.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
November 2025
The News Magazine of the Benefice

Poppy Wall at the Moot Hall - November 2024

What's on in November 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

'This is my commandment, that you love one another as I have loved you. No one has greater love than this, to lay down one's life for one's friends.' John 15:12,13

I am always been moved by the local and national Remembrance Day services, which seem to come around so quickly every year. My father, Tom Boullier, served in the RAF as a Lancaster pilot; he was a double member of the Caterpillar Club, which you could only join if your parachute worked! I had the privilege to act as Chaplain to his Squadron's (576 - Carpe Diem) 80th anniversary event at Lincoln two years ago and was reminded of the huge sacrifice and loss of life that he will have witnessed.

My Grandfather, Rev John Boullier, was a 'Gunner/Chaplain' in the trenches in the Great War. He wrote a moving book about his harrowing experiences. These were well expressed in a song written by Chris Hoban for the 100th anniversary of that conflict. Here are some lines from that song -

No more for me the rolling parish, The city quarter, the village spire

My flock are waiting in their dugout, Their untrained voices my only choir

I bless them all - the saint, the sinner, The seasoned veteran, the volunteer

The men of every rank and station, So full of courage, so lean in years

The first time my father had to parachute from his aircraft, it was from a stricken Wellington over Wiltshire. So, he was able to collect his parachute and take it back to my mother and from it they made the christening robe and shawl we, as children and our children, have been baptised in, a frequent reminder of the great sacrifice and new life that followed. I also have his flying scarf that he wore on his Lancaster missions, also made from that parachute. It is an honour to be kept warm by its silk threads on cold fells and out at sea.

As we give thanks for the freedom we enjoy and the hope of peace in Palestine and Isreal, we continue to pray for those who suffer in Ukraine, Sudan, Myanmar and other ongoing conflicts around the world. So many stories of bravery and sacrifice inspire us to love our neighbours and work for peace.

Canon Ken Boullier

Recent Church Registers

Marriage	***We congratulate***	
9th October	James Shoesmith and Mary Taylor-Lindop	St. Lawrence, Appleby
10th October	James Newton and Victoria Hill	St. Peter, Asby

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 anything to be included 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. **Most important, if you just leave hard copy in the church, tell the editor it's there, otherwise he won't know!** 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:

Rector: 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: ros.watson@methodist.org.uk or ☎017683 51244

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

Church of England

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

Churchwarden and Secretary: Jo Ayres (☎52017)

If you can count to six- and back again (very important)- but can't read music , this is the musical instrument for you !! Appleby tower bell ringers meet fortnightly on Mondays at St Lawrence's church Appleby 7:30 - 9 pm. We can offer individual tuition or learning in a group. We are a small friendly group and we would be very pleased to see you, to talk about ringing or for you to try your hand.
Contact Sue Grainger ☎07876403895,
or Nick Harrop ☎07443431983

St. Peter, Asby

Churchwarden: vacant

PCC lay chair: Peter Miller ☎51707

Secretary: Karen Royle ☎ 07966.371044

St. Cuthbert, Dufton

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

Secretary: Mrs. Louise Stewart

St. Michael, Kirkby Thore

Churchwarden:

Margaret Davidson ☎017683.61699

Church Warden and Secretary:

Maeve Moore ☎017683.62005

SS. Margaret & James, Long Marton

Churchwarden:

Mr. Lutaf Greenshaw ☎07802254982

St. Cuthbert, Milburn

Churchwarden:

Mr. Leigh Harding ☎ 0333.014.3944

Secretary: Christine Braithwaite

St. Theobald, Musgrave & St. Columba, Warcop

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

St. Edmund, Newbiggin

Churchwarden:

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. ros.watson@methodist.org.uk or ☎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

