.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
October 2025
The News Magazine of the Benefice

Don't forget to put your clocks **back** when you go to bed on the 26th of October!

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

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

As the newly arrived Methodist Minister at The Sands, Dufton with Knock, Kings Meaburn and Warcop (and four churches in the East of Eden Mission Community) this is my first article for the Heart of Eden News. Firstly I would like to thank everyone for their kind welcome into this very friendly community. I have been struck by how 'smiley' people are and how people say 'hello' to you as you walk around town or along the river even though they've never met you before.

Feeling welcome and accepted is important to all of us as human beings. In the Bible we read so many accounts of Jesus welcoming and accepting people who were outcasts in their community. Jesus saw those who were invisible, who had been pushed to the margins, who were treated as outsiders and he invited them in. He invited them in, not just to stand on the side lines, but right into the very centre. Some became named disciples and others part of the many who followed Jesus and whose names are lost to us. Lives transformed by the love of God shown through Jesus.

As those who know the transforming power of the love and acceptance of God may we continue to welcome those who visit, and those who are blessed to move to, this beautiful part of God's world and may we seek to spread that love far beyond our immediate locality so that all may know God's love and be gathered into God's Kingdom.

Every blessing,

Rev Ros Watson

Recent Church Registers

Marriage	***We congratulate***	
10th September	Chris Callow and Nicole Vecerkova	St. James, Temple Sowerby
Funerals	***May she rest in peace and rise in glory***	
15th September	Kathleen Brooks	SS. Margaret & James, Long Marton

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

Church of England:

Rectors: Rev. Andrew Burrell (☎07778683820)

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

Methodist Minister: **Rev. Ros Watson**: maybe more details next month

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

Church of England

Peace Vigil

A Peace Vigil will be held in the Cloisters on Saturday October 4th between 10.30 - 11.30 a.m.. The vigil is an act of solidarity with all the innocent peoples living, suffering, and dying in the war-torn countries of the world.

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

Churchwarden and Secretary: Jo Ayres (☎52017)

By the way, I believe St. Lawrence's appears in a new book - Churches of Cumbria, by David Paul. If you're interested, contact sales@amberley-books.com.

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

Just in case you receive this before the end of August, don't forget our Benefice Service on Sunday 31st August at 10:30 a.m.

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 (14th October) in Temple Sowerby Church at 2.30 to 4.30 pm

Our Sister Churches

Methodist Church:

Minister: Rev. Ros Watson.

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

Give Love in a Box - Christmas Shoe Boxes

We will again be working with Teams4U to send our shoeboxes. Box Packing Day will be on Friday 17th October 1pm - 3 pm in Sands Methodist Church Hall, Appleby.

Please can you collect shoe boxes, plus the following which are suitable for children ages 3 to 14.

Soap, facecloth, toothpaste, hair accessories/brush/comb, notebook, crayons, rubber, ruler, pencil sharpener, pencil case, scarves, new socks/underwear, ball, toy car, game/puzzle, skipping rope, yoyo, small musical instruments and sweets (use by June 26). All items should be new as possible and undamaged. Donations of money to help with the transportation of the shoe boxes are also welcome. We will have a collection box in St Lawrence Church for people to bring their items to or bring on packing day 17th October. If you are able to help in any way, or have any queries, please contact me. Anne Bell b.annebell@btinternet.com ☎07790943237

Warcop Methodist Church

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

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

Gartheads Road, Appleby

Fr. John Winstanley ☎ 01768 862273

Tours of St Anne's Hospital

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

News from the Area

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

Donations can be made at Appleby and Kirkby Stephen Co-Ops, and K.S. Spar shops during opening hours, also at the wheelie bins outside Sands Methodist Church on Appleby Sands **from 11 to 11:30 on Tuesdays and 10 to 10:30 on Fridays**

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

Web: www.upperedenfoodbank.org.uk
The organisations listed overleaf 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 - (5th October)

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!

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 (7th October) - 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.

Our jobs over this summer have included cutting back, grass mowing, cleaning and painting benches, brushing steps etc.

Our hard working volunteers like a challenge and to see the difference made in a 2 hour session with all hands on deck! They also enjoy the aspect of meeting up and chatting with like minded friends.

