# Heart of Eden

## The News Magazine of the Benefice

April 2024

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

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## From Rev. Andrew Burrell

There is no doubt that the last few months of my life have been quite unusual! Becoming one of the Vicars for Appleby is something that I never really imagined. What is very apparent to me is that this role is a massive privilege for me. I have been able to journey with people through baptisms weddings, and funerals; being allowed into peoples' lives at such extremely important moments is truly awesome. Added to this, I have reconnected with old friends from school and work and even the odd family member, once again a tremendous gift.

We've just been through Easter, a time of reflection and sadness through the terror of the crucifixion to joy of the resurrection. Life seems to be a constant rollercoaster of the joys and sorrows of our existence. The church buildings, that we all love, and we all come to at different times contain all of that joy and sorrow, the churches are a spiritual home across this benefits. They are precious. They are sacred. They stand there as a sign of what our communities yearn for: hope, peace, and the kindness of God.

As I say, being one of the vicars for this area is a humbling experience, and a great privilege and Fran and I are truly here to serve you, to standby you, and to walk with you through the joys and the sorrows of your life. But church is not, by any means, just about Sundays for our faith is about our existence. It sits at the very core of who we are.

If you're pondering about whether or not you should come to church on a Sunday to be with us, don't resist the temptation - pop down, pop-up, pop across and come and worship with us, come and sit quietly with us, allow God to gently embrace you in the sorrows and rejoice with you in the joys of life.

God Bless, AB

## *Plus…*March 2024 Reverend's Rambling Number 5

There are a couple of important items that we are going to be discussing over the next few months that we want to make you aware of . . .

- Firstly, we are trying to work out ways in which we can support each other better. We have a Benefice Council that already works really hard to support benefice activities and we are beginning to think about the possibility of setting up a CIO (a charitable incorporated organisation) which will allow the benefice to fund raise, and apply for grants, on behalf of the parishes and for new initiatives and mission. More information on this will be filtering through to your PCC's in the coming months.
- Secondly, it is with sensitivity that we want to begin conversations about the Living in Love and Faith (LLF) program that the church of England been encouraging us all to engage with. After Easter we hope to hold some sessions to find out what this means for our churches, to understand the significance of LLF and, in particular, the decisions we need to make about the Prayers of Love and Faith (PLF) – that is, the blessings for same-sex couples in a stable and faithful relationship. We hope to provide a space in which we can gather information and ask valuable questions so that each parish and church congregation can be further informed. Please do keep an eye out for details about these sessions so that we can journey through this together, in love, faith and unity, and as we seek God's wisdom for ourselves and those we are called to serve.
- Finally, many of you will have seen our lovely interns, Eve and Nathan, out and about over the last few months. They are doing an amazing job across all our local Christian communities (Methodist, CoE and Roman Catholic). We are committed to support their work and we would ask you to consider whether you might feel able to financially support the programme and their work. Please go to our website and follow the link https://heartofeden.org.uk/elementor-2712/ - the forms are very simple and ensure that we can also claim gift aid. Every little helps to keep this programme running!

God's blessings be upon you during Lent and Easter! Frandrew

### Church Registers, February 2024

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

| | | |
|---|---|---|
| 9th | Charles Threlkeld Wilson | St. Michael, Kirkby Thore |
| 16th | Thomas Huck | St. Lawrence, Appleby |
| 23rd | Manuel Martinez-Otero | St. Lawrence, Appleby |
| 26th | Audrey Ewbank | SS. Margaret and James, Long Marton |
| 29th | Margaret Bousfield | St. Lawrence, Appleby |

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/),

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

Churchwarden and Secretary: Jo Ayres (☎52017)

St.John's Church would like to express our gratitude and thanks to Nick Hodgkinson, who kindly carried out our PAT testing free of charge. His time and generosity are much appreciated.

**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

**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

**Methodist Church:**

Minister: Rev. Andrew Sterling.
email andrew.sterling@methodist.org.uk ☎017683.51244

**Dufton with Knock Methodist Church**

Secretary:Mrs. Avril Swinbank
email dacreandavril@gmail.com or ☎017683.53102

**Sands Methodist Church**

General Enquiries Alastair Kirkpatrick on email am.kirkpatrick@yahoo.com or ☎017683.51184

**Warcop Methodist Church**

Secretary: Mrs. Glenda Burton on email cotehouse@aol.com or ☎017683.98067

## Roman Catholic Church of Our Lady of Appleby,

Gartheads Road, Appleby

Fr. John Winstanley ☎ 01768 862273

n.b. Easter services, see back page.

