Heart of Eden September 2024

The News Magazine of the Benefice

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

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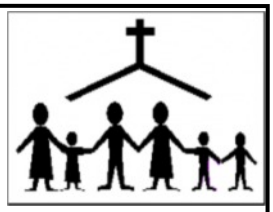
Date	Time	Place	Event
2nd – 12th		Colby Lane closure	
3rd	2:30pm	St. Lawrence, Appleby	Healing Service in Lady Chapel
3rd	7pm	Brampton Village Hall	Brampton Book Club
3rd	10am	Temple Sowerby Victory Hall	Coffee Morning
4th	7:30pm	Brampton Village Hall	Brampton Ladies
5th	6:30pm	Brampton Village Hall	Table Tennis
5th	11:30 – 1 pm	Warcop Parish Hall	Soup and Pud
7th	10:30 – noon	Milburn Village Hall	Village coffee morning
7th	7:30pm	Warcop Parish Hall	Warcop & Sandford WI
8th	10am	Knock Mission Room	Coffee Morning
9th	2 – 4pm	Public Hall Supper Room	Evergreens
10th	7:30pm	Ormside Village Hall	Country Dancing
11th	11am	Public Hall	The Arts Society
11th	10:30	Sands Methodist Church	Memory Club
11th	7:30pm	The Hollies, Asby	Asby Fellowship – Andrew Burrell
11th	7pm	Brampton Village Hall	Woodturners
11th	7:30pm	Dufton Village Hall	Open Circle
11th	2pm	Long Marton Village Hall	Carpet Bowls
11th	10:30 – 12	Ormside Village Hall	Coffee Morning
12th - 15th		Various	Heritage Weekend, see Council report p.6
12th	Noon	The 3 Greyhounds, Asby	Asby Diners
14th	10:30 – noon	Colby Village Hall	Coffee morning
14th	10:30	Long Marton Village Hall	Coffee, chat and books
14th	7:30pm	Ormside Village Hall	Quiz Night
14th	10 – 11:30am	Warcop Parish Hall	Macmillan Coffee Morning
16th	10am – noon	Appleby Library	Cancer Support drop-in
17th	7pm	Guide Hut	Appleby WI
17th	7:30pm	Ormside Village Hall	Craft Evening
17th	10am	Temple Sowerby Victory Hall	Coffee Morning
18th	7:30pm	Brampton Village Hall	Village Social
19th	7:30pm	Public Hall Supper Room	Appleby in Westmorland Society
19th	6:30pm	Brampton Village Hall	Table Tennis
20th	7:30pm	Warcop Parish Hall	Quiz Night
21st	2pm	Carlisle Cathedral	Celebration of Women's Ordination
21st	10:30 – noon	Milburn Village Hall	Church coffee morning
22nd		Long Marton Village Hall	Local History Exhibition
23rd	2 – 4pm	Public Hall Supper Room	Evergreens
24th	7:30pm	Ormside Village Hall	Country Dancing
25th			Memory Club Outing
25th	7:30pm	The Hollies, Asby	Asby Fellowship – Pat Bevan
25th	7pm	Dufton Church	Consultation re. History etc.
25th	2pm	Long Marton Village Hall	Carpet Bowls
25th	10:30 – noon	Ormside Village Hall	Coffee Morning
28th	All day	Appleby Public Hall	Northern Crafts Market
28th	1pm	Knock Mission Room	Soup and Pud
28th	3pm	St. Lawrence's, Appleby	Brampton Consort Concert
28th	7pm	Public Hall	Lights, Camera, Appleby – Wicked Little Letters

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

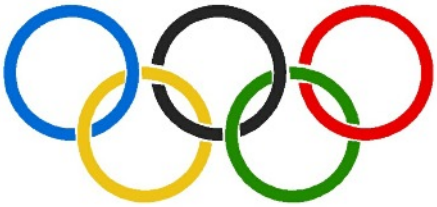
Church of England:



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



I love watching sport, there's something that inspires me when I see it to make myself a little bit fitter and stronger, in the vain hope that may be one day I could be a half decent athlete. This year it occurred to me that I was now older than the many athletes retiring at this Olympics, which is a little disheartening to realise I am past my peak (although I'm not entirely sure if I ever reached that summit). Yet one of the wonderful things I saw in Paris was the inclusion of thousands ordinary people who were able to run the Olympic Marathon course. This games was attempting to be more inclusive, which was most powerfully shown in that this was the first time there were an equal number of male and female athletes competing.

Inclusion is an odd thing in a setting which is fundamentally about exclusion. If you think about it, the whole point of competitive sport is to gradually beat the competition so that the best person is left at the top of the podium with a gold medal. Everyone else is then seen as achieving less, and most of them eliminated from the competition. The process is brutally simple and clear cut. Of course, the way this is expressed in practice is different, as rather than noticing defeat, they were encouraged to celebrate achievement, and it is often said that managing to get to the Olympics and Paralympics is already an incredible endeavour.

There has been much discussion around inclusion at the games this year, and it has raised difficult questions, emotions and anger. Christianity also has questions posed to it in terms of inclusion, and how different people are included in the church at different levels of society. As a Methodist, I believe in an inclusive church, but how that is expressed can look differently even within our denomination. Churches of all denominations are wrestling with this question in view of their experience of the world and the tradition and scripture it has inherited. But it is an important question to consider, particularly when we believe that God's kingdom is open to everyone.