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 - 2** Monday to Saturday until spring

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
4th	Save the Children Fund

and also 25th all day in main hall - Northern Crafts Market

Appleby-in-Westmorland Town Council

Pop-up Pump Track

Appleby Town Council put on a fun packed free pop-up pump track event at Broad Close on the last weekend of the school holidays. Over 200 young people took part in the event over the two days, with children as young as 3 years old having a go around the circuit.

PCSOs Mark, Joel and Tony provided free bicycle security marking and Henrietta at the Bike Inn, based at Appleby Heritage Centre, provided free cycle repairs.

Funding for the event came from Westmorland & Furness Council's Place Action Group. Councillor Andy Connell said "I am delighted that Westmorland & Furness Councill were able to support this event, which brought a new experience to Appleby's youngsters. It was great to see so many young people having fun around the track and it would be great if we could see a permanent pump track in Appleby."

As part of the event, the Council has published a short survey to gather feedback on whether residents would like to have a permanent pump track in Appleby. Over 170 people have already completed the survey, but it will remain open for a couple of weeks and can be accessed online at https://forms.gle/D7n1U3nMerHS8GUc6

Anyone interested in being involved in a working group to look at the feasibility of getting a permanent pump track in Appleby, should contact Appleby Town Council at clerk@applebytown.gov.uk or pop into the Tourist Information Centre.

Butts Shelters

We were very sad to say that someone has vandalised one of the newly refurbished Butts shelters on the river, badly scratching it with the words "CRAPPLEBY KEV E"

If anyone has any information about this, please contract Appleby Town Council.

Holme Farm Bridge

This bridge over the Eden, which was closed to vehicles a few months ago because of safety concerns, has now been found to be in such a dangerous condition below the waterline that the footpath has been closed, with the consequent loss of a popular circular walk on each bank of the river between the town bridge and Holme Farm. Westmorland & Furness Council are responsible for the footpath, but the bridge is privately owned. They are currently evaluating the necessary engineering works, which are unlikely to be implemented before next summer.

Waste Collection

Following extensive consultation, Westmorland & Furness Cabinet is likely to recommend to Full Council the harmonisation of waste collection across the authority; the three former Districts all did things differently. This is likely to mean that the weekly blue bag collections of household waste, operated only in Eden, will be replaced by fortnightly collections, with wheelie bins supplied for storage.

Local Medical Services

North Cumbria Integrated Care has announced that services needed following hospital treatment and requested by consultants such as taking of blood samples and checking wound dressings, will no longer be provided at Appleby, Kirkby Stephen and Temple Sowerby GP practices. Patients will have to book appointments at 'community hubs', i.e. Penrith Hospital or Hilltop Centre in Carlisle. It will add to the stress of vulnerable patients and create unnecessary journeys on already crowded roads. Representation is being made to call on NHS England to re-open negotiations and restore these routine procedures to GP practices, where they belong.

Are you passionate about Appleby … then why not think about being a Town Councillor?

Appleby Town Council has 16 Councillor seats and currently has 2 vacancies, one in the Appleby Ward and one in the Bongate Ward. Although the next Council elections don't take place until 2027, these vacancies can be filled at any time by a co-option process.

For further information see https://applebytown.gov.uk/have-you-ever-thought-about-being-a-town-councillor/

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 for the 563 service 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 for the 561 service 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! New drivers will always be welcome. Just ring the local Co-ordinator

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

Our local band is still looking for a new conductor. If you know anyone who might fit the bill, please encourage them to apply, to Linda Bainbridge - ☎01931 715395; or email linda_bainbridge@hotmail.co.uk …. and if you want to hear them in action, come to the Remembrance concert at the public hall on the 18th!

Appleby in Westmorland Society

Nothing this month.

Appleby Archaeology Group

Thursday 9th at 7.30pm in the Public Hall Supper Room. Dr. John Reid, chairman of the Trimontium Trust, will give a talk titled "The Hills have Eyes" about the attack on Ambleside Roman Fort.

Appleby Arts Society

On Wednesday 8th at 10:30am in the Public Hall Supper Room, there will be a lecture by Ed Williams about Painting in Northern Britain in the 20th Century. L.S. Lowry's works are perhaps the most immediately familiar of any 'provincial' British painter, but his enduring popularity has perhaps cast a shadow over his contemporaries.

