.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
August 2025
The News Magazine of the Benefice

See how the wild flowers grow! They don't work to earn, or craft their own clothes, but even King Solomon with all his wealth was not dressed as well as they are. Lk 12:27-28

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

**What's on?? What's on?? Whats onWhat's on?? What's on?? What's on?? What's on ?? What's on?? What's on?? What's on

NAMESTE!

If someone had told me a year ago that I would be going to the Tibetan Buddhist Monastery, Samye Ling, for a weekend of gentle yoga and mindfulness, I probably would have bent over backwards with laughter! Except, at the time, I actually couldn't bend very much at all due to ongoing problems with my lower back. My GP had already recommended I try yoga and then a friend encouraged me that the retreat was just what I needed.

And so, last Friday myself and a group of ladies arrived to the welcome hospitality of the Monastery, with the lovely Jo Chapman (yoga and mindfulness meditation teacher from Dufton) who was to lead us. Our yoga room was at the back of the dining room and, as is the Buddhist custom, we needed to remove our shoes (shoes on/shoes off!) at the entrance of each building, including the temple which you can see here.

After we had settled in and had our first simple meal of soup and fruit we then went into the first session to introduce ourselves and bask in the warmth of our shared experience (Sangha). Though I needed little introduction as one friendly soul (you know who you are!) said, "You've got a face like that vicar in Appleby". Busted!

On Saturday morning we set our 'intention' (Sankalpa) for the weekend, reflecting on what we hoped to gain from our time there. Interestingly, when Jo explained that mindfulness wasn't at all about 'emptying our mind' but rather paying attention and being present with ourselves and our bodies, that pretty much nailed my intention. I have always believed that our mind, body and soul are connected and while we are all pretty good at feeding our physical self, we often neglect our spiritual lives. Here was an opportunity to re-connect, both with ourselves, with each other (we did have some laughs!) and with nature. A moment too to practise self-care and to reflect on kindness and resilience.

Not being a morning person, I confess I did miss the sun salutations on offer at 6.30 a.m., though it is quickly becoming one of my favourite movements. And I am intrigued too by the idea that it expresses our need to 'seek the light', a theme which runs across many traditions. Many faiths also use beads for prayer and reflection, as the Buddhists do, while meditation, mindfulness and gratitude are spiritual practises which can be found in other religious disciplines too, including Christianity. On Saturday evening, when we lit the 108 Butter Lamps, I was moved by its resonance with our own candle-lighting in church; done as an act or remembrance for those who have died, or as a symbol of the light of Christ which comes into our darkness.

As a human being, I find myself constantly drawn to spiritual practices that can help me to flourish. Yet as a priest, I recognise that there are some things we cannot do for ourselves; things like forgiveness, reconciliation and healing that come from a relationship with Jesus Christ, our Lord and Saviour, and the promise of a life with him that continues after death. I find my true identity here, as a loved and cherished child of God.

So, to say that a weekend of yoga and mindfulness has changed my life might be a bit of a stretch (!) but it has certainly stretched my thinking, loosened up my spine, and helped me to embrace the valuable wisdom to be found in other faith traditions. It was a very inspiring way to spend a weekend and I am continuing to practise yoga every week. Thank you Jo!

Church Registers June and July 2025

Absolutely nothing that I am aware of….*Ed.*

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

Churchwarden and Secretary: Jo Ayres (☎52017)

Garden Party in aid of Friends of St. Lawrence Church

Sunday 17th August - 3-5pm. Family friendly - come join us for an afternoon of music in the garden! At Pembroke House, 1 Clifford Street, Appleby, CA16 6TS (but in Church if wet)

All ages, all abilities! If you are in a choir, play an instrument, sing in a band, play the piano or are part of a band/dance/tell a story then come and entertain us! Book a spot! PM me! …or just be entertained!

Raffle, childrens I-spy, etc. Tea/coffee/cake bring cash please!