Ladies Friendship Group

The next meeting will be held on Thursday 20th November 1.30pm in the Eden room Sands Methodist Church.
We are very pleased to welcome Abbi Lawson who has appeared on The Bake off TV programme. She will give a talk and demonstration, then a tasting session of the food she has prepared. Tea, biscuits and a time of fellowship will follow, we are sure it will be a very good afternoon and all are very welcome.
Further details from Mary Kirkpatrick ☎01768351184 e-mail Kirkpatrick41@gmail.com and Denise Bell ☎07968381394

'Christmas Is Acoming'

Yes - it won't be long now! Just the time to make a date to visit our Annual Super 'Coffee Morning with Christmas Crafts' on Thursday November 27th at Sands Methodist Hall 10am - Noon. This is always a great lead-in to Advent & Christmas, and you know you'll receive a warm welcome, some good coffee and sweet treats, and the chance to bag some original gifts. Donations for the Renovation Fund. We look forward to seeing you there. Don't miss it!

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. **However … o**n November 15th, there will be an Open Day from 10 am until 2 pm when those interested can see the progress being made with the refurbishment of 13 Almshouses. There will be a chance to see completed houses and learn about the Air Source Heat pumps being used to heat the Houses.

If anyone is interested in living in one of the newly refurbished houses, this will be an ideal opportunity to view the properties, speak to Trustees and learn about this happy local community that has been serving Appleby in accordance with the wishes of Lady Anne Clifford since the mid 17th Century.

If you would like to visit please feel free to turn up on the day.

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 - (2nd November)

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 (4th November) - 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

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 kristy@pattimore.com ☎07480.935119 See our ad. page 12

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
1st	Liberal Democrats
8th	British Legion Ladies Section

and also 15th all day in main hall - Northern Crafts Market

Town Council

Public Hall Reburbishment

We are currently carrying out works to refurbish the upstairs of the Public Hall. This includes repairs and repainting of the supper room, upstairs foyer and stairs, new carpeting and lino and repairs and refurbishment of the old bar which has not been in use for a number of years. We apologise for any convenience whilst these works are being carried out, but hopefully everyone will agree it is a big improvement.

Appleby Flood Defence Scheme

At the end of October, the works on the flood defence scheme moved on to the next phase. The main works in the highways which has resulted in road closures and traffic management will be completed and the remainder of the scheme's work will be focused on Broad Close car park. A newsletter detailing the scheme's progress and forthcoming plans will be published on the Appleby Flood Hub website.

Voluntary Social Car Scheme

After carrying out the role of Appleby's Voluntary Social Car Scheme Coordinator for 5 years, Val Kendall has retired from doing this. A very big thank you to Val on behalf of the many residents of Appleby and beyond who she has helped over the years. She will be solely missed.

Appleby Council have agreed to take on the role of Coordinator on a trial basis with immediate effect. New enquiries for transport can be made by phoning 017683 51177 Ex 3 or by popping into the Tourist Information Centre in the Moot Hall.

Handyperson Scheme

If you need help with small jobs around your home, Westmorland & Furness Council operates a Handyperson scheme, which offers assistance to eligible residents with things like:

- Changing a lightbulb
- Putting up shelving
- Hanging curtains
- Installing handrails
- Small repairs, such as unblocking sinks, replacing a washer on a tap, etc
- Fitting of minor security measures such as door and window locks

All work is carried out free of charge, you just provide the materials.

Available to over-65s, people who have a disability or are vulnerable.

For more information visit https://www.westmorlandandfurness.gov.uk/housing/handy-person-scheme,
ring the Housing Standards Team on 0300 373 3300 or email housingstandards@westmorlandandfurness.gov.uk

Traffic wardens

We have been informed that two additional parking enforcement wardens have been recruited to the team, so it is likely that we will get visits from the wardens more often, possibly daily. These wardens will also be carrying out parking enforcement on Station Road, Garths Head Road and the surrounding streets where the new double yellow lines have recently been installed.

Housing energy efficiency grants and advice

You may be eligible for grants to help to improve the energy efficiency of your home, such as insulation, heating upgrades and solar panels.

