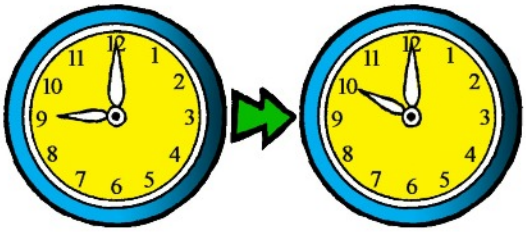
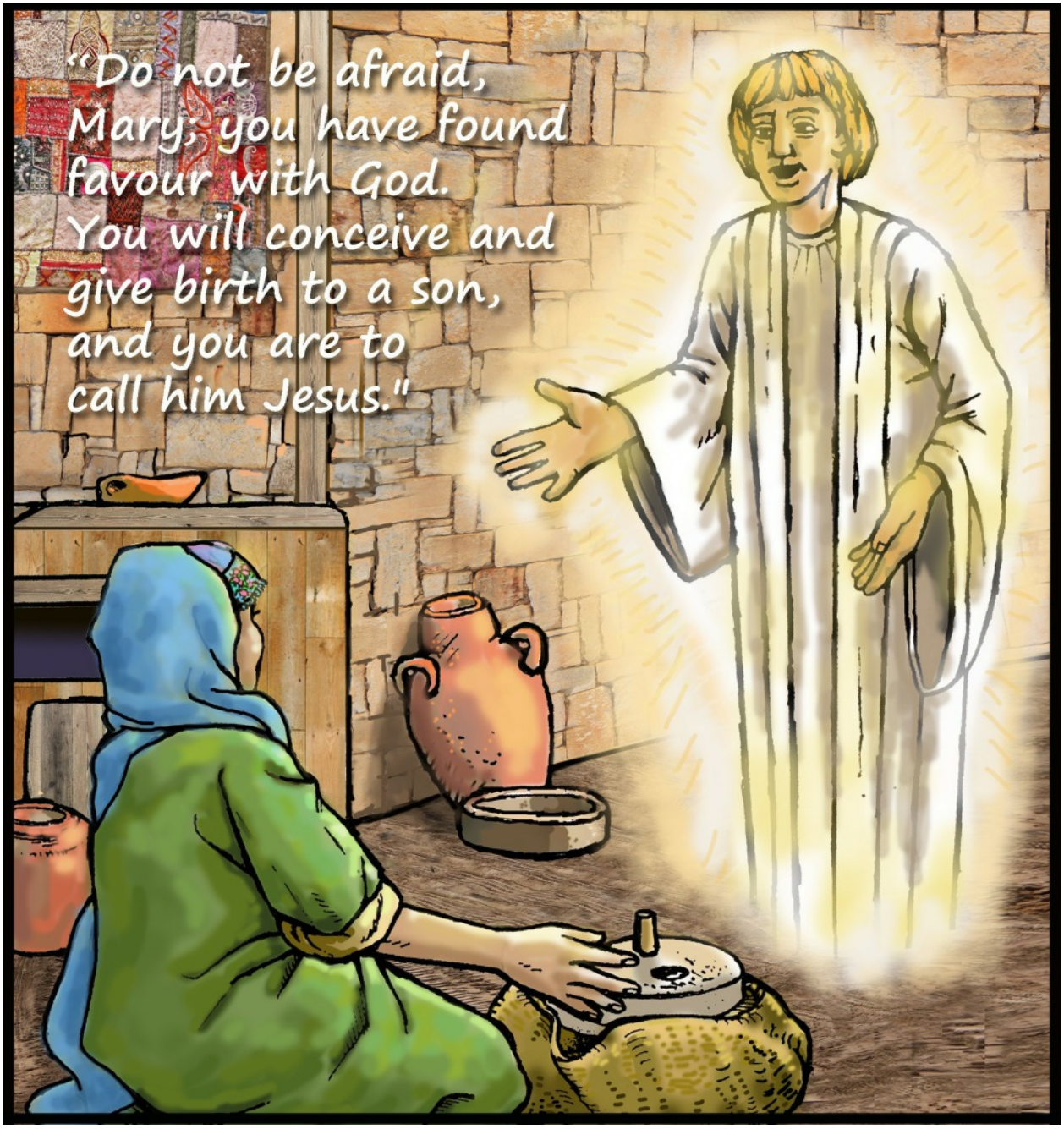
St. Lawrence, Appleby and St. John, Murton-cum-Hilton; St. James, Ormside; St. Peter, Great Asby; St. Cuthbert, Dufton; St. Margaret & St. James, Long Marton; St. Cuthbert, Milburn; St. Columba, Warcop & St. Theobald, Musgrave; St. James, Temple Sowerby; St. Michael, Kirkby Thore & St. Edmund Newbiggin. .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
March 2025
The News Magazine of the Benefice



