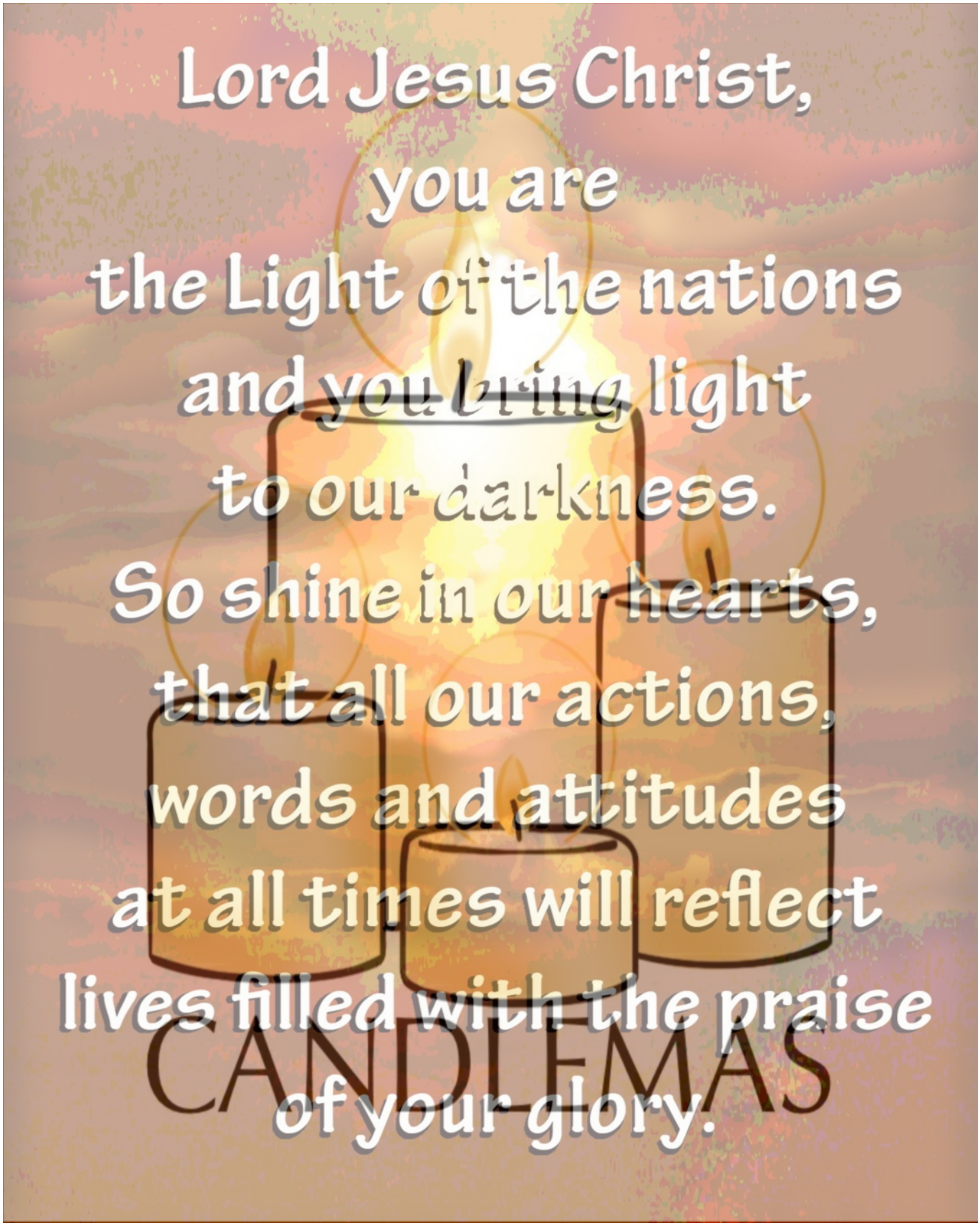
.St. Lawrence, Appleby and St. John, Murton-cum-Hilton; St. James, Ormside; St. Peter, Great Asby; St. Cuthbert, Dufton; St. Margaret & St. James, Long Marton; St. Cuthbert, Milburn; St. Columba, Warcop & St. Theobald, Musgrave; St. James, Temple Sowerby; St. Michael, Kirkby Thore & St. Edmund Newbiggin. .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
February 2026
The News Magazine of the Benefice



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

What's on?? What's on?? What's on?? Whats onWhat's on?? ?? What's on?? Wha

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

Ash Wednesday is a call to remember who we are: "**Remember you are dust, and to dust you shall return**." It is a call to remembrance and to repentance, to turning again: "**turn away from sin and be faithful to Christ**". Again and again we are called to turn and re-turn to the knowledge of who we are in relation to God.

