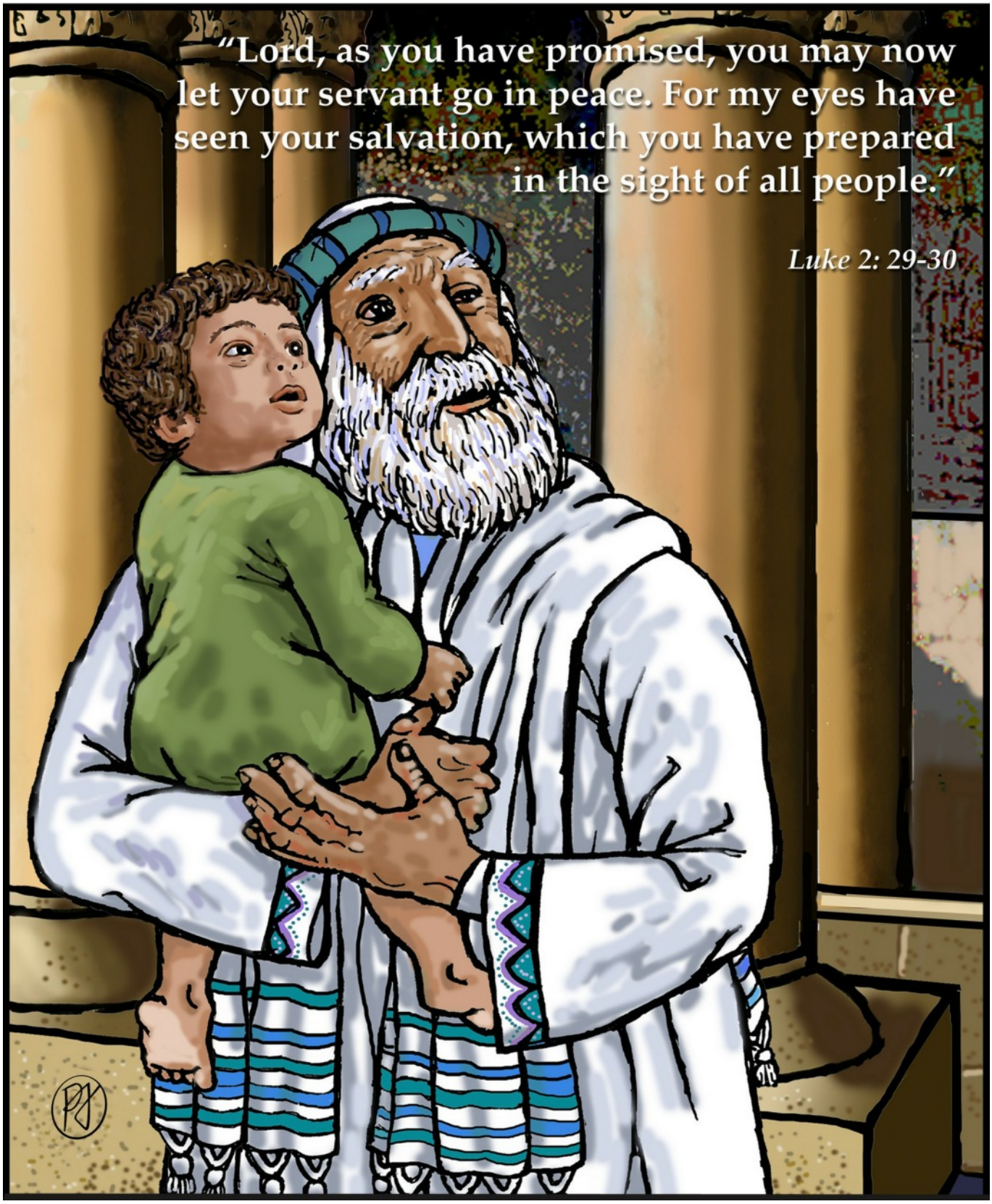
St. Lawrence, Appleby and St. John, Murton-cum-Hilton; St. James, Ormside; St. Peter, Great Asby; St. Cuthbert, Dufton; St. Margaret & St. James, Long Marton; St. Cuthbert, Milburn; St. Columba, Warcop & St. Theobald, Musgrave; St. James, Temple Sowerby; St. Michael, Kirkby Thore & St. Edmund Newbiggin. .Also with additional information from Methodist Churches at The Sands, Appleby; Great Asby; Warcop; and Dufton with Knock; & The Roman Catholic Church of Our Lady of Appleby. **But** we also bring information from the council, local voluntary organisations, clubs and associations, buses and trains, events at the villages of the Mid-Eden Valley, and we are partly supported by the advertisements which follow the news items.

Heart of Eden
February 2025
The News Magazine of the Benefice



What's on in December in the Heart of Eden?

