.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
December/January 2025-26
The News Magazine of the Benefice

Appleby Town Band busking at Appleby Cloisters

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

What's on?? What's on?? What's on?? Whats onWhat's on?? ?? What's on?? Wh

Date	Time	Place	Event
27th Nov.	10:00 - noon	Sands Methodists	Coffee Morning with Christmas Crafts
28th Nov.	17:30	Public Hall	Lights switch on
December			
1st	10:30 – noon	Ormside Village Hall	Coffee Morning
2nd	14:30	St. Lawrence's, Appleby	Healing Service
2nd	19:00	Brampton Village Hall	Book Club
2nd	10 – noon	Temple Sowerby Victory Hall	Coffee Morning
3rd	19:30	The Hollies, Asby	Asby Fellowship with John Bevan
3rd	12:30	Brampton Village Hall	Brampton Ladies Christmas Lunch
4th	19:30	Dufton Village Hall	Book Club
4th	11:30 – 13:00	Warcop Parish Hall	Soup and Pud
5th	19:00	Dufton Village Hall	EVAN
6th	10:00 – 15:00	Appleby Grammar School	Christmas Fair
6th	16:00	Brampton Village Hall	Christmas Extravaganza – see article
6th	10:30 – noon	Milburn Village Hall	Village coffee morning
7th		Public Hall Supper Room	Charity Christmas Lunch
7th	17:00	Sands Methodist Church	Café Carols
7th	18:00	Sands Methodist Church	Celebration
8th	19:30	Ormside Village Hall	Country Dancing
9th	2:30 – 4:30	St. James, Temple Sowerby	Rainbow Café
9th	14:30 – 16:30	Temple Sowerby Church	Rainbow Café
10th	10:30	Sands Methodist Church	Memory Club
10th	10:30	Public Hall Supper Room	Appleby Arts Society - Dickens
10th	19:00	Brampton Village Hall	Eden Valley Woodturners
11th	19:30	Public Hall Supper Room	Appleby Archaeology Group - Northumbrian Kings at Bamburgh
11th	19:30	Warcop Parish Hall	Remote Cinema – "Billy Elliot"
13th	10:45 onwards	Public Hall	Sparkle Day – see article
13th	9:30 – 11:30	Public Hall Supper Room	Coffee Morning in aid of Liberal Democrats
13th	10:30 – noon	Colby Village Hall	Coffee morning
13th	19:30	Dufton Village Hall	Highlights - "Light in the Darkness"
13th	10:30 – 1:30	Long Marton Village Hall	Brunch'n'Lunch
13th	10:00 – 13:00	Warcop Parish Hall	Christmas Coffee Morning, with Handbells and GNAA Collection
14th	10:30	St. Cuthbert's, Dufton	Children's Nativity Service
14th	19:00	Brampton Village Hall	Quiz Night
15th	19:30	Colby Village Hall	Carol Concert in aid of Sunbeams
16th	19:30	Ormside Village Hall	Craft Evening
16th	14:30 – 16:30	Temple Sowerby Victory Hall	Coffee Morning
18th	13:30	Public Hall Supper Room	Appleby in Westmorland Society - Cumbrians in the Medieval period
18th	19:30	Asby Baptist Chapel	Candlelight Carols
19th	?	Asby Church?	School Christingles
20th	10:30 – noon	Milburn Village Hall	Church coffee morning
21st	18:00	St. Peter's, Asby	Café Church
21st	10:45	Dufton Methodist Church	Joint Carol Service with C of E
21st	17:00	Sands Methodist Church	Town Carols
22nd	18:00	Asby Bus Shelter	Village Carols

Also see advertisements pp. 14-15

**What's on?? What's on?? What's on??

Some Advent thoughts from Rev. Andrew Burrell

We are soon going to be entering Advent, marking the beginning of the 'race' toward Christmas. Yes, I deliberately use the word 'race,' as it evokes a sense of stress. However, the whole point of Advent is that it is a period of preparation. This preparation should be seen as a journey-not one that requires meticulous planning or strict rules, but rather an inner journey towards God, a journey that has joy and peace at its heart.

The church provides us with times like Advent to pause and reflect on what's happening in our lives. While it's easy to stress about busy schedules, the costs of Christmas, the hustle and bustle in supermarkets, wrapping presents, and putting up decorations, these activities can also be enjoyable if approached with the right focus of the heart, rather than merely a state of mind.

A theme many of us reflect on during this Advent period is that God's greatest gift is His love for all humanity. This is the journey I encourage us all to focus on. It could be as simple as taking five minutes at the beginning of your day to sit quietly with a cup of coffee, tea, or herbal tea, and reflect on the fact that you are completely and utterly loved. Consider the love you have shown to others and the love others have shown to you-friends, family, colleagues, or even strangers you've encountered. Love is not something that fits neatly into a box; it is a gift we give and receive, and yes, while it can be messy, love is essential for life.

Take a deep breath and remind yourself that God is love. The greatest gift He gives us through His Son is Himself. Love is patient, kind, generous, gentle, joyful, and forgiving-all the qualities we so desperately need in our lives. I urge you to take time each day during Advent leading up to Christmas, and even afterwards, to stop and reflect on God's love. Get an Advent Calendar and, perhaps with your family, open each day. Then, stop for a few minutes to give thanks for the love you see around you.

One of the most powerful and poetic Christmas readings comes from the first few verses of the Gospel of John, as well as John 3:16, which speaks of the gift God gives to the world. I encourage you to find a Bible and read the first chapter of John, as well as John 3:16, which states, "For God so loved the world…"

Allow yourself to be embraced by this love. The true gift of Christmas is that you are loved; we all are loved-not in spite of our imperfections, but in the midst of them, just as Mary embraced the baby Jesus.

I wish you a happy and peaceful Christmas. I pray that you see the light of God burning quietly and steadily in your heart.

What's on?? What's on?? on?? What's on?? What's on?? What's on?? What's on??

