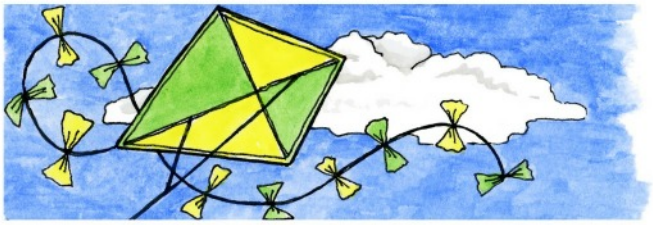
Heart of Eden



August 2024

The News Magazine of the Benefice

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

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Date	Time	Place	Event
1st	11:30 – 1 pm	Warcop Parish Hall	Soup and Pud
3rd	10:30 – noon	Milburn Village Hall	Village coffee morning
6th	7:30 pm	St. Andrews, Crosby Garrett	Eucharist of the Transformation
6th	2:30pm	St. Lawrence, Appleby	Healing Service in Lady Chapel
7th	7:30pm	Warcop Parish Hall	Warcop & Sandford WI
8th	Noon	The 3 Greyhounds, Asby	Asby Diners
10th	10:30 – noon	Colby Village Hall	Coffee morning
10th	10:30	Long Marton Village Hall	Coffee, chat and books
10th	10 – 11:30am	Warcop Parish Hall	Coffee Morning
11th	2 - 4 pm	various	Appleby clean-up day
12th	10:45	St. Lawrence	Patronal Eucharist
12th	2 – 4pm	Public Hall Supper Room	Evergreens
12th – 14th	9:45 am – noon	Kirkby Thore Memorial Hall	5 – 11 year olds Holiday Club
14th	2pm	Long Marton Village Hall	Carpet Bowls
14th	10:30 – 12	Ormside Village Hall	Coffee Morning
17th	10:30 – noon	Milburn Village Hall	Church coffee morning
17th	11 am – 4 pm	Green Head, Ormside	Summer teas
18th	10 am - 3 pm	Long Marton	Scarecrow Festival
19th	10am – noon	Appleby Library	Cancer Support drop-in
19th	2 – 4pm	Public Hall Supper Room	Evergreens
20th	**Tues.** 7:30pm	Ormside Village Hall	Craft Evening
23rd	6:30pm	Knock Mission Room	Pie and Quiz Night
28th	2pm	Long Marton Village Hall	Carpet Bowls
28th	10:30 – noon	Ormside Village Hall	Coffee Morning
31st	All day	Appleby Public Hall	Northern Crafts Market

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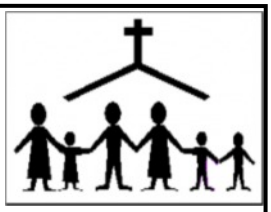


Rectors: Rev. Fran Parkinson (☎07547791315) & Rev. Andrew Burrell (☎07778683820)

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

Methodist Minister: Rev. Andrew Sterling: ☎ 017683 51244

Celebrations and Thanksgiving

I write the day after a drive from Kendal to Tebay then on to Appleby, on a day with hardly any rain! It was a most pleasurable trip having been on a message in Kendal and then driving to Appleby for the Tuesday 12 noon Mass at Our Lady's Church. Our vast, beautiful area of God's creation is indeed a pleasure to serve and I have nothing but gratitude for the call I have been given to be the Catholic priest in these parts.

Two words, which both have emotions and feelings attached, have been at the forefront for me these last few weeks for the above and other reasons - celebration and thanksgiving! On the 3rd July I celebrated my Silver Jubilee of Ordination to the priesthood. I was ordained in my home parish of SS Mary and Michael in Garstang, Lancashire. From that day I have served in parish ministry in Cumbria and Lancashire - the full length of the Diocese of Lancaster.

This milestone in my active ministry was marked with a Mass of Thanksgiving in St. Catherine's Church, Penrith, where I live, on the day of my anniversary itself. About ten members of my immediate family joined parishioners from the four Catholic communities of Kirkby Stephen, Appleby, Penrith and Alston along with 25 children from St. Catherine's Catholic Primary School next door to the church. The Rev. Mark Nash-Williams, Vicar of Alston Moor, joined the congregation, representing many clergy from the four Churches Together groups to which the Catholic Parish of St. John Boste belongs. Fifteen priests concelebrated the Mass of Thanksgiving and three deacons assisted. These clergy were either friends or serving in the North and West Cumbria Deanery.