Free Entry/donations in aid of Friends St Lawrence's Church

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

We are looking forward to hosting the Benefice Service at St Michael's, Kirkby Thore on Sunday 31st August at 10:30 a.m. This will be a "Songs of Praise Service" and we would like you all to choose a favourite hymn or worship song and think about why you like it or what it means to you. Please could you send your choice, along with your reason for choosing it, to kristy.pattimore@carlislediocese.org.uk

It would be great if you could send in your favourite hymns by the end of July, as we are quite busy in August and this will give us time to plan. If we have too many hymns, we will obviously have to select but maybe we can have the ones that don't get chosen on another occasion. Looking forward to what will hopefully be a joy-filled celebration. Hope lots of you can make it!

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 (12th August) 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

In association with the Royal British Legion - The Sands Methodist team welcome you to a Community VJ Day Coffee Morning in The Sands Hall - Friday, 15th August 10.00 am - 12.00 noon. UNLIMITED home-made scones and drinks Plus a great raffle and forties music! Everyone welcome - Charge per person £4

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

But …free to royal enthusiasts - special editions of newspapers covering marriages, jubilees, accessions and deaths from George VI to present day, also some cigarette cards.
Contact ☎017683 53159

Upper Eden Food Bank
'A church led, community fed project'

News from the Area

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**

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) Celebration

Meeting at Sands Methodist church at 6pm on the first Sunday of the month - (3rd August)

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!

After taking a break through August we will resume on 2nd September, meeting 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 (2nd September) - 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.

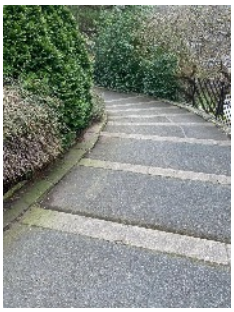
If you are interested full details and how to apply can be found at: http://www.ca-ce.org.uk/ or email volunteer-recruitment@ca-ce.org.uk with a daytime phone number so we can call you for a chat

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 (Monday afternoon) for a couple of hours to help keep our lovely town looking nice.

Since the group restarted in February we have brushed various steps to help make them safer, tidied public gardens, sanded / cleaned / painted some of the many benches / cleared footways / footpaths.

As much chatting as working goes on plus sometimes a cuppa at the end.

We would like to thank Appleby Town Council and Age Concern Appleby for their ongoing support of our group.

- Think you might like to join us?
- Get out and about?
- Become a bit more active?
- Make some new friends?
- Start volunteering?

- then here is your opportunity!
Ring or email Mike if you would like to know a bit more, on ☎0775 192 4982 or email applebysmarter@gmail.com

Tourist Information Centre

Open 10 - 3 Monday to Saturday until October

Not just for visitors! Locals are all welcome too. Come in and browse

Please see our website www.visitappleby.com for services and other information we provide. Social Media Facebook: Appleby Tourist Information Centre, Twitter/X @applebytown, Instagram @applebytic

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**
23rd	Royal British Legion Ladies' Section

and also 23rd all day in main hall - Northern Crafts Market

Bus Talk

563 Penrith to Kirkby Stephen Bus Service

The expanded 563 bus service now operated by Stagecoach between Penrith and Kirkby Stephen, runs from early morning to early evening Monday to Friday, with four journeys to and from Kirkby Stephen and six to and from Appleby.

The first weekday journey now arrives in Penrith before 8.30 and there is now a late afternoon departure at 16.10 and a final departure at 17.40 from Penrith. The four return journeys on Saturday between Penrith and Kirkby Stephen have not been changed.

Timetables are available from Appleby TIC or online at westmorlandandfurness.gov.uk/buses/service/563

561 Appleby to Kendal Bus Service

The 561 service operates on Wednesdays, leaving opposite Appleby Moot Hall at 09.30 and arriving at Kendal Bus Station at 10.30 and returning from Kendal at 13.30, arriving back at Appleby Moot Hall at 14.30.

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.