Summer time starts 30th March



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

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Date	Time	Place	Event
1st	9:30	Public Hall Supper Room	Coffee morning i.a.o. Liberals
1st	10:30 – noon	Milburn Village Hall	Village coffee morning
1st	7:30	Ormside Village Hall	Quiz
2nd	6 pm	Sands Methodist Church	Celebration *(the event formerly known as Filling Station)*
4th	2 – 5pm	Sands Methodist Church	Pancake and Milkshakes
4th	2:30pm	St. Lawrence, Appleby	Healing Service in Lady Chapel
4th	7 pm	Brampton Village Hall	Book Club
4th	10am	Temple Sowerby Victory Hall	Coffee Morning
5th	12:30	Brampton Village Hall	Brampton Ladies
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	10:30 – 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
11th	4pm	Sands **and** St. Lawrence	Lent Groups (+ all Tuesdays in Lent)
12th	10:30am	Public Hall Supper Room	Arts Society – "Grayson Perry"
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 –Aerial Archaeology
13th	Noon	The 3 Greyhounds, Asby	Asby **Lunchers**
14th	6:30 for 8	Appleby Public Hall	Any Questions (see last month's article)
14th	7:30 pm	Knock Mission Room	Bingo Night
15th	7pm	Public Hall	Lights, Camera, Appleby – "My Favourite Cake"
15th	7:30pm	Colby Village Hall	Quiz Night with bar
15th	10:30 – noon	Milburn Village Hall	Church coffee morning
16th	1:30pm	Public Hall Supper Room	Appleby-in-Westmorland Society – "Those Were the Days"
18th	7:30pm	Ormside Village Hall	Craft Evening
18th	10am	Temple Sowerby Victory Hall	Coffee Morning
19th	7 pm	Brampton Village Hall	Village Social
20th	6:30pm	Brampton Village Hall	Table Tennis
20th	7:30pm	Warcop Parish Hall	Film – "Thelma"
24th	2 - 4pm	Public hall Supper Room	Evergreens
24th	7:30pm	Ormside Village Hall	Country Dancing
26th		Appleby Library	Reading Group (see article)
26th	10:30	Sands Methodist Church	Memory Club
26th	10:30 – noon	Ormside Village Hall	Coffee Morning
27th	2pm	Long Marton Village Hall	Long Marton & Milburn Book Group
29th	All day	Appleby Public Hall	Northern Crafts Market
29th	7pm	Dufton Village Hall	Johnny Campbell sings
30th		Public Hall	Annual Town Meeting and awards
30th		British Summer Time starts - clocks forward!	

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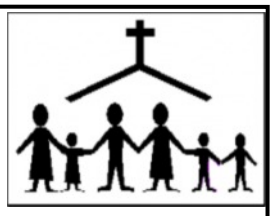
Church of England:



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

This isn't goodbye…….

This is my last letter in the Kirkby Stephen, Appleby and Tebay Circuit Plan, and indeed after Easter day my name stops appearing in the grid as I go on Sabbatical.

Already people have started to say goodbye, which feels very strange given I still have another 6 months here at the time of writing. Nevertheless, the time is coming where I will be restationed in Ponteland near Newcastle, and I really do have to say goodbye.

I don't find goodbye easy. There feels like there is something final about it all, despite our world being more connected than ever. Living in Appleby has shaped me, and moving from here will shape me again. The relationships that have been formed will inevitably change, even if I pray that they won't end. I will of course come back to visit, but it will no longer be home. With this move comes great joy, but also sadness and frustrations. I still want to be part of what is going on and what God is doing here!

For the Apostle Paul, he also was an itinerant preacher, travelling from place to place, never really being able to be where he wanted to be, but always going where he was called to be. We can occasionally see these frustrations in his letters. When he writes to the Galatians, Paul is noticing a conflict going on and wants to be there to sort it out, put everything right again. He writes 'I wish I could be present with you now and change my tone, because I am perplexed by you!' (Gal 4:20). Of course I may feel less perplexed than Paul did but will still care for all that is going on in people's lives here and in the church communities.

I find it important to remember that in Christ there really is no such thing as goodbye. The community of Christ we are baptised into is a one of unity, not just within local communities but across the world. This is a present reality and a future hope, which we will experience with all God's people, past and future, as we look forward to the day when all will be well.

Of course, our present reality and belief don't always feel matched up, whether that is because of the reality of distant relationships or fractured ones. Indeed, the prayer of Christ for us and the "God for All" initiative across Cumbria is for the Church to more fully embody the Kingdom reality in a church which has too often been corrupted by the world's and humanities divisive ways. When we start healing those relationships and putting God first, then it may be that we see the reality of a united Church in Christ, which even death cannot separate.

I pray that as these changes take place, changes of which Cumbria is at the prophetic front line, we will see God glorified through our churches as we all more beautifully reflect the kingdom of God.

God Bless you all.