For more information and to check eligibility visit https://www.westmorlandandfurness.gov.uk/housing/housing-grants-0/housing-energy-efficiency-grants-and-advice

Report an Empty Property

If you are aware of an empty property in your neighbourhood, please let Westmorland & Furness Council know.

The way in which empty properties impact on people's lifes can include:

- lowering the price and desirability of your property
- spoiling the look of your village, or neighbourhood
- damaging your property, for example, by causing it to become damp
- providing a place for antisocial gatherings
- harbouring an infestation of pests

You can report an empty property to the Housing Standards Team by visiting https://www.westmorlandandfurness.gov.uk/housing/report-empty-property
Or by email to housing.services@westmorlandandfurness.gov.uk

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.

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

Some event Sunday 16th November afternoon, but I have no details. *Ed.*

Appleby Archaeology Group

Thursday 13th at 7.30pm in the Public Hall Supper Room. Kate Sharpe talking about Rock Art and Roughouts in Neolithic Lakeland. Checkout apparch.org

Appleby Arts Society

On Wednesday 12th at 10:30am in the Public Hall Supper Room, there will be a lecture by Adam Buisiakewcz about Women in Art Making Music

Appleby Bowling Club

The Winter Indoor season 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 (November 10th and 24th)

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

Appleby Rainbows, Brownies and Guides

Girlguiding

JOIN US

Meeting times:
1st Appleby Rainbows (age 5-7) Thursday 5:00-6:15pm
2nd Appleby Brownies (age 7-10) Wednesday 5:00-6:45pm
1st Appleby Guides (age 10+) Wednesday 6:15-7:45pm
We are always on the look out for adults to become a leader with any of these groups.
Message the group for more information:
kath1nunn@gmail.com or Appleby Rainbows, Brownies and Guides

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.

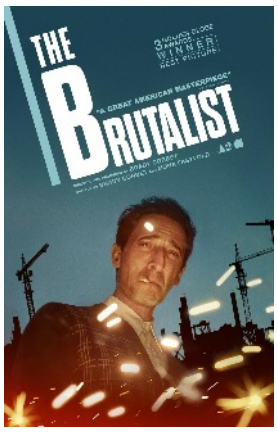
We create stronger communities and inspire positive futures, by providing fun, friendship and adventure. Join as a young person or volunteer and help young people gain skills to succeed.

Contact: ☎/WhatsApp 0333 339 3710, or https://edenscouts.org.uk

1stwestmorland@edenscouts.org.uk

Lights…Camera…Appleby

Saturday 22nd November The Brutalist (18)



In an epic period drama, visionary architect László Tóth, played by Adrien Brody, is a Jewish Hungarian holocaust survivor, who escapes post-war Europe to America to rebuild his life, his career and his marriage. On his own in a strange new country, he settles in Pennsylvania, where a wealthy and prominent industrialist recognises his talent. After struggling for many years with addiction and other set-backs, the architect is eventually recognised with a retrospective at the Venice Biennale of Architecture. "Structurally beautiful and suffused with Adrien Brody's soulful performance. Writer-director Brady Corbet's immaculately designed The Brutalist is a towering tribute to the immigrant experience." Rotten Tomatoes. Worthy recipient of the Silver Lion at the Venice International Film Festival and of 10 Academy Awards, this is a film worth every minute of its 3 ½ hrs! **Please note the earlier start time of 6pm for the film and 5.15 pm for the food**.

We will be serving a delicious an authentic Hungarian goulash made by Emma of Acre Kitchen. Vegetarian option is available.

Please book food tickets well in advance to avoid disappointment.

