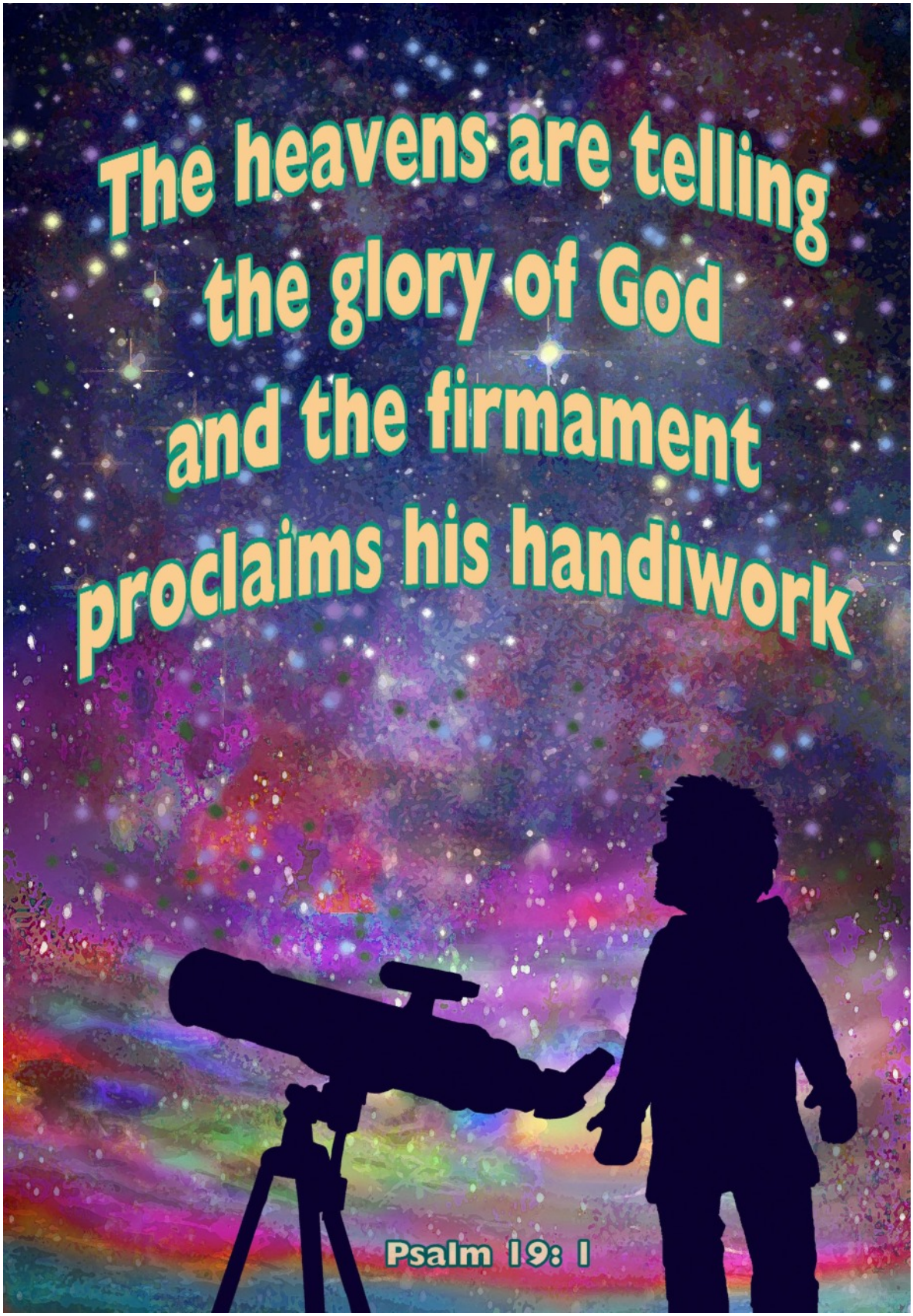
Heart of Eden - June 2024

The News Magazine of the Benefice

Sorry - but with all those Northern Lights I couldn't resist this cover design! Also see Psalm 8 - one of my favourite psalms ***Ed.***