Rev Andrew Sterling

Church Registers

Baptisms - We welcome into the Lord's Family:

2nd February Bonnie May Turnbull Sands Methodist Church

No other Register items received at time of going to press

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/),

Church of England

Carlisle Bishop Update

Members of the Crown Nominations Commission came together this week to shortlist candidates as they continue to further discern and nominate a new Bishop of Carlisle. The group - which includes six representatives from the Diocese - met on Wednesday 22nd January, with interviews for those shortlisted scheduled for 13th and 14th March.

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

Churchwarden and Secretary: Jo Ayres (☎52017)

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 mblackettord@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 March) 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

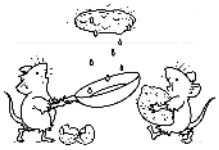
Dufton with Knock Methodist Church

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

4th March - Shrove Tuesday, Pancakes & Milkshakes!



We'll be serving pancakes in the afternoon of Shrove Tuesday. 2pm – 5pm with lots of different toppings. All you can eat! Donations for Chapel Renovations.

Everyone welcome

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

Time for Reflection Time for Reflection Time for Reflection

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 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, and returned to our Monday afternoon jobs last month.

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 192 4982 *(n.b. not 0775 182 4982 - sorry - Ed.)* 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

Date	In aid of
1st	Liberal Democrat Association

and 29th all day - Northern Crafts Market

Appleby-in-Westmorland Town Council

Improvements around the riverside

Work has started on repairing the two Butts shelters on the riverside. This has been made possible by a very generous donation from Appleby Rotary, with the additional funding coming from Westmorland & Furness Council and Appleby Town Council.

Work will be starting soon to replace the 80 black and white bollards on the Sands side of the river. This work will be funded by Westmorland & Furness Council and Appleby Town Council.

Improvements to the Public Hall

Following the work that was completed at the end of the year to replace part of the roof to the Public Hall to make it watertight, Appleby Council will be looking at carrying out internal improvements to the hall this year, including redecoration. If any users of the hall have suggestions on what they would like to see done, please get in touch with the Council.

Appleby Community Achievement Awards

A reminder that the deadline for applications for the Appleby Community Achievement Awards is Friday, 28th March. The awards are new to Appleby and are to recognise special people in our community.

There are 3 award categories:

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

The awards will be presented at the Annual Town 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

Cumbria Devolution Consultation

This consultation seeks views on a proposal to form a Mayoral Combined Cumbria Authority for the local government areas of Cumberland Council and Westmorland & Furness Council.

In December 2024, the government published the English Devolution White Paper, which sets out plans to move power out of Westminster and back to local communities. The local council leaders from Cumberland Council and Westmorland & Furness Council have since written to government expressing their interest in taking forward devolution within their area through the establishment of a Mayoral Combined Cumbria Authority.

This authority would be in addition to the two unitary existing councils of Cumberland and Westmorland & Furness. While the final scope of the powers transferred to the new authority is still being determined, the expectation is that the vast majority of powers will be transferred to the new authority from central Government. A small number of powers may be transferred from Cumberland Council and Westmorland & Furness Council to the new authority.

Before taking a decision on whether to proceed with the making of the necessary legislation, the government is seeking views from interested parties, including those who live and work in the area. The easiest way to take part in the consultation is by completing the online form at https://consult.communities.gov.uk/lggc/cumbria-devolution-consultation

Royal Mail Sorting Office at Appleby to close

The sorting office in the centre of Appleby town will close at the end of February. The post office itself remains open for business as usual, although the post box on the building will also be removed.

If a parcel cannot be delivered the first time round, it will now be automatically redelivered the next day. If this fails, then the parcel will be automatically returned to the Penrith sorting office. Unless customers can go online and arrange for their parcel to be sent to Appleby post office to be collected, then they have a 2 hour window from 8am to 10am to collect parcels from the Penrith sorting office.

Not having a post box in the centre of the town is also going to inconvenience not just local residents and businesses, but also visitors, as the nearest post box is some distance away from the centre of town.

Council launches search for dozens of new apprentices

Westmorland and Furness Council launched its search for 35 new apprentices this week, providing a fantastic opportunity for individuals to kickstart their careers in local government. The apprenticeships span a wide range of roles, including Project Management, Highways and Engineering, Finance and Accountancy, Business Administration, Digital and Data, Health and Social Care, Catering and more - with opportunities from Level 2 to Level 6 (degree-level). The application window is now open and will close at midnight on Sunday 16 March. Applications can be submitted online at careers.westmorlandandfurness.gov.uk/apprenticeships. Many successful applicants go on to secure permanent roles with the council, building rewarding and long-term careers in local government

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

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 March at 7.30pm in the Public Hall Supper Room. Bob Bewlay will talk on Aerial Archaeology.

The Arts Society, Appleby

On Wednesday 12th at 10:30am in the Public Hall Supper Room, there will be a lecture by Harry Fletcher about Grayson Perry

During his lecture Harry will show the major influences in his Grayson's life and on his works. He will highlight his most important vases, drawings, sculptures, tapestries and his House for Essex.

Appleby Bowling Club

…are looking for new members. The Club has superb green and clubhouse facilities. The Outdoor Season starts in mid April, and continues to mid September. The Winter Indoor season which starts in mid September and continues to the following April.