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Date	Time	Place	Event
1st	7:30pm	Brampton Village Hall	Quiz Night + Pie & Peas Supper
1st	10:30 - noon	Milburn Village Hall	Village coffee morning
2nd	6:30pm	St. Lawrence, Appleby	Eucharist for Candlemas
2nd	6 pm	Sands Methodist Church	(The event formerly known as) Filling Station
4th	7 pm	Brampton Village Hall	Book Club
4th	10am	Temple Sowerby Victory Hall	Coffee Morning
4th	2:30pm	St. Lawrence, Appleby	Healing Service in Lady Chapel
5th	7:30pm	The Hollies, Asby	Asby Fellowship - Donald Marston
5th	12:30pm	Appleby Hub	Brampton Ladies lunch
6th	6:30pm	Brampton Village Hall	Table Tennis
6th	11:30 - 1 pm	Warcop Parish Hall	Soup and Pud
8th	10:30 - noon	Colby Village Hall	Coffee morning with raffle
8th	10 - noon	Dufton Village Hall	Coffee Morning by show committee
8th	10:30 - 1:30	Long Marton Village Hall	Bacon rolls, soup, etc., etc.
8th	10 - 11:30am	Warcop Parish Hall	Coffee Morning
10th	2 - 4pm	Public Hall Supper Room	Evergreens
10th	7:30pm	Ormside Village Hall	Country Dancing
11th	2:30 - 4:30	Temple Sowerby Church	Rainbow Café
12th	10:30am	Public Hall Supper Room	Arts Society - Andy Warhol
12th	10:30	Sands Methodist Church	Memory Club
12th	7 pm	Brampton Village Hall	Eden Valley Woodturners
12th	10:30 - noon	Ormside Village Hall	Coffee Morning
13th	7:30pm	Public Hall Supper Room	Appleby Archaeological Group -Excavations on Lindisfarne
13th	Noon	The 3 Greyhounds, Asby	Asby Lunchers
14th	6:30 pm	Knock Mission Room	Chilli Quiz Night
15th	10 - 12:30	Dufton Village Hall	Bacon Butties i.a.o. church
15th	10:30 - noon	Milburn Village Hall	Church coffee morning
18th	7:30pm	Ormside Village Hall	Craft Evening
18th	10am	Temple Sowerby Victory Hall	Coffee Morning
19th	7:30pm	The Hollies, Asby	Asby Fellowship - John Bevan
19th	7 pm	Brampton Village Hall	Village Social
19th	10:30 - noon	Long Marton Village Hall	Local History Lakes Holidays post war.
20th	6:30pm	Brampton Village Hall	Table Tennis
20th	7:30pm	Warcop Parish Hall	Film - Sister Act
22nd	7pm	St. Lawrence, Appleby	Acapella /Fellside Concert
22nd	7pm	Public Hall	Lights, Camera, Appleby - Sightseers
24th	2 - 4pm	Public Hall Supper Room	Evergreens
24th	7:30pm	Ormside Village Hall	Country Dancing
26th	10:30	Sands Methodist Church	Memory Club
26th	10:30 - noon	Ormside Village Hall	Coffee Morning
March			
1st	?	Ormside Village Hall	Possible Quiz
14th	6:30pm	Public Hall	BBC Any Questions

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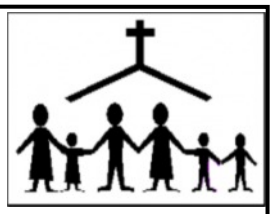
Church of England:



Rectors: 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

Roman Catholic Priest (Our Lady of Appleby) Fr. J. Winstanley ☎ 01768 862273

Inclusivity - what is it?

What does being inclusive actually mean? I cannot promise to give a definitive answer to this question. But what I want to try and reflect on is how inclusivity is so important for our individual happiness. It is very easy to put people into boxes or categorise them and then attach really negative attributes to them. Throughout history, humanity seems to have done this with some of the most horrendous results, such as massive genocides where millions have lost their lives. Today in the press and social media, it seems so easy to box and blame people. So simply identify a group and then make them the root of all our problems in the world.

What we seem to forget so easily is that we ourselves are a product of people coming and going, not just into this area but into the whole of the British Isles. That uniqueness brought together creates such wonderful diversity in the world in which we live.

In fact, we are all unique. No one has lived or will live the life you live now. interestingly I cannot prove that to you, but maybe a genetic scientist can and would happily do so. Take a long, hard look at yourself; you carry something utterly unique within you, and it is precious. It needs protection, but this protection must work for all of us. A protection that allows us all to be unique. We cannot begin by saying one of us is more unique than the other, or one of us is more precious than the other or indeed one of us is more important than the other.

In fact, surely one way to acknowledge our uniqueness is by talking to one another. It is interesting to note that social media, emails, and other forms of instant communication seem to encourage rage! To yell our individual point of view, stating "I have a right to express myself!" I'm not trying to take that away. But what I want to stress is that we need to listen equally, if not more, to the other before we 'post a rant' or 'push the send button'. We need to actually hear what the other is saying and even dare to allow them to change us.

Right at the very beginning of the Bible it is stated that we are created in the image of God, 'male and female God created them' Gen 1:27. If we truly believe that we all hold a unique part of God's image within us, then surely, we need to live in a world that enables us, allows us and encourages us to express that uniqueness. The darkness that we see around us in our generation, like so many other generations have faced, is, in part, the result of us not listening to one another, not seeking the image of God in each other. I hope and pray that in 2025 we may try to listen a little better, this is what inclusivity can actually mean! What do we have to lose…?

Church Registers, December/January

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

5th December	Kathleen Raine	Sands Methodist Church
6th December	Donald (Don) Fisher	Eden Valley Crematorium
6th January	Elise Rowlings	SS Margaret & James, Long Marton

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

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

Churchwarden and Secretary: Jo Ayres (☎52017)

Thank you to all who helped with preparations & who came along to the Christmas Eve, Christingle Service. We raised £507.53 for the work of the Children's Society.

Candlemas 2025

Appleby Deanery will hold its annual Eucharist for the Feast of Candlemas in St Lawrence's Church, Appleby, on Sunday 2nd February at 6.30pm. Rev. Andrew Burrell will preside and Canon Peter Clement will preach. Candlemas marks the end of the church Christmas Season and St. Lawrence's will have a candle display to reflect this.Everyone is welcome to join us for this special Solemn Eucharist. There will be some splendid music, and on this occasion, incense will be used during the service.