The Catholic Parishes of Penrith with Alston and Appleby with Kirkby Stephen merged on 29th February; the name of the new Parish will be St. John Boste. Each church retains its current title of dedication, Catherine of Alexandria, (Penrith), St. Wulstan, (Alston), and Our Lady of Appleby (Appleby with Kirkby Stephen).

**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. 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 ☎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 (15th April) 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

# Wellbeing

## Renew Wellbeing Café

Where it's ok to not be ok An intentionally calm, shared space Free of charge All Welcome, everyone values Open to people of all faiths and none Each session starts and ends with a 5 - 10 minute meditation and prayer, which we find helps wellbeing. You're welcome to join in or come after the prayer time and leave just before. We look forward to spending time with you. If you fancy it, bring a craft or hobby to do! But this isn't essential, sitting, chatting and listening is just as good. Our main priority is to look after our wellbeing, so do what is most comfortable for you. Come and go as you please. Appleby Cricket Club. Includes lunch time. Every Friday 9:30 am to 2 pm. Contact Kristy Pattimore krist@pattimore.com ☎07480.935119

## Wellbeing Wednesdays

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

Pop along any time to Kirkby Thore Memorial Hall every Wednesday between 2:30 and 4:30pm

Free tea, coffee and cake!

## 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 & Eden

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 ☎017683 52864.

## Appleby Smarter.

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

We would like to thank Appleby Town Council and Age Concern Appleby for their support of our group.

- Think you might like to join us?
- Get out and about?
- Become a bit more active?
- Make some new friends?
- Start volunteering?

- then here is your opportunity!

Ring Mike for a chat on ☎0775 182 4982

or email applebysmarter@gmail.com

## Tourist Information Centre

Clocks have gone forward, flowers are blooming, birds are singing,, and we have changed to summer opening hours! Which are:

10 - 3 Monday to Saturday

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 https://applebytown.org/appleby-public-hall/

| Date | in aid of |
|---|---|
| 13th | Appleby Edibles |
| … also | 27th Northern Crafts Market all day |

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

This report was written after the March meetings of the Town Council Committees, but before the Full Council meeting.

### Council Tax

Residents will now have received Council Tax bills for 2024/2025. There are five component charges:

- Westmorland & Furness Council, which is responsible for most services;
- Adult Social Care;
- the Police and Crime Commissioner for Cumbria;
- the Cumbria Fire & Rescue Authority; and
- Appleby-in-Westmorland Town Council.

Single occupants of properties are entitled to a 25% discount; if single occupancy has come about because of a recent change in circumstances, residents are advised to contact the council,

### Appleby Town Council - Drop-in Surgeries

Appleby Councillors will be holding monthly drop-in surgeries on the last Saturday of every month, starting from Saturday, 30th March. These will be held at Appleby Library from 11am to midday. This is an opportunity for residents and businesses to engage directly with some of their local representatives on matters relating to Appleby parish they may wish to discuss. No pre-booking is necessary.

### Appleby Annual Parish Meeting

The Annual Parish Meeting will be held on Wednesday, 24th April at Appleby Public Hall. This year's meeting will include brief presentations from a range of community organisations about their activities over the past year. The event will start at 6.30pm with sandwiches and refreshments and is open to all Appleby residents.

### Broad Close Platinum Playground

In the next few weeks work on the refurbishment of the children's playground on Broad Close is expected to be carried out. The Town Council reiterates its grateful thanks to all who assisted in raising money for this important community project, which was launched two years ago, in the Platinum Jubilee year of our late Queen Elizabeth II.

### Jubilee Bridge

When the river level had fallen sufficiently, Westmorland & Furness contractors removed large amounts of timber carried by storm waters into the piers of Jubilee Bridge. The rootball of two trees, stuck between the ford and the bridge is believed to have been removed. by the Environment Agency.

### Chapel Street Road Works

The roadworks to be carried out by United Utilities and Northern Gas on Chapel Street, which will result in no through traffic between Low and High Wiend on Chapel Street and 2-way traffic on Low Wiend has been postponed. It will now start on Monday, 8th April and NOT on Monday, 25th March as originally planned. The work is due to last approx. 3-4 weeks.

### Bus Services

Timetables for the revised Stagecoach 563 service commencing 25th March can be downloaded or obtained in hard copy on the bus and from Appleby Moot Hall. There are now Monday to Friday services from Appleby to Kirkby Stephen, Sedbergh and Kendal, as well as to Penrith. The Saturday service continues to run between Kirkby Stephen and Penrith. Scattergate and Cross Croft in Appleby will no longer be served, and the only departure from the Moot Hall will be the 1127 to Penrith but there will be additional stops on Bongate, which can be used to access and alight from the Western Dales S6, which will continue to run between Sedbergh and Penrith on Tuesdays and Thursdays.