Timetables are available from Appleby TIC or online at westmorlandandfurness.gov.uk/buses/service/561

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! See also advert., p.13

Drivers needed for Car Scheme - urgently

The Voluntary Social Car Scheme for Appleby and District has over 160 potential users on its books, of whom at least 50 are active at any one time. But currently with only three available drivers more are urgently needed. Please ring local Co-ordinator Valerie Kendall on 017683 53159 for mire information

on how to join this valuable service to the people of Appleby and district.

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

Appleby Clubs, etc.

Appleby Town Band needs a new conductor

Surprisingly, some Appleby residents are not aware that Appleby has a Town Band and yet there has been one here for well over 100 years. Here is a photo of the band in about 1910. We look rather different today!

Linda Bainbridge conducted the band for 12 years and it went from strength to strength under her guidance until 2022 when she stepped down and now plays euphonium with the band instead. Our most recent conductor was Gavin Brown from Middlesbrough, a very experienced brass player who plays with the EverReady Championship Section Band. He has sadly now moved on after 16 months having been invited to conduct a contesting band. Appleby Town Band has benefited hugely from his experience and we wish him every success in his new position.

What do we do?

We enjoy playing music from all genres. We play on formal occasions like the Appleby Remembrance Sunday Parade, and more relaxed dates like Farmers' Markets, Garden Parties, Agricultural Shows, School Fetes and private events. A number of our engagements involve support of charities - Hospice at Home, Marie Curie Cancer Care, St. Anne's Almshouses, and local schools and community events. December is a busy time playing carols but the high spot of our year is our annual Christmas fund raising concert for Hospice at Home. The planning for another concert this year with the Royal British Legion is also under way. Of course all these public events require a good deal of rehearsal, so we have Band Practice every Wednesday evening, which is hard work as well as a lot of fun.

A new conductor is urgently needed!

The band needs a new conductor so we can continue to build on the progress we have made. If you are an experienced musician who would like to join this friendly group of people, or if you know anyone who might be a possible candidate for this enjoyable, rewarding task, please contact Linda Bainbridge - Tel. 01931 715395; email linda_bainbridge@hotmail.co.uk .

Appleby in Westmorland Society

No meeting in August to my knowledge *Ed.*.

Appleby Bowling Club

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

Regular Free Taster Sessions are held on Tuesday Evenings 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.

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

Contact details:- Peter Metcalfe, Hon. Secretary,

☎01768 352306 and email: metcalfe6xy@btinternet.com

Appleby Evergreens

Evergreens in the Public Hall Supper Room from 2 - 4 pm generally on alternate Mondays (August 11th and 18th)

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

It has just been brought to my attention that the above has not been running for some time. Sorry about that - I must get out more!*Ed.*

Lights…Camera…Appleby

LCA is on holiday until September!

Upper Eden Linking Lives.

Loneliness and social isolation affect millions of people in the UK. These feelings can be overwhelming. People may lack confidence after an illness or a fall. They may have lost their partner, and their friends and family may live miles away.

Befriending is one of the most effective ways of combatting loneliness and social isolation. A weekly visit or phone call can make all the difference to someone's quality of life.

We are a befriending service which helps tackle loneliness in the local area. We receive referrals from local organisations, family, friends and neighbours: people can even refer themselves.

We assist adults who require companionship, provided through weekly home visits or telephone calls. All our volunteers are fully trained and vetted before being matched up.

For information on volunteering or to refer someone, contact Sara on 0800 688 9984 or email at uppereden@linkinglives.uk

Memory Club in Appleby

Meetings are held (generally) on the 2nd & 4th Wednesdays of each month at Sands Methodist Church Hall 10.30am -12 noon. (13th and 27th August as far as I know) 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

Sat.	30th	10.30 - 12.30	3Cs (coffee, cake and chat), St Peter's Church in aid of church funds

Brampton Village Hall

Every Thursday at 6:30pm — Table Tennis: Equipment provided, all ages & abilities welcome

Tue	5th	7:00pm	Book club
Wed	6th	12:30pm	Brampton Ladies: A little run out to Owen's Farm shop in Kirkby Stephen
Wed	13th	7:30pm	Eden Wood Turners
Mon	18th	7:30pm	Film Night: Free entry, popcorn available.
Wed	20th	7:00pm	Village Social: Chat with your neighbours.