On the 22nd at 7pm we welcome **South Lakes Acappella**, with their Director, Jeff Borradaile, to St Lawrence's to give a concert in aid of our Church Funds. The choir is having a residency at The Tufton Arms that weekend, and as part of their time in Appleby they wish to give a concert in the church. To enable this to happen they have invited our own **Fellside Singers** to join them to make up a full-length programme.

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

Churchwarden Mark Blackett-Ord mblackett-ord@5sblaw.com

St. Edmund, Newbiggin

Churchwardens:

Mrs. M P. Sawrey-Cookson ☎017683.61574

Tim Whittaker

St. James the Less, Ormside

Churchwarden: Margaret Parry

Secretary: Richard Parry

both ☎017683.51043

St. James, Temple Sowerby

Churchwardens:
Angela Cleasby ☎07947379412
Laura Crackanthorpe ☎07470403623
Secretary:
Anne Farmer ☎017683.61770

Rainbow Cafe is held on the second Tuesday of every month (11th February) in Temple Sowerby Church at 2.30 to 4.30 pm

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

Tours of St Anne's Hospital

Regrettably not available for the duration of the building work going on at the hospital. No services will be held in the chapel, either

News from the Area

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

: upperedenfood

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

Filling Station

Meeting at Sands Methodist church at 6pm on the first Sunday of the month.

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. **Now removed to the Public Hall Supper room**. Includes lunch time. Every Friday 9:30 am to 2 pm. Contact Kristy Pattimore krist@pattimore.com ☎07480.935119

Wellbeing Wednesdays

The Welcome Inn!

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 (4th February) - we also hold a special 'service for healing' which is an opportunity to receive prayer and anointing, for you or for someone you love. All are very welcome! We look forward to seeing you.

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

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

Citizens Advice Carlisle and Eden Volunteers needed

citizens advice Carlisle & Eden

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

Locally, we rely on a team of committed volunteers in a number of roles. To support our work we now want to recruit: Digital Advisors: to work with clients by email and on the phone to provide advice across a wide range of issues.

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

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

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

Inner Wheel

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

Contact Stan Rooke on ☎017683 52864.

Appleby Smarter.

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

Our hard working volunteers have been enjoying a short, well earned winter break, but we will return to our Monday afternoon jobs in February.

- If anyone has made a New Year's resolution to :
- Get out and about
- Become a bit more active
- Make some new friends
- Start volunteering

…then here is your opportunity! Just ring or email Mike for a chat on ☎0775 182 4982 or email applebysmarter@gmail.com

Tourist Information Centre

N.B. Opening hours until spring:

10 - 2 Monday to Saturday

We have a lot of visitors who would like to join in with local events, so if you send the TIC a poster we will advertise your event on Facebook and put it out on our A-board.

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

We have lots of local books, and locally made craft items by Eden artisans. Come in and browse! Opening Hours are currently Monday - Saturday 10am till 2pm.

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

Facebook: Appleby Tourist Information Centre

Appleby Library

Opening hours now:

Monday, Wednesday and Friday, 9am to 12:30, 1:30 to 5pm **and** Saturdays 10am to 1pm

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

Appleby Public Hall, Supper Room Saturdays - 9:30am to 11:30am
Not aware of any events at time of going to press

Appleby-in-Westmorland Town Council

Appleby Community Achievement Awards

The Appleby Community Achievement Awards will recognise special people in our community. People who are doing exceptional things for the good of their community, who often remain behind the scenes and are not normally recognised.

Nominations are invited for people who live, work or volunteer within Appleby. They could be someone who:

- Works as a volunteer or is a staff member for a local community organisation(s) and supports worthwhile causes within the community.
- Goes over and beyond in their place of work and brightens the lives of people in some way - this could be a friendly shop keeper, postman, etc.
- Looks out for neighbours, who might need a little help from time to time.

There are 3 award categories:

1. Community Champion
2. Business Champion
3. Environment Champion

The person making the nomination must not be related to the person they are nominating and should be someone who either works with them or who has firsthand knowledge of why they deserve to be recognised by this award.

The awards will be presented at the Annual Parish Meeting on Wednesday, 30th April 2025. An application form can be downloaded at https://applebytown.gov.uk/community-achievement-awards/ or by emailing clerk@applebytown.gov.uk, or picking up a hardcopy from Appleby Tourist Information Centre.

Radio 4 - Any Questions?

BBC Radio 4's flagship political discussion programme Any Questions? is coming to Appleby Public Hall on Friday, 14th March 2025.

The programme was first broadcast in 1948 and visits a different part of the UK every week with a panel of four speakers who answer questions from the audience, providing people with the opportunity to challenge politicians, policy makers, writers, and thinkers. The panel is different each week and is broadcast LIVE on Radio 4 straight after the 8pm news bulletin. It's your chance to put your question to the panel. Doors open at 6.30pm and close at 7.15pm. The programme will be broadcast live from 8-9pm. Entry is by ticket only. Please note there will be security checks on admittance to the venue. Recording and photography during the broadcast is not permitted.

There will be question cards available to complete on arrival and if your question is selected for the programme, you must be prepared to ask it yourself on air. To book your free ticket, visit https://www.eventbrite.com/e/bbc-radio-4-any-questions-tickets-1186304732389

The Big Library Survey Launched

Westmorland & Furness Library Services are asking residents to take part in a quick survey to help shape the future of libraries.