We also believe in repentance, which translates to turning around from the ways we have gone wrong in the past. Getting it wrong in the Olympics may cost an athlete a medal, but getting it wrong in life does not mean all is lost, as we believe Christ has grace enough to meet us where we get lost or fall down, help us up and get us going in the right direction again. This is a key message of Christianity and offers something to our world today. We often find people getting stuck in their positions no matter what happens or what others say. It is often easier to stick to easy answers rather than consider more complex ones, and yet experience tells us our experience of this world is more complex that we would like it to be.

Easy answers are not necessarily forthcoming to us, but love is. Treating others with great love is where I believe complex problems begin to be solved, rather than starting as opposition. With love can come understanding of people we disagree with, can come the opportunity to help someone we didn't realise was in need, and can be the catalysts for changes in our society which can make the situations people experience better for all. This may require us to be humble, but It was only when Christ lost all that there was to lose that we truly saw love at its greatest. So while we celebrate great achievements this summer, maybe we can also celebrate those quiet moments of love shown in our lives, communities and world, and pray for a deeper understanding of those not like ourselves.

Rev Andrew Sterling

Recent Church Registers

Marriage - *We congratulate*

20th	July	Jamie Heslop and Dawn Aziz	St. Cuthbert, Milburn
31st	July	Anthony Shields and Rachel Rowell	SS Margaret & James, Long Marton
3rd	August	William Appleton & Anne Atherstone	St. Peter, Asby

Funerals…May they rest in peace and rise in glory

3rd	July	Kit Bousfield	St. Lawrence, Appleby
5th	July	Pauline Coulthwaite	St. Lawrence, Appleby
24th	July	Peter Craig	St. Edmund, Newbiggin
26th	July	Eric Wilford Patterson	St. Lawrence, Appleby

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

A special service will be held at Carlisle Cathedral to mark the 30th anniversary of the first ordination of women Priests.

The Rev Canon Angela Whittaker, Bishop's Adviser for Women's Ministry in the Diocese of Carlisle, will preside at a Eucharist in Celebration of 30 Years of Ordination of Women to the Priesthood at 2pm on Saturday 21st September. She will be supported on the day by the Rev Ruth Newton, who next week joins the Diocese as Archdeacon of Carlisle, and who will preach at the service.

Angela said: "Speaking as someone ordained some years after those first women were ordained Priest, I and so many others owe them a huge debt of gratitude for holding fast, in the face of challenge, to the belief that they too were called to be priests in God's Church, and working and praying towards this. "It will be wonderful to be able to celebrate this anniversary with them. I look forward to sharing in worship at the Cathedral with some of those ordained in 1994 as well as with others who have subsequently been ordained."

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

Churchwarden and Secretary: Jo Ayres (☎52017)

28th 3pm Brampton Consort Concert

St. Peter, Asby

Churchwarden: vacant

PCC lay chair: Peter Miller ☎51707

Secretary: Karen Royle ☎ 07966.371044

St. Cuthbert, Dufton

Churchwardens:
Mrs. Gillian Bryan ☎51414
Mrs. Pam Day

Secretary: Mrs. Louise Stewart

St. Michael, Kirkby Thore

Churchwarden:

Margaret Davidson ☎017683.61699

Church Warden and Secretary:

Maeve Moore ☎017683.62005

SS. Margaret & James, Long Marton

Churchwarden:

Mr. Lutaf Greenshaw ☎07802254982

St. Cuthbert, Milburn

Churchwarden:

Mr. Leigh Harding ☎ 0333.014.3944

Secretary: Christine Braithwaite

St. Theobald, Musgrave & St. Columba, Warcop

Secretary: David Opperman david@davidopperman.co.uk

St. Edmund, Newbiggin

Churchwardens:

Mrs. M P. Sawrey-Cookson ☎ 61574

Tim Whittaker

St. James the Less, Ormside

Churchwarden: Margaret Parry

Secretary: Richard Parry

both ☎017683.51043

St. James, Temple Sowerby

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

Our Sister Churches

Methodist Church:

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

Dufton with Knock Methodist Church

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

Sands Methodist Church

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

Warcop Methodist Church

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

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

Gartheads Road, Appleby

Fr. John Winstanley ☎ 01768 862273

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

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 (16th September) 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, or 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 (3rd September) 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 training3 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

Eden Animal Rescue's New Kennels Fundraiser

Milly (19) having her breakfast

Eden Animal Rescue needs to raise £500,000 to build and fit out a new kennel block at our animal centre at Moorlands Head Farm, Newbiggin, near Temple Sowerby. Thanks to the kindness and support of many people in the community we have currently raised £115,000 towards our goal - and we are grateful to everyone who continues to support our new kennel block fundraising.

You can help us raise the funds needed to complete the project in several ways:

- Visit the website: www.edenanimalrescue.org.uk
- Contact Sarah Bean, General Manager on ☎01931 716 114, or email sarah.bean@edenanimalrescue.org.uk, or address: Moorlands Head Farm, Newbiggin, Temple Sowerby, Penrith, CA10 1TH
- or donate by text - text **'KENNELS'** to 70201 to give £1; 70331 to give £3; 70970 to give £5; or 70191 to give £10

Other imaginative ways of giving are available - just contact us and ask!