Colby Village Hall

Sat.	9th .	10:30 — noon	Coffee Morning

Dufton

Saturday August 16th at 2pm in St Cuthbert's Church. Mindfulness Taster Session with qualified teacher, Jo Chapman. Free event, but booking is necessary as places are limited. Please contact Lisa for more details and booking at lisam.brook@btopenworld.com or ☎07747797661

Long Marton

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

Otherwise, nothing till September - watch this space!

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 25th September.

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 27th (free) Please enquire at the Library or ☎51170

Milburn

Village coffee mornings first Saturday of each month (2nd August). Church coffee mornings third Saturday of each month (16th August), both 10:30 to noon.

Murton-cum-Hilton Institute

Badminton 7:30 - 10pm every Thursday. All abilities welcome. £2.

Ormside

Village hall coffee mornings are second and fourth Wednesdays (13th and 27th), from 10.30 till noon.
23rd - 24th, 11am - 4pm at Greenhead, Ormside (it will be signed). The ever popular summer teas
No more country dancing or craft evenings until September
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/

Sorry - no coffee morning during August

Rainbow Cafe is held on the second Tuesday of every month in Temple Sowerby Church (12th) from 2.30 to 4.30 pm

Warcop - Parish Hall

Mondays 6:30 - 8 Table tennis club … and as far as I know nothing else will happen in Warcop in August except that mother church carries on.

Scottish Diaspora Churches

Diaspora churches in Scotland welcome over 22,000 to their services each week, with a new congregation having started every eight weeks since 2000. So says research published late last year.
What is a 'diaspora' church? One largely made up of those who have spread or been dispersed from their homeland. In the 2021 UK population census, some 10.7 million people had been born abroad, representing some 16% of the population. Over half a million of these live in Scotland, mostly in the major cities of Glasgow, Edinburgh, Aberdeen and Dundee.
Some of these refugees and immigrants are Christian, and between them they have started over 200 new congregations. What do these churches look like? The report Churches without People and People without Churches suggests that for every 100 Diasporan Churches:
70 would be African, 17 Asian and 8 European 80 would be in cities, 16 in large towns and 3 in small towns
53 would be members of networks such as MECTIS (Minority Ethnic Churches Together in Scotland) or local ecumenical groups
20 would worship in their own property, 25 would share a sacred place, 42 would hire a secular public space
44 have already planted a new church, 36 are working towards it 18 would have female leaders, 70 would have bi-vocational leaders 83 use English in their worship.
Could the declining Church of Scotland foster a connectional missional partnership with one of these Diaspora churches? Or allow avacant church building to be sold at a moderate price? Or let one of their churches at a peppercorn rent? Given some similar opportunities and problems in some parts of England, could the Church of England do the same?

The Italian chapel on Orkney

Reflecting Faith: Saying 'farewell'

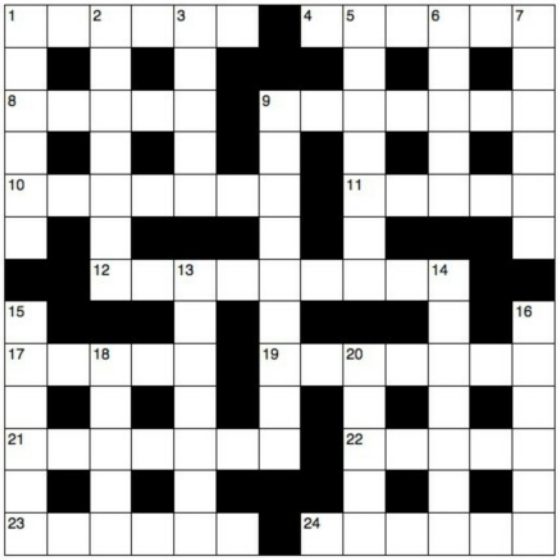
Let's consider how we say 'goodbye' at the end of the service. For the leader of the service doesn't just say something like, "Thanks for coming, lovely to see you - have a great week." Rather, there's a promise and a blessing for each of us as we take what we have 'received' from the service into the world.