The survey asks what you value most and what improvements you would like to see. This feedback will help create a library service that truly reflects the needs and aspirations of its users.

- Adults: https://www.surveymonkey.com/r/WFlibrarysurvey1
- Children: https://www.surveymonkey.com/r/wflibrarysurvey2

Paper copies are also available at all local libraries. The deadline for responses is Friday, 31st January 2025 at 5pm.

561 Bus Service

The 561 Appleby to Kendal Wednesday service resumed in January, running during off peak hours and giving users approx. 3 hours in Kendal.

It leaves Appleby Moot Hall at 9.30am and arrives at Kendal bus station at 10.30am and returns from Kendal at 1.30pm, arriving back at Appleby at 2.30pm.

The service is operated by Westmorland & Furness Council with a 16 seater minibus and although ENCTS permits will be eligible, the £3 fare cap will not, and normal ticket fares apply for anyone travelling without a permit.

Appleby Edibles

Come and grow with us!

Who are we?

An inclusive group of gardening and nature enthusiasts who like to grow fruit and veg, socialise, and share skills in pleasant surroundings. Our members are of all ages and abilities, and we are happy to welcome members with health challenges. We enjoy a strong sense of connection with the environment.

Where are we?

At the far end of the former Appleby Heritage Centre site (near the railway station). There is free parking adjacent to the garden.

When are we open?

Please come and visit us Tuesdays and Saturdays 10-12. When you join Appleby Edibles you come up and garden whenever you like.

Enquiries to Karen West (Chair) 07974 759136, Annie Weir (Secretary) 07919 542143, or email us at applebyedibles@hotmail.com

Community Transport

(Supported by Westmorland and Furness Council)

Community Wheels service

This service continues to operate on Fridays into/out of Appleby - to join the Community Wheels scheme, please call 01228 226430.

Voluntary Social Car Scheme

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

Appleby Clubs, etc.

Appleby in Westmorland Society

No meeting in February, but on Sunday 16th March at 1:30pm in the Public Hall Supper Room, there will be a lecture titled: "Those were the Days"

Appleby Archaeological Group

Thursday 13th at 7.30pm in the Public Hall Supper Room:

Dr David Petts, Associate Professor of Archaeology at the University of Durham, will talk on archaeological excavations on the Isle of Lindisfarne.

The Arts Society, Appleby

On Wednesday 12th 10:30am in the Public Hall Supper Room, titled: "The Life and Work of Andy Warhol" by Bill Powell.

Much More Than Soup Cans:Join us for a fascinating lecture by Bill Powell, who will delve into the remarkable life and art of Andy Warhol—an artist who was much more than his famous soup cans

Appleby Evergreens

Evergreens in the Public Hall Supper Room from 2 - 4 pm (generally on alternate Mondays), i.e. 10th and 24th February.

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 elcome. If anyone has any queries please contact jane.farkins@right2work.org.uk

Lights…Camera…Appleby

Saturday 22nd Sightseers (12)

This black comedy follows Chris and his girlfriend Tina on a caravan holiday across northern England. Against the scenic backdrops of Cumbria and North Yorkshire, their getaway takes a murderous turn as their dark sides emerge.

A must for anyone that takes their comedy strong and black; this is a refreshingly offbeat and unpredictable twisted tale, set against the beautiful sites Long Meg, the Ribblehead Viaduct and Keswick Pencil Museum.

We will be serving a northern favourite, a pie and peas supper, with Low Howgill's delicious pork pies, served with mushy peas and gravy. Vegetarian option available. Please book food tickets well in advance to avoid disappointment.

Tickets £12 for food and film. Film only tickets, £4. Doors open 6pm, food served 6.15-6.30pm. Film screening at 7pm. Pay bar, raffle and interval ice-cream from the Jersey Ice Cream Farm, Melkinthorpe.

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

Memory Club in Appleby

Meetings are held on the 2nd & 4th Wednesdays of each month at Sands Methodist Church Hall 10.30am -12 noon. (i.e.12th and 26th February). All are welcome, particularly those with memory loss. There will be light refreshments, games, crafts, music and singing.For further information please contact:-

Anne ☎017683 51219
Tim ☎017683 52640

Probus Club

If you enjoy a good meal and interesting conversation, perhaps you might like to consider joining the Appleby Probus club.

The Appleby Club is strictly non-political, non-denominational, gender-neutral, and does not raise funds. It is currently seeking new members!

You might also like to know that the club also runs occasional outings such as trips to the theatre or sporting events. As an example, we recently visited the Carlisle Airport museum.

If you think that any of this might interest you, please drop a line to either Ian Rudd at ian.rudd70@icloud.com or Adrian Marsh at adrian.marsh@live.co.uk

Appleby Rotary Club

Appleby Rotary Club is supporting Physionet, a UK based humanitarian organisation dedicated to helping some of the most marginalised people in the world by supplying children and adults with disability equipment considered surplus or redundant in the UK. Physionet supplied almost 8000 items of physiotherapy, paediatric equipment, wheelchairs, mobility items and some hospital hardware that would have normally ended in landfill.

If you have any surplus/redundant equipment please contact us and we will arrange collection.