Appleby Bowling Club

The Winter Indoor season has now started and continues until April. Casual bowling takes place indoors on most afternoons starting at 2pm. 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 (October 13th and 27th)

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 Highlights

…at Appleby Hub

Fri. 24th 7:30pm Jali Bakary Konteh and Sarah Deere-Jones…. continuing the line of 2 legendary Gambian kora players, Jali Bakary Konteh duets with renowned classical and Celtic harp player, Sarah Deere-Jones in this fusion of Gambian and Celtic music .

…at Dufton Village Hall

Sun. 19th 7:30 Medusa - their debut album nominated for the Instrumantal Group of the Year at the 2024 Canadian Folk Awards, Medusa are re-imagining the string quartet!

Tickets for either of the above:
www.highlightsnorth.co.uk /
☎017683 52902

Lights…Camera…Appleby

Saturday 11th October A Real Pain (15)

Reviewers say 'A Real Pain' delves into family, trauma, and self-discovery through the complex relationship of two cousins. Kieran Culkin's portrayal of Benji, dealing with mental health and existential crises, is lauded for its rawness. Jesse Eisenberg's direction and writing are praised for authenticity, though some find the narrative predictable. Performances, especially Culkin's, are noted for their nuance. The film's exploration of the Holocaust and use of Chopin's music enhance its atmosphere, making it a poignant and thought-provoking experience.We will be serving a delicious lamb hotpot made by Low Howgill Butcher & Deli, Appleby. A vegetarian option will be available.

Please book food tickets well in advance to avoid disappointment.

Tickets £13 for food and film. Film only tickets, £4. Doors open 6pm, food served 6.15-6.30pm. Film screening at 7pm. Pay bar, raffle and interval ice-cream from the Jersey Ice Cream Farm, Melkinthorpe.

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

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.

UPPER EDEN LINKING LIVES

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. However there will be only one meeting in October, on the 22nd. All are welcome, particularly those with memory loss. There will be light refreshments, games, crafts, music and singing.For further information please contact:-

Anne	☎017683 51219
Tim	☎017683 52640

Probus Club

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

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

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

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

Appleby Rotary Club

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

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

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

Villages

Asby

Wed.	8th	7:30 pm	The Hollies Asby Fellowship with Andrew Burrell
Wed.	22nd	7:30 pm	The Hollies Asby Fellowship with Andrew Burrell
Sat.	25th	10:30 -12:30	St. Peter's Coffee, cake & chat in aid of church funds

Brampton Village Hall

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

Wed.	1st	7:30pm	Brampton Ladies at the Royal Oak
Tues.	7th	7:00pm	Book Club
Wed.	8th	7:00pm	Eden Valley Woodturners
Mon.	27th	7:30pm	Film Night, with popcorn!

Colby Village Hall

Sun.	5th	noon - 1:30	Soup and sweet lunch
Sat.	11th .	10:30 - noon	Coffee Morning
Sat.	18th	7:30pm	Morland Ukulele Group (MUGS) - Finger buffet and bar

Dufton

Sat.	11th	12:30pm	Bacon butties at the Village Hall. In aid of St Cuthbert's Church

Knock Mission

Fri. 24th 7pm (doors 6.30) 'Pie & Quiz night' Raffle on the night & winners cash prize. £7.50 entry for quiz & food … bring your own drinks! Please book a place by text to ☎07437873666

Long Marton

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

Sat. 11th 10:30 - 1:30 Brunch'n' Lunch : Bacon rolls, soup, cheese toasties, etc, tea/coffee. Please come and join us for hearty food & chat. All are welcome.

Wed. 15th 7:30pm Local History Group: - Talk by Neil Hannah - 'The Prince, The Pretender and Penrith' which is about Bonnie Prince Charlie and Penrith. If you would like any details please email Christine at longmartonlocalhistorygroup@gmail.com

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

Forthcoming event is the very popular Christmas Market on Sunday 23rd November. Be organised with your Christmas shopping. Refreshments will also be available.

If you are thinking of setting up a new activity, rates are from £7 per hour. Don't forget to consider the hall when thinking about a party or family gathering. Any enquries please contact Christine at bookingslongmartonvi@gmail.com

Milburn

Village coffee mornings first Saturday of each month (4th October). Church coffee mornings third Saturday of each month (18th October), both 10:30 to noon.