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?? W

Date	Time	Place	Event
1st	Noon – 2:30pm	Brampton Village Hall	Soup and Sweet
1st	10:30 – noon	Milburn Village Hall	Village coffee morning
4th	2:30pm	St. Lawrence, Appleby	Healing Service in Lady Chapel
4th	10 – noon	Temple Sowerby Victory Hall	Coffee Morning
5th	7:30pm	**Hunting House**, Asby	Asby Fellowship – Donald Marston
5th	7:30pm	Warcop Parish Hall	Warcop & Sandford WI
6th	To 9th	Public Hall	Horse Fair Market
6th	7:30 – 8:30 pm	Dufton Village Hall	Book Club
6th	11:30 – 1 pm	Warcop Parish Hall	Soup and Pud
8th	10:30 – noon	Colby Village Hall	Coffee Morning
8th	10am – noon	Long Marton Village Hall	Coffee, chat and books
8th	10 – 11:30am	Warcop Parish Hall	Coffee Morning
10th	2 – 4pm	Public Hall Supper Room	Evergreens
12th		Sands Methodist (?)	Memory Club Outing
12th	7:30 – 9pm	Dufton Village Hall	Open Circle
12th	2pm	Long Marton Village Hall	Carpet Bowls
12th	10:30 – 12	Ormside Village Hall	Coffee Morning
13th	Noon	The 3 Greyhounds, Asby	Asby Diners
15th	9am ➔	Colby Village Hall	Auction Sale, see article
15th	7 – 10pm	Dufton Village Hall	Village Ceilidh29th
15th	10:30 – noon	Milburn Village Hall	Church coffee morning
17th	10am – noon	Appleby Library	Cancer Support drop-in
18th	2pm	Sands Methodists	Born in Song
18th	**Tues.** 7:30pm	Ormside Village Hall	Craft Evening
18th	10 – Noon	Temple Sowerby Victory Hall	Coffee Morning
19th	7:30pm	The Hollies, Asby	Asby Fellowship -Andrew Burrell
19th	7:30pm	Long Marton Village Hall	Local History – "Newbiggin Hall"
20th	7:30pm	Warcop Parish Hall	Remote Cinema – "Scrapper"
21st	7:30pm	Warcop Parish Hall	Quiz Night
22nd	10am	Bowling Club	Coffee Morning
22nd	7pm	Appleby Public Hall	Lights, Camera, Appleby – "Oppenheimer"
23rd	6pm	St. John, Murton	Evensong with Bp. Rob
23rd	2 – 4pm	Long Marton Village Hall	Summer Afternoon Tea
24th	7pm	St. Lawrence	David Price Organ Recital
24th	2 – 4pm	Public Hall Supper Room	Evergreens
26th	10:30 – noon	Sands Methodist Hall	Memory Club
26th	2pm	Long Marton Village Hall	Carpet Bowls
26th	10:30 – noon	Ormside Village Hall	Coffee Morning
29th	All day	Appleby Public Hall	Northern Crafts Market
29th	2 – 4:30pm	K. Thore Memorial Hall	Kirkby Thore Women's Institute
29th	1 – 4pm	Sands Methodists	Guest Speakers
29th	10am	St. Lawrence's	Exhibition on the Environment
30th	Early evening	Old Rectory, Asby	Barbecue in aid of church funds
30th	1pm	(from) Colby Village Hall	Village/Afternoon Tea Walk
30th	10:30am	St. Peter's, Asby	Benefice Songs of Praise

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

A Vexed Question of Priorities

In Kirkby Stephen, at the top of the church tower, you can see the blue and yellow flag of Ukraine. And, in a field on the approach to Appleby, someone is flying the Palestinian colours. Both express support for an abused people. All of us are sickened and enraged at the suffering we see in news reports. And we are bewildered as we ask ourselves the reason 'why ? '.,.... What can be worth all the destruction, the pain and the grief?

Words help us to think. But words can be used to mask or conceal truth. In military-speak, the words 'collateral damage ' refer to the destruction of buildings and facilities which were not the intended target, but had the bad luck to be 'in the way'. Well, it's sickening enough to hear when the loss of hospitals and schools can be classified as 'collateral damage ' , but how unspeakably nauseating when the bodies of dead children and children who have lost limbs can be written off like this. They were reckoned to be expendable.

Now, I know Russia's invasion of Ukraine is quite unjustified, and the massacre of Jews by Hamas is a crime against humanity, but — and the question will not leave me alone — but what can justify the killing or mutilation of a child? What are we defending that can make acceptable such a price? Whatever it is, can we really persuade ourselves that the loss and crippling of young lives is unavoidable 'collateral damage'?

When a single child in this country dies because of its parents' cruelty or neglect, the nation is scandalised. When children, in their thousands, are dying from violence or hunger and their suffering is brought to our TV sets, we are appalled; but we do not call into question why they are dying. Nor do we ask how we can break this vicious circle of barbarity. Clearly, it demands something new, or we will continue to repeat the old responses which have led us into this hell. Jesus offers to show us a new way. It will be costly, but it will not treat children as so much 'collateral damage'.

Roger Collinson

Church Registers, April - May 2024

Baptisms - We welcome into the Lord's Family:

5th May	Remi William Chapman	SS. Margaret & James, Long Marton
5th May	Theo Nate Macdonald	St. Lawrence, Appleby
12th May	Edward Alderson	St. Lawrence, Appleby
26th May	Imogen Rose Ormrod	SS. Margaret & James, Long Marton

Marriage - *We congratulate*

27th April	Adrian Bainbridge & Claire Turner	St. Theobald, Musgrave
18th May	Alister Wilson & Harriet Chalmers	St. James, Ormside

Funerals…May they rest in peace and rise in glory

12th April	Arthur Richardson	SS. Margaret & James, Long Marton

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)

Return Visit Of David Price To Appleby

David Price will make a third visit to St Lawrence's Church, Appleby, on Monday June 24th to give another of his very entertaining Organ Recitals.

This year, David is building his programme around the wonderful Toccata and Fugue in D minor written in the Dorian Mode by J.S. Bach - (this is not the famous, somewhat overplayed, Toccata and Fugue, which some scholars suggest was not written by Bach anyway), and the 5th Organ Sonata by Mendelssohn.

David Price was educated at Stockport School, and in 1963 was awarded the 'Limpus' Prize in the examination for Fellowship of the Royal College of Organists.

A wholly unexpected, life-changing experience was ordination to the priesthood in November 2017 - six years after most clergy have 'sailed off into the sunset', so that must almost be worthy of an entry in the Guinness Book of Records!

Return Visit Of Bishop Rob to Murton!