Alastair Bell - Appleby Rotary Club on atbell@btinternet.com or ☎07970597536 / 017683 51547

Villages

Asby

Wed	5th	19:30	Asby Fellowship, The Hollies, Asby: Donald Marston
Thurs	13th	12:00	Asby Lunchers, Three Greyhounds (single course and coffee £7.50). Let them know by Wednesday evening
Wed	19th	19:30	Asby Fellowship, The Hollies, Asby: John Bevan

Brampton Village Hall

Sat.	1st	7:30pm	Quiz Night with Pie & Peas Supper (BYOD)
Tues.	4th	7:00pm	Book Club
Wed.	5th	12:30pm	Brampton Ladies (**Lunch at the Hub**)
Thurs	6th .	6:30pm	Table Tennis
Wed.	12th	7:30pm	Eden Valley Woodturners
Wed.	19th	7:30pm	Village Social
Thurs.	20th	6:30pm	Table Tennis

Colby Village Hall

Sat.	8th .	10:30 am	Coffee Morning, including raffle

Dufton Village Hall

Sat. 8th 10 to noon Coffee morning by the Show committee. Also showing films of previous shows and displaying photographs and articles regarding past shows, as well as looking forward to future shows.

Sat. 15th . 10 to 12:30 BACON BUTTIES in aid of St. Cuthbert's church

Knock Mission Room

Fri. 14th Chilli Quiz Night - 6.30 pm for 7pm start, £7.50 entry, raffle, tea & coffee available, no booking necessary

Long Marton

Saturday 8th 10.30am to 1.30pm: Bacon rolls, soup, cheese toasties, toasted teacakes, tea/coffee. Please come and join us for hearty winter warming food & chat. All are welcome.

Local History Group: Wednesday 19th - Holidaying in the Lake District in the 1940s and 1950s. If you would like details of the programme for 2025, please email Christine at longmartonlocalhistorygroup@gmail.com

Sadly carpet bowls is taking a break due to lack of numbers. If anyone is interested in joining please contact Vicky on ☎01931 715810

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

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

Milburn

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

Ormside

Village hall coffee mornings are Wednesdays 12th and 26th, from 10.30 till noon.

Craft Night is on the third Tuesday of the month (i.e. 18th February) at 7.30 pm.

Country Dancing is the second and fourth Mondays of the month, i.e. 10th and 24th February.

Possibility of a quiz on the 1st March, so keep eating the brain food, but more details next month.

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

Rainbow Cafe is held on the second Tuesday of every month in Temple Sowerby Church (11th) from 2.30 to 4.30 pm

Warcop - Parish Hall

Mondays 6:30 - 8 Table tennis club

Warcop Parish Hall Soup and Pudding, Thursday 6th, 11.30am - 1.00pm. Come and join us for lovely homemade soup and pudding. £7 per person, including tea or coffee.

Warcop Parish Hall Remote Cinema - Thursday 20th, 7.30pm

Sister Act (PG)

Starring: Dame Maggie Smith and Whoopi Goldberg

This unbeatable classic is a slice of pure 90s nostalgia that will bring a smile to your face and a song to your heart. Maggie Smith takes a flawless comic turn as the Reverend Mother whose heart is slowly won by another legend of the screen, Whoopi Goldberg.

Doors open 7:15pm. Screening: 7:30pm. Refreshments available during the interval, including ice creams.

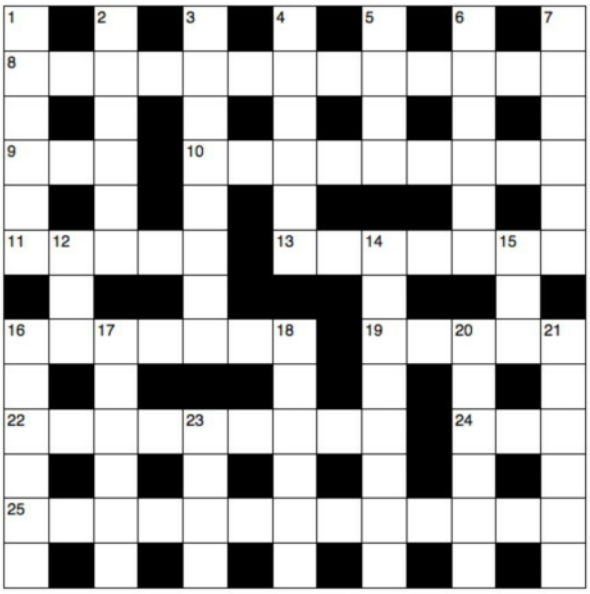
Adults: £5.00. Children under 16: £3.00

Warcop Parish Hall Coffee Morning

Saturday 8th, 10-11.30am

Tea, coffee and biscuits, plus bacon or sausage rolls (vegetarian alternatives) and scones for purchase

This month's crossword (solution overleaf)



Across

8 Interrogated (Acts 12:19) (5-8)

9 'Burn it in a wood fire on the - heap' (Leviticus 4:12) (3)

10 Tobit, Judith, Baruch and the books of Esdras and the Maccabees are part of it (9)

11 Science fiction (abbrev.) (3-2)

13 Clay pit (anag.) (7)

16 Went to (John 4:46) (7)

19 'Therefore, I urge you, brothers, in view of God's mercy, to - your bodies as living sacrifices' (Romans 12:1) (5)

22 David's plea to God concerning those referred to in 14 Down: 'On - - let them escape' (Psalm 56:7) (2,7)

24 Royal Automobile Club (1,1,1) 25 How the book of Ezekiel refers to God more than 200 times (Ezekiel 2:4) (9,4)

Down

1 Seas (Proverbs 8:24) (6)

2 One of the sons of Eli the priest, killed in battle by the Philistines (1 Samuel 4:11) (6)

3 Specialist in the study of the Muslim religion (8)

4 'Do not rebuke an older man harshly, but - him as if he were your father' (1 Timothy 5:1) (6)