## 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

## 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. **N.B. You may have to leave a message. If you do, be sure to leave your telephone number or other way of contacting you!**

# Appleby Clubs, etc.

## Appleby-in-Westmorland Society

No meeting in April.

## Appleby Archaeological Group

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

11th April: Birdoswald

## The Arts Society, Appleby

The next meeting will be held at 11am on the 10th April in the Public Hall.

### Barbara Peacock talks about Christopher Wren and the Baroque

Barbara Peacock's lecture promises to be an enlightening exploration of the Baroque era in England, with a focus on the legacy of Sir Christopher Wren. From his groundbreaking designs to his lasting impact on English craftsmanship and architectural influence, this lecture is a must-attend event for enthusiasts of art, architecture, and history. Barbara Peacock's extensive expertise ensures an informative and inspiring experience.

## Appleby Bowling Club

**On Saturday 20th April we have a coffee morning.**

The outdoor season starts on the 14th April, we welcome new members of all ages.

From the beginning of May every Tuesday we have an open evening for anyone to come and try bowls all you need is flat pair of shoes it starts at 6-30

For more information please contact the club secretary on ☎017683 52306

## Appleby Evergreens

Evergreens in the Public Hall Supper Room from 2 - 4 pm (generally on alternate Mondays), i.e. April **8th**, 15th and 29th.

## 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

**Appleby Rainbows, Brownies and Guides**

Girlguiding

**JOIN US**

Meeting times:
1st Appleby Rainbows (age 5-7) Thursday 5:00-6:15pm
2nd Appleby Brownies (age 7-10) Wednesday 5:00-6:45pm
1st Appleby Guides (age 10+) Wednesday 6:15-7:45pm
We are always on the look out for adults to become a leader with any of these groups.
Message the group for more information:
kath1nunn@gmail.com or Appleby Rainbows, Brownies and Guides

## 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!

## The Eight Mountains (12A)

Saturday 20th April 2024. April brings an epic journey of male friendship set against the jaw-dropping landscape of the Italian alps. Described as a movie 'with air in its lungs and love in its heart', The Eight Mountains is a gentle tale that follows the complex relationship between Pietro and Bruno, two friends who can't talk about their feelings. It begins with their intense and loyal friendship as 12 year olds; then follows the sadness over enforced separation until fate reunites them once more as tough young men. They embark on building a shack in the mountains that will be their special place until one of them makes a painful discovery. Described as the 'straight' Brokeback Mountain, this film is profoundly about what it is to be human.

We will be serving a delicious lasagne served with garlic bread and salad, made by James Brighurst, former chef patron of Angelo's Italian Restaurant in Appleby. Vegetarian option available. 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 ☎ 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. April meetings will therefore be on the 10th and 24th.

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 10th - 7.30 pm Asby Fellowship, The Hollies: John Bevan

Thurs 11th - 12 noon Diners at the Three Greyhounds: let them know by Weds evening if you are coming

Sat 20th - 10.30 am '3 Cs' i.e. Coffee, Cake and Chat, St Peter's Church

Wed 24th - 7.30 pm Asby Fellowship, The Hollies: Pat Bevan

## Colby Village Hall

| | |
|---|---|
| Sat. 13th 10:30 to 12 | Coffee Morning |
| Sun. 21st 12 to 1:30 | Soup and Dessert |

## Dufton Village Hall

Regular weekly events

Mondays 10:45 - 12:30 Coffee club (meet at Postbox Pantry Easter to Oct.)

Wednesdays 10 - 11:45 Yoga with Jo Chapman

Fridays term term time only 9.30-12.00 - Play group

Special events:-

| | |
|---|---|
| Wednesday 10th | Open Circle 7.30-9.00pm |
| Thursday 11th | Book Club 7.30-9.00pm |
| Saturday 13th | 7 for 7.30 pm Katie Doherty (Highlights event) |

## Knock

*(Sat 30th March - coffee and cake with Easter egg hunt for kids. Free entry but donations welcome. 2 to 4pm at the Mission Hall.)*

Friday 26th April - Bingo. Doors at 7 for 7.30 start. £6 per book on the door. Tea and coffee available but bring your own drinks. Raffle.

We would like to host regular events or classes in the Mission Hall. If you are interested in booking a slot please email knockmissionroom@gmail.com. Good rates.

## Long Marton

Saturday 13th April 10.30am to 12noon: Coffee, chat & books, all are welcome.

Local History Group: Wednesday 17th April 7.30pm, £3 to include refreshments. Talk by Neil Cleevely from Northern Viaduct Trust. Details from Christine at longmartonlocalhistorygroup@gmail.com

Friday 19th April, 7.30pm - Spring Pudding Night, £5 per head. Prize for the best pudding. Entries for puddings to be submitted to Nicola on ☎62301.