Ash Wednesday is not about pretending that we are less than we are, or that we are more than we are. It is not, as our gospel reminds us, about "practising piety in order to be seen". It is above all about honesty. We are dust. Which is not to say we are nothing. Not at all. God makes beautiful things out of dust.

God who breathes life into dust and earth and ashes, with the promise of resurrection hope, knows already and has always known what we today admit: that we are fallible, fragile, frail creatures; that we mess up and we cannot always put things right; that we are utterly, totally dependant on God. And God, seeing us for who we truly are, meets us with infinite mercy, love and grace.

We turn today to the season of Lent, in which the traditional disciplines of fasting, prayer, and almsgiving are designed to call us back to who we are, in relation to God, to our neighbour, and to ourselves.

As we watch with horror the unfolding invasion of Ukraine, as we allow ourselves to be disturbed – as we should be – by wars and rumours of wars, as we bring that disturbance before God in prayer for peace and for justice, we need more than ever this Lent to find and hold fast to those things which draw us into that turn towards God.

And as we turn, we see already on the horizon the cross, symbol of the worst that humans can do to one another, of pain and suffering and death, of sin writ large on the body of the sinless Christ. And beyond that, the far-off glimpse of Easter dawn, radiant light which still overcomes the darkness.

All that is to come. But for now, we stand at this turning point, this moment when we accept the call to remember who we are before the holiness of God.

In repentance, in turning again to God who knows us and loves us, in confessing the sins which God already knows and is always ready to forgive, we come before God honestly and without shame to say: this is who we are.

Dust. Beloved stardust stuff. And God meets us in the dust, in the ashes, and in the ordinary stuff of bread and wine, with deep and transforming grace.

n.b.Ash Wednesday (18th February) Services with ashes at 7pm in Appleby or Kirkby Thore

Recent Church Registers

Funerals	***May they rest in peace and rise in glory***	
8th January	Dorothy Hutchinson	St. Cuthbert , Dufton
9th January	David Evans	St. Lawrence, Appleby

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

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

Churchwarden and Secretary: Jo Ayres (☎52017)

THE FEAST OF CANDLEMAS, sometimes called The Presentation of Christ in the Temple, is celebrated on February 2nd marking the final close of the church Christmas Season.

There will be the usual Appleby Deanery Solemn Eucharist in St Lawrence's at 7.30pm on that day.. This year we are delighted to welcome Bishop James Bell to preside, and Revd Lucy Foster (Natland and Crosscrake) to preach.

Everyone is welcome to come and join us at this very special service.

St. Peter, Asby

Churchwarden: vacant

PCC lay chair: Peter Miller ☎51707

Secretary: Karen Royle ☎ 07966.371044

Café Church on Sunday 15th February, 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

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 ☎0785.042.1343

Secretary: Richard Parry ☎07.401.425.430

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 (10th February) in Temple Sowerby Church from 2:30 to 4:30

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

Mrs. Swinbank writes:"Thank you to everyone who placed a bauble on our "Prayer and Thanksgiving Tree", which was situated outside the chapel in December. All the baubles have now been taken down and placed in the chapel, and we will continue to pray for the names and situations written on them.

In February we will be celebrating the 121st anniversary of the building of the Chapel. To mark this special occasion, we are holding a "Family Beetle Drive" in the chapel on Saturday 7th February at 7.00 p.m., and everyone is very welcome to come along for a fun evening.

Our celebrations will continue on Sunday 8th February, when Graeme Murray will be leading our service at 10.45 a.m. This will be followed by a free community lunch. Once again, everyone is very welcome to join us."

Sands Methodist Church

General Enquiries Alastair Kirkpatrick on email am.kirkpatrick@yahoo.com or ☎017683.51184

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

Age Concern

Age Concern Appleby & District is looking for temporary help on Saturdays at its Boroughgate shop. We are open from 10 until 3 pm but would be happy to accept a few hours of help. Please call into the shop and speak to Janet Martin, manager, if you are interested. Alternatively contact Elaine Barraclough, Secretary, at the email address below for more information. Thanks in anticipation! ageconcernappleby@gmail.com

Children's Society

Thanks to all who attended the Christmas Eve Christingle Service at St. Lawrence's. No less than £769.80 was raised, which will go to help children all over the United Kingdom. Thanks as well to all the people who prepared the Christingles.

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 or 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 - (1st February)

The Welcome Inn!