Tickets £13 for food and film. Film only tickets, £4. **Doors open 5pm, food served 5.15-5.30pm. Film screening at 6pm**. 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 normally held on the 2nd & 4th Wednesdays of each month at Sands Methodist Church Hall 10.30am -12 noon. However, an outing has been arranged for 26th November so there will not be a meeting at Sands on that date. There will be only one meeting in November, on the 12th. All are welcome, particularly those with memory loss. There will be light refreshments, games, crafts, music and singing.For further information please contact:-

Anne ☎017683 51219
Tim ☎017683 52640

Probus Club

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

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

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

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

Appleby Rotary Club

Appleby Rotary Club is supporting Physionet, a UK based humanitarian organisation dedicated to helping some of the most marginalised people in the world by supplying children and adults with disability equipment considered surplus or redundant in the

UK. Physionet supplied almost 8000 items of physiotherapy, paediatric equipment, wheelchairs, mobility items and some hospital hardware that would have normally ended in landfill.

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

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

Villages

Asby

Wed.	5th	7:30 pm	The Hollies Asby Fellowship with Pat Bevan
Wed.	19th	7:30 pm	The Hollies Asby Fellowship with Donald Marston

Brampton Village Hall

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

Tues.	4th	7:00pm	Book Club
Wed.	5th	7:30pm	Brampton Ladies, make and buy Christmas cards with Anne Burton
Wed.	12th	7:00pm	Eden Valley Woodturners
Sat.	15th	7:30pm	Quiz Night, with pie supper, BYOD
Mon.	24th	7:30pm	Film Night, with popcorn, BYOD

Colby Village Hall

Sat.	8th .	10:30 - noon	Coffee Morning
Tue.	25th	7:30pm	Christmas Dominoes Drive
Fri.	28th	7:30pm	Prize Christmas Bingo

Dufton

Sat. 1st 9 am - 1 pm* Church Coffee Morning
* (I think,*Ed.*)

Long Marton

Sat. 8th 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. 19th 7:30pm Local History Group: - Talk by Dr Andrew Wallis, a volunteer co-ordinator for uncovering Roman Carlisle - A community dig making international headlines at the largest Roman building on Hadrian's Wall. If you would like any details please email Christine at longmartonlocalhistorygroup@gmail.com

Sun. 23rd 11 am - 3 pm our ever popular Christmas market with stalls for Christmas shopping and refreshments - bacon rolls and cakes

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

If you are thinking of setting up a new activity, rates are from £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 (1st November). Church coffee mornings third Saturday of each month (15th November), both 10:30 to noon.

Murton-cum-Hilton Institute

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

Ormside

From now on,coffee mornings will be just once a month on the first Wednesday in the month (4th November)

Country dancing is on second and fourth Mondays (10th and 24th), from 7.30 till 9pm.
Craft evenings third Tuesday (18th) from 7.30 till 9pm.

Sat. 15th Pie and Pea Supper

Doors and Bar open at 6:30 pm, pies on plates at 7. Tickets £10 per person. Tickets must be purchased in advance for this event (for catering purposes) and a deposit of £5 is required upon booking together with your choice of pie by noon on Monday 10th November Please text Rachel on ☎07759 011555 to book.

As usual the bar will be open to purchase alcoholic and soft drinks and we now stock the full range of Orm's Brewhouse Beers and Stout. This will become a regular event if well supported.
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 (November 4th and 18th) at the Victory Hall. All are welcome

Fri. 21st Film Night The Lady in the Van- details t.b.a.

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

Warcop - Parish Hall

Mondays 6:30 - 8 Table tennis club

31st October Ghost Walk Doors open 6pm, leaving Parish Hall at 6.30 pm. Cost - Adult £2, Children under 16 £1, Free to children in buggies. Optional fancy dress but wear suitable footwear. Bring a torch. Hot dogs, soup and cakes back at the hall afterwards. Fancy dress and best carved pumpkin competitions

Thur. 6th 11.30am - 1 pm. Soup and Pudding, Come and join us for lovely homemade soup and pudding. £7 per person, including tea or coffee.