At Murton we are keenly anticipating what will be a return visit to our church on Sunday 23rd June by Bishop Rob. The background is that Rob was the curate at Appleby at the time of the 150th anniversary of St John's and he prepared the service: it was the week before his ordination and a photo is attached. Interesting that Rob is shown alongside bishop James (at this time he was bishop of Penrith) and that now Rob is Penrith. An entry would encourage others from Appleby to join us and I hope some from neighbouring parishes will also want to support us

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

Born in Song – 2pm 18th June

It is said that Methodists were 'Born in Song' because of the wonderful hymns which were sung by our forefathers. We *still* sing, but sometimes think that the rich treasury of Methodist hymns is slowly disappearing in the mists of time as we sing new, more modern worship songs. So we are hosting an afternoon of good old-fashioned favourites which don't often get sung these days and invite you to join us. As an extra incentive, tea and cake will be served with donations for the church renovation fund.

If you have a favourite that you would like included, or would like more information, please contact **Linda Taylor on ☎07969 555773** or on **ljtaylor900@gmail.com**

Warcop Methodist Church

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

Roman Catholic Church of Our Lady of Appleby, (Parish of St. John Boste)

Gartheads Road, Appleby

Fr. John Winstanley ☎ 01768 862273

St. Anne's Hospital (aka Lady Anne's Almshouses)

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

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 (17th June) 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'

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 be not 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

Opening hours: 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.

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/X: @applebytown

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

New App for Library Users

A new app for library members in Cumbria is now available to download, revolutionising the way patrons experience their local library with a few taps on a smartphone.

Westmorland and Furness Libraries, along with Cumberland Libraries, have been working on an exciting project to launch a free mobile application for library users.

The CWF Libraries' brand-new library app is available for download and is set to transform the way patrons experience their local library. With the app, users can access their library card digitally, renew and reserve items from anywhere, search an extensive catalogue of e-books, newspapers, magazines and audiobooks that are available to read online for free, and even scan for books to check availability at their local library.

Thanks to funding from LibraryOn, as well as the mobile application, immersive virtual tours of libraries have also been created. These virtual tours offer a sneak peek into the layout of the library building before visiting, providing an engaging and informative experience.

LibraryOn is a national grants programme supported by Arts Council England that funds public libraries to improve their online presence and discoverability.

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/

No coffee mornings booked at time of going to press, but - 29th — Northern Crafts Market all day

6th - 9th, Thursday to Sunday Appleby Horse Fair Markets

Appleby-in-Westmorland Town Council

Appleby Town Council celebrates 50 years

On Wednesday 8th May, Appleby Town Council celebrated their 50th Annual Meeting.

Due to local government changes in 1974, Appleby Borough become a Parish Council, after previously being the County Town of Westmorland. It took two years to have the name of the town changed to Appleby-in-Westmorland, but it was felt important that the previous status as County Town was honoured.

Cllr Pamela Davidson also took up the role as Town Mayor, continuing for a second term in office after a very successful first year. Cllr Duncan Curley continues for a second term in office as Deputy Mayor.

As a new role for 2024 and future Civic Years, Caitlin Rimmer was introduced as the first 'Mayor's Cadet', who will have the responsibility of being the Sword Bearer at Civic events. Rev Andrew Burrell was introduced as the new Mayor's Chaplain and David Johnson continues in his role as Mace Bearer.

We would like to thank The Riverside Cafe for providing a fantastic buffet. The Civic Service at St Lawrence's Church took place on Sunday 12th May.

Appleby's new Platinum Playground opens

The refurbishment of the playground at St George V fields has been completed and the playground is now open to the public.

The fundraising for the playground has taken over 18 months and raised over £100,000.

The bright and colourful new playground includes a fabulous zipwire, which was requested by local children when consulted. It also has two new multi-play towers, a net pyramid, rope swing and an inclusive roundabout.

Tourist Information Centre News

Working with the Settle-Carlisle development company and Appleby Rotary, we will be trialling a free mini-bus service from the railway station into town over the summer season. We are hoping some shops will get involved with special offers. Call into the TIC for more information.

The Shop Local campaign is working hard on social media, to highlight local shops and businesses in the Town Centre and on Cross Croft Industrial Estate.

Pre-Horse Fair Meeting

The annual pre-Horse Fair meeting took place on Wednesday, 15th May at Appleby Public Hall.

Cllr Graham Simpkins, Westmorland & Furness Council Member for Appleby and Brough, chaired the meeting and the speakers on the panel included Steph Cordon, Westmorland and Furness Council's Director of Thriving Communities, who is Chair of the MASCG and Superintendent Daniel St Quintin of Cumbria Police, who is this year's Gold Commander.

In her report, Steph Corden outlined a number of actions that have been taken as a result of residents' feedback, including the installation of a new barrier at the town's leisure centre, additional traffic calming measures to reduce the speed of horses and sulkies, improvements to Flashing Lane, including a new footway and temporary guardrails to protect pedestrians and the provision of additional toilets and litterbins.

Superintendent Daniel St Quintin highlighted how a pro-active approach to crime prevention and enforcement action at last year's Fair had resulted in the targeting of the minority of individuals causing issues and confirming that this successful approach would continue this year.

The Superintendent also announced that, for the first time, Police, Fire & Rescue and Ambulance service staff would work together from Appleby Police Station to improve incident response times. Additional CCTV cameras and new surveillance technology deployed in Appleby will also ensure that more areas of the town are visible to police, at all times during the Fair.

The second half of the meeting provided residents with an opportunity to pose questions and raise issues. A series of robust, but constructive exchanges followed on a range of topics, including the new bunding, installed this year as a trial, at the side of the A685 on the outskirts of Kirkby Stephen. One speaker expressed concern that the Bunding forced pedestrians to walk on the road, which posed a risk.