Murton-cum-Hilton Institute

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

Ormside

Thank you to everyone who kindly supported our Village Teas at the weekend which was a great success.
Village hall coffee mornings, **exceptionally in October**, are on Wednesdays **1st** and 22nd, from 10.30 till noon.
Country dancing is on second and fourth Mondays (13th and 27th), from 7.30 till 9pm.
Craft evenings third Tuesday (21st) from 7.30 till 9pm.

Sat. 18th 9am - noon Big Breakfast

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 (**by tradition, but please check!** ***Ed.)*** is 10am - noon on the 1st and 3rd Tuesdays of the month (October 7th and 21st) at the Victory Hall. All are welcome

Fri. 17th Film Night 2nd Best Exotic Marigold Hotel - details t.b.a.

Rainbow Cafe is held on the second Tuesday of every month in Temple Sowerby Church (14th) from 2.30 to 4.30 pm

Warcop - Parish Hall

Mondays 6:30 - 8 Table tennis club

Thursday 2nd, 11.30am - 1.00pm. Soup and Pudding, Come and join us for lovely homemade soup and pudding. £7 per person, including tea or coffee.

Sat., 11th , 10 - 11.30 (usual, I guess *Ed.*) Coffee Morning.

Warcop Drama Group presents Jack and his Amazing Multicoloured Beanstalk, a pantomime by Geoff Bamber via LazyBeeScripts. Get the Christmas feeling started with a fabulous couple of hours of cheering and booing!

Thursday 13th / Friday 14th November - 7.30pm
Saturday 15th November - 2.00pm
Refreshments available, Raffle
Tickets: £6 adult / £3 children (U16)
To book tickets, please contact the following:
Carol White - ☎017683 53450 / carolwhite1@onetel.com
Nikki McDowall - ☎07739 312023 / nikkimcdowall@outlook.com

Warcop Remote Cinema
Thursday 16th The Pianist (15))

During WWII, acclaimed Polish musician Wladyslaw faces various struggles as he loses contact with his family. As the situation worsens, he hides in the ruins of Warsaw in order to survive.

Doors open: 7:15pm. Screening: 7:30pm.
Refreshments available during the interval, including ice creams. Adults: £5.00. Children under 16: £3.00.

Bible Bite

A short story from the Bible

It can be read in the Bible in Judges 6:1-7, 11-16, 25-35

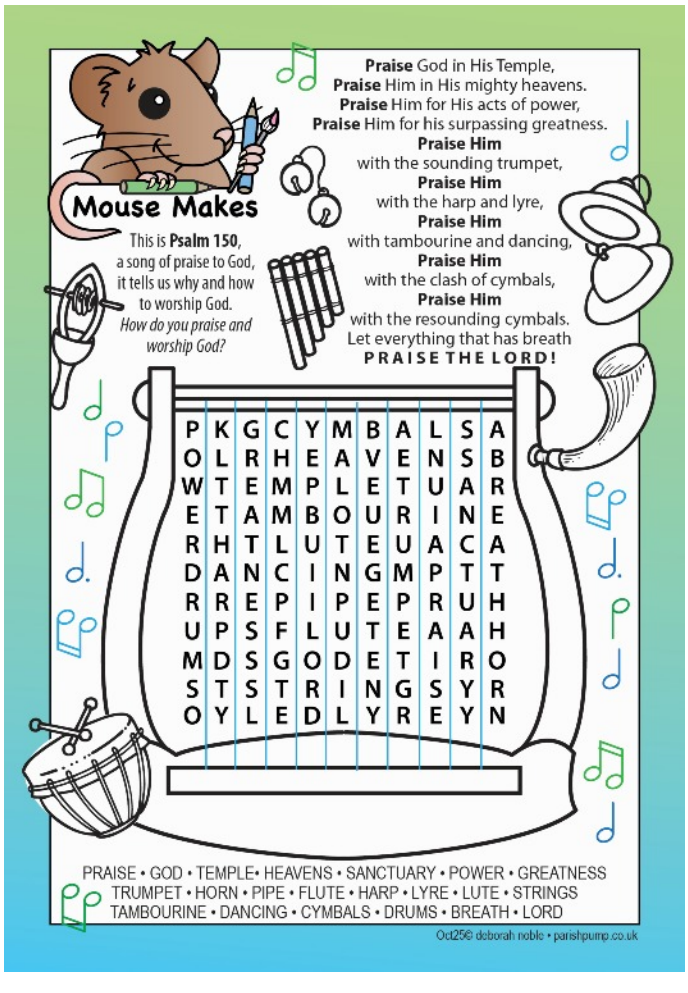
Once the Israelites had moved into their promised land, they obeyed God, but not for long, so God let other countries invade.