A particular blessing was that one of the priests, Fr Paul Dason, was also twenty five years ordained that day! His ordination took place 6000 miles away in his native Nigeria. He is a priest of the Missionary Society of St. Paul and was ordained for missionary work. Fr Paul is currently serving the parishes of Maryport, Wigton and Silloth. It was great to share the day with him, including the cutting of a wonderful cake! Then on 11th July Fr. Paul had a similar celebration with his own parish at St. Cuthbert's Wigton at which I could join him in cutting another cake!

The two words celebration and thanksgiving seem to me to go hand in hand. Our desire to give thanks leads to celebration. This is what the Holy Eucharist is at its heart - our thanksgiving to God through the once and for all sacrifice of his Son Jesus Christ on the Cross for the Salvation of the World. The word Eucharist means thanksgiving.

As we pray for peace in the world, for God's guidance on our new government and for many intentions concerned with the well-being of so many people, lets include also those things we wish to give thanks to God for and celebrate. These might be small things or milestones, but all are God's gift to us on the journey of life! Celebrate things well!

My prayers and best wishes

Fr. John Winstanley

The Catholic Parish of St. John Boste

Serving: Penrith, Alston, Appleby and Kirkby Stephen

Tel 01768 862273 Email parishoffice.stcatherines@btinternet.com

Church Registers, June 2024

Marriage - *We congratulate*

29th	Daniel Martin & Victoria Alderson	St. Peter, Asby

Funerals…May they rest in peace and rise in glory

18th	Muriel Rutherford	Carlisle Crematorium
19th	James Davis	St. Cuthbert, Dufton
20th	Susan Elaine Guest	St. John, Murton
22nd	Jonathan Bainbridge	St. Peter, Asby
24th	June Margaret Cross	St. Columba, Warcop

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/),

Solemn Eucharist for The Feast of The Transfiguration

Appleby Deanery will hold its annual Solemn Eucharist for the above on Tuesday August 6th at 7.30pm at St Andrew's Church, Crosby Garrett.

Revd Andrew Burrell will Preside, and Bishop Peter Ramsden will preach.

Crosby Garrett, although a little remote, is a lovely setting for this service and has stunning views across the valley. A worthwhile trip out if you are free to join us.

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

Churchwarden and Secretary: Jo Ayres (☎52017)

St Lawrence's Patronal Eucharist

St Lawrence's Church will celebrate St Lawrence's Day (*which is actually Saturday August 10th*) with Patronal Festival Eucharist on Sunday August 11th. Revd Andrew Burrell will Preside and Preach. Everyone is invited to join us for this important service which will begin at 10.45am.

p.s. Laurence of Rome - and the gridiron

Laurence was a deacon of the Church in Rome who was martyred in 258. His story is found in the very ancient Depositio Martyrum, which tells us that he was closely associated with Pope Sixtus II, who was martyred just a few days before him during the persecution of the Emperor Valerian. We also know that he was much loved for his almsgiving.

St Cyprian, the Bishop of Carthage, relates how the Roman authorities had taken to confiscating all the goods of any Christians they discovered, and then putting the Christians to death. And so it was in August of 258, after Sixtus was martyred, that they demanded of Laurence the wealth of the Church in Rome. He asked for three days to gather it together. During that time he worked quickly, to distribute as much of it as possible to the poor in Rome. On the third day, he presented himself to the prefect of Rome, taking along a small delegation of the poor and crippled. He told the prefect that these people were the true treasures of the Church, and that 'The Church is truly rich, far richer than your emperor.' This did not go down well with the prefect, and Laurence was condemned to a martyr's death.

It was Laurence, of course who is famous for being roasted alive on a gridiron, and for telling his captors to 'turn him over' when he was done on one side. The story has no historic basis, as the weapon of capital punishment at the time was the sword for decapitation. It is thought by many scholars that the roasting on the gridiron story came about because of a simple spelling mistake by a monk in copying the history years later: the accidental omission of the letter 'p' would have been enough. This is because the customary formula for announcing the death of a martyr was 'passus est' (he suffered/was martyred). If you leave off the 'p' you get 'assus est' - he was roasted. Only - he wasn't!

Sorry to rain on your parade! Ed.

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

Are you a Local Resident? We would love to find out how you feel about church. We've got a 2-minute questionnaire.

2 minutes - Honest! Pick it up at Appleby Tourist Information Centre or scan this QR code. Thanks for your help!