Laura McClellan, representing Westmorland and Furness Council's Highways Department, promised to investigate options for alleviating the problems, whilst others attending the meeting pointed out that alternative and safer routes were available at that location.

Other questions focussed on the provision of litterbins and temporary toilet facilities, including the need to ensure litter was removed from the riverbanks to prevent river pollution, as well as the measures planned to prevent congestion at key locations in the town.

Speaking after the meeting, Steph Cordon, said, "Tonight's meeting confirmed the MASCG's commitment to ongoing engagement with all the communities involved in and affected by the Fair. I'd like to thank everyone that attended the meeting for their time and the constructive nature of our conversations. The feedback we've received will help us improve the response to the Fair, ensuring it is a safe and enjoyable event for everyone."

MASCG have also produced a leaflet for residents, with details arrangements for this year's Fair, copies of which can be collected from the Tourist Information Centre.

Further opportunities to provide feedback to the MASCG are available by using the feedback form at www.applebyfair.org, or by contacting Westmorland and Furness Council's Eden Community Development Team on 0300 373 3300 (Option 5).

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 ple asant surroundings. Our members are o f all ages and abilities, and we are happy t o 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

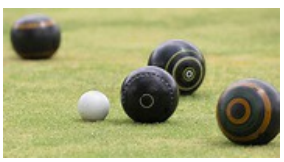
This Scheme offers transport for a small charge to anyone in the community of Appleby and District who needs it (under 18s must be accompanied). To use this service please contact Valerie Kendall, Scheme Co-ordinator, on ☎017683 53159. **N.B. You may have to leave a message. If you do, be sure to leave your telephone number or other way of contacting you!**

Appleby Clubs, etc.

Appleby Archaeological Group

So far as I know, no meetings until 10th October.*Ed.*

The Arts Society, Appleby



So far as I know, no meetings until 11th September.*Ed.*

Appleby Bowling Club

10am, Saturday 22nd June:

Coffee morning with £1.50 book stall and raffle.

And 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. June 10th and 24th.

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

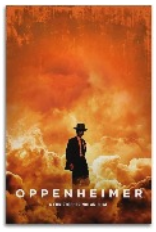
Appleby Hub Patchworkers

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!

Oppenheimer (15)

Saturday 22nd June 2024



The story of the 'father of the atomic bomb', American physicist J. Robert Oppenheimer. Described as an intelligent movie about an important topic, powerfully acted and incredibly entertaining. Oppenheimer has already achieved the status of a cult classic. We witness the events in July 1945 when the detonation of the world's first nuclear explosion forever changes the course of history. Director Christopher Nolan approaches the gravity of his subject with intelligence and power. Featuring the stellar cast of Cillian Murphy, Emily Blunt, Robert Downey Jr, Matt Damon and Florence Pugh.

We will be serving a classic of American WWII gastronomy of Meatloaf with mashed potatoes and spring veg, made by Low Howgill Butcher's & Deli. 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 (usually) on the 2nd & 4th Wednesdays of each month at Sands Methodist Church Hall 10.30am -12 noon.

There will be no meeting on 12th June as members are having an outing that day **(yee-ha!)**. The Club will meet at Sands on 26th June.

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 5th - 7.30 pm, Asby Fellowship, **Hunting House, Asby**: Donald Marston

Thurs 13th - 12.00 noon, Diners, Three Greyhounds (one course and tea/coffee £7.50, dessert £2.50)

Wed 19th - 7.30 pm, Asby Fellowship, The Hollies, Andrew Burrell

Sun. 30th - early evening - Barbecue at the Old Rectory in aid of church funds.

Brampton Village Hall

Saturday 1st June - Noon to 2:30pm
Soup and Sweet, - Tea Coffee & Juice available.
£8 - for Village Hall Funds.

Colby Village Hall

Sat. 8th 10:30 to noon Coffee Morning .

15th June at 11 am: Auction sale in aid of village hall funds. Viewing from 2pm to 8pm on Friday 14th and Saturday morning from 9am.

Items cleared from local houses approximately 200 lots.

Further lots accepted ☎07810 356278 Rich Gannon

Sun. 30th: Village Walk and Afternoon Tea. Walk from 1pm. Meet at the Hall. Afternoon Tea from 2.30 pm (available for non-walkers as well!)

Dufton Village Hall

Regular weekly events:-

Monday 10.45 -12.30- coffee club (meet at Postbox Pantry Easter to October).

Weds 10 -11.45 - yoga with Jo Chapman

Play group on Fridays in term time only 9.30 -12.00 -

Special events:-

Thursday 6th June - Book club 7.30-8.30 pm

Wednesday 12th June - Open Circle 7.30-9.00pm

Saturday 15th June - Dufton Village Ceilidh 7.00-10.00 pm

Kirkby Thore

Saturday 29th June - Kirkby Thore Women's Institute Afternoon Tea with music 2 - 4.30pm. Adults £8, special offer for families.

Knock

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 8th June 10.30am to 12noon: Coffee, chat & books, all are welcome.

Local History Group: Wednesday 19th June - Visit to Newbiggin Hall.

Details from Christine at
longmartonlocalhistorygroup@gmail.com

Carpet bowls Wednesday 12th & 26th June, gentle exercise coupled with a good laugh, £2 per session. Anyone interested please contact Vicky on

01931 715810 or just come along.

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

Sunday 23rd June, 2.00 - 4.00pm - Summer Afternoon Tea, Adult £6 per head, children £3.

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 Christine at bookingslongmartonvi@gmail.com

Milburn

Village coffee mornings first Saturday of each month (this month 1st). Church coffee mornings third Saturday of each month (this month 15th), both 10:30 to noon.