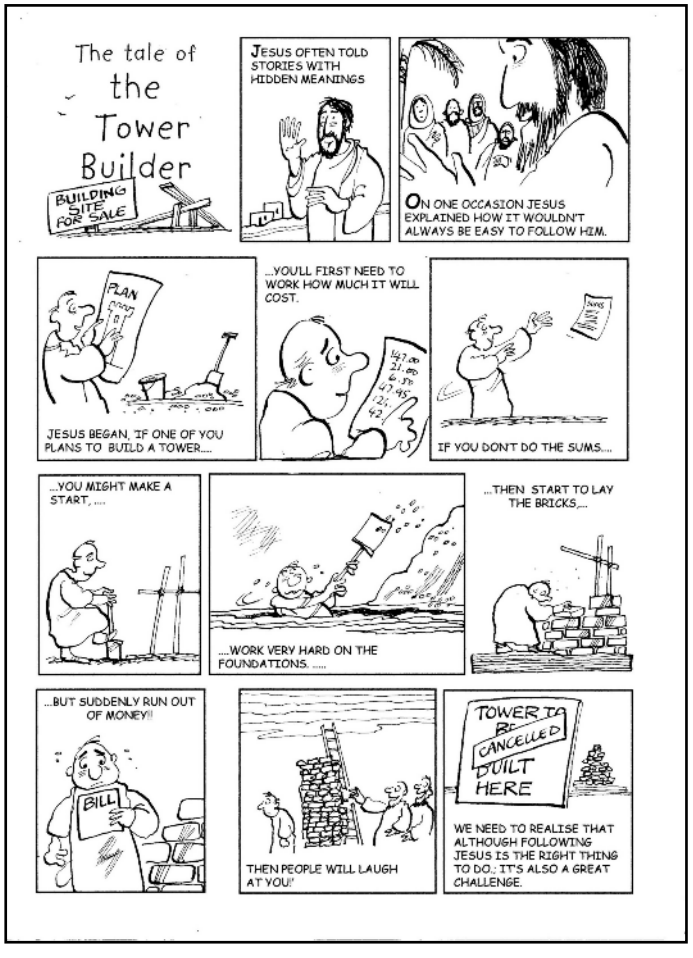
Bible Bite

A short story from the Bible

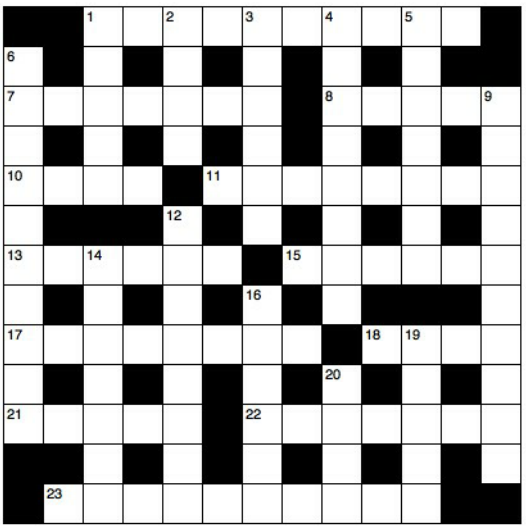
It can be read in the Bible in Judges 6:36 - 7:8, 16-22

God had told Gideon he would drive the Midianite invaders out of His country. 32000 men had come to fight with Gideon.