There have been some minor changes which mean we are no longer affiliated to the Guild of Health and St Raphael.

We still meet 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. We conclude with a short time of prayerful reflection.

On the first Tuesday at 2.30pm - 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

Citizens Advice Sessions at Appleby

These are held the first and third Tuesday of each month, with the next ones being:

" 3rd February
" 17th February
" 3rd March
" 17th March

Advice on issues including benefits, employment, housing, consumer, and family/relationship matters.

Location: Appleby Medical Practice

Bookable appointments from 10 to 11am (phone 03300 563 037 to book)

Drop in session from 11am to 1pm

Volunteers needed

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.

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!

Our hard working volunteers have been 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

Our winter opening hours are Monday to Saturday 10am till 2pm,

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
Nothing to my knowledge this month. *Ed.*

Town Council

Helping to keep the streets of Appleby clean

Appleby Town Council is delighted to welcome Stephen Metcalfe as a new member of staff. Stevie has been employed as Appleby's new street cleaning officer to help keep the town tidy.

Stevie has had a successful first month tidying up the centre of town and has already received many compliments. Stevie's normal days of work will be Tuesdays and Thursdays … please stop and say hello to him if you see him out and about.

If residents have any suggestions of areas that are in need a bit of attention, please speak to Stevie or pop into the TIC and we will see if they can be added to his work schedule.

Appleby Public Hall Caretaker Vacancy

Appleby Town Council is recruiting for a part time Public Hall Caretaker. Regular working hours will be 55 hours per month, to be worked flexibly to accommodate the needs of the service and the appointed person.

The ability to work on your own initiative without supervision is essential. The job is based at the Public Hall and requires a level of physical fitness, as manual handling of tables, chairs and equipment is an essential part of the role.

The role is paid at £14.35 per hour, with paid statutory holiday entitlement and will be subject to completion of a satisfactory probationary period of 3 months.

Although some of the working hours are dependent on the events taking place in the hall, both regular and one-off bookings, other hours of work can be flexible to suit the person's needs.

Anyone interested in applying for this position, please contact the Town Clerk's office on 017683 51177 Ext 2 or email clerk@applebytown.gov.uk

Appleby Shop Front Grant Scheme

Appleby Council received four applications for the shop front grant scheme and are pleased to say that all four applications were approved. The deadline for the next round of funding applications is 2nd March. For more information and an application form and guidelines, please see the Council's website at www.applebytown.gov.uk or email clerk@applebytown.gov.uk

Renew Wellbeing Warm Space

Fridays in the Supper Room

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).

Appleby Council are currently coordinating the scheme, and 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 Archaeology Group

On Thursday 12th February at 7.30pm in the Public Hall Supper Room, the lecture is titled Birdoswald 1987-2025, an Overview, given by Tony Wilmott

Appleby Arts Society

On Wednesday 11th February at 7.30pm in the Public Hall , we have a lecture about the making of Miss Saigon, a musical that has captivated audiences worldwide, is a story of passion, talent, and the relentless pursuit of artistic excellence.

Jamie Hayes our lecturer, graduated from RADA as a stage manager and has subequently workd for Glyndebourne and other well known opera companies as well as the BBC. He has worked on a variety of operas. In this lecture, Jamie charts his own personal journey as Associate Director on the original production on Miss Saigon in the West End and on Broadway. He will share the process, from page to stage and beyond, illustrated with unique film clips of the original rehearsals and World premiere.

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, in February 9th and 23rd

Appleby Rainbows, Brownies and Guides

Our team at Appleby Friends of Guiding and our leaders make everything run really smoothly. However, we are in need of more volunteers to help with our thriving units. We particularly need volunteers for Rainbows on Thursday 5:00 - 6:15pm and Brownies Wednesday from 5:00 - 6:15pm. We are looking for people who could help either on a weekly basis or regularly on a rota basis.

You may be 18-20 and looking for some experience of working with children to help with your future career, or have a daughter at one of the groups and could be involved, we would welcome any younger/older siblings to join you, or a grandparent or trainee grandparent who has time and a wealth of experience to offer. If you feel you are able to support our units or want to come along and find out more, please contact me directly at kath1nunn@gmail.com *Kathryn Nunn*

Chair Appleby Friends of Guiding

1st Westmorland Scout group

We're still recruiting:

Beavers (6-8yrs)	alternate Thursdays
Shap Beavers	Tuesdays
Morland Cubs (8-10½ yrs)	alternate Thursdays
& Scouts (10-14yrs)	times on application.