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.gov.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.

28th — Northern Crafts Market all day

Appleby-in-Westmorland Town Council

Heritage Open Weekend - 14th & 15th September

We have some fantastic events lined up for this year's Heritage Open Weekend, taking place on Saturday 14th and Sunday 15th September. New for this year are Eden Valley Railway in Warcop who are providing free tours of the signal box. There will also be an exciting Gypsy and Traveller Culture evening, taking pace on Thursday, 12th and the Cumbria Vernacular Buildings Group will be doing two talks on the history of the buildings on Boroughgate on Saturday, 14th Both will take place in the Public Hall Supper Room. For more information about the weekend and events, pick up a leaflet from Appleby Tourist Information Centre, or visit the Heritage Open Days website at https://www.heritageopendays.org.uk/

To coincide with this exciting weekend, we are launching our Heritage QR Code Trail! Look out for a QR code on important heritage assets to listen to a short audio clip and historical pictures. There are currently 12 places, with plans for more to be added. Trail maps are available from Appleby Tourist Information Centre and the train station or visit the website at https://visitappleby.com/appleby-qrcodetrail/

Heritage cast iron fingerposts and noticeboards

At long last, the new cast iron fingerposts and noticeboards have been installed around Appleby town. These were a legacy of the Heritage Action Zone initiative funded by Heritage England. There are five fingerposts and three information panels with beautiful illustrations by local artist Mark Hillsden.

Appleby Community cleans up the town

Enthusiastic members of the Appleby community, local voluntary groups, town councillors and many others, joined forces on a beautiful sunny day to take part in the Appleby Clean-Up event on Sunday 11th August 2024. The day was a great success and there was a brilliant turn-out and everyone went about the task of picking up dog fouling and general litter with gusto. Even the area around the recycling centre was cleaned up and left pristine.

The clean up was organised by a joint Town Council and community-led Working Party, whose remit is to find ways of addressing dog related concerns raised by members of the community.

Closure of Colby Lane for re-surfacing works

A section of Colby Lane from its junction with Scattergate, extending in a westerly direction to its junction with Barrowmoor Road will be closed to all traffic from 2nd September for approx. 10 days, whilst re-surfacing work is carried out.

A way for pedestrians and dismounted cyclists will be maintained at all times and an alternative route for vehicles will be signposted via the unrestricted section of Colby Lane, C3053, Chitty Hill, C3057, B6260, Parkin Hill and Scattergate.

A New Local Plan for Westmorland & Furness

A final reminder that the consultation on the Local Plan for Westmorland & Furness ends on 9th September 2024.

To complete the survey visit
https://consult.westmorlandandfurness.gov.uk/localplan/

Appleby Edibles

Come and grow with us!

Who are we?

An inclusive group of gardening enthusiasts who like to grow fruit and veg, socialise, and share skills inside and outside our large polytunnel. 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 limited 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 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.*

Appleby in Westmorland Society

19th at 7:30pm in the Public Hall Supper Room, subject unknown at this point. As to the previous meeting, see page 9 below.

The Arts Society, Appleby

The next meeting will be held at 11am on the 11th September in the Public Hall. Our lecturer this month is Sarah Burles.

She will discuss the remarkable Impressionist movement, which took Paris by storm in the 1870s. The Impressionists, with their innovative colors and techniques, shocked and awed the art establishment with their depictions of modern life. Among these trailblazers were remarkable women artists, who often lived in the shadows of their male contemporaries.

The title of the lecture is “Les Trois Grandes Dames” (Marie Bracquemond, Berthe Morisot, and Mary Cassatt)

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, i.e. 9th and 23rd September.

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

Wicked Little Letters (15)

Saturday 28th Appleby Public Hall

Set in the 1920s and based on a true story of warring neighbours, this comical and foul-mouthed farce is elevated by sparky performances. When conservative Edith, played by the ever from the brilliant Olivia Coleman and fellow residents begin to receive letters full of unintentionally hilarious profanities, their rowdy neighbour Rose (Jessie Buckley) is suspected of the crime. We will be serving a classic English Afternoon Tea made by the ever popular Riverside Cafe. Vegetarian options 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 tel. 07921489611 or email applebyremotecinema@btconnect.com

Memory Club in Appleby

There will be a meeting at Sands Methodist Church Hall on 11th September from 10.30am -12 noon. An outing has been arranged for 25th September, so there will not be a meeting at Sands Hall on that date. 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

Appleby Women's Institute

Linda Stretton, the Membership Team Chairman of the Cumbria-Westmorland Federation of Wis writes:

Appleby has been without a WI for at least 10 years and this year has seen great interest and enthusiasm for initiating a new WI in the town. If you thought the WI meant fiddling around with knitting needles and jam, it's time to think again. The movement has broken the mould and moved on with the times, embracing issues, campaigns and matters that concern them and their wider communities. You don't have to be able to bake, sing Jerusalem, or make jam, the new Appleby WI defies stereotypes, our focus is on a welcoming group, a variety of activities, interesting talks, and involvement in the community.

Appleby WI's next meeting is on Tuesday 17th September, from 7 - 9pm at the Appleby Guide Hut, Holme Street CA16 6QU. Please come along and see for yourself, entry £4 includes refreshments. If you would like to find out more about joining Appleby WI, contact Celia, our CWFWI Administrator on 01539 720921 or email: admin@cwfwi.org In the meantime, we look forward to seeing you on the 17th .