Ormside

Thank you to everyone who supported the village hall tea last month. It was a great success, we made £231.60 for village hall funds.

Village hall coffee mornings are the 2nd and 4th Wednesdays (i.e. 12th and 26th June) from 10.30 till noon.

Country Dancing is finished for the summer. But don't throw away your dancing shoes - we'll be back in September!

We are very excited to announce new Dog Training classes at Ormside Village Hall. All sessions must be booked in advance direct with the trainer. Please see below information about Nicole together with a link to make your booking. The classes are kept small - just 4 dogs per session! Any questions, please get in touch with Nicole.
https://bookwhen.com/lamplighterdogschool#focus=ev-syvc-20240521170000. The current course started on the 22nd May, so you may have missed it, but I believe another one starts on the 3rd July. *Ed.*

in view of the above, Craft Night is from now on will be on the third Tuesday of the month (i.e. 18th June) at 7.30 pm.

Fancy a game of Ping Pong?! We have a 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

Every Thursday, approx. 09:15 - 15:30
Upper Eden Day Care. Upperedendaycare@gmail.com

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 (4th and 18th) at the Victory Hall. All are welcome.

Warcop - Parish Hall

Remote Cinema Thursday 20th Scrapper (12)

In this charming British comedy-drama, Georgie, a dreamy 12-year-old girl, lives happily alone in her London flat, filling it with magic. Suddenly, her estranged father turns up and forces her to confront reality.

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 5th 7:30 pm Warcop & Sandford WI

Thurs. 6th 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!

Sat. 8th 10 - 11:30 Tea, coffee and biscuits, plus bacon or Sausage rolls (vegetarian alternatives) and scones for purchase. Please come along for some convivial chat! Everyone welcome.

Friday 21st 7.30pm (prompt): Quiz Night, with pie (from Low Howgill, Appleby) peas and pud!

£10 per person including food - Max 6 per team - prizes for top 3 teams! Licensed drinks etc available to purchase Raffle prizes would be very welcome - these can be dropped off at the hall on Thursday mornings or given to any committee member. All proceeds to the Warcop Drama Group pantomime fund.

Call Carol on 017683 53450 or Sue on 07741 464921 or email carolwhite1@onetel.com to book your tickets by midday on Tuesday 18th June (numbers required for catering purposes - please state whether the meat, vegan, vegetarian or gluten-free option is preferred).

For your diary: Sun. 14th July - Warcop Village Show

An Anniversary Message from our Joint C of E Ministers

Dear Friends,

As we write this, we are heading toward our first anniversary in the role, and we hope you'll agree that it's been an exciting twelve months! :

Firstly, we have to extend our gratitude, once again, for the warm welcome we have received and for all the hard work that is done by you to keep our churches open. We realise that there is so much more to be done, and we realise too we can't do everything, but in the coming months we hope to extend our pastoral focus as we begin to think more about the care of our communities and our earth.

With this in mind there is an important item for your diaries. A Benefice weekend on 29th -30th June where we will be focussing on our vision to Tread Gently. On the Saturday there will be guest speakers and we hope some other interaction with groups who are supporting environment issues and on Sunday we will have a benefice Songs of Praise service at St Peter's, Asby with a Celtic Holy Communion service at 6:30pm at St Lawrence's Appleby.

Secondly, we have taken some time to review our working patterns over the last year. As you will know, we have been finding our feet and have both tried to attend your annual meetings and as many other meetings together as we possibly could! In the future we aim to work smarter and more efficiently so you will more likely see just one of us, particularly at PCC meetings. It will give us both better working boundaries and the opportunity to take clear time off during the week. And, of course, it will put less strain on the Benefice purse!

We have therefore decided to change our current joint day off to a FRIDAY instead of a Monday. We will each also have an "out of office" day when we will be unavailable on email. Fran will be "out of office" on a MONDAY and Andrew will be "out of office" on a WEDNSDAY. As with all these decisions we will remain flexible, so if a Funeral comes in on a Friday, we will aim to take a different day's leave in lieu. We will also continue to be in/around the office on Tuesday's and Thursday's.

We have also tried to encourage many of you to avoid ALL meetings in the month of AUGUST!!!! This is to give you all a very much needed break over the summer and for us to give some dedicated time to visiting.

God's blessings be upon us all in this next season.

Frandrew

(n.b. "Frandrew" = Fran + Andrew!)

Looking after God's Own County

An article by Rev. Lisle Rider.

This is a time of year when things are growing. After a chilly April burst with life to catch up. The variety of fresh green colour in the trees is always a joy to me as spring leads to summer. Having had an early edition of Richard Mabey's Food For Free since the 1970s I have always been inclined to enjoy a taste of nature. Young beech leaves and bramble tips have excellent flavour, wild garlic too, and nettles make a good soup.

God the Creator of all this new life has given us responsibility for looking after all that is good in the natural world. Sadly there is much evidence that we are living in an age of extinction of species of fauna and flora, unprecedented in scale and rapidity. When I first owned a car, before the days of screenwash buttons, when driving at night the windscreen would become encrusted with insect life. Now the evidence from a clear windscreen is that some 90% of our flying insects have gone. Insects are critically important in the food chain especially for birds.