Carpet bowls is to begin on Wednesday 10th April, gentle exercise coupled with a good laugh, £2 per session. Anyone interested please contact Vicky on ☎01931 715810.

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

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 6th). Church coffee mornings third Saturday of each month (this month 20th), both 10:30 to noon.

## Ormside

Village hall coffee mornings are the 2nd and 4th Wednesdays (i.e. 10th and 24th) from 10.30 till noon.

Country Dancing 2nd and 4th Mondays (i.e. 8th and 22nd), 7:30 to 9pm.

Craft night is on the third Wednesday (i.e. 17th) 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 (2nd and 16th) at the Victory Hall. All are welcome.

## Warcop - Parish Hall

### Remote Cinema Thurs. 18th The Lost King (12A)

Starring Steve Coogan and Sally Hawkins.

Based on a true-story. Guided by instinct and spectral visions, an ambitious writer and amateur historian defies the academic establishment to unearth Richard III's long-missing remains in a Leicester car park. Comedy-drama.

Doors open 7.15pm, Screening: 7.30pm. Adults: £5.00 on the door (Children under 16: £3.00), or £4.50 if booked at least 24 hrs in advance. Refreshments available during the interval. To book tickets in advance, please email warcopcinema@outlook.com

| | | |
|---|---|---|
| Mondays | 6:30 - 8 | Table tennis club |
| Wednesday 3rd | 7:30 pm | Warcop & Sandford WI |

Thursday 4th 11:30 - 1 Monthly Soup and Pud Admission £7.00 including soup, pudding and hot drink. Come and join us for some lovely food and great company!

Saturday 13th 10 - 11:30 Coffee Morning - Tea, coffee and biscuits, plus bacon or Sausage rolls (vegetarian alternatives) and scones for purchase Please come along for some convivial chat! Everyone welcome. Entry £1.50.

## 'Glorious the song when God's the theme': Allegri's Miserere

In the 1980s thanks to Godfrey Smith, a columnist for The Sunday Times, there was a series of letters about particular pieces of music that have the TQ - the Tingle Quotient. As we listen, the music sends a shiver of excitement up and down the spine and opens out for us a new world of beauty and wonder.

The letters started with a novelist writing about his travels across the Sahara. In moments of desolation and loneliness he would think of music that meant the most to him and which he thought he might never hear again. Then a schoolmaster in Rochester wrote of a production of 'Romeo and Juliet' where the funeral scene virtually brought the house down. Juliet entered a darkened school hall, lit only by glimmering candles with music sung that brought the audience to tears.

For both novelist and schoolmaster, the work that had that TQ factor was Allegri's Miserere. It provided consolation in the cold desert nights, and it created the impact in that production of Shakespeare's play. Other readers supplied their list of TQ music, and always the Miserere was in the top five. I suspect that this music strikes the TQ for many of you as well.

Why is it, I wonder? We can provide an answer by talking of the contrast between the plainsong sung by the men's voices and the responses from the choir that lead to that small group of solo voices where the treble or soprano reaches a high C and comes down the scale to the cadence. We can point to the intriguing history of this work for the setting by Gregorio Allegri (1582-1652) was the exclusive possession of the Sistine Chapel in the Vatican. To copy the music was a crime punishable by excommunication.

In spite of this, a 14-year-old Mozart heard the piece in 1770 and wrote it down from memory, paying another visit to verify some of the notes he had copied down. The Emperor, Leopold 1, the king of Portugal, persuaded the Pope to grant him a copy. When it was performed in his own imperial chapel, he was disappointed. He even thought the Pope had palmed him off with an inferior work. Then he realised that the beauty and magic of the music lay in its being sung in the Sistine Chapel where the plainsong and the high C cadences could ring out among the pillars and arches of that great building.

The Miserere, or Psalm 51, is the heart-felt cry of the Church for mercy. As one of the penitential psalms, it is a very personal expression of sorrow for sin and a moving appeal to God for mercy and restoration.

In Allegri's setting that high C is reached as the individual acknowledges his sin, and again as he cries for mercy and finally as he proclaims that his tongue will sing of God's grace and righteousness. A single voice in the music scales the heights of heaven to represent all of us as we turn to God with that same awareness of sin, that same plea for mercy, and that same affirmation that we will then turn to God with thanksgiving and the offering of a humble and contrite heart.

And so with the psalmist and with Allegri, we can pray 'Have mercy upon me, O God, after thy great goodness.'

**On why a church should always resist change**

The Rectory

St James the Least

My dear Nephew Darren

I am not the least surprised you have got yourself into trouble; innovation is never to be encouraged. New ideas tend to cause revolutions. The move from incandescent lightbulbs to energy saving ones may ultimately change the Church of England.