5 One of Esau's grandsons (Genesis 36:11) (4)

6 Taking a chance (colloq.) (2,4)

7 God's instructions to the Israelites concerning grain offerings: ' - salt to - your offerings' (Leviticus 2:13) (3,3)

12 Confederation of British Industry (1,1,1)

14 'All day long they twist my words; they are always - to harm me' (Psalm 56:5) (8)

15 The crowd's reaction to Jesus bringing back to life a widow's son in Nain (Luke 7:16) (3)

16 Disappear (Psalm 104:35) (6)

17 How Jeremiah was likely to die if he wasn't rescued from the cistern where he was imprisoned (Jeremiah 38:9) (6)

18 What the prophets do to a wall, with whitewash (Ezekiel 13:10, RSV) (4,2)

20 Made by a plough (Job 39:10) (6)

21 Noah was relieved when the flood waters continued to - (Genesis 8:5) (6)

23 Jesus gave the Twelve the power and authority to do this to diseases (Luke 9:1) (4

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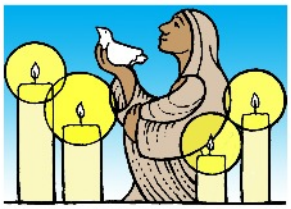
2nd Feb: Candlemas, The Presentation of Christ in the Temple



In bygone centuries, Christians said their last farewells to the Christmas season on Candlemas, 2nd February. This is exactly 40 days after Christmas Day itself.

In New Testament times 40 days old was an important age for a baby boy: it was when they made their first 'public appearance'. Mary, like all good Jewish mothers, went to the Temple with Jesus, her first male child - to 'present Him to the Lord'. At the same time, she, as a new mother, was 'purified'. Thus, we have the Festival of the Presentation of Christ in the Temple.

So, where does the Candlemas bit come in? Jesus is described in the New Testament as the Light of the World, and early Christians developed the tradition of lighting many candles in celebration of this day. The Church also fell into the custom of blessing the year's supply of candles for the church on this day - hence the name, Candlemas.

The story of how Candlemas began can be found in Luke 2:22-40. Simeon's great declaration of faith and recognition of who Jesus was is of course found in the Nunc Dimittis, which is embedded in the Office of Evening Prayer in the West. But in medieval times, the Nunc Dimittis was mostly used just on this day, during the distribution of candles before the Eucharist. Only gradually did it win a place in the daily prayer life of the Church.

'My First Sermon' by John Everett Millais

There is a story of two men talking about their new vicar. One says to the other, "This new one's not a patch on the old vicar. With the old one preaching I was asleep in five minutes. With the new one it takes all of ten." Some churches in times past employed 'sluggard-walkers' who had long rods and walked down the aisles, ready to wake up the faithful if they had nodded off during the sermon.

Sluggard-walkers are not needed for this month's painting, My First Sermon by John Everett Millais. It hangs in the Guildhall Art Gallery in London, which houses the art collection of our capital city. The Gallery is built on the site of an amphitheatre and was only completed in 1999, having replaced a building that was destroyed in the blitz of 1941. It has over 4000 works, many of them from the Victorian and Pre-Raphaelite period. Among them is this painting by Millais which depicts Effie, his 5-year-old daughter sitting in Kingston Church. She is dressed properly and sensibly for the occasion with feathered hat, muff and a cloak of vivid red. Her mother's prayer book and gloves are by her side. Effie is listening with great concentration.

When the painting was exhibited in 1863, it was a great success. In the following year Millais produced My Second Sermon - a very different occasion, for Effie has now fallen asleep with her hat by her side. Millais was often criticised for his sentimental portraits of children as in Cherry Ripe and Bubbles. But in 1864 the Archbishop of Canterbury, Charles Longley, praised this second painting for reminding us of 'the evil of lengthy sermons and drowsy discourses.'

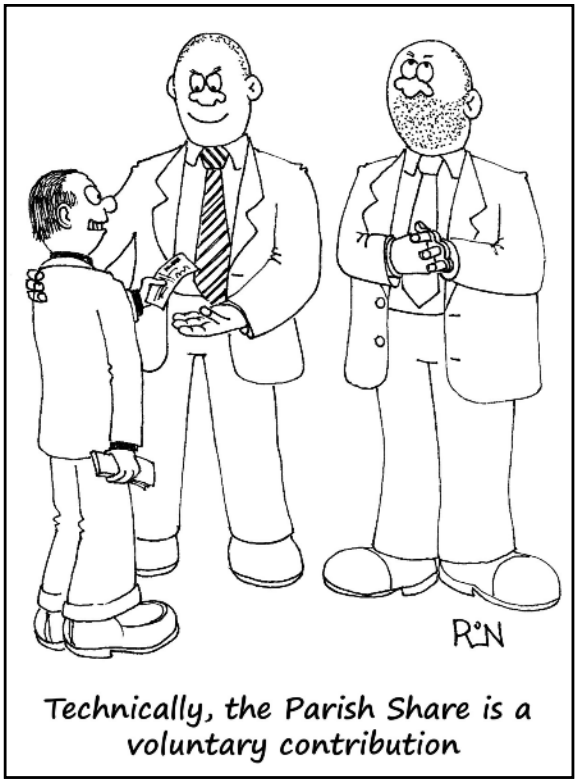
As we look at Effie alert one Sunday, asleep the next, we can smile. But we might also ask how we respond to the Word that comes to us through the medium of words in the weekly sermon. The preacher has the daunting task of using this everyday coinage of words to draw us into that mysterious, life-giving realm of the Word, Jesus. The words spoken must make a straight path for the Lord to reach each human heart.