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, (Parish of St. John Boste)

Gartheads Road, Appleby
Fr. John Winstanley ☎ 01768 862273

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

No services this month.
Tours of St Anne's Hospital
For a donation to our Garden Fund, groups or individuals can have a look round a cottage, a talk in the courtyard and Chapel and a tour of our gardens.

To book, contact Valerie Kendall ☎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 (19th August) 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'.

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

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

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

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

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

Citizens Advice Carlisle and Eden Volunteers needed

Citizens Advice Carlisle and Eden (CACE) is here to help local people with any problems they may be experiencing. In the last year CACE has provided free, confidential, independent advice and support on matters including employment, debt, benefits, housing, energy and consumer affairs to around 5,000 people.

Locally, we rely on a team of committed volunteers in a number of roles. To support our work we now want to recruit:

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

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

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

If you are interested full details and how to apply can be found at: http://www.ca-ce.org.uk/ or email volunteer-recruitment@ca-ce.org.uk with a daytime phone number so we can call you for a chat

Inner Wheel

We have two manual wheelchairs for temporary use by local people. They are kept at my house, 15 Boroughgate, and can be borrowed for a nominal deposit of £10. If the borrower cares to make a donation to Inner Wheel Charities after the loan, that would, of course, be welcomed.

Contact Stan Rooke on ☎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. Our jobs over this summer have mainly been cutting back due to tremendous growth with all the rain. It is hard to keep up but our volunteers like a challenge and to see the difference made in a 2 hour session with all hands on deck!

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 or email Mike for a chat on ☎0775 192 4982

or 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.

If you have lost or found any items, in and around Appleby, please bring them to Appleby TIC and we will do our best to re-unite them with their owner.

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

And don't forget the new library app. Try googling https://www.westmorlandandfurness.gov.uk/news/2024/new-app-library-members-cumbria

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

No coffee mornings that I know of this month.

31st— Northern Crafts Market all day

Appleby-in-Westmorland Town Council

Appleby Craft Trail

Appleby's free summer craft trail is now up and running, thanks to the talented Crafty Ladies.

There are over 30 characters to discover in and around the riverside paths, as well as in shops and buildings in the town centre.

Collect a trail sheet from either Appleby Tourist Information Centre at the Moot Hall (open 10am-3pm Mon to Sat) or the Cupboard under the Stairs shop and return to collect a small prize.

New safety measures installed at Appleby Co-Op

Following concerns about public safety conveyed to the Co-op, additional safety measures have been installed at the entrance and exit of their car park, including small zebra crossings and a speed bump.

A New Local Plan for Westmorland & Furness

Westmorland & Furness are starting work on a new Local Plan, which will replace all the existing Local Plans that were adopted by the former District Councils.

The Local Plan will:

- set out how much new development (e.g. homes and employment sites) is needed to support our communities
- make sure new development is built in the right places and in a way which is best for people and the environment
- allocate sites for new housing and other development
- protect some areas and green spaces from development
- include policies that are used to decide planning applications
- plan for development relating to minerals and waste

This 'early conversation' with communities and stakeholders runs until the 9th September 2024.

For more information about this consultation visit https://consult.westmorlandandfurness.gov.uk/localplan/

Appleby Flood Defence Scheme

The work to install a new outflow pipe has started on the grass area behind Broad Close car park. This work has been brought forward as it needs to be done during the summer months when the river levels are at their lowest. This work will take approximately 16 weeks, and a small section of the riverside footpath between Edenside and the playground will remain closed during this time. The work on the compound has also begun, with the footpath from the Leisure Centre that runs alongside the cricket pitch now closed for the duration of the works.

As the planning application for the demolition of Edenside has been approved, it is hoped to start demolishing the building towards the end of July, which will take approx. 4-5 weeks. The temporary car park will then take a further 4-5 weeks to complete, so it is estimated that Broad Close will be closed towards the end of September. However, these dates are not set in stone.

For updates on the project visit https://thefloodhub.co.uk/appleby/

Appleby Town Council email addresses

The email addresses for both Appleby Town Council staff and Councillors have changed from @org.uk to @gov.uk

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 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

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, but this month 12th and 19th).

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

Memory Club in Appleby

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

However, as the Club has arranged two outings during August, meetings will not take place at Sands Hall in August..The next meeting at Sands will be on 11th September.