There is much else in the way we live and exploit resources that threatens biodiversity. Nature programmes on television are hugely popular, showing us the rich diversity of life around us and around the globe. They give us cause for wonder and yes, worship. Yet they nearly all have a messages of warning. These include unsustainable logging, quarrying and mining that pollutes water courses, trawling over fragile creatures on the ocean floor, polluting the atmosphere with excess carbon dioxide that leads not only to extremes of climate but to acidity in the sea. This restricts crustaceans in

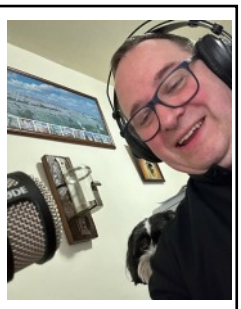
the building of shells. Then on our doorstep farmers have been pushed this way and that by successive policies British and European as well as commercial pressures for the production of food and the care of habitats. This also involves dealing with controversies over the use of pesticides.

There are no easy solutions to any of these issues. Perhaps the most controversial issue being overpopulation. There is a limit to how many of us the world can sustain without desertification. Sir David Attenborough has identified the eduction of women as being a key. Where women have eduction they gain control over so much in their lives and in the destiny of all of us. Educated populations discover that prosperity does not lie in having large families. It is controversial because so many religious traditions including our own Christianity have followed the teaching in Genesis that we should go forth and multiply.

Fortunately our schools are giving a lead in educating a new generation to value wildlife and the need to protect it. The fifth mark of mission challenges us 'To strive to safeguard the integrity of creation and sustain and renew the life of the earth' Our Diocese has a Net Zero Action Plan encouraging us to live more sustainably and our Diocese has recently been awarded with a bronze award by Eco Church. There are lots of helpful resources on the Eco Church website with useful resources which can be adapted to local circumstances. See: https://www.carlislediocese.org.uk/environment/

Both within the Church and in the circumstances of our own lives we have a duty to live responsibly in relation to God and his wonderful world. - **Lisle Ryder**.

A Cumbrian vicar and former **BBC Radio Cumbria presenter** has created a new faith podcast for the county.



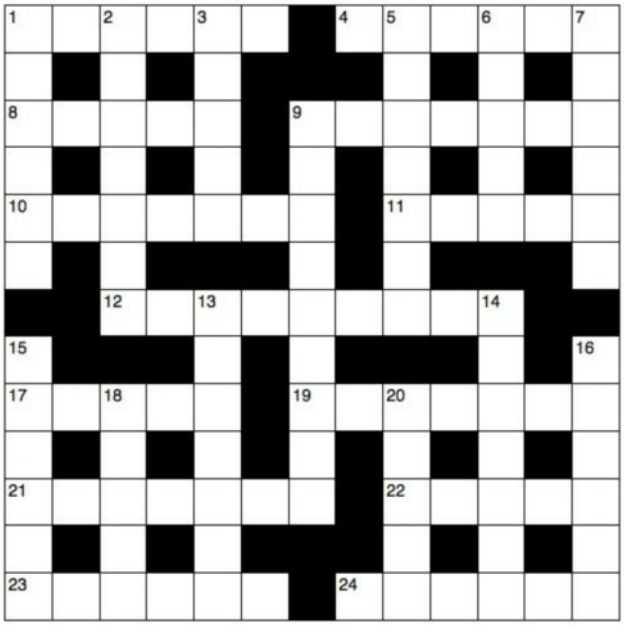
The Rev Richard Corrie - the Curate in Charge in the Benefice of Wigton and the Benefice of Thursby - launched the Cumbrian Faith Podcast platform last Friday.

He plans to roll out half-hourly podcasts every month which feature faith stories from across the county as well as a chance to Pause for Thought and reflection, church events on the church noticeboard, and hear how God is calling people to all kinds of jobs and ministries.

The first episode includes reflections from the Archdeacon of West Cumberland, the Ven Stewart Fyfe, who was caught up in the unrest in the Holy Land last October whilst on sabbatical, there's a feature on Carlisle Cathedral's Rest Under the Stars installation going out on tour and we hear from curate Hannah Wallace about her call to ministry.

Richard said: "I'm delighted to be able to showcase some of the wonderful ways in which God is moving in people's lives through this new podcast. We already have 100 subscribers and I'd love to see that number grow, as well as have people make contact so we can feature their stories in upcoming episodes."

Crossword - solution page 12



Across

1 Military tactic used by Joshua to attack and destroy the city of Ai (Joshua 8:2) (6)
4 Place of learning (6)
8 'When Moses' hands grew - , they took a stone and put it under him and he sat on it' (Exodus 17:12) (5)
9 Unpleasant auguries of the end of the age, as forecast by Jesus (Matthew 24:7) (7)
10 Stronghold to which girls in King Xerxes' harem (including Esther) were taken (Esther 2:8) (7)
11 Where Saul went to consult a medium before fighting the Philistines (1 Samuel 28:7) (5)
12 Propitiation (Hebrews 2:17) (9)
17 Turn away (Jeremiah 11:15) (5)
19 So clear (anag.) (7)
21 'I have just got - , so I can't come': one excuse to be absent from the great banquet (Luke 14:20) (7)
22 Long weapon with a pointed head used by horsemen (Job 39:23) (5)
23 Musical beat (6)
24 What the Israelites were told to use to daub blood on their door-frames at the first Passover (Exodus 12:22) (6)

Down

1 Fasten (Exodus 28:37) (6)
2 Art bite (anag.) (7)
3 'The people of the city were divided; some - with the Jews, others with the apostles' (Acts 14:4) (5)
5 Contend (Jeremiah 12:5) (7)
6 Possessed (Job 1:3) (5)
7 Sheen (Lamentations 4:1) (6)
9 'You love evil rather than good, - rather than speaking the truth' (Psalm 52:3) (9)
13 Large flightless bird (Job 39:13) (7)
14 They were worth several hundred pounds each (Matthew 25:15) (7)
15 'A - went out to sow his seed' (Matthew 13:3) (6)
16 How Jesus described Jairus's daughter when he went into the room where she lay (Mark 5:39) (6)
18 The part of the day when the women went to the tomb on the first Easter morning (John 20:1) (5)
20 Narrow passageway between buildings (Luke 14:21) (5)