Regular Free Taster Sessions are held on Tuesday Evenings from the beginning of May until the end of August from 6.30pm until 8.30pm for you to try the sport. Any flat soled shoes you have will suffice, and bowls will be provided by the Club.

Friendly games take place on most afternoons during the Summer (Outdoors) and the Winter (Indoors) starting at 2pm. There are numerous internal Club Competitions throughout the year.

During the Summer on Tuesday afternoons and Thursday evenings we compete in Local Leagues for those of you with a competitive flair. Friendly matches take place against other clubs in the Eden Valley area during the Winter Indoor season.

Presently the Annual Membership fee is £65.00 for adults, which covers both the Outdoor and Indoor Seasons.

Contact details:- Peter Metcalfe, Hon. Secretary,

Appleby Bowling Club, The Sands, Appleby-in-Westmorland CA16 6XN,

☎01768 352306 and email: metcalfe6xy@btinternet.com

Appleby Evergreens

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

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 15th My Favourite Cake (12)

This is an inspirational and life affirming story of a late-blooming love in the shadow of Iran's repressive regime. Set in Tehran, 70 year old Mahin has lived alone since her husband's death, until an afternoon in a café with friends shows her a way that she may be able to revitalize her love life. As Mahin opens herself up to new romance, what begins as an unexpected encounter quickly evolves into an unpredictable, unforgettable evening.

This is a film that is subversive in its own way - the filmmakers have been raided and censored by the Iranian government for its depiction of women without the hijab.

Zan, Zendegi, Azadi! Woman, Life, Freedom!

We will be serving Ashé Reshté, Persian herb, bean and noodle soup made by our own Chairperson, Tehran born Karen Babayan; followed by Persian Love Cake baked by members of the committee.

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 March). 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

Thurs	13th	12:00	Asby Lunchers, Three Greyhounds (single course and coffee £7.50). Let them know by Wednesday evening

Brampton Village Hall

Tues.	4th	7:00pm	Book Club (literary chat)
Wed.	5th	12:30pm	Brampton Ladies (all invited) Breathworks by Shelley Murphy, NHS coach.
Thurs	6th .	6:30pm	Table Tennis - Equipment provided, all ages & abilities welcome
Wed.	12th	7:30pm	Eden Valley Woodturners - Various demos & hands-on
Wed.	19th	7:30pm	Village Social - Keep in touch with the latest gossip!
Thurs.	20th	6:30pm	Table Tennis (as above)

Colby Village Hall

Sat.	8th .	10:30 am	Coffee Morning, including raffle
Sat.	15th .	7:30pm	Quiz night including bar. Just £2 pp

Dufton Village Hall

Sat..	29th	7pm	Johnny Campbell - Pennine Way Singer

Knock Mission Room

Fri.	14th	7.30 pm	Bingo - £6 entry, hot drinks & raffle available

Long Marton

Saturday 8th 10.30am to 1.30pm: Bacon rolls, toasted tea cakes, cheese toasties, home made soup, tea and coffee and of course a warm welcome.Please come and join us for hearty winter warming food & chat. All are welcome.

Local History Group: Wednesday 19th March, 7.30pm - What Gypsum was used for in the Eden Valley. 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

Long Marton and Milburn Book Group

…would be pleased to welcome some new members. We also come from Brampton, Appleby and Penrith. Our meetings are at 2pm on the last Thursday of each alternate month. The next meeting will be on 27th March, followed by 29th May etc.

All welcome. Please contact Helen for more details on ☎074848 44142 or email bendelowh@gmail.com

You may be interested to know that **Appleby Library** is starting a new **Reading Group,** in the Library, on the last Wednesday of each month, this month 26th (free) Please enquire at the Library or ☎51170

Milburn

Village coffee mornings first Saturday of each month (1st March). Church coffee mornings third Saturday of each month (15th March), 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 March) at 7.30 pm.

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

1st Quiz Bar open at 7pm, starts at 7:30

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 March) at the Victory Hall. All are welcome.

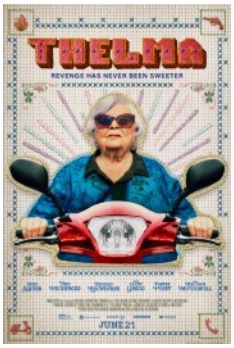
Rainbow Cafe is held on the second Tuesday of every month in Temple Sowerby Church (11th) from 2.30 to 4.30 pm

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



Thelma (12) The vigilante genre has a new star in 94-year-old June Squibb, who does (most) of her own stunts in this laugh out loud revenge caper.

SYNOPSIS: After being conned by a phone scammer pretending to be her grandson, Thelma Post sets out on a Mission Impossible style quest to track down the culprit with only a mobility scooter and a borrowed gun.