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

Date	Time	Place	Event
2nd	19:00	Dufton Village Hall	EVAN
3rd	10:30 – noon	Colby Village Hall	Coffee Morning
3rd	10:30 – noon	Milburn Village Hall	Village coffee morning
4th	18:00	Sands Methodist Church	Celebration
5th	10:30 – noon	Ormside Village Hall	Coffee Morning
6th?	19:00	Brampton Village Hall	Book Club
6th	10 – noon	Temple Sowerby Victory Hall	Coffee Morning
7th	19:30	The Hollies, Asby	Asby Fellowship with Pat Bevan
8th	11:30 – 13:00	Warcop Parish Hall	Soup and Pud
10th	10:00 – 11:30	Warcop Parish Hall	Coffee Morning
12th	19:30	Ormside Village Hall	Country Dancing
13th	14:30 – 16:30	St. James, Temple Sowerby	Rainbow Café
13th	14:30 – 16:30	Temple Sowerby Church	Rainbow Café
14th	10:30	Public Hall Supper Room	Appleby Arts Society – Harry Venning
14th	10:30	Sands Methodist Church	Memory Club
14th	19:00	Brampton Village Hall	Eden Valley Woodturners
15th	19:30	Warcop Parish Hall	Remote Cinema – "The Salt Path"
16th	t.b.a	Temple Sowerby Victory Hall	Film Night - Sunshine on Leith
17th	19:00	Appleby Public Hall	Lights, Camera, Appleby – Anatomy of a Fall
17th	10:30 – noon	Milburn Village Hall	Church coffee morning
20th	19:30	Ormside Village Hall	Craft Evening
20th	14:30 – 16:30	Temple Sowerby Victory Hall	Coffee Morning
21st	19:30	The Hollies, Asby	Asby Fellowship with John Bevan
26th	14:00 – 16:00	Public Hall Supper Room	Evergreens
26th	19:30	Brampton Village Hall	Film Night
26th	19:30	Ormside Village Hall	Country Dancing
28th	10:30	Sands Methodist Church	Memory Club
31st	10:00 – 12:30	Dufton Village Hall	Bacon Butties - in aid of St Cuthbert's

What's on?? What's on?? What's on?? What's on?? What's on?? What's on?? What's on?? What's on?? What's on?? What's on?? What's on?? What's on??

Recent Church Registers

Funerals ***May she rest in peace and rise in glory***

27th October Judith Sowerby St. Lawrence, Appleby

Church of England

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

Churchwarden and Secretary: Jo Ayres (☎52017)

St. Peter, Asby

Churchwarden: vacant

PCC lay chair: Peter Miller ☎51707

Secretary: Karen Royle ☎ 07966.371044

Café Church on Sunday December 21st, 6pm in St. Peter's

Food for thought - a community gathering. Share a bowl of warm winter food in a cosy space. Pause and converse among friends along given themes. Sit and listen or add your thoughts, whatever works for you. Everyone is very welcome - there is no charge

Some 20 villagers and friends came together for our first Café Church "Food for Thought" in November. Sustained by bowls of steaming meat and potato hot-pot or cheese and onion pie, followed by fruit crumble and custard, we were guided by Karen and Kristy and had lively conversations about memories of childhood and other matters. Please come and join us on the 21st of December for our next effort.

St. Cuthbert, Dufton

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

Secretary: Mrs. Louise Stewart

Saturday 14th	10:30am	Children's Nativity Service
Sunday 21st	10:45am	Joint Carol Service @ Methodist Church

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

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/),

Rainbow Cafe is held on the second Tuesday of every month (9th December, 13th January) 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

If you haven't missed it already, Thursday 27th November 10am - noon
Coffee Morning with Christmas Crafts
This is always a great lead-in to Advent & Christmas. Don't miss it!

Sun. 7th	5pm	Café Carols
Sun. 21st	5pm	Town Carols

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 - (7th December, 4th January)

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 (2nd December) - 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

Winter Warmers

Help to get the money you're entitled to this winter

Imagine going from having to work into your late 70s to being £800 a month better off? That's just one of the success stories from last year's Winter Warmth Appeal in Cumbria - overseen by Cumbria Community Foundation with £75,000 from Westmorland and Furness Council.

As well as delivering grants to pay for fuel and warm clothing, applicants were given advice on claiming benefits and discounts that they are entitled to. Across Westmorland and Furness, people were helped to claim more than a quarter of a million pounds in benefits and discounts last winter through the project.

If you or someone you know is struggling, you're not alone. Get in touch: www.westmorlandandfurness.gov.uk/winterready

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 have spent yet another year meeting once a week for a couple of hours to help keep our lovely town looking nice. We wish to thank Appleby Town Council and Age Concern Appleby for their support again this year.

In 2025, jobs have included the Memorial Gardens and Ladygarth, Banks Lane, Back Lane, keeping footpaths clear on Bongate, Battlebarrow, Jubilee Bridge and Doomgate, cleaning and painting benches, sweeping steps near the Grammar School and Catholic Church, helping Friends of Settle and Carlisle Railway and looking after the raised beds in the town centre.

Appleby Smarter is not purely about "jobs' though - it's about getting out of the house, companionship and a lot of chatting, with the occasional cuppa at the end of a session. We had a Monday afternoon off in August, taking advantage of fine weather to have a barbecue party instead of work! **(WOW! Ed.)**

Our hard working volunteers will soon be enjoying a short, well earned winter break and will return to our Monday afternoon jobs sometime in February. We have been delighted to welcome some new volunteers in 2025.