The two paintings of Millais depict the reality and fragility of this endeavour. Sometimes our attention is engaged; at others, drowsiness closes our eyes and even our hearts to the good news of salvation. On occasions the sermon sows seeds, which can bear fruit. At other times, all kinds of factors mitigate against the sermon's success. Let us pray that as listener or as preacher, we may be aware of the dynamic power of the Word, which, as Karl Rahner wrote, calls us 'out of the little house of our homely, close-hugged truths into the strangeness of the mystery of God that is our real home.'

Former head of M15 to lead search for new Archbishop of Canterbury

The Prime Minister has appointed The Lord Evans of Weardale KCB DL to chair the new Crown Nominations Commission for Canterbury. The Crown Nominations Commission is the C of E committee that will nominate the candidate to be the next Archbishop of Canterbury. Archbishop Welby

completed his duties on 6th January. Jonathan Evans has been a Crossbench member of the House of Lords since 2014. Until October 2023 he was Chair of the Committee on Standards in Public Life. He is currently Chair of the HALO Trust, the anti-landmine charity, and of the Public Interest Committee at KPMG UK. He is a former Director-General of the Security Service, MI5. He is an active and communicant member of his local parish church.



The Love of Wisdom of Natural Things

Some time ago a scientist was invited to speak at the Dewsbury Women's Institute. He spoke about his research on polymers, hoping that the women of this Yorkshire mill town would connect with his desire to develop new fibres.

One person in particular, a woman called Betty who had worked in a mill since the age of 15, listened as if her life depended on it, and peppered him with questions afterwards. She had always been interested in how things work, but until that day had not found anyone to answer her questions. Whenever she had asked about the processes that they were using in the mill, she was just told to get on with her job.

From the outside, science can seem a closed specialty, hemmed in by intimidating jargon. When McLeish described science as 'the love of wisdom of natural things', however, he realised he was opening a door. He was moved to see that Betty was not the only person who shed a tear when her questions were finally taken seriously, confirming that her enquiring mind was indeed probing in the right direction - only 50 years too late.

Hearing about people like Betty reminds me that science is a very natural activity for anyone to be involved in. McLeish is convinced that there is a future in 'science therapy'. In his book Faith and Wisdom in Science, where this story appears, he asks the question "If a reintroduction to the activity of representing both inner and outer worlds in paint, music and drama can help to heal minds, what hope might there be for a participation in a gentle and contemplative science in restoring a broken or misunderstood relationship with the physical world?"

This story inspired me to run a number of hands-on science activities with adult audiences in churches. I have extracted DNA from strawberries with a midweek group for older people, organised hands-on exhibits to liven up lecture or discussion events, and even had groups extracting DNA from their own cheek cells.

Every time I lead activities like these, I find that grown-ups are grateful for the opportunity to have a go at science themselves. I love helping church-based groups, in particular, to reconnect with science and celebrate what they find. Science is not just for children and professionals - it is for everyone to enjoy and explore the world God made.

Thomas Bray, founder of SPCK

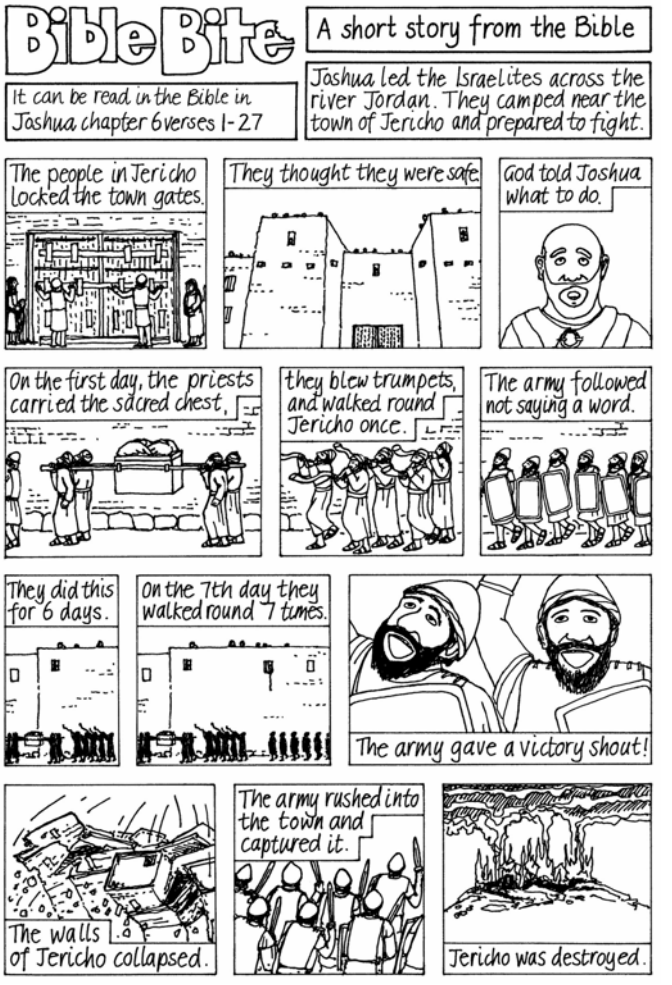
Thomas Bray was once called a 'Great Small Man', with good reason. This diminutive 18th century English clergyman (1658 - 1730) not only helped to establish the Church of England in Maryland, but he was also founder of the Society for the Propagation of Christian Knowledge (SPCK) in 1698 and the Society for the Propagation of the Gospel in Foreign Parts (USPG) in 1701.