Villages

Asby

Wed 11th - 7.30 pm, Asby Fellowship, The Hollies, Andrew Burrell

Thurs 12th - 12.00 noon, Diners, Three Greyhounds (main course and a drink £7.50, dessert £2.50). Let them know you are coming

Wed 25th - 7.30 pm, Asby Fellowship, The Hollies, Pat Bevan

Brampton Village Hall

3rd	7pm	Book Club - "The Betrayal" by Helen Dunmore
4th	7:30pm	Brampton Ladies
5th	6:30pm	Table Tennis - all welcome
11th	7pm	Woodturners
18th	7:30pm	Village Social
19th	6:30pm	Table Tennis - all welcome

Colby Village Hall

Usual coffee morning Saturday 14th September, 10:30 - noon

Dufton

Regular weekly events mostly at the village hall:-

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

Wednesdays 10 -11.45 - yoga with Jo Chapman

Fridays term term time only 9.30-11.30 - Play group

Special events:-

Wednesday 11th Open Circle 7.30-9.00pm

Wednesday 25th 7pm: St Cuthbert's Church. Consultation open to all regarding History and Landscape. Presentation of recent and ongoing research about miners and farmers who lived here, and plans for cultural events and installations in the church and churchyard, intended to add to their value in the community.

This is an open consultation (really!) event as well as a social one. Wine and nibbles provided. All welcome.

Knock Mission Room

Sunday 8th Coffee Morning at 10am

Saturday 28th Soup & Pudding at 1pm, booking required

For enquiries about hiring the Mission Room, please email knockmissionroom@gmail.com or 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. (Sept 14th)

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

Carpet bowls - 2nd & 4th Wednesdays (11th & 25th September), upstairs from 2pm….gentle exercise, good chatter and refreshments. £2. No experience needed. Details from Vicky 01931715810.

22nd Local History Group 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 email longmartonlocalhistorygroup@gmail.com to contact Christine. All photos will be returned.

Further ahead

25th October	Spooktacular
24th November	Christmas Market

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 (7th September). Church coffee mornings third Saturday of each month (21st September), both 10:30 to noon.

Ormside

Village hall coffee mornings are the 2nd and 4th Wednesdays (i.e. 11th and 25th September) from 10.30 till noon.

Craft Night is on the third Tuesday of the month (i.e. 17th September) at 7.30 pm.

Country Dancing starts again this month - on 2nd and 4th Tuesdays, i.e. 10th and 24th - from 7:30 to 9pm.

Sat. 14th Quiz Night: Kick off 7:30, bar opens at 7. £4 per adult, children free. Raffle tickets on sale.

The summer tea at Green Head, Ormside, in aid to the village hall and the church, raised over £400.

Our tame ½ marathon runner is also hoping to boost the church improvement funds this month - see ad. page 15.

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 at the Victory Hall (3rd & 17th September)

Warcop - Parish Hall

Mondays 6:30 - 8 Table tennis club

Wednesday 4th 7:30 pm Warcop & Sandford WI

Friday 20th: Quiz Night .7.30pm prompt start

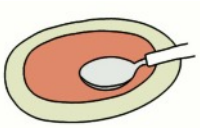
£10.00 per person including food, Max 6 per team - prizes for top 3 teams! Licensed bar (wine, lager, soft drinks etc available to purchase) Raffle

Call Pat on 017683 42188 or Carol on 53450 or email carolwhite1@onetel.com to book your tickets by midday on Tuesday 17th September (numbers required for catering purposes - please state whether the meat, vegan, vegetarian or gluten-free option is preferred).

Raffle prizes would be very welcome - these can be dropped off at the hall on Thursday mornings or given to any committee member.

Thank you! Tickets selling fast!!

Thursday 5th 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 14th 10 - 11:30 Macmillan Coffee Morning. Drink and cake: £4.

Donations of cakes and raffle prizes can be left at the hall on the morning of Friday 13th - Thank you.

All Proceeds go to Macmillan

Crossword solution

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

(from the Appleby-in-Westmorland Society's July lecture)

Communism in Cumbria - a Storm in a Teacup?

At the start of World War Two, was Howton in Cumbria (or Westmorland as it then was) a 'hotbed of Communist activity' and 'a centre of the Red menace'? Rob David used his carefully-compiled research to pose these questions to a recent meeting of the Appleby-in-Westmorland Society for their consideration.

Ron's story began in 1930s London, where Yvonne Kapp and Margaret Mynatt were both known Communist sympathisers. Margaret Mynatt had several aliases including Bianca Minotti, which can't have made tracking her movements easy. In the build-up to WW2 both she and Yvonne Kapp were increasingly persons of interest as Russia and Germany were then still allies. Margaret Mynatt had lived in Austria and Germany where she was a member of the German Communist Party and Yvonne Kapp used the pseudonym Yvonne Cloud for writing novels.

Both Kapp and Mynott worked for the Czech Refugee Fund Trust (CRFT) in the 1930s; in fact Kapp was secretary to its Director, Sir Henry Bunbury. Mynatt was head of its Friendly Aliens Tribunals Department and at the same time a highly respected and trusted official of Comintern, which was then all over Europe.