Sat., 8th , 10 - 1 pm Table Top Sale & Coffee Morning.£10 per table - booked in advance. Refreshments Available. To book call or text: ☎07791 804679

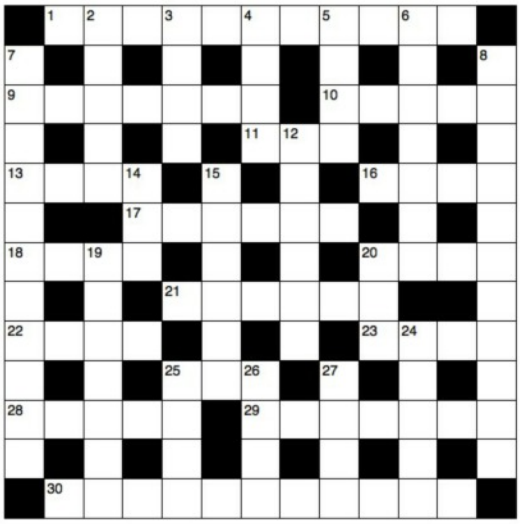
Warcop Drama Group presents Jack and his Amazing Multicoloured Beanstalk, a pantomime by Geoff Bamber via LazyBeeScripts. Get the Christmas feeling started with a fabulous couple of hours of cheering and booing!

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

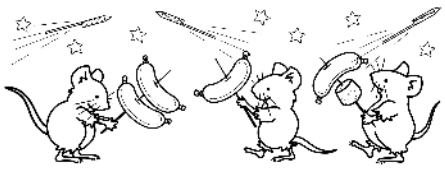
Warcop Remote Cinema
Thursday 20th Nomadland (12A))

A woman in her sixties, after losing everything in the Great Recession, embarks on a journey through the American West, living as a van-dwelling modern-day nomad. Doors open: 7:15pm. Screening: 7:30pm. Refreshments available during the interval, including ice creams. Adults: £5.00. Children under 16: £3.00.

Monthly Crossword - solution page 10



Bonfire Night - some simple rules for staying safe



1. Plan your firework display to make it safe and enjoyable.

2. Keep fireworks in a closed box and use them one at a time.

3. Read and follow the instructions on each firework, using a torch if necessary.

4. Light the firework at arm's length with a taper, and stand well back.

5. Keep naked flames, including cigarettes, away from fireworks.

6. Never return to a firework once it has been lit.

7. Don't put fireworks in pockets and never throw them.

8. Direct any rocket fireworks well away from spectators.

9. Never use paraffin or petrol on a bonfire.

10. Make sure that the fire is out and surroundings are made safe before leaving.

Across

1 The sixth disciple (Matthew 10:3) (11)
9 'And lead us not into temptation, but deliver us from the - - ' (Matthew 6:13) (4,3)
10 Love intensely (Song of Songs 1:4) (5)
11 From Mt Carmel to Jezreel, Elijah - all the way (1 Kings 18:46) (3)
13 One of the Midianite leaders who was captured and killed after Gideon's victory in the valley near Moreh (Judges 7:25) (4)
16 Metallic element (4)
17 At line (anag.) (6)
18 'Cursed is everyone who is - on a tree' (Galatians 3:13) (4)
20 Where Samson killed a thousand Philistines with a donkey's jawbone (Judges 15:14) (4)
21 He succeeded Moses (Deuteronomy 34:9) (6)
22 'When he saw him, he took - on him' (Luke 10:33) (4)
23 'For - is the gate and broad is the road that leads to destruction' (Matthew 7:13) (4)
25 'The god of this - has blinded the minds of unbelievers' (2 Corinthians 4:4) (3)
28 Fear or terror (Psalm 31:22) (5)
29 'We, who are many, are one body, for we all - of the one loaf' (1 Corinthians 10:17) (7)
30 Assyrian ruler assassinated by his sons while worshipping his god Nisroch (2 Kings 19:37) (11)