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. It 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

Thurs 8th - 12.00 noon, Diners, Three Greyhounds (main course and a drink £7.50, dessert £2.50). Let them know you are coming

Colby Village Hall

Usual coffee morning Saturday 10th August, 10:30 - noon

Dufton Village Hall

Regular weekly events:-

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

Wednesdays 10 -11.45 - yoga with Jo Chapman

Knock Mission Room

Friday 23rd August- Pie & Quiz night at 6.30, £7.50 entry, booking required

For enquiries about hiring the Mission Room, please email knockmissionroom@gmail.com

For booking events, contact Steve Charlton on 07432671699

Long Marton

Coffee morning - 2nd Saturdays from 10.30 - 12 noon, cake, coffee, chat and books. Everyone is made welcome. Aug 10th & Sept 14th.

Craft and Chat - Thursday evenings, help at hand if needed. Details from Nicola 62301.

Carpet bowls - 2nd & 4th Wednesdays, upstairs from 2pm….gentle exercise, good chatter and refreshments. £2. No experience needed. Details from Vicky 01931715810.

Local History Group is taking a break in July & August. On September 22nd there will be an exhibition of photographs of Long Marton 'Then and Now'. Have you got any photos of the village from the 1960s, 1970s, 1980s, 1990s which we can compare with the village of the present day? If so please contact Christine at longmartonlocalhistorygroup@gmail.com. All photos will be returned.

Long Marton Scarecrow Festival 2024 - Sunday, 18th August. 10am - 3pm. It's that time of year again when we invite the community to make a Scarecrow. This year"s theme is "MOVIES". All welcome…To register your scarecrow and for more information contact Nicola on ☎62301. Maps and refreshments available on the day from the village hall.

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

Following the Jazz Night in July we are hoping to encourage other ?? music lovers to take a leaf out of this

group's book and put on another one….Rock n' Roll? The Roaring Forties? The 00's? We're waiting for your call ☎Sarah 62214 or bookingslongmartonvi@gmail.com

Milburn

Village coffee mornings first Saturday of each month (3rd August). Church coffee mornings third Saturday of each month (this month 17th), both 10:30 to noon.

Ormside

Thank you to everyone who supported the treasure hunt last month, which made £171.50.for the village hall funds.

Village hall coffee mornings are the 2nd and 4th Wednesdays (i.e. 14th and 28th August) from 10.30 till noon.

Craft Night is on the third Tuesday of the month (i.e. 20th August) at 7.30 pm.

Country Dancing is finished for the summer. But we'll be back in September!

Saturday 17th 11am to 4pm at Green Head, Ormside CA16 6EJ. Summer Teas in aid of the village hall.

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

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/

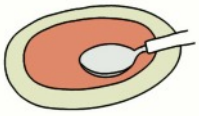
Coffee Morning is 10am - noon on the 1st and 3rd Tuesdays of every month - except this one, sorry - at the Victory Hall. See you in September!

Warcop - Parish Hall

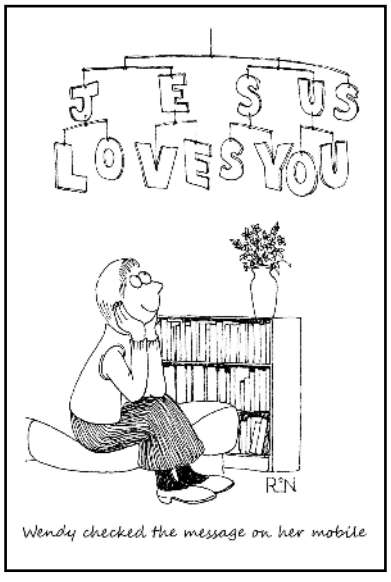
Mondays 6:30 - 8 Table tennis club

Wednesday 7th 7:30 pm Warcop & Sandford WI

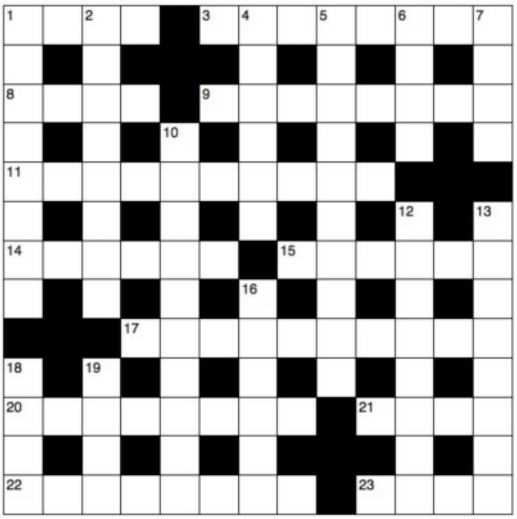
Thursday 1st 11:30 - 1 Monthly Soup and Pud. Admission £7.00 including soup, pudding and hot drink. Come and join us for some lovely food and great company!