Change is something everyone claims to be in favour of - provided it has no measurable effect on their own lives. I remember as a young curate once suggesting that at the Harvest Supper, tables might be enlarged so that eight people could sit together rather than the traditional six, thus helping more people get to know one another. The response would have been similar if I had suggested we travel to London to murder the Prime Minister. I was firmly told that tables for six had been perfectly adequate for parishioners in Queen Victoria's day. For the rest of my curacy, I was regarded as a revolutionary, to be watched carefully.

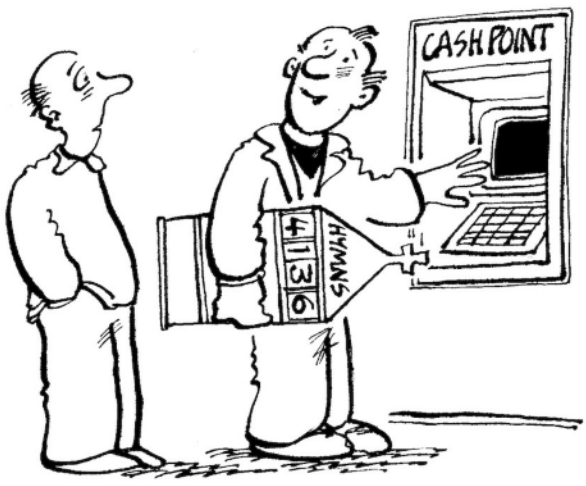
So, at your last visit to our church, to suggest that our 11am Mattins might be moved to 10.30am, in order to encourage those who wanted to have more of the day free to themselves, certainly lobbed a hand grenade among the post-Service coffee cups. The only person who was mildly in favour was Colonel Wainwright, who quickly realised that it would give him an extra half-hour at the gin and tonics before lunch.

Should you ever feel that people lack imagination, you should watch them in action when they find reasons for resisting an unwelcome suggestion. One said that the time couldn't be moved, since it would then be too early for the local bus - omitting to mention that none of our congregation travel to church by bus and that the service doesn't run on Sundays anyway. Another pointed out that it would confuse those who didn't attend church - not explaining why if they never attended, it mattered what time the Service was. A third, rather touchingly mentioned that it wouldn't give the rector time to enjoy his breakfast after the rigours of the 8am Service.

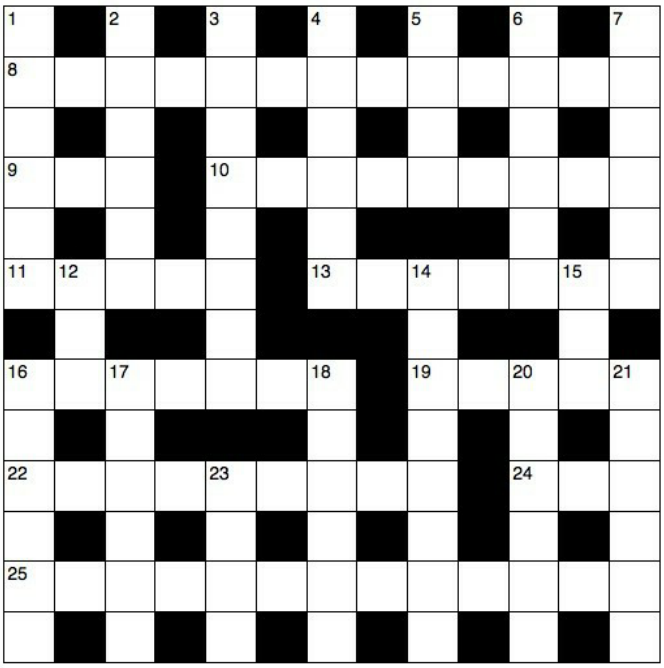
Your suggestion did, however, serve one useful purpose; it brought our congregation together in united opposition. They may not necessarily always know what they are for, but they certainly know what they are against. For that, I thank you.

Your loving uncle

Eustace




*...between you and me, it's the only way I can remember my PIN number!*



**ACROSS**

8 'He poured out his life unto death, and was numbered with the — ' (Isaiah 53:12) (13)

9 'When they had sung a hymn, they went — to the Mount of Olives (Matthew 26:30) (3)

10 Comes between Galatians and Philippians (9)

11 'Your heart will — and swell with joy' (Isaiah 60:5) (5)

13 Muslim holy month (7)

16 Ten ears (anag.) (7)

19 Under (poetic abbrev.) (5)

22 How Abram described himself to God when he complained that his inheritance would pass to a servant (Genesis 15:2) (9)

24 'Go to the — , you sluggard' (Proverbs 6:6) (3)