If anyone is thinking of making a New Year's resolution to :

- Get out and about
- Become a bit more active
- Make some new friends
- Start volunteering

then here is your opportunity! 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

We currently have Charity Christmas Cards available for Sale from

Cards for Good Causes (various Charities-National)

- Hospice at Home (local)
- Eden Animal Rescue (local)
- Appleby Community Acting Together (local)
- Other locally produced charitable Cards, and Calendars

In the Exhibition Room we have beautiful locally produced gifts and items from

- Eden Valley Woodturners and Carolla Frank, local artisans

Our winter opening hours are Monday to Saturday 10am till 2pm, but over Christmas and New Year we will be closing at 2pm on Tuesday 23rd December until we reopen at 10am on Friday 2nd January 2026

Best wishes and Kind regards from Nicola and the Team, for a very Merry Christmas, and a very Happy New Year!

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
December (nothing as yet for January)	
13th	British Legion Ladies Section

Town Council

Appleby Christmas Shop Display Competition

Appleby town centre is getting into the Christmas spirit with some shops already beautifully decorated. To recognise the effort that local businesses put into making their windows and shop fronts so festive, Appleby Council are sponsoring a Christmas Windows Competition. The winner will be

decided by public vote and there is a ballot box at the Tourist Information Centre where you can submit your vote. The results of the competition will be announced on Sparkle Day on Saturday, 13th December. The winners will be awarded £50 in local shopping vouchers and the two runners-up £25.

Good luck everyone and Happy Christmas from Appleby Town Council … and for those of you who haven't already got into the festive spirit … get decorating!

Appleby Town Centre Shop Front Improvement Grant Scheme

Appleby Town Council has established a small grant scheme for town centre retailers to help with repairs and improvements to the external front elevation of their property.

To be eligible for the grant, applicants must be small independent businesses, or owners of retail premises (occupied or unoccupied) and located within Appleby town centre.

The repairs need to demonstrate that they will make a positive impact to the surrounding businesses and street.

Applicants must provide at least 33% towards the costs of the repairs and the maximum grant awarded will be £1,000. The scheme will be open from 12th December 2025 and will run until all of the funds have been allocated.

For an application form and guidelines, email clerk@applebytown.gov.uk

Appleby Council Chamber now registered to hold Marriages and other civil ceremonies

If you're looking for somewhere that little bit different to hold your civil ceremony, then Appleby's historic Council Chamber in the Moot Hall is now an approved venue for marriage, civil partnership, citizenship, naming and renewal of vows ceremonies.

The Moot Hall is a Grade II* listed building, constructed in 1596. It is steeped in history and is believed to be one of only two Moot Halls in England still used for its original purposes of conducting town council business.

The Chamber can accommodate up to 40.

For more information, see https://applebytown.gov.uk/weddings-in-the-moot-hall/

Citizens Advice Bureau

The CAB are holding regular sessions at Appleby Medical Practice for advice on issues including benefits, debt, employment, housing and family matters.

These are held the first and third Tuesday of each month, with the next ones being on 2nd and 16th December.

Appointments can be arranged between 10-11am by phoning 03300 563037 or drop-ins without appointment from 11am to 1pm.

Meet our new PCSO Aaron Baker

Our new PCSO Aaron Baker will be holding a drop-in surgery on Monday, 8th December from 11am to 12 noon at the Tourist Information Centre in the Moot Hall. Pop in to see him, if there are any local issues you are concerned about, or even just to say hello and welcome him to Appleby.

Fri, 28th Nov - Light Switch on at 5.30pm with carol singing and town band, refreshments and food and family bingo in the Public Hall at 7pm

Sat, 6th Dec - Christmas Fair at Appleby Grammar School from 10am to 3pm

Sat, 13th Dec - Sparkle Day 10.45am Santa arrives in town, 11am to 3pm Bouncy Castle, games and crafts in Public Hall and at 5.30pm Arthur Christmas film showing in public hall

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).

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

The Voluntary Social Car Scheme for Appleby and District has over 160 potential users on its books, of whom at least 50 are active at any one time. But currently we can count

the number of available drivers on the fingers of one hand and more are urgently needed. Please ring the number above for more information on how to join this valuable service to the people of Appleby and district.

Appleby Edibles

Come and grow with us!

Who are we?

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

Where are we?

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

When are we open?

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

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

Appleby Clubs, etc.

Appleby Town Band needs a new conductor

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 on email linda_bainbridge@hotmail.co.uk or phone ☎01931 715395; or …. and if you want to hear them in action, come to the Hospice at Home concert.

This event will take place on Saturday 6th December at 7.30 pm in Appleby public Hall. Tickets will be £10, which includes a glass of wine or soft drink, and mince pie. They will be available from Appleby Tourist Information Office or from Linda Bainbridge, see above. Performances will be given by Sun Singers and Cornucopia, an early music group as well as the band. It's a show worth going to and for a very good cause.

Appleby in Westmorland Society

On Sunday 18th Jan at 1:30pm in the Public Hall Supper

Room, Dr. Sarah Rose will give an illustrated talk on "Life for Cumbrians in the Medieval period"

Appleby Archaeology Group

On Thursday 11th December 2025 at 7.30pm in the Public Hall Supper Room, Graeme Young, who is a founder member of the Bamburgh Research Project, will give a lecture titled "Reconstructing the Palace of the Northumbrian Kings at Bamburgh"

Bamburgh was the fortress palace of the Anglo-Saxon kings of Northumbria, and has been in continual use for over 2000 years. The Bamburgh Research Project's work over the past 20 years has aimed to better understand the history of the site and its environs.

*Important: our speaker will be on Zoom. While the group WILL meet in the Supper Room, members will receive an email with a Zoom link should they wish to view the talk from their homes.

There's also something going on on the 8th January but I haven't been given any details. *Ed.* Checkout apparch.org

Appleby Arts Society

A Christmas Carol, Charles Dickens and Christmas

On Wednesday 10th December at 10:30am in the Public Hall Supper Room, there will be a lecture by Vicky Bailey about Charles Dickens.

Ideal for Christmas time! This talk ranges from Dickensian Christmas stories to traditional Victorian Christmas activities and the inspiration for ghost stories at Christmas.