Saturday 10th 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.



Crossword (solution p.10)



Across

1 and 3 Two of the disciples who witnessed the transfiguration of Jesus (Luke 9:28) (4,3,5)
3 See 1 Across
8 'Let us draw — to God with a sincere heart in full assurance of faith' (Hebrews 10:22) (4)
9 O Simon is (anag.) (8)
11 Form of government under the direct rule of God or his agents (10)
14 How Jesus found his disciples when he returned to them after praying in Gethsemane (Luke 22:45) (6)
15 In The Pilgrim's Progress, the name of the meadow into which Christian strayed, which led to Doubting Castle (2-4)
17 Glad sin rat (anag.) (10)
20 Spinal column (Leviticus 3:9) (8)
21 Valley of the Balsam Tree with a reputation of being a waterless place (Psalm 84:6) (4)
22 'The oracle of Balaam son of Beor, the oracle of one — — sees clearly' (Numbers 24:3) (5,3)
23 Adam and Eve's third son (Genesis 4:25) (4)

Down

1 David's great friend (1 Samuel 20:17) (8)
2 'The Lord... will bring me safely to his — kingdom' (2 Timothy 4:18) (8)
4 'I, Daniel, mourned for three weeks. I ate no choice food; — — or wine touched my lips' (Daniel 10:3) (2,4)
5 Seeking to vindicate (Job 32:2) (10)
6 Female servant (Isaiah 24:2) (4)
7 'For Christ died for — once for all' (1 Peter 3:18) (4)
10 'Offering spiritual sacrifices — to God through Jesus Christ' (1 Peter 2:5) (10)
12 Jesus said that some people had renounced this 'because of the kingdom of heaven' (Matthew 19:12) (8)
13 One of the three men thrown into the furnace for refusing to worship Nebuchadnezzar's golden image (Daniel 3:20) (8)
16 'You have — of good things laid up for many years. Take life easy; eat, drink and be merry' (Luke 12:19) (6)
18 'There before me was a white horse! Its rider held — — , and he was given a crown' (Revelation 6:2) (1,3)
19 Equipment to Charity Hospitals Overseas (1,1,1,1)

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Here are some thoughts on the importance of rest and being happy:

Every morning I open the window for my King's grace, and every evening I sleep upon the pillow of his love and care. - Celtic Saint

Come to me, all who labour and are heavy-laden, and I will give you rest. - Jesus (Matthew 11:28)

The moments of happiness we enjoy take us by surprise. It is not that we seize them, but that they seize us. - Ashley Montagu

Archbishop of York is new patron of Gypsy, Roma and Traveller Friendly Churches

Archbishop Stephen Cottrell has recently become a patron for the new organisation, Gypsy, Roma and Traveller Friendly Churches.

He said: "I'm delighted to continue encouraging churches to offer support for Gypsies, Travellers and Roma."

Archbishop Stephen introduced the 2019 General Synod debate 'Centuries of Marginalisation and Visions of Hope' which called for the Church to support Gypsies Travellers and Roma, and speak out against the racism directed against them.

Archbishop Stephen said: "My prayer is that every Church becomes a place where people from these culturally rich and godly communities are welcomed."

Following the 2019 General Synod debate the Church of England voted to support the appointment of Chaplains to Gypsies, Roma and Travellers in every diocese. General Synod also encouraged church leaders to speak out against racism in these communities, and to encourage that land be made available for new Gypsy and Traveller sites. So far 12 dioceses have chaplains, and more dioceses are looking to appoint them.

More info at https://sanctuaryplaces.co.uk/

The Attwoods - A Family Who Rose Without Trace

This talk was given at the AGM of the Friends of Penrith and Eden museum, and may be of interest to readers.

The speaker for the afternoon Alastair Robertson spoke about the Attwood brothers, members of a family of ten children born in the Midlands, four of whom - Matthias, James Henry, Charles and Edward moved north during the Industrial Revolution. Between them they made their mark during their lifetimes as bankers, MPs, political reformers and glass, iron and zinc manufacturers, So why is there almost no record of this impressive contribution to the society of the time - 'making their influence felt across the country', as one contemporary saw it. Consideration of as much detail as can be found of their careers may offer an explanation.