25 Debar from receiving Communion (13)

**DOWN**

1 My — for His Highest (Oswald Chambers' best-known book) (6)

2 Festival of the resurrection (6)

3 'His sons will prepare for war and — a great army' (Daniel 11:10) (8)

4 'Let not the — string his bow' (Jeremiah 51:3) (6)

5 Name of the River Thames in and around Oxford (4)

6 'From then on Judas watched for an opportunity — — him over' (Matthew 26:16) (2,4)

7 'But Christ is faithful — — — over God's house' (Hebrews 3:6) (2,1,3)

12 Long-handled implement used to till the soil (Isaiah 7:25) (3)

14 Order to which monks and nuns devote themselves (8)

15 Appropriate (Proverbs 15:23) (3)

16 I, uncle (anag.) (6)

17 'They gave him — — of broiled fish' (Luke 24:42) (1,5)

18 'Weren't there three men that we — — and threw into the fire?' (Daniel 3:24) (4,2)

20 Mountain where Noah's ark came to rest (Genesis 8:4) (6)

21 'Don't you know that friendship with the world is — towards God?' (James 4:4) (6)

23 Prominent architectural feature of large cathedrals such as St Paul's (4)

# Crossword Solution

| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| U | ■ | E | ■ | A | ■ | A | ■ | I | ■ | T | ■ | A |
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| O | U | T | ■ | E | P | H | E | S | I | A | N | S |
| S | ■ | E | ■ | M | ■ | E | ■ | ■ | ■ | N | ■ | O |
| T | H | R | O | B | ■ | R | A | M | A | D | A | N |
| ■ | O | ■ | ■ | L | ■ | ■ | ■ | O | ■ | ■ | P | ■ |
| N | E | A | R | E | S | T | ■ | N | E | A | T | H |
| U | ■ | P | ■ | ■ | ■ | I | ■ | A | ■ | R | ■ | A |
| C | H | I | L | D | L | E | S | S | ■ | A | N | T |
| L | ■ | E | ■ | O | ■ | D | ■ | T | ■ | R | ■ | R |
| E | X | C | O | M | M | U | N | I | C | A | T | E |
| I | ■ | E | ■ | E | ■ | P | ■ | C | ■ | T | ■ | D |

*(Report of talk given to The Friends of Penrith and Eden Museum, February 2024)*

## The Bubonic Plague - from the Beginning to the End?

Xenopsylla cheopsis

After standing in memory of their late Vice-Chairman Rob Matthews, members of The Friends of Penrith and Eden Museum settled down to listen to a talk on a gruesome subject from returning speaker Dick O'Brien. The Bubonic Plague, or Black Death as it was also known, swept across Europe in the 14th century and reached England in 1347.

Where did it come from? Another name for it was 'The Plague of Justinian' who was a Roman emperor as long ago as 600 AD, but the deadly disease manifested itself in a disastrous way in the 14th century in Europe, killing half the population and coming from Mongolia, via the Crimea and thence to Italy, where ships trading out of Genoa brought it to England, specifically to the Dorset coast in 1347. From there it spread with lethal swiftness over the whole of England.

How did it travel? Black rats (rattus rattus) are generally seen as the culprits, but more specifically it was the fleas that infested them (Xenopsilla cheopsis) which did the damage to humans. Rats, of course, infested ships' cargoes; in the case of those arriving from Genoa they lived in the straw used as protection for the glass containers of wine. Melcombe, a port on the Dorset coast now a quiet place with a yacht marina was then a thriving port. From there the disease spread through Dorset and the counties of the West Country. Bristol was hit to the extent that Gloucester banned Bristolians from entering their city. Generally, people fled from the towns and cities, taking with them rat-bearing fodder for their animals, thus transporting the problem with them. The City of Canterbury was an exception, with the belief that as the site of the premier archbishopric of England it would offer them God's protection - a vain hope. All too soon it reached London where half the residents were killed. It spread thence up the country, eventually killing 30% of the population.

What were its symptoms? High fever, sickness and diarrhoea followed by an eruption of buboes (large pus-filled pustules) on the neck, in the armpits and groins - all very painful - were the way the Plague, Pestilence and Great Mortality as it was variously called manifested itself. Death usually occurred between four and seven days, frequently with the victims in a state of dementia.

How did the population react? Egged on no doubt by hellfire preaching from the pulpit and elsewhere, large numbers believed the plague was a visitation from God in punishment for their wickedness. Some blamed and even persecuted the Jews, who were already a disliked minority because of the positive and successful way they managed their lives. Attempts at cure were pathetic and useless. The human body was seen by the medical men of the day as consisting of four parts - blood, phlegm, yellow bile and black bile - which should be kept in balance for good health. Blood-letting to try to regain this balance was tried on plague victims, with no effect beyond further weakening the already weak. No difference was seen between the plague and other ailments of the fourteenth century 'an unpleasant century' said Dick O'Brien - such as diphtheria and smallpox. The plague was no respecter of classes in that rigidly socially structured time. One of the first to die in Bristol was its mayor. Over the country 47% of those who succumbed were children. Adults who worked outdoors had a better survival rate than most; clergy, who attended the sick, had a high mortality rate. Pneumonic plague, which spread from person to person and went directly into the bloodstream rather than from fleabites was almost 100% deadly, killing in one to four days.