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

Tickets on the door: Adults: £5.00. Children under 16: £3.00

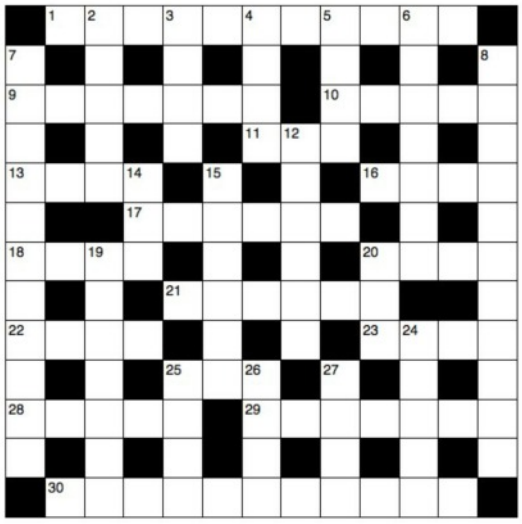
Warcop Parish Hall Coffee Morning

Saturday 8th, 10 -11.30am Tea, Coffee & Biscuits £1.50 with unlimited refills. Bacon, Sausage & Veggie Sausage rolls plus scones available to purchase. Everyone Welcome!

St. Anne meets St. Christopher!

Valerie Kendall of 7 St Anne's Hospital has a large collection of leaflets about places all over the world which she needs to dispose of in the next few months. Anyone interested in some or all of these can contact her on Email vkendall@live.co.uk or ☎017683 53159 **- free to a good home!**

Crossword (solution p.12)



Across

1 These letters come between Romans and Galatians (11)

9 'You will not — me to the grave' (Psalm 16:10) (7)

10 King of Moab to whom the Israelites were subject for 18 years (Judges 3:14) (5)

11 Town possessing mineral spring (3)

13 Mede (anag.) (4)

16 High-fidelity (abbrev.) (4)

17 He succeeded his father Rehoboam as king of Judah (1 Kings 14:31) (6)

18 A son of Simeon (Genesis 46:10) (4)

20 Controversial religious book of the 1970s, The — of God Incarnate (4)

21 'He has received from the Father the promised Holy Spirit and has poured out what you — — and hear' (Acts 2:33) (3,3)

22 'You — me together in my mother's womb' (Psalm 139:13) (4)

23 Edit (anag.) (4)

25 'Who has believed our message and to whom has the — of the Lord been revealed?' (Isaiah 53:1) (3)

28 Abraham's brother (Genesis 22:23) (5)

29 'When Mordecai learned of — that had been — , he tore his clothes' (Esther 4:1) (3,4)

30 Sympathetic (Proverbs 11:16) (4-7)

Down

2 'That was why his parents said, "He is — —; ask him"' (John 9:23) (2,3)

3 Integrated Services Digital Network (1,1,1,1) 4

4 'Saul has slain his thousands, and David his — of thousands' (1 Samuel 18:7) (4)

5 Concept (John 8:14) (4)

6 'Do we, then, — the law by this faith? Not at all! Rather, we uphold the law' (Romans 3:31) (7)

7 Industrious (2 Timothy 2:6) (11)

8 'I pray also that the eyes of your heart may be — in order that you may know the hope to which he has called you (Ephesians 1:18) (11)

12 'Out of the same mouth come — and cursing' (James 3:10) (6)

14 This was how many of the Jewish leaders described Jesus (John 10:20) (3)

15 Vitality (Job 20:11) (6)

19 He urged David to kill Saul at Hakilah (1 Samuel 26:8) (7)

20 'So for a whole year Barnabas and Saul — with the church and taught great numbers of people' (Acts 11:26) (3)

24 'Hear, O Israel: The Lord our God, the Lord — — ' (Deuteronomy 6:4) (2,3)

25 Parched (Matthew 12:43) (4)

26 'In the image of God he created him; — and female he created them' (Genesis 1:27) (4)

27 Disparagement (Psalm 15:3) (4)

A Lent Reflection

Somebody asked a Christian friend why he was eating doughnuts, when he had given them up for Lent! He answered, 'At the bakers I told God, that if He wanted me to buy doughnuts, He should provide a parking space in front. On the eighth time around, there it was!' Rather than seeing Lent simply as a time to give things up, let's use it intentionally for self-examination, reading Scripture, penitence, fasting and prayer.

At Jesus' baptism, God's voice says, 'You are My Son, whom I love; with You I am well pleased.' (Luke 3:22). The Holy Spirit then leads Jesus into the wilderness, where we find Him coming to terms with who He is. Satan's temptations challenge Jesus in key three areas of His identity: His divine sonship, political power and Messianic role (Luke 4: 1-13). It is as though Jesus was looking into the mirror at Himself to discern what kind of Saviour He should be.

For us, Lent is an opportunity to hold up a mirror to ourselves and ask the question, 'who am I? It's a season of honest encounter with who we are, what we've done, and how we should live. What will we see when we hold up the mirror to ourselves? Keeping Lent, the 40 days running up to Easter, could mean taking time to read Scripture, studying a Christian book or spending five minutes each day in silence! We might fast by missing one or two meals, refraining from TV, alcohol, social media, or scrolling on our phones. All of these can help us to give more attention to God in our lives.