Our lecturer Vicky Bailey became a London Blue Badge Tourist Guide in 2005, receiving an award as "The Best Guide in Gallery Exams".

On Wednesday 14th January at 10:30am also in the Public Hall Supper Room, there will be a lecture by Harry Venning titled "That's Not Funny"

Harry Venning, an award winning cartoonist based in Brighton, will escort you through the peaks and pitfalls of his profession, supported by visual and verbal contributions from such luminaries as Matt Groening, Dr. Seuss, Charles M. Schulz and Gary Larson. Entertaining and informative in equal measure, the topics include rejection, procrastination, deadlines, artificial intelligence, professional envy, censorship and the cartoon community response to the Charlie Hebdo's murders of 2015. Harry will also be drawing live on an A1 flip chart, the images filmed and projected onto screen for everyone to clearly see.

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

Regular meetings are generally from 2 - 4 pm on alternate Mondays, but I don't know of anything before 26th January *Ed.*

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.

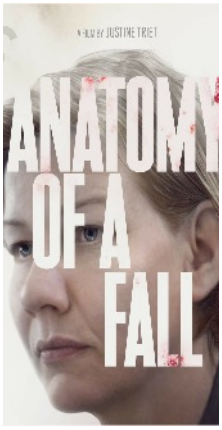
Contact: ☎/WhatsApp 0333 339 3710, or https://edenscouts.org.uk

1stwestmorland@edenscouts.org.uk

Highlights - see Dufton

Lights…Camera…Appleby

17th January - Anatomy of a Fall



Did she do it? This is a tantalising film that keeps you guessing. Anatomy of a Fall is an award-winning French film where a wife is suspected of her husband's murder, with their son as the key witness. Courtroom dramas are a "genre that can be prone to stuffiness and overly waffly dialogue," but the Guardian describes it as "electric, restlessly dynamic and compulsively watchable…"

We are serving Poulet à l'Estragon, Chicken in mustard and tarragon sauce, on rice, cooked by former chef-patron of Appleby's Angelo's Restaurant. 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 email applebyremotecinema@btconnect.com or ☎07921489611

Upper Eden Linking Lives.

UPPER EDEN LINKING LIVES

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

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

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

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

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

Memory Club in Appleby

Meetings are normally held 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 December, on the 10th.

Dates in January will be 14th and 28th. 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

December

Wed. 3rd	7:30 pm	The Hollies	Asby Fellowship - John Bevan
Thu. 18th	7:30 pm	Baptist Chapel	Candlelight Carols
Fri. 19th	t.b.a.	St. Peter's Church (I think *Ed.*)	School Christingles
Mon. 22nd	6pm	Bus Shelter	Village Carols

January

Wed. 7th	7:30 pm	The Hollies	Asby Fellowship with Pat Bevan
Wed. 21st	7:30 pm	The Hollies	Asby Fellowship - John Bevan

Brampton Village Hall

December

Tue. 2nd	7:00pm	Book Club (N.B. date may change)
Wed. 3rd	12:30pm	Brampton Ladies Christmas Lunch
Sat. 6th	4:00pm	Christmas Extravaganza: Festive fun with Barbara Gilbertson & friends (Eden Singers) £5 inc. mince pie & glass of mulled wine
Wed. 10th	7:00pm	Eden Valley Woodturners
Sun. 14th	7:00pm	Quiz Night

January

Tue. 6th	7:00pm	Book Club (N.B. date may change)
Wed. 14th	7:00pm	Eden Valley Woodturners
Mon. 26th	7:30pm	Film night (free, popcorn available)

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

Colby Village Hall

Sat. 13th 10:30 - noon Coffee Morning

Mon. 15th 7:30pm Carol Concert in aid of Annie Mawson's Sunbeams Music Trust. Carols, poems, mulled wine, mince pies and produce stall.

Sat. **January 3rd** 10:30 - noon Coffee Morning

Dufton

Village Hall Regular Weekly Events:

Wednesdays 10am - 11.45am Yoga with Jo Chapman

Fridays 9.30am - 11.30am Playgroup (Term Times Only)

Special Events December:

4th	7.30pm	Book Club
5th	7.00pm	(EVAN) Mark Griffiths and the Word, and the Tailgate Buskers

Special Events January:

2nd	7.00pm	(EVAN) Briar and Bramble and Nobody's Friend
31st	10am - 12:30	Bacon Butties in aid of St Cuthbert's

Also see St. Cuthbert's church section

Highlights Rural Touring are coming to Dufton on Saturday 13th December at 7:30pm.

The show is called "Light in the Darkness": Join Cumbria's Tatie Pot Collective for a magical evening embracing the wildness of winter, with spine tingling music and spell binding tales. This promises to be a heart warming celebration of the winter season.

Tickets from ☎017683 52902 or www.highlightsnorth.co.uk

Long Marton

Sat. 13th 10:30 - 1:30 Bacon rolls, soup, cheese toasties, sausage rolls, toasted teacakes, tea/coffee. Please come and join us for hearty food & chat and to support us with our ongoing programme of refurbishment of the hall. All are welcome.

Local History Group: No talks until Wednesday 18th February - "The Story of St Cuthbert." 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

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 (6th Dec., 3rd Jan.). Church coffee mornings third Saturday of each month (20th Dec., 17th Jan.), both 10:30 to noon.

Murton-cum-Hilton Institute

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

Ormside

It's always risky to try something new but Pie & Pea night was a huge success! People had a lovely evening and it was a great social event. We raised £271.40 which will go towards improvements we hope to make to the outside space in 2026.

From now on,coffee mornings will be just once a month on the first Monday in the month, i.e. 10:30 to noon 1st December and 5th January

Country dancing is on second and fourth Mondays (but not the Monday before Christmas), i.e. from 7.30 till 9pm 8th December and 12th & 26th January

Craft evenings third Tuesday i.e. from 7.30 till 9pm 16th December and 20th January

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 at the Victory Hall. All are welcome

Rumour has it that there is a New Year's Eve party at the hall.