Monthly Crossword - solution overleaf



Across

1 He was replaced as king of Judah by his uncle Mattaniah (2 Kings 24:17) (10)

7 'Let us fix our eyes on Jesus... who for the joy set before him - the cross' (Hebrews 12:2) (7)

8 Relieved (5)

10 Impetuous (Acts 19:36) (4)

11 Surprised and alarmed (Luke 24:37) (8)

13 'It is - for a camel to go through the eye of a needle than for the rich to enter the kingdom of God' (Mark 10:25) (6)

15 Directions for the conduct of a church service (6)

17 One of the acts of the sinful nature (Galatians 5:19) (8)

18 and 20 Down 'She began to wet his - with her tears. Then she wiped them with her - ' (Luke 7:38) (4,4)

21 'We will all be changed, in a flash, in the twinkling of an - , - the last trumpet' (1 Corinthians 15:51-52) (3,2)

22 'But he replied, "Lord, I am - - go with you to prison and to death"' (Luke 22:33) (5,2)

23 Third person of the Trinity (2 Corinthians 13:14) (4,6)

Down

1 He betrayed Jesus (Matthew 27:3) (5)

2 Paul's assurance to the Philippian jailer: 'Don't - yourself! We are all here!' (Acts 16:28) (4)

3 'Fear God and keep his commandments, for this - the whole - of man' (Ecclesiastes 12:13) (2,4)

4 The sort of giver God loves (2 Corinthians 9:7) (8)

5 Sun rail (anag.) (7)

6 Naboth, the ill-fated vineyard owner, was one (1 Kings 21:1) (10)

9 Paul said of young widows, 'When their sensual desires overcome their - to Christ, they want to marry' (1 Timothy 5:11) (10)

12 This was how Joseph of Arimathea practised his discipleship 'because he feared the Jews' (John 19:38) (8)

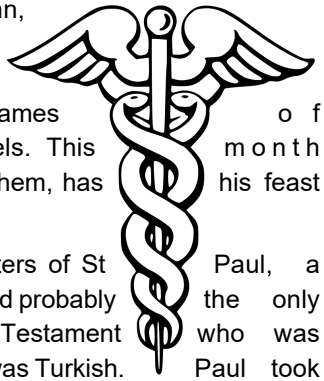
14 Mop ruse (anag.) (7)

16 Foment (Philippians 1:17) (4,2)

19 Where Joseph and Mary escaped to with the baby Jesus (Matthew 2:14) (5)

20 See 18 Across

Thank you, Dr Luke!



'Matthew, Mark, Luke and John, bless the bed that I lie on' - my grandma taught me that one. At least it meant I never forgot the names of the writers of the four Gospels. This month Luke, the writer of the third of them, has his feast day - 18th October.

He was, we learn from the letters of St Paul, a 'physician' - an educated man and probably the only one of the writers of the New Testament who was not a Jew. In modern terms, he was Turkish. Paul took him as one of his missionary team on a long journey around the Middle East, and they clearly became close friends. Under house arrest later in his life Paul could write, 'only Luke is with me'.

However, it is his Gospel which has established him as a major figure in the history of the Christian Church. Mark's Gospel may have more drama, Matthew's more prophetic background and John's a more profound sense of the mystery of the divine, but Luke offers us a Jesus who is utterly and believably real. This man turned no one away, reserved his harshest words for hypocrites and religious grandees, cared for the marginalised, the poor, the persecuted, the handicapped and the sinful. His Gospel is full of people we can recognise - indeed, in whom we can often recognise ourselves.

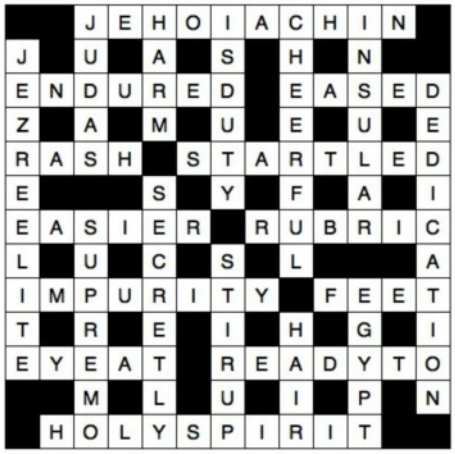
He was also a masterly story-teller. Try, for instance, the story of the Prodigal Son (Luke 15:11-32). Read it (this time) not as a sacred text but as a brilliant piece of story-telling: subtle repetitions ('your son, this brother of yours'), believable characters, drama and profound emotion. There is the older brother, so cynical about his sibling's alleged reformation, the 'prodigal' himself, so hesitant about throwing himself on his father's mercy after the folly of his earlier behaviour, and there is the father, of course, abandoning the dignity of his role in the family and actually running to welcome his wretched son's return.