The growing distrust of all things Russian led MI5 to interview both Kapp and Mynatt, asking them three questions:

- Are you a member of the Communist Party?
- Have you ever been a member of the Communist Party?
- Have you accepted any obligations to the Communist Party?

Yvonne Kapp's response was to write a long letter to the Home Secretary. Margaret Mynatt's was more succinct - 'No', 'No', and 'No'. Recourse to MI5 files KV2/4261 and KV2/3364, to this day still accessible in the Public Record Office, showed otherwise. There were other reasons to be suspicious of these two characters, both of whom were said to be 'of foreign appearance'. Mynatt was in correspondence with Harry Pollitt, then Chairman of the Communist Party of Great Britain. The CPGB was said to have infiltrated CTRF. Mynatt was also friendly with Cristina Marshall of Hawse End, wife of the 'Red Earl' of Huntingdon. With this body of evidence against them, both were dismissed from their posts at CTRF. Together they boarded a train for Penrith and on 14 June are recorded as having stayed at the Agricultural Hotel, still a well-known local hostelry nowadays. Coincidentally, this was the day on which France fell to Hitler. From Penrith the pair took the bus, presumably to Pooley Bridge, from where they boarded the Ullswater Steamer, disembarking at Howtown. But why Howton, a small settlement on the less popular side of the lake?

Once in the area, Kapp and Mynatt lived variously at Howton House, Cote Farm, Seat Farm and Bowscale. But what were they doing there and what were they using for funds? The answer to the latter question could be that, perhaps having an attack of conscience at his secretary's summary dismissal, Sir Henry Bunbury gave her three months' salary. After taking a couple of weeks' holiday, it transpired that the pair were writing a book together about the internment of aliens which had just started. It didn't emerge then, as a book on a similar subject had just been published. It was eventually published in 1997, but in the intervening years the result of another collaboration 'Fallen Bastions' about the internment of aliens and hostile to Churchill whose policy it was, was published. Meanwhile, once Kapp and Mynatt had left London and Russia was no longer Germany's ally, MI5 lost interest in them and their files were closed. Perhaps stimulated again by the accusations of Dorothy Ditcham, the later-discredited Chairman of York Refugee Committee and self-styled spycatcher that 'Cumberland (Westmorland) was a hotbed of Communism' and that 'Kapp was protecting Communists', at the instigation of MI5 the local police got involved. Despite Kapp and Mynatt having kept a low profile, not having made contact with the left-leaning Czechs in local hostels nor even joined the Old Bobbin Mill's Women's Club, they returned to London just before PC Southwell of Shap Police began discreet enquiries. All he found in their vacated lodgings were a Communist badge and evidence that the pair had been working on another book on 'the Jewish question'. Caldbeck police also got involved in what was a wild goose chase. Perhaps MI5's renewed interest in Kapp and Mynatt was concern that they could have found out about 'secret military activities' in the area, though there are no further details of what these were. Kapp and Mynatt lived out their lives, dying in 1999 and 1978 respectively, without coming to the attention of authority again.

So, was it all a storm in a teacup? Neither Rob David, nor his audience, having heard what he had to say, were able to answer that question.

The A66 rumbles on

Local MP Tim Farron has asked the Secretary of State for Transport, Louise Haigh, to commit to the planned £1.3bn upgrade of the A66 between Penrith and Scotch Corner.

The plans, which would dual 18 miles of the road, were thrown into doubt with the Cumberland and Westmorland Herald reporting that they were now part of an internal spending review being carried out by the Department for Transport.

Announcing the review earlier this month in a statement to Parliament, Louise Haigh said that the previous Conservative Government had made "£2.9 billion of unfunded transport commitments".

Writing to the Transport Secretary, Tim said: "As you are no doubt aware, the A66 is a critical arterial route for the North of England, providing vital connections for freight, tourism and businesses.

"However the road is in dire need of improvements, with frequent congestion problems and, tragically, many serious and fatal accidents occurring

"Therefore I am deeply concerned by reports in the Cumberland and Westmorland Herald that this project is part of your internal review into your department's capital spend portfolio, and is therefore at risk.

"Please will you confirm whether or not this is the case, and commit to this absolutely vital upgrade which will serve as a massive boost to the economy and will also save lives?"

Sue McGuiness asks "Why, oh why? Is it really true that Cumbria is flooded with Asylum Seekers? "

Night after night, watching the news, I struggled to understand why people were rioting, looting shops, & in Liverpool, burning down their local Library. Despite the courageous statement from the parents of the brutally murdered children in Southport calling for peace, the violence continued.

It was when I came across the posters produced by Penrith & Eden Refugee Network (PERN), entitled 'Myths about Refugees & Asylum Seekers in Cumbria' that I realised how ill-informed I was about what we mean when we say Refugee, Asylum Seeker & Migrant. I talked with friends & neighbours in Appleby & using the PERN facts & evidence leaflets, a small group of us decided to do something practical to challenge the lies & hate perpetrated by the far-right social media.