January

Fri. 16th Film Night Sunshine on Leith- details t.b.a.

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

Warcop - Parish Hall

Mondays	6:30 - 8	Table tennis club
Thursdays	9am	Foyer Café (Inc. Post Office till 10am)

December

Thu.	4th	11:30 - 1pm	Soup and Pud, 11.30-1pm
Thu.	11th	7:30pm	Cinema - Billy Elliott (15)

In County Durham, during the endless, violent 1984 strike against the Margaret Thatcher closure of British coal mines, widower Jackie Elliot Widower (Gary Lewis) and his firstborn, fellow miner Tony (Jamie Draven), take a dim view of 11-year-old second son Billy's (Jamie Bell) poor record in boxing class, which worsens when they discover he sneakily transferred to the neighboring, otherwise girls-only-attended ballet class.

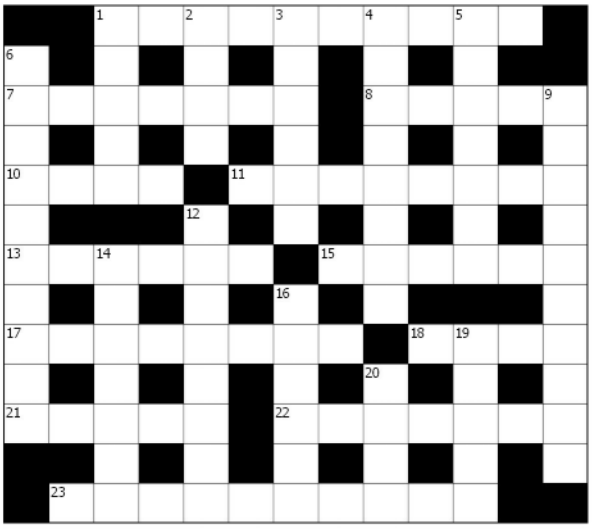
Sat.	13th	10-11.30	Christmas Coffee Morning, with Eden Handbell Ringers and GNAA Collection

January

Thu.	8th	11:30 - 1pm	Soup and Pud, 11.30-1pm
Sat.	10th	10-11.30am	Saturday Coffee Morning
Thu.	15th	7:30pm	Cinema - The Salt Path (12A)

A couple lose their home and later discover the husband has been diagnosed with a terminal illness as they embark on a year long coastal trek.

Monthly Crossword - solution page 15



Across

1 Provisional meeting place of God and the Jews (Exodus 25:9) (10)
7 David's third son, killed when his head got caught in a tree during
a battle with his father (2 Samuel 18:14,15) (7)
8 They ruled much of the west coast of South America in the 15th
and early 16th centuries (5)
10 Small deer of European and Asian extraction (4)
11 Seized control of (Numbers 21:25) (8)
13 Terror (Luke 24:5) (6)
15 First World War heroine shot by the Germans in Brussels, Nurse
Edith …. (6)
17 Stormy (8)
18 A bitter variety of this, together with lamb and unleavened bread,
was the Passover menu for anyone unclean (Numbers 9:11) (4)
21 Arson (anag.) (5)
22 How John Newton described God's grace in his well-known hymn
(7)
23 Habitation (Isaiah 27:10) (10)

Down

1 …. and see that the Lord is good (Psalm 34:8) (5)
2 The wicked man flees though no one pursues, but the righteous
are as … as a lion (Proverbs 28:1) (4)
3 One of the exiles, a descendant of Parosh, who married a foreign
woman (Ezra 10:25) (6)
4 He escaped from Nob when Saul killed the rest of his family and
joined David (1 Samuel 22:19,20) (8)
5 City and lake in Central Switzerland (7)
6 Offer your bodies as living …. , holy and pleasing to God
(Romans 12:1) (10)
9 Pouches carried by horses (Genesis 49:14) (10)
12 One who accepts government by God (8)
14 Aromatic substance commonly used in Jewish ritual (Exodus 30:1)
(7)
16 He asked Jesus, 'What is truth?' (John 18:38) (6)
19 Are (Romans 13:1) (5)
20 You are to give him the name Jesus, because he will … his people
from their sins (Matthew 1:21) (4)

Why is the vicar wearing white today?

You may have noticed that the Minister who officiates at Church Services may wear a long, thin scarf which is called a stole. This can be white, purple, red or green.

White is for festive occasions like Christmas and Easter, christenings and weddings. Purple is worn during Advent and Lent, when we bring to mind our sins and seek God's forgiveness, in preparation for the wonderful seasons of Christmas and Easter. Red at Pentecost, symbolises the fire of the Holy Spirit, and on Saints Days it signifies that many of them (and some today) were martyred because they were Christians. Green, marking growth and hope is worn for the rest of the year.

So, white for 'best', purple for penitence, red for the Holy Spirit and the blood of the Martyrs, and green for growth.

You will also spot the same changing colours for items on the Altar-Table at the beginning and end of the Service of Holy Communion. The Burse is a flat, square case holding a linen cloth called the corporal, on which the vessels used in Holy Communion are placed. The Veil covers them until they are used.

The vessels are called Paten and Chalice. The Paten is like a plate on which the bread is placed. A bowl, called a Ciborium, may be used for the same purpose. The Chalice is a cup for the wine. Because the bread and wine represent the Body and Blood of Christ, which He sacrificed for us when He was crucified, we handle them with care

.The minister's ceremonial robes, called vestments, and the vessels all point to something greater. In one of St Paul's letters in the New Testament, he explains in these words that receiving the Sacrament of Holy Communion has past, present and future significance: "For as often as you eat this bread and drink the cup, you proclaim the Lord's death until he comes."

The Incarnation: fearfully and wonderfully made

My frame was not hidden from you when I was made in the secret place, when I was woven together in the depths of the earth.