Matthias, the eldest, whose profession was that of banker, entered politics, becoming the first elected MP for Whitehaven and for a time making that town a centre of influence to rival London. With his financial expertise he advised government at the highest level on emerging activities such as steam navigation and railways. He also advocated the use of paper money; He retired in 1847, having survived several elections noted for their violence and intimidation of electors, remaining a staunch Conservative until he died four years later.

Younger brother Thomas also made the link between banking and politics, becoming famous as an economic theorist and reformer. In the latter role he tried to point out to the government of the day the downside of the East India Company, whose size and influence spread far beyond the shores of England, making them at one time a threat to government. His ground-breaking fiscal reforms were a precursor to those of John Maynard Keynes, although it is the latter who is recorded as the founder of macroeconomics.

The next Attwood brother was James Henry, who operated internationally in his early career. He was involved in the development of Newfoundland and for a time was based in Odessa, a Ukrainan port on the Black Sea. Coming back to England and settling in the north east he founded the Weardale Iron Company with his brother Charles, of whom more later, also owning mines near Cleator and the zinc spelter at Tindale Fell. He is on the record as having had a 'dangerous illness', possibly a stroke. James Henry sold his mines, having fathered six children, one of whom became a mine owner like his father and one an iron master, then disappeared from public gaze.

Edward was a glass maker by trade, moving from Birmingham to Gateshead in the north east and thence to Sunderland on the Wear, founding Hartley Glass Works and manufacturing high quality glass. Heat resistant brand Pyrex originated in Sunderland, which has a glass museum to this day.

Last but by no means least, is Charles Looking at his portrait together with those of some of his brothers, none of whom looked like each other but very much like the worthy citizens each in his own chosen way was, Charles would these days be called very photogenic; he was known as 'the idol of the people'. He joined James Henry in the trade of ironmaster and entered into lengthy litigation about mining rights with a member of the Waltons, another family whose members were prominent in northern industry. Charles may have had matinee idol looks with charisma to match - the public gallery at one of his meetings was notably filled with ladies - but he was less successful in practical terms. He stood for parliament, but failed to get elected. He owned racehorses which didn't win races and in his legal conflicts with Jacob Walton came off worst.

It is perhaps a fact that when it comes to records for posterity, both James Henry and Edward were not considered as worthy, being 'in trade' and thus looked down on by individuals who thought themselves superior due to having inherited money or being part of the political establishment. In the present day, many celebrities who are famous for being famous, are here today and gone tomorrow, leaving little mark as they pass. Perhaps, with his failures in various areas of life where he sought to make his mark, this was the fate of Charles Attwood?

Whatever the reasons, it remains strange that for a family which contributed so significantly in their mostly different ways, the Attwoods not only rose but sank without trace into the mists of histor

Church towers

There were 612 newly built churches in towns around 1818 - 1830 that cost a total of one and a half million pounds, following the huge population move from the countryside to living in towns.

The Boston Stump

Let's think about the highest part of the church building - the tower.

This is the aspect that is most recognisable from a distance; the element that almost defines the church building.

Have you ever seen a church building without a tower? Most religions use this same structure on their buildings, so clearly there must be overlapping reasons for this. But there is not just one design even within religions.

The structures of all buildings are dependent on the materials available, the architectural knowledge, the purpose, the fashion of the day as well as the finance available.

Norfolk churches in particular have 'special' towers. There are around - pun intended! - 181 round church towers in England of which 126 are in Norfolk. They were built from as early as the ninth century onwards