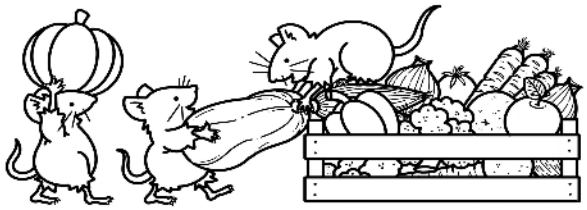
So, on Saturday, August 10th, we met in The Cloisters & displayed large copies of the 'Myths about Refugees & Asylum Seekers in Cumbria' & had some amazing conversations with locals, tourists & those just 'passing through'. The majority of folks shared our disbelief & sadness at what we had witnessed in the media & felt as ill-informed as we were. A few disagreed with what we were doing & became quite angry with us, mystified that we did not share their anger towards illegal immigrants, believing that the Third World War was about to erupt in the UK & more.

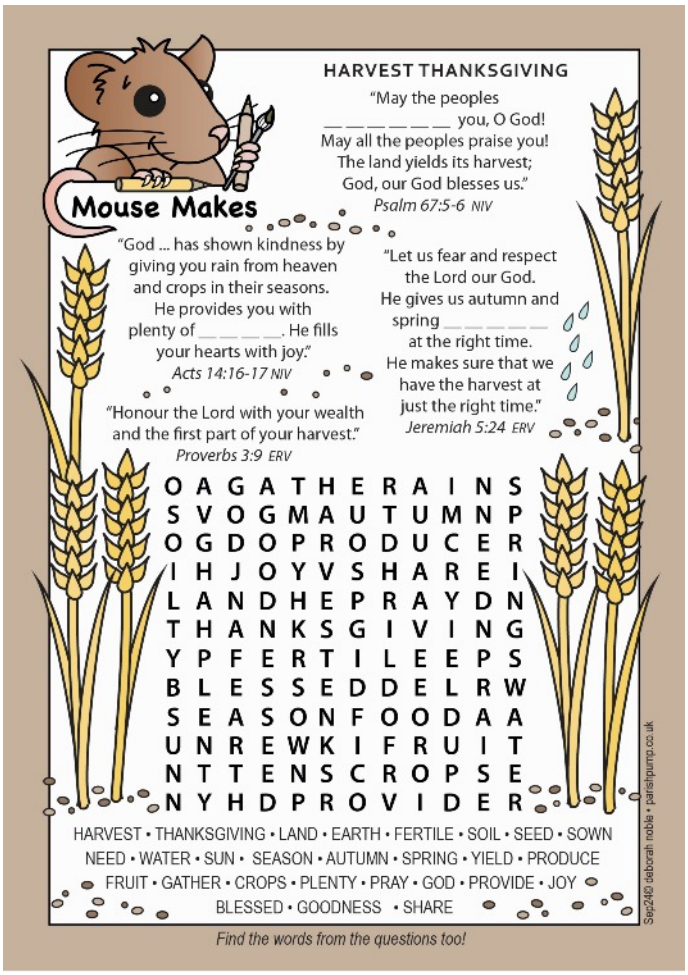
Afterwards, as we reflected on our day of positive action & on the many animated conversations we'd shared with passers-by, we realised that we wanted to know more about Refugees & Asylum Seekers, both across Cumbria & throughout the UK.

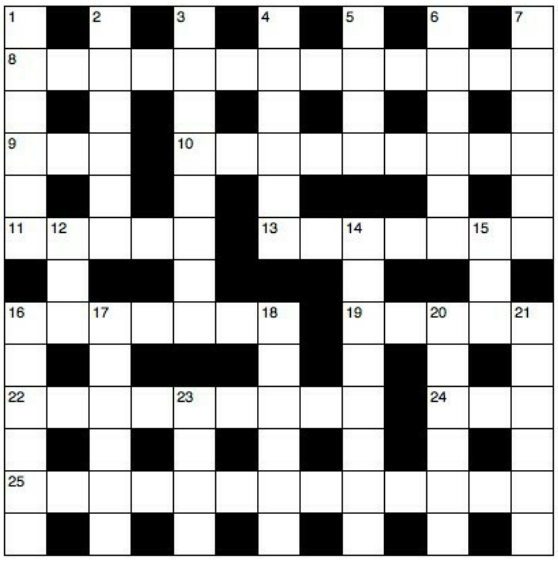
This is where you come in! On Saturday, October 5th, '24, at 10am, in St Lawrence's Church, we have invited a speaker from Penrith & Eden Refugee Network, to come to Appleby, to tell us more about their work & experiences. We will have 10-15 mins input, followed by a question & answer session. Fresh coffee & croissants will be provided & we'll gather in the North Aisle, relaxing on the sofas & armchairs.

So, please join us for this free event & learn more about the truth & realities, the real facts & figures, of Refugees & Asylum Seekers in Cumbria.