Your eyes saw my unformed body; all the days ordained for me were written in your book before one of them came to be.
Psalm 139:15-16

You began life as a single cell. For a few hours you were a miniscule but highly complex blob of jelly, until it began to divide: two cells, four, eight, sixteen, a ball, a hollow ball, and then something more recognisably like a living organism. You were still tiny, but developing a nervous system, a head, a body, arms and legs.

Until recently I hadn't thought much about Jesus being an embryo. Somehow, I find that thought even more shocking than His birth. How could God, who made the universe, have become something so completely and utterly vulnerable? Maybe in the past, when the development of a child happened in 'secret', it was possible just to let that part of the Christmas story go untold.

Today, when we see images of a developing child, or even embryos outside the womb, it is harder to ignore the process of Jesus developing into a baby. The incarnation meant that God's Son went through all the stages in the diagram in my developmental biology textbook: 'zygote', 'morula', 'blastocyst', implantation, and so on.

Jesus was there in the beginning, and all life owes its existence to Him. But instead of remaining aloof, He chose to become one of us. The Son of God shared the same kind of DNA as every other organism on the planet. He knows what it feels like to have a body, to feel hungry and thirsty, pain and pleasure, dark and light.

In Psalm 139, the writer is meditating on God's intimate knowledge of him, which began when he was an embryo. There is nothing God doesn't know about him, and even darkness cannot obscure him from God's sight. The incarnation means that God's intimacy with us now extends even further. He became one of us, lived alongside us, and shared our very fragile material nature.

The transcendent God is also immanent, longing for us to relate to Him as Father. He became as fragile as we are so He could rescue us from the messes we so often find ourselves in. With His help, we can remember what it means to be fearfully and wonderfully made.

Reproduced by permission from Merry Christmas Everyone: A festive feast of stories, poems and reflection, Edited by Wendy H. Jones, Amy Robinson & Jane Clamp (Association of Christian Writers, 2018)

28th December - Holy Innocents (Having in mind the deaths of innocents in Gaza and Ukraine)

The death of a very young child is perhaps the hardest grief of all to bear. So, the 28th December is a very poignant day in the church calendar. It is when the worldwide Church joins with bereaved parents to grieve the loss of babies and young children. For Holy Innocents Day recalls the massacre of the young male children of Bethlehem by Herod the Great.

Herod had been told by the Magi, or Wise Men, that a great king had been born in Bethlehem, and he felt shaken. How could a child in unimportant little Bethlehem be so powerful that the stars in the night sky honoured His birth?! Herod took the Magi so seriously that he decided to try and kill this new young rival. He decreed that every male baby of two years and under should be killed. (Matthew 2:1-18).

Bethlehem was not a large place, and Bible commentators estimate that between six and 25 infants were slaughtered by Roman soldiers. Their mothers were inconsolable at the death of their babies, as indeed mothers have always been.

The death of these innocent baby boys of Bethlehem became a feast-day in the western Church by the 4th century. This was because the Church considered them to be martyrs because they not only died *for* Christ, *but instead of Christ.*

Down the centuries, the tragic loss of the Holy Innocents has touched the imagination and hearts of poets, preachers and artists. Though heart-broken parents still grieve today, the Church can offer them one firm assurance: that young children who die to this world will undoubtedly “this day be with Me in Paradise.” The One who eagerly said “Suffer the little children to *come unto Me”* will be the last person to turn them away.

A Quiz on the year 2025
We are going with multiple choice questions this year. No "ask a friend" or "phone the audience", sorry. No prizes for pointless answers or can you beat the chaser.

1. Ashley, Bert and Conall were:
Names of storms
Names of Eurovision entrant
Names of footballers

2. There was a re-wilding lynx project this year. Was it:
A new golf course
Releasing cats in the wild
Releasing aftershave

3. Palmerston the former resident cat at the Foreign Office was brought out of retirement for a "purr-fect" diplomatic posting to where:
Belfast
Bermuda
Birmingham

4. What is President Trump's favourite word?
Tariffs
Musk
Sorry

5. We celebrated the 200th anniversary of the start of modern railways (or at least, I did). The East-West Rail Link is due to be opened next between Oxford, Milton Keynes and eventually Cambridge. What was the nick name of the original line?
The Varsity Line
The Farcical Line
The Gravy Train

6. Donald Trump called King Charles "a …..man"
Young
Regal
Beautiful

7. Restaurants in Pozzuoli Italy cooked up a plan to attract customers who are being put off by 1800 land tremors a month. How long did they have to stay?
Until paid bill
Until dessert served
Until coffee served

8. Birmingham experienced 'Binmageddon'. Was it
Shortage of bin bags
Too many bin bags
Bin collector strike

9. A singer was joined by Bezos's fiancée Lauren Sánchez, CBS presenter Gayle King, former Nasa rocket scientist Aisha Bowe, civil rights activist Amanda Nguyen, and film producer Kerianne Flynn had a space trip. The flight lasted around 11 minutes and took the six women more than 100km (62 miles) above Earth, crossing the internationally recognised boundary of space and giving them a few moments of weightlessness. What music accompanied them?
Louis Armstrong's What a Wonderful World.
Fly me to the Moon
Up, up and Away?