Whatever we do, Lent is a season for self-reflection, as we put ourselves in a position to receive afresh the forgiveness and healing that God offers.

■	C	O	R	I	N	T	H	I	A	N	S	■
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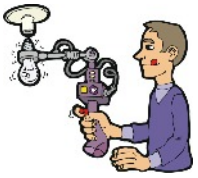
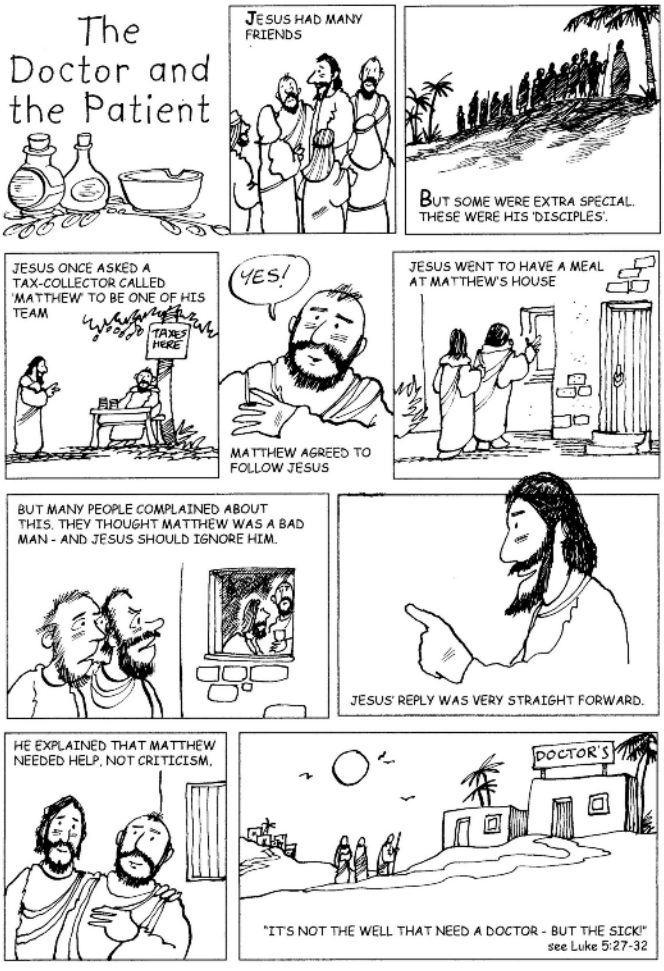
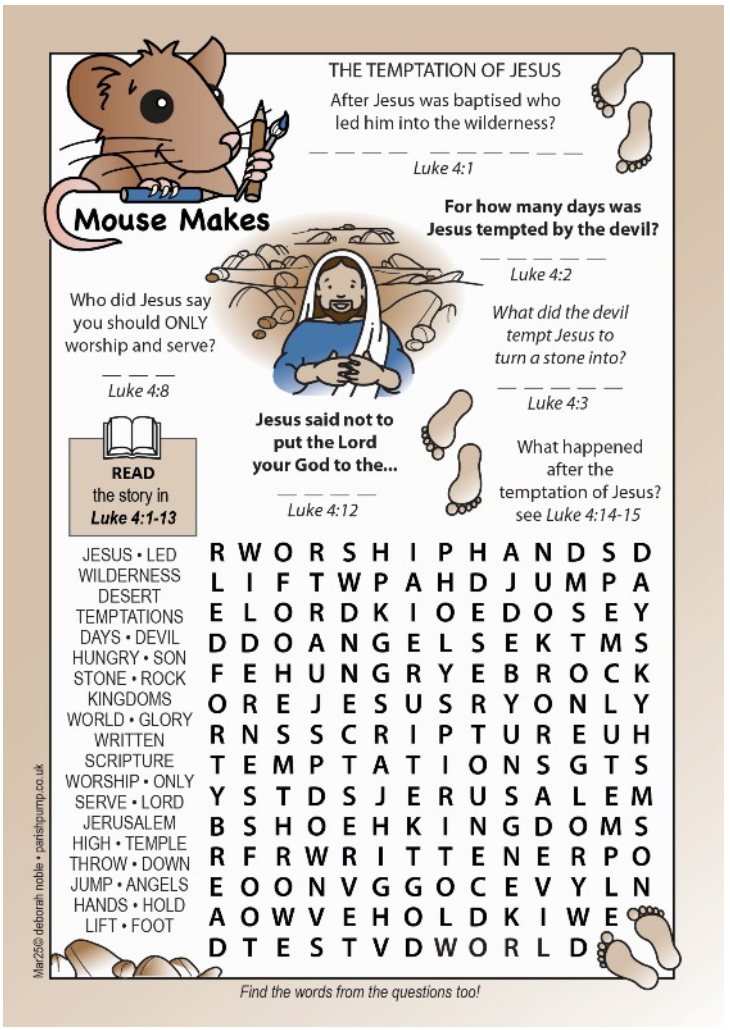
Changing a light bulb is a generational thing



