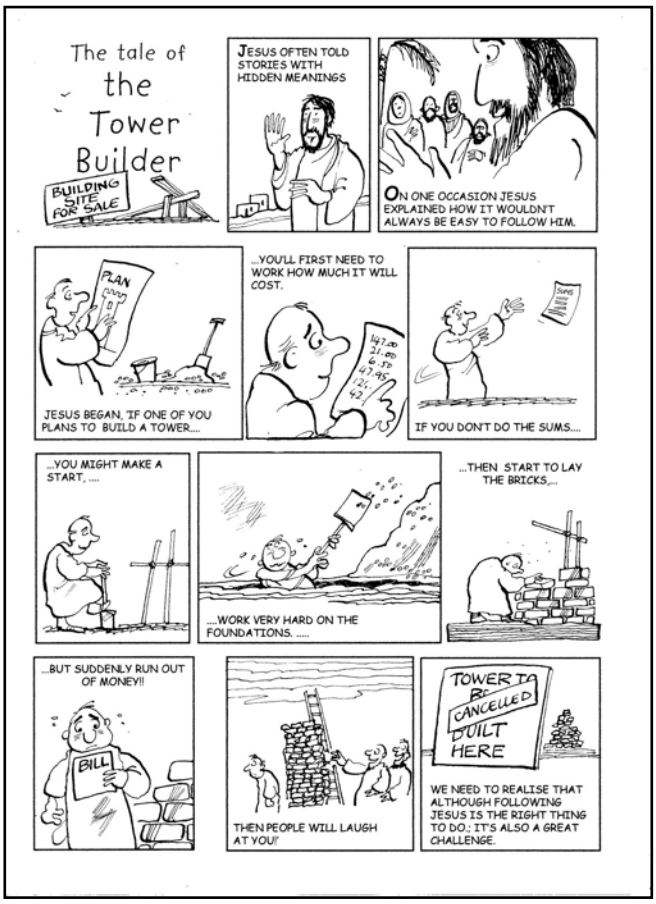
Emily Gee, Director for Cathedral and Church Buildings for the Church of England said: "Our churches and cathedrals provide spiritual, pastoral and practical support to their communities, and are key to the cultural heritage of the country.

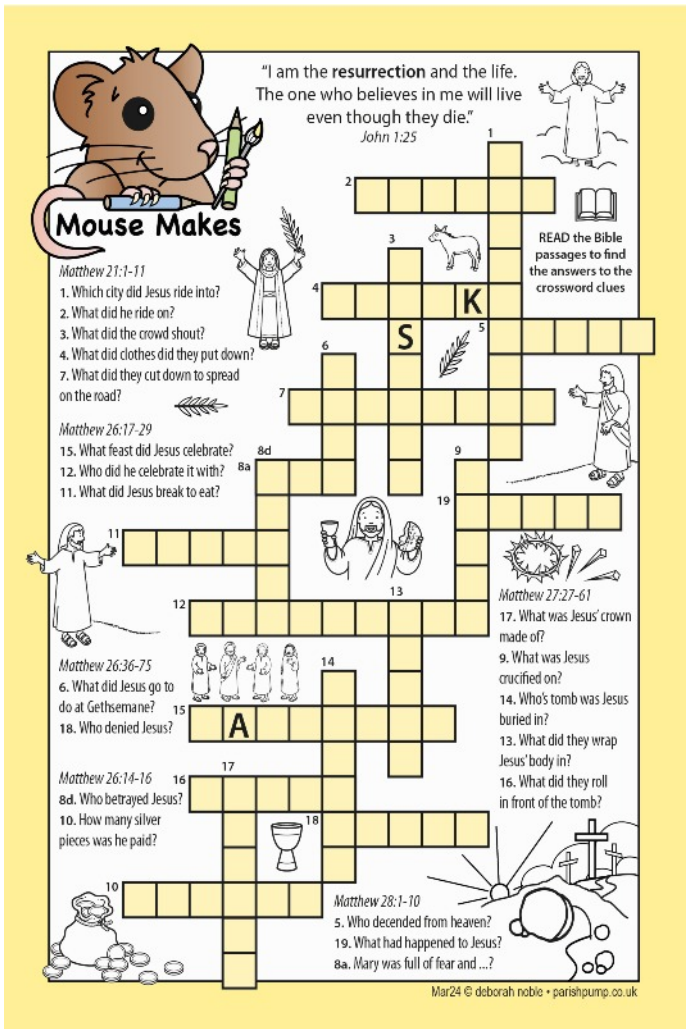
"Their presence boosts local economies and provides jobs and volunteer roles, and in many cases, they are the only publicly open building in their local place, where other amenities have closed.