10. A big hit at the cinema early this year the film Conclave. If you have not seen it is recommended. What colour is the smoke used to signify the election of a new Pope?
White
Black
Grey

11. What was Doge that Elon Musk was associated with and then left?
Department of Government Elasticity
Department of Government Efficiency
Department of Government Energy

12. Loretta Swit passed away this year. What long running sitcom is she best known for?
Friends
Mash
Frasier

13. UK proposed a wider ban on destructive bottom trawling. Is it:
Anti-social behaviour
Long trousers
A type of fishing

14. Which composer whose centenary was marked this year invented 'furniture music'? He always kept a hammer in his pocket for fear of muggers and once even founded his own church
Frank Sinatra
Jean Sibelius
Erik Satie

15. What were the "mushroom murders" in Australia?
Killing by adding fungi to dinner guests' meals
Illegally picking mushrooms from fields
Killing someone in vegetable aisle at supermarket

16. Which of the following were not Proms this year?
The Shipping forecast prom
The Traitors prom
The Grand Prix prom

17. 'Skibidi' "Delulu" and 'tradwife' among words added to Cambridge Dictionary. What does delulu mean?
French
Delusional
Incontinent

18. Heartthrob Terence Stamp passed away this year, which part did he play in the 1960s film of Far from the Madding Crowd?
Sgt Troy
Farmer Boldwood
Gabriel Oak

19. What month does October Beerfest in Germany start?
October
September
November

20. In October a lady in Kew was given a fine of £150.00 for pouring what down a drain on a road? The council later withdrew the penalty notice.
Beer
Oil
Coffee

Quiz 2025 answers

1. Ashley, Bert and Conall were names of storms

2. The re-wilding lynx project was releasing cats in the wild.

3. Palmerston was brought out of retirement for a “purr-fect” diplomatic posting to Bermuda.

4. President Trump’s favourite word is tariffs.

5. The nickname of the original line was the Varsity Line as it linked the two universities. It was a favourite journey of CS Lewis.

6. Donald Trump called King Charles ”a …..man” Beautiful.

7. *Restaurants* in Pozzuoli Italy cooked up a plan to attract customers who are being put off by 1800 land tremors a month. They got an “earthquake discount” if stayed until dessert served. I do not know if it was successful. I usually prefer the cheeseboard after a meal.

8. Birmingham’s ‘Binmageddon’ was the Bin collector strike.

9. The music that accompanied the astronauts was Louis Armstrong's *What a Wonderful World.*

10. The colour of the smoke used to signify the election of a new Pope is white.

11. Elon Musk was associated with the Department of Government Efficiency.

12. Loretta Swit was best known for MASH. The television series made stars of some of the actors and went on much longer than the Korean War, which it was based on.

13. Destructive bottom trawling is a type of deep sea fishing.

14. The composer who invented ‘furniture music’ was Erik Satie.

15. The “mushroom murders” were done by adding fungi to dinner guests’ meals.

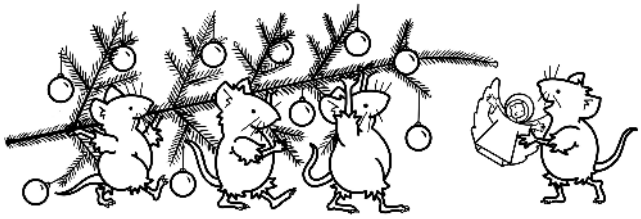
16. The Grand Prix was not a prom.

17. Delulu means delusional.

18. Heartthrob Terence Stamp played Sgt Troy in the 1960s film of *Far from the Madding Crowd.*

19. October Beerfest in Germany starts in September.

20. She poured a cup of coffee down a drain.



APPLEBY CHRISTMAS CONCERT

in aid of

Hospice at Home
Carlisle and North Lakeland
Local Care for Local People

Saturday 6th December 2025
7.30pm
Appleby Public Hall

Featuring:
Appleby Town Band,
Sun Singers, Cornucopia

Ticket price £10
Includes wine and mince pies
(£1 for school children)

Tickets available from:
Appleby Tourist Information Centre or pay on the door
Tel: 017683 51177

Hospice at Home
Carlisle and North Lakeland
Local Care for Local People

Valley Court, Barras Lane, Dalston, Cumbria, CA5 7NY
Tel. 01228 475025
Website: www.hospiceathome.co.uk
Email: admin@hospiceathome.co.uk
Registered as a charity in England and Wales (1095708)

Appleby Deanery

St Lawrence’s Church
Appleby-in-Westmorland

solemn Eucharist for Candlemas

Monday February 2nd
7.30pm

Bishop James Bell will Preside

Revd Lucy Foster will Preach

St Lawrence’s Church Augmented Choir Directed by Geoff Gordon

n..b. some time ahead, but keep it in mind

Crossword Solution

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

Rodney didn't know how she'd got in, but she seemed keen to audition for the nativity play...

St Lawrence's Church
Appleby-in-Westmorland

Christingle 2025

Christmas Eve
5.30pm

Christmas starts with Christingle!

Envelope collection to support
The Children's Society

Appleby Christmas Events

Our Lady of Appleby

Sunday Mass each week at 4 pm in Our Lady of Appleby Church
Christmas Day Mass at 10.30am in Our Lady of Appleby Church.

St Lawrence's Church

Christmas Eve 5:30pm **Christingle**
Christmas Eve 11:30pm **Midnight Mass**
Christmas Day 10.45am Holy Communion

Sands Methodist Church

December 7th 4.15pm **Messy Church** and 5pm **Café Carols**
December 21st 5pm **Town Carol Service**
Christmas Day 10.30am Christmas Family Service

December 20th 10am **Carol Singing in the Town** Churches Together

EVERYONE WELCOME

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Church Services for December 2025

Things can change! If you can, visit https://heartofeden.org.uk/services/

Church of England

Appleby, St. Lawrence,

Mon.	1st	19:00	Compline
Sun.	7th	10:45	Remembrance Service
Fri.	12th	10:00	Holy Communion
Sun.	14th	10:45	Holy Communion
Mon.	15th	19:00	Compline
Tue..	16th	19:30	Pub Carols @ Royal Oak (tbc)
Fri.	19th	10:00	Holy Communion
Sat..	20th	10:00	Carols @ Cloisters
Sun.	21st	10:45	Holy Communion
Wed.	24th	17:30	Christingles
Wed.	24th	23:30	Midnight Mass

Asby, St. Peter

Sun.	7th	18:30	Holy Communion
Sun.	14th	11:00	United Service
Thurs.	18th	19:30	Baptist Candlelight Service
Sun.	21st	11:00	Café Church
Mon.	22nd	18:00	Carols around tree i.a.o. GNAA
Wed.	24th	18:30	Carol Service
Thu.	25th	11:00	Holy Communion