So the crunch question is: what do you get out of coming to a church service? The ideal is: You have been met with a friendly welcome followed by music you love, played at the perfect speed with no squeaky singers in the congregation. Then, an inspiring sermon which gives you something to think about for the coming week. After that, prayers that speak of what is on your heart and what you have heard on the news that week. Finally, good fellowship and a cuppa after the service, where you can feel part of 'them', rather than ignored because you are only visiting. Following all that good stuff, you go out of the church with a spring in your step!

Of course, in the real world not all those boxes get ticked. But still we can go to church with hope, and ideally, we leave it in peace. The time that we spend together is the 'easy' bit. The real challenge begins when we go out the door and back into the daily round of home life and work. But we can be sure that we do not leave God at the church door. He always comes home with us, and He is there to help us throughout the coming week. That is why we can indeed 'go in peace'.

(But there may be events of which I am not aware *Ed.*)

Monthly Crossword



Across

1 'The people were — at his teaching' (Mark 1:22) (6)
4 'He saved —; let him save himself' (Luke 23:35) (6)
8 He addressed the crowd in Jerusalem on the day of Pentecost (Acts 2:14) (5)
9 Father of James and John (Matthew 4:21) (7)
10 One who charges another with an offence (Job 31:35) (7)
11 ' — thy ministers with righteousness' (Book of Common Prayer) (5)
12 and 15 Down 'All — is God-breathed and is — for teaching, rebuking, correcting and training in righteousness' (2 Timothy 3:16) (9,6)
17 'No — of the field had yet appeared on the earth and no plant of the field had yet sprung up' (Genesis 2:5) (5)
19 Made to feel embarrassed (Isaiah 24:23) (7)
21 This man built his house on sand (Matthew 7:26) (7)
22 David's hypocritical message to Joab on the death in battle of Uriah: 'Don't let this — you' (2 Samuel 11:25) (5)
23 Detest (Job 10:1) (6)
24 'God made two great lights, the greater light to govern the day and the — light to govern the night' (Genesis 1:16) (6)

Down

1 To make a serious request (1 Corinthians 1:10) (6)
2 Launches an assault against (Genesis 32:8) (7)
3 'The wicked man — deceptive wages' (Proverbs 11:18) (5)
5 Tuba ale (anag.) (7)
6 'The day thou gavest, Lord, is — ' (5)
7 Old Testament measure of weight, equivalent to about 12 grammes (Exodus 30:13) (6)
9 Where Elijah restored life to the son of a widow with whom he lodged (1 Kings 17:10) (9)
13 Paul said of whatever was to his profit, 'I consider them — , that I may gain Christ and be found in him' (Philippians 3:8) (7)
14 City visited by Paul, described by the city clerk as 'the guardian of the temple of the great Artemis' (Acts 19:35) (7)
15 See 12 Across
16 Rioted (anag.) (6)
18 She had a surprise when she answered the door and found 8 Across outside (Acts 12:13) (5)
20 Maltreat (1 Chronicles 10:4) (5)

(Article on talk to Appleby-in-Westmorland Society by Ambleside Oral History Group, March 2025 supplied by Valerie Kendall)

Memories of Dodgy School Milk

Members of the Appleby-in-Westmorland Society had not one but two speakers at their March meeting who interspersed their talk with slides and tapes. Their subject was 'School Life in the 50s and 60s', one of several offered by the Ambleside Oral History Group. Judith Shingler and Allison Peak told how their group, formed nearly 50 years ago, had a wealth of reminiscences on record as far back as the late nineteenth century.

As a fact of history and in the experience of audience members of a certain age, school was a place of rules and discipline. Latterly, said Judith, with the advent of playgroups and nursery education, starting 'big school' was no longer a shock to the system for today's children.