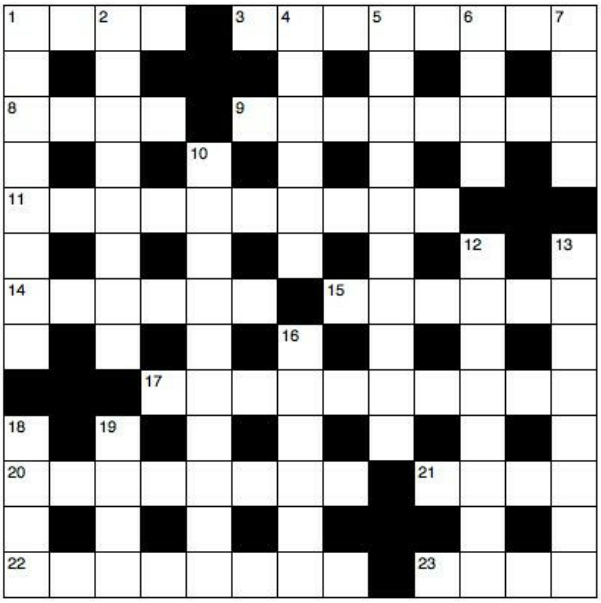
"More than three quarters of our nearly 16,000 church buildings are listed, meaning they are of great significance to our nation's heritage.

"We are enormously grateful for the Government's Listed Places of Worship Grant Scheme and the support that it provides in helping our church buildings remain central to the life of this country."

Well, we can hope. Ed.







Across

1 Made from the fruit of the vine, symbol of the blood of Christ (4)

3 'You are to set an ambush behind the city. Don't go very far from it. All of you be on - - ' (Joshua 8:4) (3,5)

8 Seep (4)

9 Celebrated by Jesus on the night of his betrayal (Luke 22:15) (8)

11 One of the supposed sites of Christ's burial place in Jerusalem (6,4)

14 'A city on a hill - be hidden' (Matthew 5:14) (6)

15 He inherited Elijah's mantle (2 Kings 2:12-13) (6)

17 Where Jesus prayed 'Not as I will, but as you will' (Matthew 26:36, 39) (10)

20 'Only in his home town and in his - - is a prophet without honour' (Matthew 13:57) (3,5)

21 Sail (anag.) (4) 22 How Jesus was punished before his crucifixion (Matthew 27:26) (8)

23 Eye sore (4)

Down

1 Can't grow (anag.) (5,3)

2 A servant girl to Peter, 'You also were with that - , Jesus' (Mark 14:67) (8)

4 Well-being (Proverbs 3:8) (6)

5 Pentecostal denomination, - of God (10)

6 One of the 'obvious' acts of the sinful nature (Galatians 5:19, 21) (4)

7 'I preached that they should repent and - to God' (Acts 26:20) (4)

10 ' - - , the world will not see me any more, but you will see me' (John 14:19) (6,4)

12 He betrayed Jesus: Judas - (Luke 6:16) (8)

13 Jesus to Peter: ' - - of my sheep' (John 21:16) (4,4)

16 The centurion said, 'Surely this man was - - of God' (Mark 15:39) (3,3)

18 Baked bread (Mark 8:14) (4)

19 'Blessing and honour, glory and power, be - Him' (Handel's Messiah) (4)

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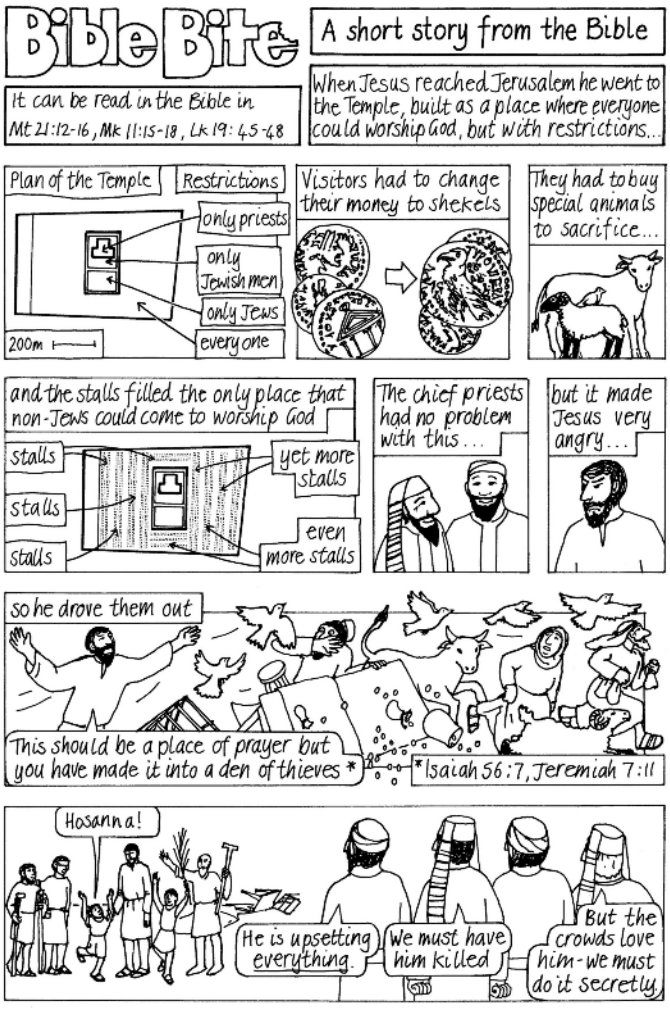