For further information & to book a place, please email: welcomeinnhhh@gmail.com







Across

8 Where the ark of the covenant was kept for 20 years (1 Samuel 7:1) (7,6)

9 One of the parts of the body on which blood and oil were put in the ritual cleansing from infectious skin diseases (Leviticus 14:14–17) (3)

10 Uncomfortable (3,2,4) 11 'Yet I have loved Jacob, but Esau I have — ' (Malachi 1:3) (5)

13 Where Paul said farewell to the elders of the church in Ephesus (Acts 20:17) (7)

16 'Jesus bent down and — to write on the ground with his finger' (John 8:6) (7)

19 Prophet from Moresheth (Jeremiah 26:18) (5)

22 Comes between Exodus and Numbers (9)

24 and 2 Down 'Then Elkanah went home to Ramah, but the boy ministered before the Lord under — the — ' (1 Samuel 2:11) (3,6)

25 There was no room for them in the inn (Luke 2:7) (4,3,6)

Down

1 Rough drawing (2 Kings 16:10) (6)

2 See 24 Across

3 Underground literature (including Christian books) circulated in the Soviet Union (8)

4 Lo, mash (anag.) (6)

5 The Bible's shortest verse: 'Jesus — ' (John 11:35) (4)

6 'Can a mother forget the baby at her — and have no compassion on the child she has borne?' (Isaiah 49:15) (6)

7 Can be seen in a dying fire (Psalm 102:3) (6)

12 'Send me, therefore, a man... experienced in the — of engraving, to work in Judah and Jerusalem' (2 Chronicles 2:7) (3)

14 Second city of Cyprus (8)

15 United Nations Association (1,1,1)

16 One of the women who first heard that Jesus had risen from the dead (Mark 16:1) (6)

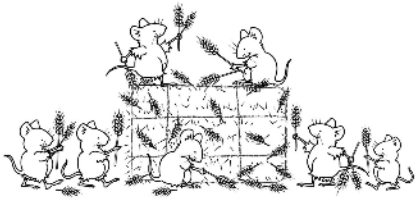
17 Braved (anag.) (6)

18 — of Evangelism, outreach initiative in the 1990s (6)

20 'Woe to those who are wise in their own eyes and — in their own sight' (Isaiah 5:21) (6)

21 'Neither — nor depth... will be able to separate us from the love of God' (Romans 8:39) (6)

23 What Jesus shed in 5 Down (4)



In both eastern and western Churches, Mary has always been held as pre-eminent among all the saints. The unique, extraordinary privilege of being the mother of the One who was both God and Man, makes her worthy of special honour. Thomas Aquinas believed she was due hyperdulia, or a veneration that exceeds that of other saints, but is at the same time infinitely below the adoration, or latria, due to God alone.

The gospels of Matthew and Luke give Mary most mention. Luke even tells the story of Jesus' infancy from Mary's point of view. Her Song, or Magnificat appears in Luke 1:46-55.

The virginal conception of Christ is clearly stated in the gospels. But after Jesus' birth, Mary fades quietly into the background. During Jesus' public life, she is mentioned only occasionally, as at the wedding at Cana. She reappears at the foot of the Cross (John's Gospel), and is given into John's care. In the early chapters of Acts, Mary is with the Apostles, and received the Holy Spirit along with them on Whitsunday. But her role was not the active one of teaching and preaching.

Mary's significance grew with the centuries. By the fifth century she was called Theotokos, The Mother of God, and from the seventh century onwards, she was given four festivals: the Presentation in the Temple (2nd February), the Annunciation (25th March), the Assumption (15th August) and her Nativity (8th September).

Marian devotion has played an enormous role in the church down the years. Mary has been the object of countless prayers, accredited with performing many miracles, and the subject of thousands of artistic endeavours. She has had hundreds of chapels or parish churches named after her. During the Reformation many images of Mary were destroyed. The Second Vatican Council 1962 made an extended statement on her, stressing her complete dependence on her Son, and regarding her as a model of the Church.

Principal Marian shrines of today include Lourdes (France), Fatima (Portugal), Walsingham (England), Loreto (Italy), Czesochowa (Poland) and Guadalupe (Mexico).

...I take it our local supermarket has a rather good offer on tinned peas at the moment!

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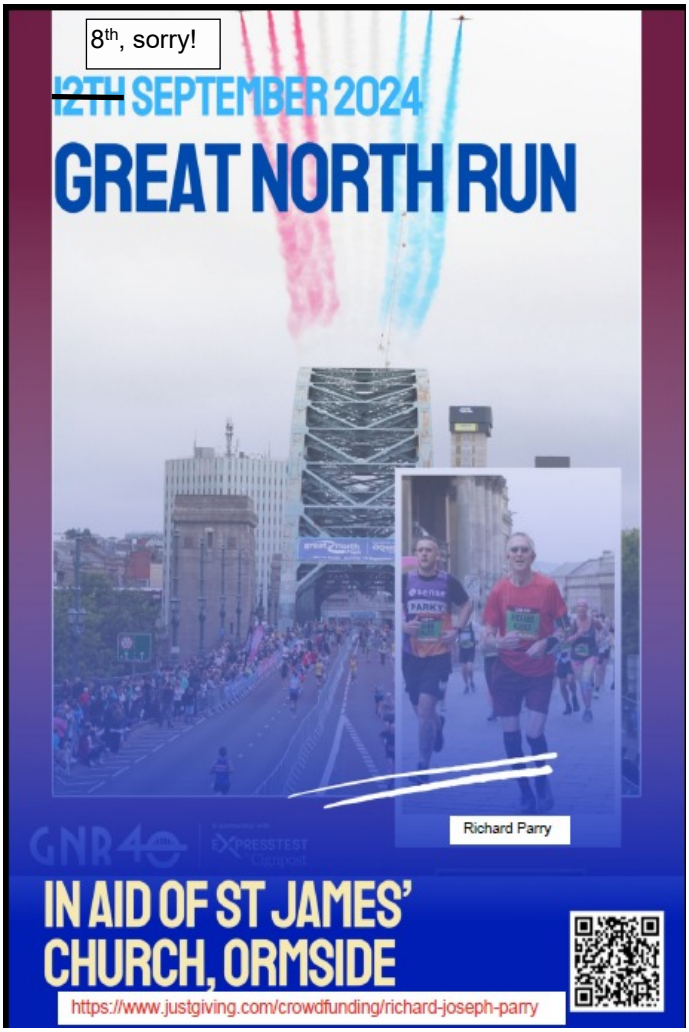
8th, sorry!