Do you know how to clean a car, change a lightbulb, hang a picture and identify a spanner? If yes, then chances are that you are a Baby Boomer (1955-1964) and not a Gen Z (1997-2012). For recent research has found that some Gen Z are paying up to £1,300 a year for simple household tasks to be done, because they don't want to tackle them. Changing a light bulb? Gen Z worry that a step ladder can be dangerous, and that the bulb might be "too hot". They do not want "to mess around with electrics." Hanging a picture frame? Add air to a car tyre? Identify a spanner? Fit a wiper blade? Clean a car? The list of practical jobs is endless, and huge numbers of Gen Z get round them by asking a parent or even paying a professional, to do it. The research was commissioned by Halfords. It concluded that DIY may sadly be a dying skill, because too many Gen Z-ers are simply not practically minded.





Ice Houses - Overtaken by Progress

On an appropriately chilly day, members of The Friends of Penrith and Eden Museum assembled to hear Dr Rob David's talk ' Ice Houses and the International Trade in Ice'.

Long before the advent of refrigerators in the 1950s, in the 18th and 19th centuries one use of ice was to preserve food. Other methods, including salting and smoking, were mainly rejected as they tainted what they were preserving. Thus it was that ice houses were constructed on the estates of the rich, generally following a common construction pattern and being sited at least partially below ground. From the entrance door a passage, usually with bends and two or three doors for insulation purposes, led to a 'great chamber' which was covered with a dome. A further essential feature was a drain; given that residual ice eventually melted ,the water had to have some means of escape.

Ice was taken from the ice house by the estate servants, put into one compartment of an ice box and carried to the mansion, where food for preservation was put into the other compartment. Indeed, the early name for a refrigerator in America was 'icebox'.

Examples of ice house sites in Cumbria are (because although disused they mostly still exist) are at Holker Hall, Patterdale Hall, Helm Lodge near Kendal which was unusually designed like a milk bottle and at Brantwood, John Ruskin's house, where the ice house was drilled from the rock but unfortunately without a drain so it failed.

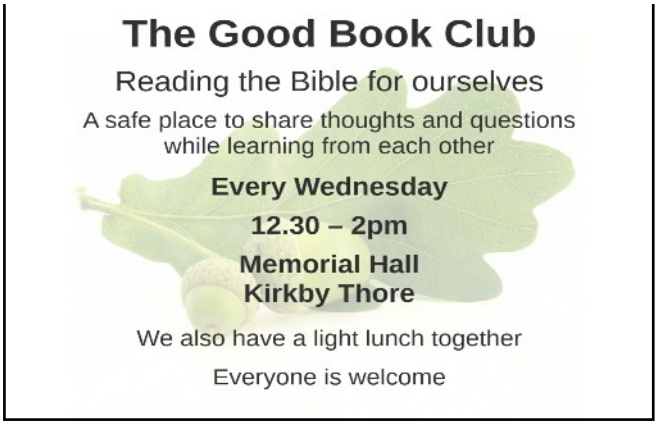
As living standards rose and a middle class emerged, the demand for ice as a food preservative grew, creating an international trade in ice. For climatic reasons, New England on the east coast of America was one of the chief sources of ice, being an area of small lakes. Ice was marked out in large squares, then cut and stored in large buildings which looked like warehouses. Wenham Lake Ice, said to be the best, was packed in straw for insulation and exported all over the world, even as far as India and Australia. In Cumbria, the apparent mystery of 'Wenham Lake Ice' being advertised by local merchants was explained by the fact that it had come from no further than Oslo, the capital of Norway, where a lake had been given the title of its more authentic namesake on the other side of the Atlantic. Purchasers in England were large houses rather than mansions, hotels and even some guest houses. In the 19th century ports such as Barrow and, further afield Grimsby began to make ice commercially.

'Health and Safety wouldn't allow it now' said Rob, alluding to a 1980 project which he oversaw with his then class of school students. He had earlier set them the task of finding Cumbria's ice houses and they had successfully located thirty. They had been awarded a prize for their endeavours which had required a high level of enthusiasm and commitment. Believing it would be a pity to let this degree of motivation go to waste, Rob sought, and found at Levens Hall an ice house which, with the owner's permission, he could recreate in its original form. At the end of the entrance passage the great chamber was some fifteen feet deep and had over the years been used as a dump for rubbish. Thus the first task was to clear this out which was done carefully while tied to a rope in order that the individual didn't fall into the increasingly deep hole, which turned out to be lined with brick and gradually tapered to the bottom. This being achieved, the next step was to obtain straw to line the chamber as insulation, not too difficult in an area where among the school students were farmers' sons. One modern aspect was that the straw came in bales rather than the sheaves of yesteryear, making the exercise easier. When this task, which involved an individual crawling along a narrow ledge to place the bales, was complete, it was necessary to climb down into the chamber and stamp the straw down.