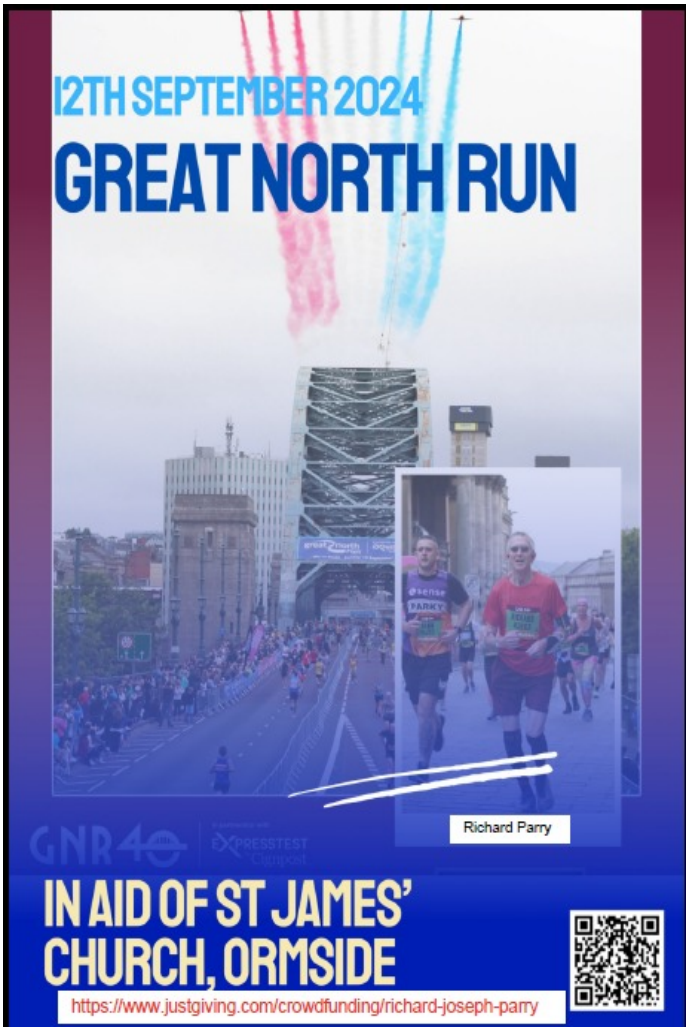
So what was going on there?

Some argue that because of the flatness of the land these were thought to be more stable; while others think that it was because the materials available locally were small pieces of flint which cannot be easily worked or dressed but when set into mortar can create handsome and stable walls and buildings.

In many parts of the UK flint is used to face the outside of buildings but here they were used to be the foundational element so long as 'corners' were not required.

Have a look at a church tower near you. What shape is it? Perhaps you can get to see inside it? How is it attached to the main body of the building? Is it at one end, central etc?

What is it used for today and what do you think its original purpose was or purposes were?



St Lawrence's Church
Appleby-in-Westmorland

Patronal Festival Eucharist

Sunday August 11th
at
10.45am

Revd Andrew Burrell
will Preside

Tread Gently

Dear Friends,

This is going to be a short Reverend's Rambling simply because it's just myself doing the rambling this time. Fran is on a well-deserved holiday in northern Spain chilling out and I'm sure we all hope she and Tim are having a thoroughly relaxing time. The topic for the Reverend's Rambling this month is a nice and simple one; Tread Gently!

The Heart if Eden weekend focused on Tread Gently and was an amazing success! Better than we could've hoped for, the event on the Saturday at the Sands was brilliant with Archie doing a passionate presentation to challenge us to think about the environment and our responsibility and stewardship of God's creation. Then we had Lucy talking about the importance of using our community spaces in an eco-friendly way. This brought the two generations together well. We had a little discussion led by Natural England and then Emma spoke about a really practical subject; Eco flowers within the church and how we can be using them; for example being more seasonal and avoiding using things within our decoration that poison the seas and even ourselves.

We had an amazing Songs of Praise in Asby and then a really beautiful Celtic Holy Communion at Saint Lawrence's in Appleby on the Sunday evening. The feedback was good from people who regularly come to church and people who don't. This topic is really something that can help the family of the church place herself within the community within the Heart Of Eden.

It was a truly ecumenical event with us being at the Sands and Saint Lawrence's and then over to Asby. We really want to make this an annual thing. We need to build stronger relationships with other organisations within the towns and the villages to make sure that we're one of the voices crying out to protect God's beautiful creation in this beautiful part of the world.

Please enjoy your summer, enjoy this beautiful place, this beautiful valley and think about what you yourself can do differently to protect it now and for the future. God Bless, Frandrew

Organised by Heart of Eden churches

HOLIDAY CLUB

for children aged 5-11

Monday 12th August
Tuesday 13th August
Wednesday 14th August

9.45am-12 noon
at Kirkby Thore Memorial Hall

Stories – Songs - Games – Crafts

FUN!