Down

2 'For as in Adam all die, so in Christ all will be made - ' (1 Corinthians 15:22) (5)
3 'After supper he - the cup' (1 Corinthians 11:25) (4)
4 The request of a man of Macedonia in Paul's vision: 'Come - to Macedonia and help us' (Acts 16:9) (4)
5 He disobeyed his father Judah by refusing to impregnate his dead brother's wife (Genesis 38:9) (4)
6 I veto me (anag.) (7)
7 Fourth king of Judah (1 Kings 15:24) (11)
8 Priest of God Most High, who blessed Abram (Genesis 14:18) (11)
12 'I have made you - - for the Gentiles' (Acts 13:47) (1,5)
14 Implore (1 Samuel 15:25) (3)
15 'Out of the eater, something to eat; out of the - , something sweet' (Judges 14:14) (6)
19 'I am the most ignorant of men; I do - - a man's understanding' (Proverbs 30:2) (3,4)
20 'Sin shall not be your master, because you are not under - , but under grace' (Romans 6:14) (3)
24 Native of, say, Baghdad (5)
25 The last word in the Bible (Revelation 22:21) (4)
26 Heroic tale (4)
27 'Then you will know the truth, and the truth will set you - ' (John 8:32) (4)

Holy Days in November - 19th: Hilda - Abbess of Whitby

Hilda played a key role in the early English Christian church, and she may even have been the first to encourage the writing of Christian poetry.

She was born a princess, into the Deiran (Northumbrian) dynasty, and her sister became Queen of the East Angles, with whom the Deiran had connections.

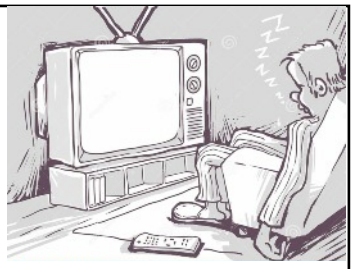
In those days East Anglia had close ties with the Gallic Church, and because of her sister, Hilda came under that influence. She was actually on her way to take her monastic vows near Paris when the Bishop of Lindisfarne, Aidan, called her back to Northumbria.

Back home, she went into seclusion for a time, before being sent to be abbess of a religious house in Hartlepool in 649.

Eight years later, Hilda felt moved to establish a religious community at Streasnaeshalch (later renamed Whitby). Her community was a royal establishment, a double monastery (both men and women) and became famous for its learning, with even five bishops trained there.

Whitby was also, of course, the venue for the famous Synod of Whitby in 664. With Hilda acting as hostess, the Synod met to decide upon the date of Easter. The issue at stake was greater than that, though, for the decision would sway the Church in Britain to adapt either the Celtic or Roman traditions. Although Hilda defended the Celtic church customs, she accepted with grace the decision of the Synod to accept the Roman date for Easter, and she then worked to unite the Church throughout the land.

For how many minutes can you concentrate?



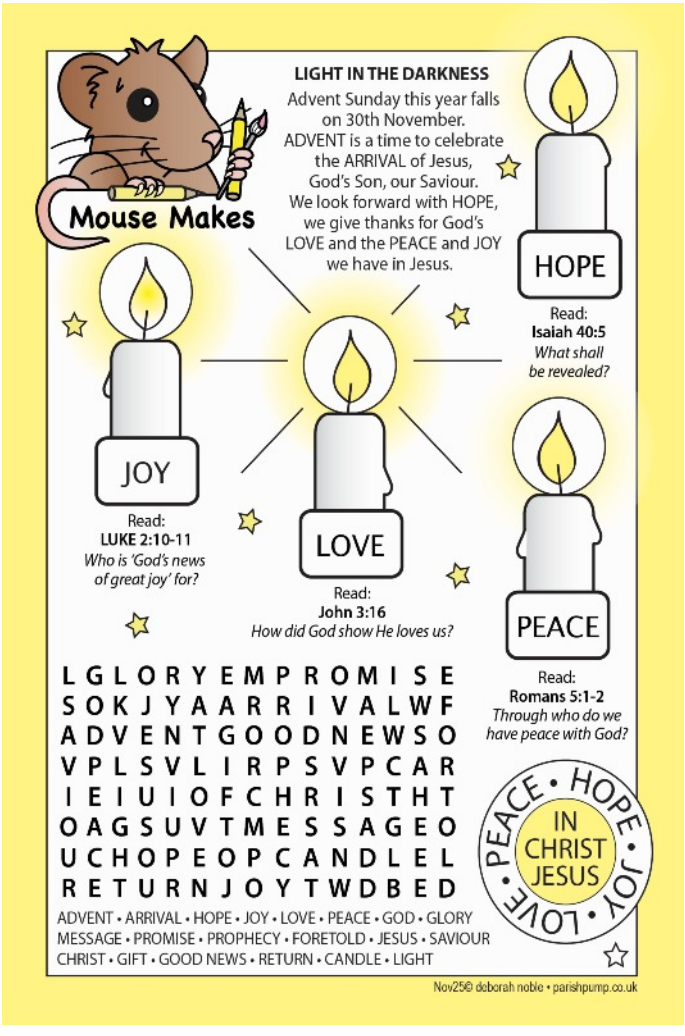
Most of us can watch television for only about 15 minutes, or read a book for about 14 minutes, before we lose our concentration. Most of us blame our social media notifications as the reason.