Starting school at all for some children of progressive parents had not necessarily happened. In 1887, the Parents National Education Union (PNEU) was formed in Bradford by the redoubtable Charlotte Mason. This was all about home schooling, albeit with its own teaching methodology, curriculum (Shakespeare was taught from the age of nine) and textbooks, for those parents who were willing and able to teach their children at home. There is no record of how popular this was in Cumbria. 'Children are born persons' and 'Education is the science of relations' were Miss Mason's mantras; she believed in a liberal rather than a restrictive approach to educating children, based more on concepts than facts. The PNEU movement found favour internationally also; a significant number of those thus educated became missionaries and colonial governors. Her national and international reputation in the home schooling field established, in 1891 Charlotte Mason came to Ambleside, where she set up the House of Education 'for governesses and others working with young children'. PNEU finally closed in 1989, having run in tandem with the English state schooling system all that time.

Those among the audience who were state school pupils in the 50s and 60s remembered school milk, when every child was given a third of a pint bottle to drink every weekday. In winter some had to be thawed out on heating pipes or by the classroom stove; in summer, having possibly stood outside in the sun the obligatory drink was of questionable freshness and doubtful aroma. These were the days of infants and junior schools, of PE done in vests and pants (no such thing as gym kit), when if you didn't pass the 11-plus ('the scholarship' as it was then called), you stayed on at the same school until you were fourteen. There were 'potato-picking days' when you were taken out of school to pick potatoes for a local farmer. The equivalent in Norfolk was stone-picking in the fields. Although school dinners, which had to be paid for, were available, children could still go home for dinner, in country districts such as Cumbria sometimes having to walk up to a mile and half each way, having already walked to school in the morning. Lessons relevant to farming were included in the curriculum. One authority commented about Cumbrian children that they were 'nice', with discipline not being a problem.

With the Butler Act of 1944, education was reorganised into primary (5-11) and secondary (11-15), thus raising the school-leaving age by a year. Those who passed the now-renamed 11-plus entered a still single-sex world where uniform was worn; girls wore gymslips which had to be two inches above the floor when kneeling. Some counties adopted the 13-plus, when a limited number who were under-achieving at grammar school were moved down to secondary and a similar number moved up. Another variation was that pupils who achieved seven or more 'O' levels (the predecessor of GCSEs) could if they wished join the sixth form at the grammar school and take 'A' levels. There remained a tradition that boys went on to university and girls to teacher training college. There were some technical grammar schools and technical subjects were almost universally taught at secondary schools.

In 1965 co-education and comprehensive schools came in; farming-related subjects were no longer taught and more pupils stayed on into the sixth form. Locally the Lake School was one such. A postscript to Judith and Allison's talk was one national government's aim of fifty per cent of young people going to university. Polytechnics were transformed into universities and the practical aspect of their courses redirected to the more academic.

Why can I see the moon in the day?

It's holiday time, and you may be spending more time than usual with your children. That will give them ample opportunity to ask you those questions for which you have no answer. A survey has found the top ten questions that most stump parents are:

Why is the moon sometimes out in the day? Why is the sky blue? Will we ever discover aliens? How much does the Earth weigh? How do aeroplanes stay in the air? Why is water wet? How do I do long division? Where do birds and bees go in the winter? What makes a rainbow? Why are there different times on earth?

Research by the British Science Association found that two thirds of parents most dread those questions that have to do with maths or science. Prof Brian Cox, the scientist and broadcaster, has suggested that "the best thing parents can do is work with their children to find the answers - not only can it be fun, but you'll both learn something new along the way."

Keeping Calm in the Storm

One of the most famous stories about Jesus is the calming of the storm (Luke 8:22-25). Of course, anyone could say that the wind stopped suddenly of its own accord, but the disciples were not fooled. They had seen a number of these 'coincidences' in Jesus' ministry, and they weren't about to ignore this one. Jesus had calmed the waves with only His words. Wasn't this an act of God? Who else could be in complete control of creation?