£2 per child per session
£1 for additional children from same home

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Rosie Liddell 07981 371580
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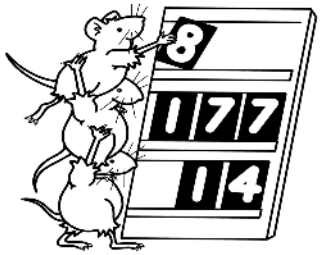

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We give free, up-to-date advice to everyone in Eden

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:
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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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Appleby Deanery

St Andrew's Church Crosby Garrett

Solemn Eucharist for The Feast of The Transfiguration

Revd Andrew Burrell will Preside

Bishop Peter Ramsden will Preach

Tuesday August 6th 7.30pm

A wonderful opportunity for us all -
We are delighted to announce we are doing an ecumenical service in June for

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andrew.sterling@methodist.org.uk
or
Rev Andrew Burrell (Church of England)
reverend@heartofeden.org.uk

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or Kathryn Nunn kath1nunn@gmail.com 07717841723
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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

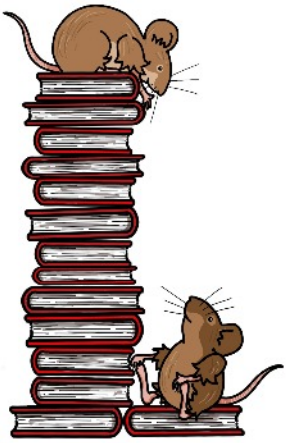
EAT

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



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Church Services for August 2024

Church of England

St. Lawrence, Appleby

Fri.	2nd	10:00	Holy Communion
Sun.	4th	08:00	Holy Communion
		10:45	Morning Worship
Fri.	9th	10:00	Holy Communion
Sun.	11th	10:45	Holy Communion (St. Lawrence patronal Festival)
Fri.	16th	10:00	Holy Communion
Sun.	18th	10:45	Holy Communion
Fri.	23rd	10:00	Holy Communion
Sun.	25th	10:45	Holy Communion
Fri.	30th	10:00	Holy Communion

St. Peter, Asby

Sun.	4th	18:30	Holy Communion
Sun.	11th	11:00	United (at St. Peter's)
Sun.	18th	18:30	Evening Prayer
Sun.	25th	15:00	Service in Mask Wood

Boroughgate, St. Anne

No service in August

Dufton St. Cuthbert

Mon.	5th	19:00	Compline
Sun.	11th	15:00	Evening Prayer
Mon.	19th	19:00	Compline
Sun.	25th	10:30	Holy Communion

Kirkby Thore, St. Michael

Sun.	4th	10:00	Breakfast church
Sun.	11th	10:30	Morning Prayer
Sun.	18th	10:00	Breakfast church
Sun.	25th	10:30	Holy Communion

Long Marton SS. Margaret & James

Sun.	11th	09:15	Holy Communion

Milburn, St. Cuthbert

Sun.	4th	10:30	Holy Communion
Sun.	11th	10:30	Holy Communion
Sun.	18th	10:30	Holy Communion
Sun.	25th	18:30	Evening Prayer

Murton, St. John

Sun.	25th	18:00	Evening Prayer

Musgrave, St. Theobald

Sun.	25th	10:00	Evening Prayer

Newbiggin, St. Edmund

Sun.	5th	10:30	Holy Communion
Sun.	25th	18:30	Evening Prayer

Ormside, St. James

Sun.	4th	10:00	Matins
Sun.	11th	10:00	Holy Communion
Sun.	18th	10:00	DIY
Sun.	25th	18:00	Evening Prayer

Temple Sowerby, St.James

Sun.	18th	10:30	Morning Worship

Warcop, St. Columba

Sun.	4th	10:30	Holy Communion
Sun.	18th	10:30	All Age Worship in village hall

Methodists

11th 16:00: Connexion Service at 'Water Yat'

Sands, Appleby

Sun.	4th	10:30	All Age Worship
Sun.	11th	10:30	Mr. Richard McGregor
Sun.	18th	10:30	Rev. Andrew Sterling Holy Communion
Sun.	25th	10:30	Revs. G & R Crippen

Dufton with Knock

Sun.	4th	10:45	Rev. Jackie Betts
Sun.	11th	10:45	Rev. Alex Dunstan
Sun.	18th	10:45	Informal Service
Sun.	25th	10:45	Revs. J & L Riley

Warcop

Sun.	4th	10:30	Revs. J & L Riley
Sun.	11th	10:30	Informal Service
Sun.	18th	10:30	Rev. Tony Taylor
Sun.	25th	18:30	Rev. Andrew Sterling

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,