How were the corpses dealt with? Graveyards, especially in towns and cities soon became full and mass graves became common. Some of these are still being uncovered today during civil engineering projects such as Crossrail in London. In the countryside, bodies were sometimes buried up on the hills, dales and fells.

How did it end? It isn't really known how the pandemic of the 14th century ended. It may have been that the disease mutated over time and a resistant gene grew in succeeding generations that allowed recovery and, ultimately, survival of larger parts of the population, itself decimated and thus more spread out and therefore not so likely to catch anything from their neighbours who were more distant. It is said that the incidence of the plague was ameliorated by the width of streets in Germany.

But it didn't end there. There were spasmodic outbreaks on the continent in the succeeding years; in the 1570s some of the family of Caravaggio, the painter and murderer were victims.

In 1597, the year of a rise in the price of grain, meant the poor couldn't buy bread. In fact the famine in Penrith began earlier, in 1594. Parish records proved invaluable in

charting the rise of plague burials, there being none in 1592, 157 in 1597 and 576 in 1598. Kendal and Kirkby Stephen were also hit. Those who were buried on the fell had an 'F' after their name in the official record. The entire Railton family was eradicated; by mid-April 1597 sixty-three families were affected including the Musgraves. Markets were suspended. Plague stones were left at the edges of towns and settlements, with hollows filled with vinegar for money left in payment for goods to be sanitized. One can still be seen in a glass case outside the Moot Hall in Appleby. Although the disease was said not to discriminate, those in trades such as glovers in Kendal and sedentary occupations in general had a worse survival rate than gardeners, wallers and labourers and those who worked outside. In Penrith the Middlegate and The Narrows area, the site of the shambles, were hard hit, possibly partly because of the proliferation of yards there, with their tightly-packed houses and workshops, the former containing families of up to ten people - an ideal breeding ground for disease.

The story hasn't ended even yet. In Asia and Africa there are still outbreaks, also in the western states of America, though so far antibiotics have been able to control these.

'Altogether a grim story' concluded speaker Dick O'Brien, who was thanked on behalf of the Society by Chairman Peter Simpson.

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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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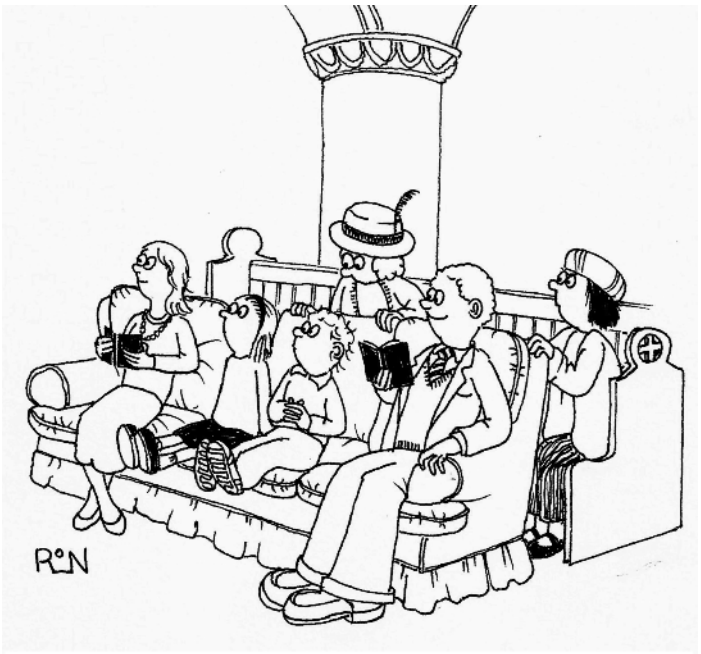


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Appleby & District Cancer Support Group invite you to **come for Coffee** and a Friendly Chat

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For further information phone:

Rosie on ☎017683 52263 or

Jackie on ☎017683 52277

# Church Services for April 2024

**Church of England**

**St. Lawrence, Appleby**

| | | | |
|---|---|---|---|
| Sat. | 30/3 | 19:30 | HC and Vigil |
| Sun. | 31/3 | 10:45 | Holy Communion |
| Fri. | 5th | 10:00 | Holy Communion |
| Sun. | 7th | 08:00 | Holy Communion |
| | | 10:45 | Morning Prayer |
| Fri. | 12th | 10:00 | Holy Communion |
| Sun. | 14th | 10:30 | Holy Communion |
| Fri. | 19th | 10:00 | Holy Communion |
| Sun. | 21st | 10:45 | Holy Communion |
| Fri. | 26th | 10:00 | Holy Communion |
| Sun. | 24th | 10:45 | Holy Communion |
| Mon. | 28th | 19:00 | Compline |

**St. Peter, Asby**

| | | | |
|---|---|---|---|
| Sun. | 7th | 18:30 | Holy Communion |
| Sun. | 14th | 11:00 | United Service |
| Sun. | 21st | 18:30 | Evening Prayer |
| Sun. | 28th | 11:00 | Morning Prayer |

**Boroughgate, St. Anne**

| | | | |
|---|---|---|---|
| Mon. | 1st | 19:00 | Compline |
| Tue. | 2nd | 09:15 | Holy Communion |
| Tue. | 9th | 09:15 | Morning Prayer |
| Mon. | 15th | 19:00 | Compline |
| Tue. | 16th | 09:15 | Morning Prayer |
| Tue. | 23rd | 09:15 | Morning Prayer |
| Tue. | 30th | 09:15 | Morning Prayer |

**Dufton St. Cuthbert**

| | | | |
|---|---|---|---|
| Sun. | 14th | 15:00 | Evening Prayer |
| Sun. | 28th | 10:30 | Holy Communion |

**Kirkby Thore, St. Michael**

| | | | |
|---|---|---|---|
| Sun. | 7th | 10:00 | Breakfast church |
| Sun. | 14th | 10:30 | Morning Prayer |
| Sun. | 21st | 10:00 | Breakfast church |
| Sun. | 28th | 10:30 | Holy Communion |

**Long Marton SS. Margaret and James**

| | | | |
|---|---|---|---|
| Sun. | 14th | 09:15 | Holy Communion |

**Milburn, St. Cuthbert**

| | | | |
|---|---|---|---|
| Sun. | 7th | 10:30 | Holy Communion |
| Sun. | 14th | 10:30 | Holy Communion |
| Sun. | 21st | 10:30 | Holy Communion |
| Sun. | 28th | 18:30 | Evening Prayer |

**Murton, St. John**

| | | | |
|---|---|---|---|
| Sun. | 21st | 18:00 | Holy Communion |

**Musgrave, St. Theobald**

| | | | |
|---|---|---|---|
| Sun. | 28th | 10:00 | Holy Communion |

**Newbiggin, St. Edmund**

| | | | |
|---|---|---|---|
| Sun. | 7th | 10:30 | Holy Communion |
| Sun. | 28th | 16:00 | Evening Prayer |

**Ormside, St. James**

| | | | |
|---|---|---|---|
| Sun. | 7th | 10:00 | Matins |
| Sun. | 14th | 10:00 | Holy Communion |
| Sun. | 21st | 10:00 | DIY |
| Sun. | 28th | 10:00 | Holy Communion |

**Temple Sowerby, St.James**

| | | | |
|---|---|---|---|
| Sun. | 21st | 10:30 | Holy Communion |

**Warcop, St. Columba**

| | | | |
|---|---|---|---|
| Sun. | 7th | 10:30 | Holy Communion |
| Sun. | 21st | 10:30 | All Ages Worship |

**Methodists**

**Connexion Service 18:30 on 14th at Appleby**

**Sands, Appleby**

| | | | |
|---|---|---|---|
| Sun. | 7th | 10:30 | All Age Worship |
| Sun. | 14th | 10:30 | Rev. Andrew Sterling |
| Sun. | 21st | 10:30 | Mr. Tony Longworth |
| Sun. | 28th | 10:30 | Revs. R. & G. Crippen |

**Dufton with Knock**

| | | | |
|---|---|---|---|
| Sun. | 7th | 10:45 | Mrs. Joyce Worsfold |
| Sun. | 14th | 10:45 | Pastor A. Rowell |
| Sun. | 21st | 10:45 | Local Arrangement |
| Sun. | 28th | 10:45 | Richard McGregor |

**Warcop**

| | | | |
|---|---|---|---|
| Sun. | 7th | 14:00 | Rev. Andrew Sterling |
| Sun. | 14th | 10:30 | Local Arrangement |
| Sun. | 21st | 10:30 | Revs. J. & L. Riley |
| Sun. | 28th | 18:30 | Local Arrangement |

**Roman Catholic Church of Our Lady of Appleby**

Confession Sundays at 3:30pm. Masses on Sundays at 4pm,followed by tea and refreshments on the 1st Sunday each month. Tuesday mass at noon,