Next was the obtaining of the ice; the school maths department had calculated that seven tons would be needed to fill the chamber. This was sourced at Whitehaven, where it was commercially produced in 1980 for the still-existing fishing fleet. As the ice was gradually tipped into the chamber with the help of a local builder the layers were trodden down to compact it, then the job was finished and the dome replaced.

Over the summer the external temperature was monitored at times at up to 15 degrees centigrade. The ice lasted for thirteen months; after which at the bottom the straw was found to be only inches thick, such had been the weight of the ice upon it.

Concluding, Rob said that the students who took part in the project are all middle-aged now. 'When we run into each other' he said 'they've forgotten all the other history they learned, but they always remember the ice house'



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- Do you know of someone who just needs a friend?
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WHO ARE WE?

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- We make weekly visits or phone calls to enable volunteers to make a significant difference to the lives of people.
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For more information, to volunteer or to refer someone please email penrith@linkinglives.uk call us on 0795 173 8540 or visit our website www.linkinglives.uk/penrith

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Church Services for March 2025

Church of England

St. Lawrence, Appleby

Sun.	2nd	09:00	Holy Communion
Sun.	2nd	10:45	Morning Prayer
Mon.	3rd	19:00	Compline
Fri.	7th	10:00	Holy Communion
Sun.	9th	10:45	Holy Communion
Sun.	9th	18:30	Ecumenical Compassion Service
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
Sun.	30th	10:30	Mothering Sunday **(at the Sands)**

St. Peter, Asby

Sun.	2nd	18:30	Holy Communion
Sun.	9th	11:00	United Service (@ Baptists)
Sun.	16th	15:30	Evening Prayer (then APCM @ 16:30)
Sun.	23rd	11:00	Morning Prayer
Sun.	30th	11:00	United Mothering Sunday

Boroughgate, St. Anne

Closed for the duration of building works

Dufton St. Cuthbert

Sun.	9th	15:00	Lent Taizé Service
Sun.	23rd	10:30	Patronal Festival Holy Communion
Sun.	**30th**	**18:00**	**Benefice Holy Communion**

Kirkby Thore, St. Michael

Sun.	2nd	10:00	Breakfast church
Wed.	5th	19:00	H.C. with imposition of ashes
Sun.	16th	10:00	Breakfast church
Sun.	23rd	10:30	Holy Communion
Sun.	30th	10:30	Mothering Sunday

Long Marton SS. Margaret & James

Sun.	9th	10:30	Service of the Word
Sun.	30th	10:30	Mothering Sunday

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	Holy Communion

Musgrave, St. Theobald

Sun.	23rd	10:30	Holy Communion

Newbiggin, St. Edmund

Sun.	2nd	10:30	Holy Communion
Sun.	23rd	16:00	(BCP) Evening Prayer
Sun.	30th	10:30	Mothering Sunday

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	Holy Communion

Warcop, St. Columba

Sun.	2nd	10:30	Holy Communion
Wed.	5th	19:00	H.C. with imposition of ashes
Fri.	9th	10:30	Morning Prayer
Sun.	16th	10:30	Lay-led Unity service, location to be confirmed
Sun.	30th	10:30	Community together for Mothering Sunday **at Village Hall**

Methodists

9th 18:30 Connexion (Compassion) Service at St. Lawrence's

Sands, Appleby

Sun.	2nd	10:30	Local Arrangement
Sun.	2nd	18:30	Celebration
Sun.	9th	10:30	Rev. A. Sterling
Sun.	16th	10:30	Mrs. Penny Hilland
Sun.	23rd	10:30	Revs. G. & R. Crippen
Sun.	30th	10:30	Rev. Fran Parkinson

Dufton with Knock

Sun.	2nd	10:45	Mr. P. Carter
Sun.	9th	10:45	Ms. Jan Burnard
Sun.	16th	10:45	Local Arrangement
Sun.	23rd	10:45	Rev. Andrew Sterling
Sun.	30th	10:45	Rev. P. Dunstan

Warcop

Sun.	2nd	10:30	Mr. William Ousby
Sun.	9th	10:30	Local Arrangement
Sun.	16th	10:30	Rev. Andrew Sterling
Sun.	23rd	15:00	Rev. Jacky Betts
Sun.	30th	10:30	United Mothering Service at Village Hall

Roman Catholic Church of Our Lady of Appleby

Sunday Mass 4pm (Sacrament of Confession available from 3.30pm)

Weekday Mass Tuesdays 12noon (changeable, please check Newsletter and Parish Website: www.stjohnboste.org.uk)

Sundays of Lent: 3.30pm Stations of the Cross

Palm Sunday: Mass 4pm

Holy Thursday: Mass of the Lord's Supper at St. Catherine's Penrith 7pm

Good Friday: Liturgy of the Passion 3pm

Holy Saturday: Easter Vigil Mass at St. Catherine's Penrith 7pm

Easter Sunday: Mass 4pm