~~12TH~~ SEPTEMBER 2024

GREAT NORTH RUN



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Girlguiding

Suitable for: one off events or regular meetings e.g. children's birthday parties, workshops, day and evening courses.
Facilities: Clean, bright, warm hall with toilets, fully equipped kitchen, stage, disabled access and toilet.
Contact: Pam Sharples - Pam.sharples@outlook.com 0756234560
or Kathryn Nunn kath1nunn@gmail.com 07717841723
All hire fees go towards supporting Appleby Rainbows, Brownies and Guides

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

ROYAL AIR FORCE AIR CADETS the next generation

ARE YOU LOOKING FOR A NEW CHALLENGE?

Are you up for fun, adventure, incredible experiences, obtaining new skills and making new friends and between 12 (in year 8) and 17yrs old

Squadron Headquarters
Appleby Grammar School
Battlebarrow
Appleby-in-Westmorland
CA16 6XU

For further information contact: oc.2192@aircadets.org
2192 Appleby Grammar School Sqn ATC

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

... it isn't just marching!

Church Services for September 2024

Church of England

Benefice Service at St. Lawrence, Appleby

Sun. 29th 18:30 Bringing the Bible Alive (tbc)

St. Lawrence, Appleby

Sun.	1st	08:00	Holy Communion
		10:45	Morning Worship
Fri.	6th	10:00	Holy Communion
Sun.	8th	10:45	Holy Communion
Fri.	13th	10:00	Holy Communion
Sun.	15th	10:45	Holy Communion
Fri.	20th	10:00	Holy Communion
Sun.	22nd	10:45	Holy Communion
Fri.	27th	10:00	Holy Communion

St. Peter, Asby

Sun.	1st	11:00	Harvest at Baptists
Sun.	8th	11:00	United Service at Baptists
Sun.	15th	18:30	Evening Prayer
Sun.	22nd	18:30	Holy Communion

Boroughgate, St. Anne

Tue.	3rd	09:00	Holy Communion

Every other Tuesday at 09:00 Matins

Dufton St. Cuthbert

Mon.	2nd	19:00	Compline
Sun.	8th	15:00	Evening Prayer
Mon.	16th	19:00	Compline
Sun.	22nd	10:30	Holy Communion
Sun.	29th	10:30	United Harvest Festival at Methodist Chapel

Kirkby Thore, St. Michael

Sun.	1st	10:00	Breakfast church
Sun.	8th	10:30	Morning Prayer
Sun.	15th	10:00	Breakfast church
Sun.	22nd	10:30	Holy Communion & Harvest

Long Marton SS. Margaret & James

Sun.	8th	10:30	Morning Prayer

Milburn, St. Cuthbert

Sun.	1st	10:30	Holy Communion
Sun.	8th	10:30	Holy Communion
Sun.	15th	10:30	Holy Communion
Sun.	22nd	18:30	Evening Prayer

Murton, St. John

Sun.	22nd	18:00	Harvest

Musgrave, St. Theobald

Sun.	22nd	10:00	Holy Communion

Newbiggin, St. Edmund

Sun.	1st	10:30	Holy Communion
Sun.	22nd	18:30	Evening Prayer

Ormside, St. James

Sun.	1st	10:00	Matins
Sun.	8th	10:00	Holy Communion
Sun.	15th	10:00	DIY
Sun.	22nd	10:00	Holy Communion & Baptism

Temple Sowerby, St.James

Sun.	15th	10:30	All Age Worship
Sun.	29th	10:30	Holy Communion

Warcop, St. Columba

Sun.	1st	10:30	Holy Communion
Sun.	8th	14:00	Harvest **(at Bleatarn)**
Sun.	15th	10:30	Churches together Harvest (tbc)

Methodists

1st 18:30: Connexion Service at Appleby

Sands, Appleby

Sun.	1st	10:30	(Rev. Andrew Sterling) All Age Worship
Sun.	8th	10:30	Revs. G & R Crippen
Sun.	15th	10:30	Rev. John Morton
Sun.	22nd	10:30	Mr. Richard McGregor
Sun.	29th	10:30	Rev. Andrew Sterling

Dufton with Knock

Sun.	1st	10:45	Informal Service
Sun.	8th	10:45	Rev. Andrew Sterling
Sun.	15th	10:45	Mrs. Heather Radford
Sun.	22nd	10:45	Informal Service
Sun.	29th	10:45	Rt.Rev. R. Saner-Haigh

Warcop

Sun.	1st	10:30	Rev. J. Betts
Sun.	8th	10:30	Mr. Tony Longworth
Sun.	15th	10:30	Harvest United Service Parish Hall
Sun.	22nd	18:30	Rev. Andrew Sterling
Sun.	29th	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,