Jesus dealt graciously with the very pressing and practical issue of the raging storm before He did a bit of teaching, asking His followers "Where is your faith?" It's not surprising that they were scared, given the circumstances, but clearly Jesus expected better

of them. He had already been teaching them for some time, and clearly knew they were ready to trust Him.

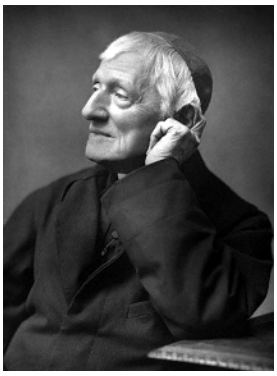
In similar circumstances, Christians often do several things in quick succession. We start by panicking and being afraid. After a while we might remember what we know about God's character and pray for help, trusting that whatever happens He will help us to handle it. Most often, we don't get the storm-calming effect when we ask for it, but battling on with faith and God's help is much easier than trying to keep going in a panic.

'Peace' in this kind of situation is a very active holding on to what we know about God. The difference between trusting and not trusting can be like night and day in terms of stress levels. I have found that it can make the difference between unmanageable stress and something that stretches me and teaches me something new.

Knowing some science can help us to trust God. A Being who created the whole universe, sustaining the wonderfully creative processes that produced diverse life on earth, must be both extremely powerful and extremely wise. The God who can both calm the waves and walk on them must be in complete control of the things He made. When this knowledge goes hand in hand with experience of God's intimate love for us and care for us in every situation that we find ourselves in, I am reassured that He's got things in hand.

I will always need help from others to pray faithfully in stormy situations, but hopefully I've seen enough now not to panic for too long. ime (and my closest friends) will tell!

'He gave us eyes to see them': John Henry Newman



In the 1830s a group of academics came together to promote a new identity for the Church of England. To them the church was not just a department of state for the government to control, but part of the one, holy, catholic and apostolic church.

Among that group in what became known as the Oxford Movement was John Henry Newman. In 1816, when he was 15, he had a profound religious conversion. Six years later he was elected a Fellow of Oriel College and after ordination became the Vicar of St Mary's, Oxford. When he was touring Italy and southern Europe in 1833, he wrote a poem, which became a popular hymn, 'Lead, kindly Light.' Newman was anxious to return home to do God's work for his church, and in this poem he prayed that he would be ready to follow that light of God, come what may.

But Newman realised that the more he defended the Church of England, the more he found himself drawn to become a Roman Catholic. He wrote about that struggle of conscience and mind in his 'Apologia.' In 1845 he was received into the Roman Catholic Church, and in 1879 was honoured as a cardinal. He died on the 11th day of this month in 1890.

In 1875 a visitor meeting Newman described him as 'very kindly, with a sort of grave simplicity which coming from so old a man, has in it something inexpressibly touching…He looks very aged, with an air of melancholy, as of one who has passed through terrible struggles, yet of serenity, as of one who has found peace.' There is a portrait of Newman in Manchester Art Gallery by W T Roden which captures something of the sadness and resignation that struggle had caused him, forcing him to leave friends and colleagues in the Church of England.

In the National Portrait Gallery in London there is a wonderful collection of paintings and photographs of Newman. The portraits of Newman range throughout his life culminating in a painting by his cousin, Emmeline Deane, of March 1889. It is a sensitive portrayal that invites the viewer to look beyond the scarlet robes and ring of the cardinal to the face of a pilgrim whose search for the light to guide and illuminate had taken him on what was a long and difficult path. There is a dignity and a gentleness there, but also strength and resolution.

When Newman died in the following year, his pall was embroidered with his motto, 'Cor ad cor loquitur': 'Heart speaks to heart'. The heart of God speaking to the human heart to bring guidance and light. Newman followed that voice and light throughout his life. It was a journey that led him from the shadows and images of this world into the radiance of God's eternal light. That thought was inscribed on his memorial tablet - a reminder that we are all called to journey like John Henry Newman, seeking the light to guide and following that light in faith and perseverance.