A recent survey by Perspectus Global for Lingo by Abbott, found that Instagram, Facebook, WhatsApp and message alerts were named as the main culprits.

Overall, it seems we can focus for only 11 minutes on a virtual work call, or 13 minutes in a face-to-face meeting, or 12 minutes writing a work email.

We even seem to lose concentration at family gatherings, after only 14 minutes. Overall, four in five of us say that we get distracted easily, and that we lose our focus around eight times each day.

What about you? Why not take up the challenge, and 'time' your losses of concentration for a day?



Crossword Solution

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

Auckland Castle

'He gave us eyes to see them': Zubaran's 'Jacob and his twelve sons'

In the Old Testament the story of Jacob is a vivid saga of struggle and conflict: Jacob vies with his brother Esau, he has a difficult time with Laban, there are tensions in his family, and finally he wrestles with a divine stranger. And yet in the book of Genesis his days end with promises from God: he will be blessed with descendants, a land, fruitfulness and the assurance of God's presence with him. He is given a new name and a new destiny as 'Israel.' We sense all this struggle and blessing in a remarkable series of thirteen paintings, 'Jacob and his twelve sons' by the Spanish artist, Francisco Zubarán.

They hang in the dining room of Auckland Castle at Bishop Auckland. Bishop Auckland grew as a thriving market town and then in the industrial age became the centre of the Durham coal industry. It was also the site for the prince bishop of Durham's palace. In the medieval period the bishop was as powerful as the monarch of the land, with an army that rivalled the king's own forces. Auckland Castle became the country seat for the prince bishops, and in the 18th century Bishop Richard Trevor made the palace more Gothic and imposing than ever before. To mark the 1753 Act that allowed Jews to be naturalised in England, he purchased the portraits of Jacob and his sons by Zubarán for £124.

Zubarán normally painted monks and saints, and this particular series was meant for the colonies. But they were seized by pirates and then sold to a London merchant. The one depicting Benjamin was bought by Lord Ancaster, and so Bishop Trevor was only able to buy twelve. He commissioned Arthur Pond, a jobbing painter, to make an exact copy of Benjamin to complete his set. The series of canvases, each eight feet tall, was in the news recently when there was a possibility they might be sold. They were saved by a Trust, now dedicated to developing the site of the Castle, which includes not just the dining room, where the paintings hang, but a very fine chapel of St Peter, a throne room, and beautiful gardens.

Jacob and his sons are each painted against the daylight sky, and each has its individual characteristics. Judah for instance is clad in a brown and gold garment with a gold circlet crowning his head as the ancestor of King David and Joseph, the husband of Mary. Gad is a strong soldier. Jacob, the father of these twelve sons, is a bearded old man, bowed down with the weight, not just of his years of struggle, but perhaps also the burden of destiny laid on his shoulders as both a blessing and a responsibility. For in the Old Testament, we learn that God often chooses the ones overlooked by the world: the young boy David above his more likely brothers, Isaac above Ishmael, and in the saga behind these impressive paintings of Zubarán, Jacob, the second born son, but here blessed as the father of God's people.