There are more women in Luke's Gospel than in any of the others, but also more poor people, more lepers, more 'sinners' and tax-collectors, more 'outsiders' who are shown to be 'inside' the love of Christ. This, for many of us, is the great Gospel of inclusion and compassion. Here is a Jesus for the whole world and for every one of us. Thank you, Dr Luke!

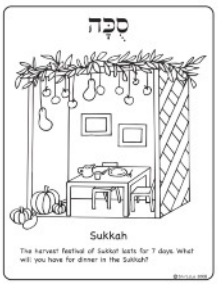
Women figure more prominently in Luke's gospel than any other: look out for the extended story of the Virgin Birth, and stories of Mary, Elizabeth, and the woman who was a sinner.

In Acts, Luke is remarkably good as linking sacred and profane history, as subsequent archaeology has shown. A principal theme of his Acts is how the early Christians moved away from Jerusalem into the pagan world, and especially on to Rome.

Luke is the patron saint of doctors, surgeons and artists (due to his picturesque style of writing). His symbol is an ox, sometimes explained by reference to the sacrifice in the Temple at the beginning of his Gospel. In England 28 ancient churches were dedicated to him.



Harvest and its Jewish Origins



On 6th-13th October this year many people around the world will be celebrating the Jewish festival of Tabernacles, or Sukkot. They will celebrate the Harvest, and also remember God bringing the Israelites out of Egypt and through 40 years in the desert.

The biblical book of Deuteronomy contains a description of what Tabernacles should have been like back then. "Celebrate… for seven days. Be joyful… you, your sons and daughters, your male and female servants, and the Levites, the foreigners, the fatherless and the widows who live in your towns."

These festivals were not just a celebration, but also an expression of gratitude to God: "celebrate the festival to the Lord your God...For the Lord your God will bless you in all your harvest and in all the work of your hands, and your joy will be complete." Tabernacles was a proper holiday, with two whole days off normal work and seven days of feasting.

Farming looks very different today. Very few of us have had to sweat long hours over crops, so we're not as ready for (or deserving of) a rest and a party as our ancestors were at this time of year. That might be even more the case in future, as the agri-tech revolution unfolds. For example, small autonomous tractors are already becoming available that do less damage to the soil and make better use of steep or oddly shaped fields.

Many arable farms already hire contractors to do the routine work with large specialist GPS-equipped machinery. In future years those people might find themselves using very different kinds of high-tech kit, acting more as land-management advisors, helping farmers to gather data and to find ways of improving soil quality, biodiversity and the water cycle.

I'm very grateful for the food that arrives on my shelves. Instead of worrying about whether or not we earned it, our modern-day Tabernacles or Harvest celebration could include ways of encouraging those involved in agriculture and developing new agricultural technologies, as well as enjoying how we can learn about and benefit from God's creation through Science.

So, after you celebrate Harvest at church, why not follow it up with a trip to a local farm this month? Why not learn from the ancient Israelites, and follow it up with a meal together? It stands to reason that those of us who live in countries where food is plentiful and cheap could do with being proportionately more generous in our gratitude and giving. Should we throw better parties? Probably!

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EAT

If you enjoy a good meal and conversation you might like to consider joining Appleby Probus.

A Probus club is a local association of retired and semi-retired professional and business people that meets monthly for lunch and fellowship. The Appleby Club is strictly non-political and gender-neutral, It is currently seeking new members!

If you think that any of this might interest you, please drop a line to Phil Harbot at philharbot@gmail.com.