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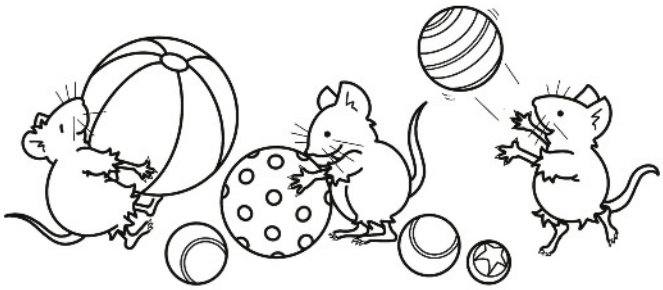

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Church Services for August 2025

Church of England

St. Lawrence, Appleby

Fri.	1st	10:00	Holy Communion
Sun.	3rd	09:00	Holy Communion
Sun.	3rd	10:45	Morning Worship
Fri.	8th	10:00	Holy Communion
Sun.	10th	10:45	Holy Communion & patronal festival
Fri.	15th	10:00	Holy Communion
Sun.	17th	10:45	Holy Communion
Fri.	22nd	10:00	Holy Communion
Sun.	24th	10:45	Holy Communion
Fri.	29th	10:00	Holy Communion

St. Peter, Asby

Sun.	3rd	18:30	Holy Communion
Sun.	10th	11:00	United Service @ St. Peter's
Sun.	17th	15:00	Service in Mask wood
Sun.	24th	11:00	Morning Prayer

Boroughgate, St. Anne

Closed for the duration of building works

Dufton St. Cuthbert

Mon.	4th	19:00	Compline
Sun.	10th	15:00	Taizé
Mon.	18th	19:00	Compline
Thurs.	24th	10:30	Holy Communion

Kirkby Thore, St. Michael

Sun.	3rd	10:00	Breakfast Church
Sun.	10th	10:30	Morning Prayer
Sun.	17th	10:00	Breakfast Church
Sun.	24th	10:30	Holy Communion
Sun.	31st	10:30	Benefice HC service

Long Marton SS. Margaret & James

Sun.	10th	09:15	Holy Communion

Milburn, St. Cuthbert

Sun.	3rd	10:30	Holy Communion
Sun.	10th	10:30	Holy Communion
Sun.	17th	10:30	Holy Communion
Sun.	24th	18:30	Evening Prayer

Murton, St. John

Sun.	24th	18:00	Holy Communion

Musgrave, St. Theobald

Sun.	10th	10:30	DIY
Sun.	24th	10:00	Holy Communion

Newbiggin, St. Edmund

Sun.	3rd	10:30	Holy Communion
Sun.	24th	18:30	Evening Prayer

Ormside, St. James

Sun.	3rd	10:00	Morning Prayer
Sun.	10th	10:00	Holy Communion
Sun.	17th	10:00	DIY
Sun.	24th	18:00	Evensong

Temple Sowerby, St.James

Sun.	17th	10:30	Service of the Word

Warcop, St. Columba

Sun.	3rd	10:30	Holy Communion
Sun.	17th	10:30	DIY

Methodists

Sun. 31st 10:30? Cumbria Circuit Service live streamed from Appleby or Dufton

Sands, Appleby

Sun.	3rd	10:30	Mr. Tony Longworth
Sun.	10th	10:30	Mrs. Pam Carter
Sun.	17th	10:30	Revs. J & L Riley
Sun.	24th	10:30	Rev. Alex Dunstan

Dufton with Knock

Sun.	3rd	10:45	Mr. Will Ousby
Sun.	10th	10:45	Informal Service
Sun.	17th	10:45	Rev. Stephen Radford (HC)
Sun.	24th	10:45	All Age Worship

Warcop

Sun.	3rd	10:30	Informal Service
Sun.	10th	10:30	Revs. J & L Riley
Sun.	17th	10:45	**At Dufton**
Sun.	24th	**18:30**	Connexion at Kirkby Stephen

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