Crossword Solution

A	M	B	U	S	H	■	S	C	H	O	O	L
T	■	I	■	I	■	■	■	O	■	W	■	U
T	I	R	E	D	■	F	A	M	I	N	E	S
A	■	E	■	E	■	A	■	P	■	E	■	T
C	I	T	A	D	E	L	■	E	N	D	O	R
H	■	T	■	■	■	S	■	T	■	■	■	E
■	■	A	T	O	N	E	M	E	N	T	■	■
F	■	■	■	S	■	H	■	■	■	A	■	A
A	V	E	R	T	■	O	R	A	C	L	E	S
R	■	A	■	R	■	O	■	L	■	E	■	L
M	A	R	R	I	E	D	■	L	A	N	C	E
E	■	L	■	C	■	■	■	E	■	T	■	E
R	H	Y	T	H	M	■	H	Y	S	S	O	P

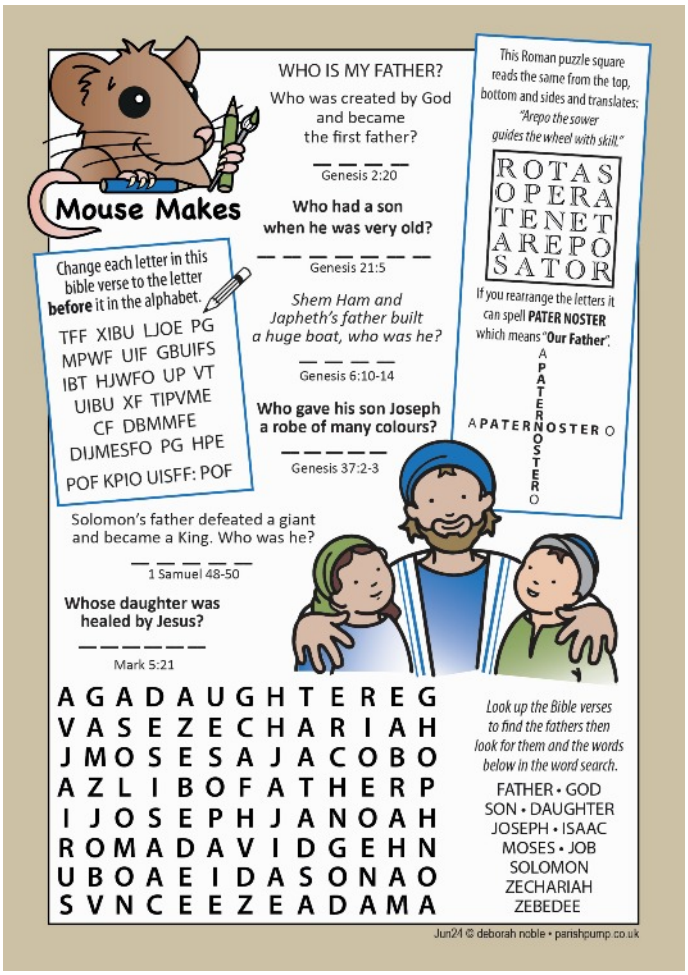
EAT

If you enjoy a good meal and conversation you might like to consider joining Appleby Probus.

A Probus club is a local association of retired and semi-retired professional and business people that meets monthly for lunch and fellowship. The Appleby Club is strictly non-political and gender-neutral, It is currently seeking new members!

If you think that any of this might interest you, please drop a line to Adrian Marsh at adrian.marsh@live.co.uk

TALK



Make a joyful noise to the Lord - become a bell-ringer

If you love the sound of church bells, and have at least some 'sense of timing', why not consider becoming a bell-ringer?

Church bells are incredibly heavy - ranging from six hundredweight to more than 28 hundredweight per bell - but anyone is strong enough to ring them. Ringers range from schoolchildren to teenagers, from the middle-aged to retired people. It's a wonderful pastime for breaking down the generation gap.

All you really need is to be fit enough to walk up steps. There are few lifts in church towers, and most ringing chambers are high up!

After you reach the ringing chamber, the practice begins. There are a lot of instructions to remember: "Don't look up, look straight ahead", "don't anticipate the sally (reaching for the stripey part of the rope, the sally, too soon), "get closer to the rope", "flick your wrists away", "one foot a little ahead of the other", "pull down slowly - no, too fast, too fast", "use your elbows". Etc, etc!

You don't need strength. Once you've got the bell going, it is just a matter of keeping the rhythm of your pull steady on the rope. There is no strain on the back: you simply stand straight and relaxed. If you have the all-important sense of timing, the rest comes with practice. Some people master the art in as little as four months; others take almost a year. But one day, when you least expect it, you'll find you've 'got it' at last. A bit like learning to ride a bicycle!

If you live within range of St. Lawrence's, you could start by either:

- coming along to one of their Monday evening practices (7-9 pm)
- OR emailing nickharrop@btinternet.com
- OR ringing either 01768352173 or 0744343183
  (I hope these details aren't out of date. *Ed.)*

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We give free, up-to-date advice to everyone in Eden

Coronavirus has made life hard for many people. Citizens Advice Carlisle & Eden is here to help.