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Church Services for November 2025

Church of England

Appleby, St. Lawrence,

Sun.	2nd	09:00	Holy Communion
Sun.	2nd	10:45	Morning Worship
Sun.	2nd	15:00	All Souls'
Mon.	3rd	19:00	Compline
Fri.	7th	10:00	Holy Communion
Sun.	9th	10:45	Remembrance Service
Fri.	14th	10:00	Holy Communion
Sun.	16th	10:45	Morning Worship
Mon.	17th	19:00	Compline
Fri.	21st	10:00	Holy Communion
Sun.	23rd	10:45	Holy Communion
Fri.	28th	10:00	Holy Communion

Asby, St. Peter

Sun.	2nd	18:30	Holy Communion
Sun.	9th	11:00	Remembrance at Lychgate; afterwards at Baptist Chapel
Sun.	16th	18:30	Café Church
Sun.	23rd	11:00	Morning Prayer
Sun.	30th	15:00	Alternative Advent Service

Boroughgate, St. Anne

Closed for the duration of building works

Dufton St. Cuthbert

Sun.	9th	15:00	Remembrance Service
Sun.	23rd	10:30	Holy Communion

Kirkby Thore, St. Michael

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

Long Marton, SS. Margaret & James

Sun.	9th	10:30	Morning Prayer

Milburn, St. Cuthbert

Sun.	2nd	10:30	Holy Communion
Sun.	9th	10:30	Holy Communion
Sun.	16th	10:30	Holy Communion
Sun.	30th	15:00	Advent Carol Service

Murton, St. John

Sun.	9th	10:30	Remembrance Service
Sun.	23rd	15:00	Evening Prayer

Musgrave, St. Theobald

Sun.	23rd	10:30	Lay Led

Newbiggin, St. Edmund

Sun.	2nd	10:30	Holy Communion
Sun.	23rd	16:30	Patronal Festal Evensong

Ormside, St. James

Sun.	2nd	10:00	Matins
Sun.	9th	10:00	DIY Remembrance Service
Sun.	16th	10:00	Holy Communion (Common Worship)
Sun.	23rd	10:00	Holy Communion (1662) (1662)

Temple Sowerby, St.James

Sun.	16th	10:30	Holy Communion

Warcop, St. Columba

Sun.	2nd	10:30	Holy Communion
Sun.	9th	**10:55**	Churches Together Remembrance Service at the War Memorial
Sun.	16th	10:30	DIY
Sun.	30th	15:00	Advent Carol Service

Methodists

Sun. 9th 18:30 Connexion Service at Newbiggin on Lune

Sands, Appleby

Sun.	2nd	10:30	All Together Worship Revs. L & J Riley
Sun.	9th	10:45	Remembrance Service, United at Parish Church
Sun.	16th	10:30	Rev. Jackie Betts
Sun.	23rd	10:30	Celia Ramnath
Sun.	30th	10:30	Rev. Gill Crippen

Dufton with Knock

Sun.	2nd	10:45	Mr. Richard McGregor
Sun.	9th	10:45	Celia Ramnath
Sun.	16th	10:45	Mr. Harry Hutchinson
Sun.	23rd	10:45	Rev. David Newlove
Sun.	30th	10:45	Rev. Stephen Radford

Warcop

Sun.	2nd	10:30	Mr. Tony Longworth
Sun.	9th	**10:55**	United Remembrance Service at War Memorial with Rev. James Clarke
Sun.	16th	10:30	Informal Service
Sun.	23rd	**15:00**	Rev. Stephen Radford
Sun.	30th	10:30	Rev. Fran Parkinson @ Parish Hall

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)