Bleatarn Chapel

Sun.	14th	14:00	Carol Service

Boroughgate, St. Anne

Closed for the duration of building works

Dufton St. Cuthbert

Sun.	14th	10:30	Nativity Children's Service
Sun.	14th	15:00	Taizé
Sun.	21st	10:30??	Carol Service @ Methodist Chapel
Thu.	25th	10:30	Holy Communion

Kirkby Thore, St. Michael

Sun.	7th	10:00	Breakfast Church
Sun.	14th	10:30	Morning Prayer
Sun.	21st	10:00	Breakfast Church
Sun.	21st	16:00	Christingles & Carols
Thu.	25th	10:30	Holy Communion

(Breakfast Church is in the Memorial Hall)

Long Marton, SS. Margaret & James

Sun.	14th	09:15	Holy Communion
Wed.	17th	13:30	School Christingles
Thur.	18th	18:00	Carol Service
Thur.	18th	19:00	Pub Carols

Milburn, St. Cuthbert

Sun.	7th	10:30	Holy Communion
Sun.	14th	10:30	Holy Communion
Sun.	21st	10:30	Holy Communion
Mon.	22nd	15:00	Christmas Carol Service
Wed.	24th	15:00	Crib Service
Wed.	24th	21:00	Midnight Mass

Murton, St. John

Sun.	21st	15:00	Carol Service

Musgrave, St. Theobald

Mon.	22nd	18:00	Carols and Candles (tbc)
Thu.	25th	10:30	Morning Prayer

Newbiggin, St. Edmund

Sun.	7th	10:30	Holy Communion
Sun.	21st	17:00	Carol Service
Sun.	28th	16:00	Year End Reflections
Plus		17:00	Celtic Holy Communion

Ormside, St. James

Sun.	7th	10:00	Matins
Sun.	14th	10:00	Holy Communion
Sun.	21st	10:00	Service of Lessons & Carols
Wed.	24th	21:00	"Midnight" mass

Temple Sowerby, St.James

Sat.	13th	15:00	Crib Service
Mon.	15th	18:30	Pub Carols
Sun.	21st	16:00	Carol Service

Warcop, St. Columba

Sun.	7th	10:30	Holy Communion
Mon.	8th	18:30	Pub Carols
Fri.	12th	?	Primary School Christingles
Sun.	14th	10:30	Morning Prayer
Sun.	21st	14:00	Carol Service
Wed.	24th	14:00	Crib Service

Methodists

Sands, Appleby

Sun.	7th	10:30	Mr. Richard McGregor
Sun.	14th	10:30	tbc
Sun.	21st	10:30	Revs. R & G Crippen
Thu.	**Christmas Day**	**10:30**	**Appleby Section Service with Rev. Ros. Watson**
Sun.	**28th**	**10:30**	**Appleby Section Service with Rev. Ros. Watson**
Sun.	**4th January**	**10:30**	**Covenant Service at Appleby**

We regret no further details available at time of printing

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)

Thurs 25th 10:30 Christmas Day Mass

Church Services for January 2026

Things can change! If you can, visit https://heartofeden.org.uk/services/

Church of England

Appleby, St. Lawrence,

Fri.	2nd	10:00	Holy Communion
Sun.	4th	10:45	Holy Communion
Mon.	5th	19:00	Compline
Fri.	9th	10:00	Holy Communion
Sun.	11th	10:45	Holy Communion
Fri.	16th	10:00	Holy Communion
Sun.	18th	10:45	Holy Communion
Mon.	19th	10:00	Compline
Fri.	23rd	10:00	Holy Communion
Sat..	24th	10:00	(till 1pm) Benefice Vision Day @ Sands Methodist Church
Sun.	25th	10:45	Holy Communion
Tue.	27th	19:00	Holocaust Memorial Service
Fri.	30th	10:00	Holy Communion

Asby, St. Peter

Sun.	4th	18:30	Holy Communion
Sun.	11th	11:00	United Service (@ Baptists)
Sun.	18th	11:00	Morning Prayer
Sun.	25th	18:30	Evening Prayer

Boroughgate, St. Anne

Closed for the duration of building works

Dufton St. Cuthbert

Sun.	11th	15:00	Evening Prayer?
Sun.	25th	11:00	Holy Communion

Kirkby Thore, St. Michael

Sun.	4th	10:00	Breakfast Church
Sun.	11th	11:00	Morning Worship
Sun.	18th	10:00	Breakfast Church
Sun.	25th	11:00	Holy Communion

Long Marton, SS. Margaret & James

Sun.	11th	10:30	Morning Worship

Milburn, St. Cuthbert

Sun.	4th	10:30	Holy Communion
Sun.	11th	10:30	Holy Communion
Sun.	18th	10:30	Holy Communion

Murton, St. John

Sun.	25th	15:00	Holy Communion

Musgrave, St. Theobald

No Service

Newbiggin, St. Edmund

Sun.	4th	11:00	Holy Communion
Sun.	25th	16:00	Evening Prayer

Ormside, St. James

Sun.	4th	**09:30**	Matins
Sun.	11th	**09:30**	Holy Communion
Sun.	18th	**09:30**	DIY
Sun.	25th	**09:30**	Holy Communion (1662 -BCP)

Temple Sowerby, St.James

Sun.	18th	09:30	Holy Communion

Warcop, St. Columba

Sun.	4th	09:30	Holy Communion
Sun.	11th	09:30	Morning Prayer
Sun.	18th	09:30	Holy Communion
Sun.	25th	09:30	Morning Prayer

Methodists

Sands, Appleby

Sun.	**4th**	**10:30**	**Covenant Service at Appleby**
Sun.	18th	17:00	Unity Service
Sun.	21st	10:30	Revs. R & G Crippen

We regret no further details available at time of printing

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