If you need help with benefits, work, debt and money, housing, or more, please get in touch or look at useful information available at www.citizensadvice.org.uk.

For Debt/Money advice or Foodbank referrals: 03300 563037

For help claiming Universal Credit: 0800 1448 444

For all other enquiries: 0808 278 7844

Email Advice:
Via Contact Us form on website;
www.ca-ce.org.uk

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- 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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reverend@heartofeden.org.uk

Heart of Eden

God for All

...well you cannot fault the efficacy of the new 'Planned Giving' scheme...

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Heart of Eden

God for All

Sands Methodist Church Appleby

Tread Gently

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HOW CAN WE CARE FOR OUR WORLD?

HEART OF EDEN CHURCHES ARE COMING TOGETHER TO REFLECT UPON THIS

WHEN?
THE WEEKEND OF JUNE 29TH/30TH

WHERE?
JUNE 29th from 1 PM – 4 PM SATURDAY – Guest Speakers
THE SANDS METHODIST CHURCH APPLEBY AND
FROM 10:00 AM ST LAWRENCES CHURCH APPLEBY
exhibition on the environment
JUNE 30th 10:30 AM SUNDAY Songs of Praise
ST PETER'S CHURCH ASBY - Giving thanks for Creation
JUNE 30th 6:30 PM SUNDAY Celtic Holy Communion
St LAWRENCES CHURCH APPLEBY – contemplation & reflection

IF YOU WOULD LIKE TO BE INVOLOVED PLEASE EMAIL US:
reverend@heartofeden.org.uk

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

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Affected by Cancer?

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

We meet on the 3rd Monday of the month (excluding Bank Holidays) from 10am to 12 noon in **The Library**, Low Wiend, Appleby CA16 6QP

For further information phone:

Rosie on ☎017683 52263 or

Jackie on ☎017683 52277

Church Services for June 2024

Church of England

St. Lawrence, Appleby

Sun.	2nd	08:00	Holy Communion
		10:45	Holy Communion
Sun.	9th	10:45	Morning Worship
Fri.	14th	10:00	Holy Communion
Sun.	16th	10:45	Holy Communion
Fri.	21st	10:00	Holy Communion
Sun.	23rd	10:45	Holy Communion
Fri.	28th	10:00	Holy Communion
Sun.	30th	18:00	Celtic Holy Communion & Reflection

St. Peter, Asby

Sun.	2nd	18:30	Holy Communion
Sun.	9th	11:00	United (at St. Peter's)
Sun.	16th	18:30	Evening Prayer
Sun.	23rd	11:00	Lychgate Blessing & Morning Prayer
Sun.	**30th**	**10:30**	**Benefice Songs of Praise God's Creation**

Boroughgate, St. Anne

Tue.	4th	09:15	Holy Communion
Tue.	11th	09:15	Morning Prayer
Tue.	18th	09:15	Morning Prayer
Tue.	25th	09:15	Morning Prayer

Dufton St. Cuthbert

Mon.	3rd	19:00	Compline
Sun.	9th	15:00	Evening Prayer
Mon.	17th	19:00	Compline
Sun.	23rd	10:30	Eucharistic Healing & Wholeness Service

Kirkby Thore, St. Michael

Sun.	2nd	10:00	Breakfast church
Sun.	9th	10:30	Morning Prayer
Sun.	16th	10:00	Breakfast church
Sun.	23rd	10:30	Holy Communion

Long Marton SS. Margaret & James

Sun.	9th	09:15	Holy Communion

Milburn, St. Cuthbert

Sun.	2nd	10:30	Holy Communion
Sun.	9th	10:30	Holy Communion
Sun.	16th	10:30	Holy Communion
Sun.	23rd	18:30	Evening Prayer

Murton, St. John

Sun.	23rd	18:00	Evening Prayer

Musgrave, St. Theobald

Sun.	23rd	10:00	Holy Communion

Newbiggin, St. Edmund

Sun.	2nd	10:30	Holy Communion
Sun.	23rd	18:30	Evening Prayer

Ormside, St. James

Sun.	2nd	10:00	Matins
Sun.	9th	10:00	Holy Communion
Sun.	16th	10:00	DIY
Sun.	23rd	18:00	Evening Prayer

Temple Sowerby, St.James

Sun.	16th	10:30	Morning Worship

Warcop, St. Columba

Sun.	2nd	10:30	Holy Communion
Sun.	16th	10:30	All Age Worship

Methodists

Connexion Service

18:30 on 9th at Kirkby Stephen

Sands, Appleby

Sun.	2nd	10:30	All Age Worship
Sun.	9th	10:30	Rev. Andrew Sterling (Holy Communion)
Sun.	16th	10:30	Revs. J & L Riley
Sun.	23rd	10:30	Mr. Nathan Scarborough
Sun.	30th	10:30	Revs. G & R Crippen

Dufton with Knock

Sun.	2nd	10:45	Rev. Andrew Sterling (Holy Communion)
Sun.	9th	10:45	Zoom Service
Sun.	16th	10:45	Informal Service
Sun.	23rd	10:45	Rev. Dr. James Tebbutt (Holy Communion)
Sun.	30th	10:45	Rev. Paul Dunstan

Warcop

Sun.	2nd	10:30	Rev. Andrew Burrell
Sun.	9th	10:30	Informal Service
Sun.	16th	10:30	United Family Service at Parish Hall
Sun.	23rd	18:30	Rev. Andrew Sterling (Holy Communion)
Sun.	30th	18:30	Mr. Donald Marston

Roman Catholic Church of Our Lady of Appleby

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