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St Lawrence's Church
Appleby-in-Westmorland

Harvest Festival

Sunday October 5th

3pm Family Service
led by
Dr Andy Brittlebank
followed by
4pm Concert & Tea
given by
The Herdwyck Consort

Suggested donation for Concert & Tea £10.00 per adult

Everyone is welcome to join us

St Lawrence's Church
Appleby-in-Westmorland

Choral Evensong

Sunday October 19th at 4.30pm

St Lawrence's Augmented Church Choir
Director of Music: Geoff Gordon
Organist: Leigh Harding
Fr Andrew Burrell will Preach

All welcome to join us for this special service for The Friends of St Lawrence's Church

The Good Book Club

Reading the Bible for ourselves

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Memorial Hall
Kirkby Thore

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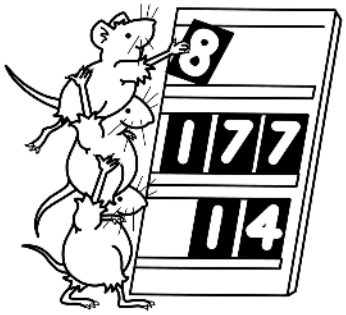

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For help claiming Universal Credit: 0800 1448 444

For all other enquiries: 0808 278 7844

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Church Services for October 2025

Church of England

Appleby, St. Lawrence,

Fri.	3rd	10:00	Holy Communion
Sun.	5th	09:00	Holy Communion
Sun.	5th	15:00	Harvest
Mon.	6th	19:00	Compline
Fri.	10th	10:00	Holy Communion
Sun.	12th	10:45	Morning Worship
Fri.	17th	10:00	Holy Communion
Sun.	19th	10:45	Holy Communion
Mon.	20th	19:00	Compline
Fri.	24th	10:00	Holy Communion
Sun.	26th	10:45	Holy Communion
Fri.	31st	10:00	Holy Communion

Asby, St. Peter

Sun.	5th	18:30	Holy Communion
Sun.	12th	11:00	United Harvest followed by lunch
Sun.	19th	18:30	Evening Prayer
Sun.	26th	11:00	Morning Prayer

Boroughgate, St. Anne

Closed for the duration of building works

Dufton St. Cuthbert

Sun.	12th	15:00	Harvest Festival
Sun.	26th	10:30	Holy Communion

Kirkby Thore, St. Michael

Sun.	5th	10:00	Breakfast Church
Sun.	12th	10:30	Morning Prayer
Sun.	19th	10:00	Breakfast Church
Sun.	26th	10:30	Morning Prayer

Long Marton, SS. Margaret & James

Sun.	12th	09:15	Holy Communion

Milburn, St. Cuthbert

Sun.	5th	10:30	Holy Communion
Sun.	12th	10:30	Holy Communion
Sun.	19th	10:30	Holy Communion

Murton, St. John

Sun.	26th	15:00	Holy Communion

Musgrave, St. Theobald

Sun.	12th	10:30	Lay Led
Sun.	28th	10:30	Holy Communion

Newbiggin, St. Edmund

Sun.	5th	10:30	Holy Communion
Sun.	26th	18:30	Evening Prayer

Ormside, St. James

Sun.	5th	10:00	Matins
Sun.	12th	10:00	Holy Communion
Sun.	19th	10:00	DIY
Sun.	26th	10:00	Holy Communion (1662)

Temple Sowerby, St.James

Sun.	19th	10:30	Harvest Festival

Warcop, St. Columba

Sun.	5th	10:30	Songs of Praise @ Parish Hall
Sun.	19th	10:30	Lay Led

Methodists

Sun.	**12th**	**18:30**	**Connexion Service at Kirkby Stephen**

Sands, Appleby

Sun.	5th	10:30	Rev. G. Crippen
Sun.	12th	10:30	Rev. Stephen Radford (HC)
Sun.	19th	10:30	Revs. J & L Riley
Sun.	26th	10:30	Rev. Ros. Watson

Dufton with Knock

Sun.	5th	10:45	Mrs. Heather Radford
Sun.	12th	10:45	Rev. Jackie Betts
Sun.	19th	10:45	Informal Service
Sun.	26th	10:45	Mrs. Jackie Ousby

Warcop

Sun.	5th	10:30	Revs. J & L Riley Songs of Praise @ Village Hall
Sun.	12th	10:30	Mrs. Penny Hilland
Sun.	19th	10:30	Informal Service
Sun.	26th	**15:00**	Rev. Ros. Watson (HC)

Roman Catholic Church of Our Lady of Appleby

Sunday Mass 4pm (Sacrament of Confession available from 3.30pm) , followed on the first Sunday each month by tea and refreshments

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