Those are long names for societies whose aim was to get Christian books and resources into the hands of those who desperately needed them. For the early 18th century was not an easy time for poor clergymen: books were expensive, and many of them had few, or none to guide them in their ministry. And so, Thomas Bray, who had been educated at Oxford, joined with some other clergy friends to help them.

After a trip to assess the needs of the young Episcopal Church in Maryland (he was sent by the Bishop of London), Bray became rector of St Botolph's, Aldgate in London in 1708. From here he served his parish, and through SPCK eventually established 80 parish libraries in England and a further 39 in the Colonies. SPCK and USPG worked by asking learned authors to donate copies of their books. They also appealed to merchants to the foreign plantations for financial help in establishing the libraries.

Thomas Bray's life has affected hundreds of thousands of people over three centuries. Not only was his work in America the first major coordinated effort to establish libraries in the New World, but SPCK is still one of our leading UK Christian publishing houses today.

As if that was not enough, Bray also worked to help poor debtors emigrate to better lives, and homeless children to get care in England. He helped feed prisoners at Newgate prison in London and joined in the political fight against slavery. He also supported outreaches to Africans and Native Americans in their home countries. When he died on 15th February 1730, thousands mourned him. A great small man indeed!



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

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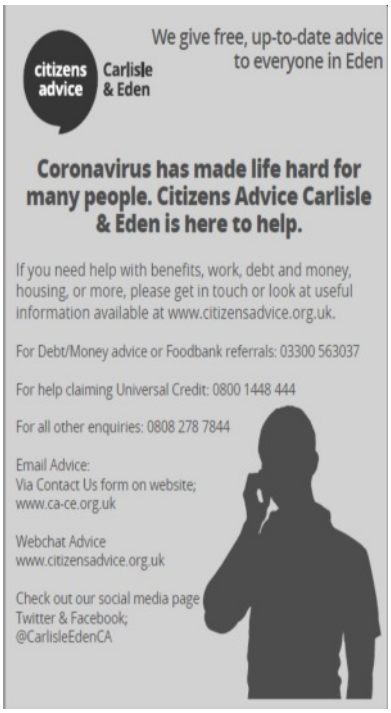

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WHO ARE WE?

- 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.

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Appleby Deanery

St Lawrence's Church
Appleby-in-Westmorland

Solemn Eucharist for Candlemas

Sunday February 2nd
6.30pm

Revd Andrew Burrell
will Preside
Canon Peter Clement
will Preach

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7 PM

7 02

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Church Services for February 2025

Church of England

St. Lawrence, Appleby

Sun.	2nd	09:00	Holy Communion
Sun.	2nd	18:30	Communion for Candlemas
Mon.	3rd	19:00	Compline
Fri.	7th	10:00	Holy Communion
Sun.	9th	10:45	Holy Communion
Fri.	14th	10:00	Holy Communion
Sun.	16th	10:45	Holy Communion
Mon.	17th	19:00	Compline
Fri.	21st	10:00	Holy Communion
Sun.	23rd	10:45	Holy Communion
Fri.	28th	10:00	Holy Communion

St. Peter, Asby

Sun.	2nd	18:30	Holy Communion
Sun.	9th	11:00	United Service (@ St. Peter's)
Sun.	16th	18:30	Lay Led DIY
Sun.	23rd	11:00	Morning Prayer

Boroughgate, St. Anne

Closed for the duration of building works

Dufton St. Cuthbert

Sun.	9th	15:00	Evening Prayer
Sun.	23rd	10:30	Holy Communion

Kirkby Thore, St. Michael

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

Long Marton SS. Margaret & James

Sun.	9th	09:15	Holy Communion

Milburn, St. Cuthbert

Sun.	2nd	10:30	Holy Communion
Sun.	9th	10:30	Holy Communion
Sun.	16th	10:30	Holy Communion

Murton, St. John

Sun.	23rd	15:00	Evening Prayer

Musgrave, St. Theobald

Sun.	23rd	10:00	Holy Communion

Newbiggin, St. Edmund

Sun.	2nd	10:30	Holy Communion
Sun.	23rd	16:00	Evening Prayer

Ormside, St. James

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

Temple Sowerby, St.James

Sun.	16th	10:30	Morning Worship

Warcop, St. Columba

Sun.	2nd	10:30	Holy Communion
Fri.	9th	10:30	Morning Prayer
Sun.	16th	10:30	All Age Worship (village hall)

Methodists

9th 18:30 Connexion Service at Tebay

Sands, Appleby

Sun.	2nd	10:30	Rev. Andrew Sterling
Sun.	9th	10:30	Mr. Richard McGregor
Sun.	16th	10:30	Mrs. Penny Hilland
Sun.	23rd	10:30	Rev. A. Sterling

Dufton with Knock

Sun.	2nd	10:45	Mr. P. Carter
Sun.	9th	10:45	Chapel Anniversary
Sun.	16th	10:45	Rev. Andrew Sterling
Sun.	23rd	10:45	Mr. Richard McGregor

Warcop

Sun.	2nd	10:30	Mrs. Jacky Ousby
Sun.	9th	10:30	Rev. Andrew Sterling
Sun.	16th	10:30	Informal Service
Sun.	23rd	15:00	Revs. J. & L. Riley

Roman Catholic Church of Our Lady of Appleby

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