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PALM SUNDAY, Jesus at the gates of Jerusalem

Holy Week begins with Palm Sunday, when the Church remembers how Jesus arrived at the gates of Jerusalem just a few days before the Passover was due to be held. He was the Messiah come to His own people in their capital city, and yet He came in humility, riding on a young donkey, not in triumph, riding on a war-horse.

As Jesus entered the city, the crowds gave Him a rapturous welcome, throwing palm fronds into His path. They knew His reputation as a healer, and welcomed Him. But sadly, the welcome was short-lived and shallow, for Jerusalem would soon reject her Messiah, and put Him to death. On this day churches worldwide will distribute little crosses made from palm fronds in memory of Jesus' arrival in Jerusalem.

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Renew Wellbeing Café

Appleby Cricket Club
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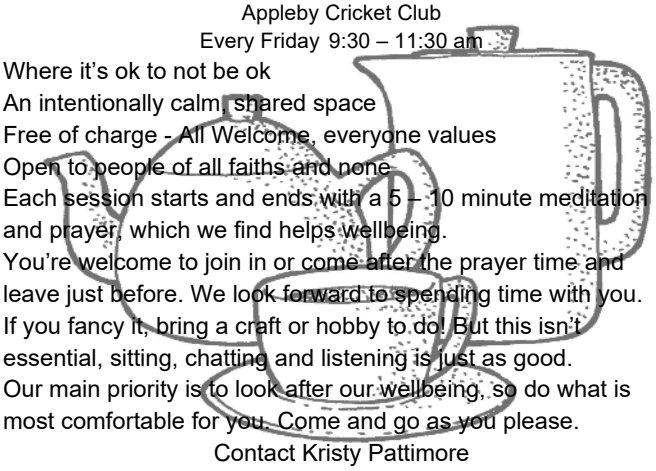

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If you fancy it, bring a craft or hobby to do! But this isn't essential, sitting, chatting and listening is just as good.
Our main priority is to look after our wellbeing, so do what is most comfortable for you. Come and go as you please.
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For 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:
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- 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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The Crucifixion

Music by John Stainer

Stewart Fyfe
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Ron Eadington
(Bass)
Leigh Harding
(Organ)
Geoff Gordon
(Conductor)

Good Friday March 29th 6:00pm

Retiring Collection to support Milburn Church

God for All

Lent 2024 Groups Mission Community / Churches Together

5 weeks reflecting on our Christian Discipleship in our local communities.
Looking at our Well-being and God's concern for our well-being

You can choose from one of the two sessions (Or come to both! ☺)

Option 1 Tuesday Evening LOW GALIBER* 7PM to 8:30PM
Option 2 Wednesday Afternoon at the Sands 3PM to 4:30PM
Starts with a drink and biscuits

1. *Through Following Daily Prayer*
Feb 20th Tues 7pm OR 21st Wed 3pm
Follow Daily

Care Deeply
2. *Through Caring deeply for ourselves and others*
Feb 27th Tues 7pm OR Feb 28th Wed 3pm

3. *Through Treading gently in the environment*
March 5th Tues 7pm OR 6th Wed 3pm
Tread Gently

Speak Boldly
4. *And Through Speaking Boldly about God's love for the world - March 12th Tues 7pm OR 13th Wed 3pm*

Week 5 - Bringing it all together and thinking about affirming what we do to show God's concern for the world!
March 19th Tues 7pm OR 20th Wed 3pm
*LOW GALIEBR – DRAWBRIGGS LANE – CA16 6HT – Opposite the old Dairy – now Barrnon Engineering

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For further information phone:

Rosie on ☎017683 52263 or

Jackie on ☎017683 52277

Church Services for March 2024

Church of England

St. Lawrence, Appleby

Fri.	1st	10:00	Holy Communion
Sun.	3rd	08:00	Holy Communion
		10:45	Morning Prayer
Fri.	8th	10:00	Holy Communion
Sun.	**10th**	**10:30**	**At Sands**
Fri.	15th	10:00	Holy Communion
Sun.	17th	10:45	Holy Communion
Fri.	22nd	10:00	Holy Communion
Sun.	24th	10:45	Holy Communion
Mon.	25th	19:00	Compline
Thurs.	**28th**	**19:00**	**At Sands**
Fri.	29th	14:00	Good Friday Reflection
Sun.	31st	10:45	Holy Communion

St. Peter, Asby

Sun.	3rd	15:00	Holy Communion
Sun.	10th	11:00	United Mothering Sunday Service
Sun.	17th	15:00	Evening Prayer followed by APCM
Sun.	24th	11:00	Morning Prayer
Thurs.	**28th**	**19:30**	**HC at Baptists**
Fri.	29th	14:00	Good Friday Reflections
Sun.	31st	11:00	Holy Communion by extension

Boroughgate, St. Anne

Mon.	4th	19:00	Compline
Tue.	5th	09:15	Holy Communion
Tue.	12th	09:15	Morning Prayer
Mon.	18th	19:00	Compline
Tue.	19th	09:15	Morning Prayer
Tue.	26th	09:15	Morning Prayer

Dufton St. Cuthbert

Sun.	10th	15:00	Evening Prayer
Sun.	24th	10:30	Holy Communion (joint service)
Wed.	27th	19:00	Celtic Evening Prayer
Sun.	31st	10:30	Holy Communion

Kirkby Thore, St. Michael

Sun.	3rd	10:00	Breakfast church
Sun.	10th	10:30	Mothering Sunday service
Sun.	17th	10:00	Breakfast church
Sun.	24th	10:00	Morning Prayer
Sun.	31st	10:30	Holy Communion

Long Marton SS. Margaret and James

Sun.	10th	10:30	Mothering Sunday service

Milburn, St. Cuthbert

Sun.	3rd	10:30	Holy Communion
Sun.	10th	10:30	Holy Communion
Sun.	17th	10:30	Holy Communion
Sun.	24th	18:00	Evening Prayer
Thurs.	28th	18:00	Holy Communion
Fri.	29th	18:00	Stainer's Crucifixion
Sun.	31st	10:30	Holy Communion

Murton, St. John

Sun.	24th	15:00	Evening Prayer

Musgrave, St. Theobald

Sun.	24th	10:00	Holy Communion
Tue.	26th	19:00	Taizé

Newbiggin, St. Edmund

Sun.	3rd	10:30	Holy Communion
Sun.	10th	10:30	Mothering Sunday service
Sun.	24th	10:30	Morning Prayer
Fri.	29th	14:00	Good Friday Reflection
Sun.	31st	10:30	Morning Prayer

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
Sun.	31st	10:00	Holy Communion

Temple Sowerby, St.James

Sun.	17th	10:30	Morning Prayer
Thurs.	28th	19:30	Stripping of the altar

Warcop, St. Columba

Sun.	3rd	10:30	Holy Communion
Sun.	10th	10:30	Churches together
Sun.	18th	10:30	Family Service
Sun.	31st	10:30	Holy Communion

Methodists

Connexion Service 18:30 on 10th at Kirkby Stephen

Sands, Appleby

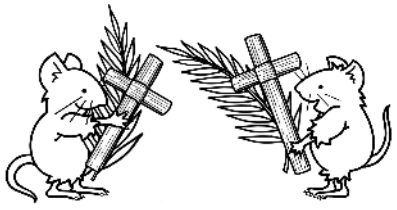
Sun.	3rd	10:30	All Age Worship
Sun.	10th	10:30	Rev. A. Dunstan
Sun.	17th	10:30	Rev. Andrew Sterling
Sun.	24th	**10:45**	United Service at Parish Church
Sun.	31st	10:30	Revs. J. & L. Riley

Dufton with Knock

Sun.	3rd	10:45	Rev. Andrew Sterling
Sun.	10th	15:00	Rev. Fran Parkinson
Sun.	17th	10:45	Mr. Harry Hutchinson
Sun.	24th	10:30	United Service at Parish Church
Sun.	31st	10:45	Rev. Andrew Sterling

Warcop

Sun.	3rd	10:30	Mr. David Askew
Sun.	10th	10:30	United Service at Parish Hall
Sun.	17th	10:30	Mr. Allen Burton
Sun.	24th	15:00	Rev. Andrew Sterling
Sun.	31st	10:30	Rev. Jackie Betts

Roman Catholic Church of Our Lady of Appleby
Masses on Sundays at 4pm, Tuesdays at noon,
Confession Sundays at 3:30pm

Fri.	29th	15:00	Liturgy of the Passion