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

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

1stwestmorland@edenscouts.org.uk

Lights…Camera…Appleby

Saturday 21st February 2026 Ballad of Wallis Island (12)

Reviews described this as: "A bittersweet, cardigan-clad treasure of a film and balm for battered souls." Charles is an eccentric lottery winner who lives alone on a remote island and dreams of getting his favourite musicians, McGwyer Mortimer played by Tom Basden & Carey Mulligan, back together. His fantasy turns to reality when the bandmates and former lovers accept his invitation to play a private show at his home on Wallis Island. Old tensions resurface as Charles tries desperately to salvage his dream gig.

Appleby's Low Howgill Butchers and Deli will cook a classic Lamb & Black Pudding Hotpot served with seasonal veg. Vegetarian option will be available.

Please book food tickets well in advance to avoid disappointment.

Tickets £13 for food and film. Film only tickets, £4. **Doors open 6pm, food served 6:15-6:30pm.** Film screening at 7pm. Pay bar, raffle and interval ice-cream from the Jersey Ice Cream Farm, Melkinthorpe.

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

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, i.e. be 11th and 25th of February. 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. 4th	7:30 pm	The Hollies	Asby Fellowship - Ros Watson
Sun. 15th	6:30 pm	S. Peter's	Food for Thought - Café Church 2 course social meal with discussion
Wed. 18th	7:30 pm	The Hollies	Asby Fellowship - Donald Marston

Brampton Village Hall

Tue.	3rd	7:00pm	Book Club
Wed.	4th	12:30pm	Ladies - lunch (**at Crown & Cushion)**
Wed.	11th	7:00pm	Eden Valley Woodturners
Sat.	14th	7:30pm	Quiz Night with pie & peas supper

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

Colby Village Hall

Sat. 7th 10am - 12 A fully funded Basic First Aid course made available for residents of Bandleyside Parishes. Limited spaces available. Please contact bandleysidepc@outlook.com to secure your place and refresh your Basic First Aid

Sat. 14th 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 (in term time)

Special Events:

Wed.	4th	7pm	(Open Circle) Games and Talent Night
Thu.	5th	7.30pm	Book Club
Fri.	6th	7.00pm	(EVAN) John Chambers and Tyan

See also Dufton with Knock Methodist church

Long Marton

Refurbishment update: Our grant application has been successful, in order to carry out the work which involves installing a battery for the solar panels, new heating and lighting downstairs and a new floor downstairs, the hall will be closed from Monday 16th February until Monday 6th April.

Sat. 14th 10:30 - 1:30 A Valentine's Day Treat Brunch'n'Lunch, with bacon rolls, soup, cheese toasties, sausage rolls, toasted teacakes, tea/coffee. Please come and join us for hearty food & chat and to hear about our successful grant application for refurbishing the hall. All are welcome.

Wed. 18th 7:30pm Local History Group: - The Story of St Cuthbert. **This talk has been moved to Kirkby Thore Memorial Hall** while the hall is undergoing the refurbishment. 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 (n.b. closure of the hall from 16th)

Any enquiries if you are thinking of setting up a new activity, please contact Christine at bookingslongmartonvi@gmail.com

Milburn

Village coffee mornings first Saturday of each month (7th).
Church coffee mornings third Saturday of each month (21st), both 10:30 to noon.

Murton-cum-Hilton Institute

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

Ormside

Mon.	2nd	10:30 to 12	Coffee Morning
Sat.	7th	3 - 5pm	A fully funded Basic First Aid course made available for residents of Bandleyside Parishes. Limited spaces available. Please contact bandleysidepc@outlook.com to secure your place and refresh your Basic First Aid
Mon.	9th	7:30 till 9pm	Country Dancing
Tue.	17th	7:30 till 9pm	Craft Evening
Mon.	23rd	7:30 till 9pm	Country Dancing
Wed.	25th	7:30pm	Annual General Meeting

Fancy a game of Ping Pong?! We have a table tennis table at Ormside Village Hall. It's available to hire, at £6 per hour, including use of the hall for an hour, 4 bats and balls or BYO equipment.To book ring ☎07759011555

Temple Sowerby

Information on clubs, events, sports and exercise classes held in the village can be found on the website which is https://templesowerbyvillage.co.uk/

Coffee Morning is 10am - noon on the 1st and 3rd Tuesdays of the month at the Victory Hall. All are welcome

Fri. 27th Film Night 2nd Best Exotic Marigold Hotel.

As the Best Exotic Marigold Hotel has only a single remaining vacancy, posing a rooming predicament for two fresh arrivals, Sonny Kapoor (Dev Patel) pursues his expansionist dream of opening a second hotel.

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

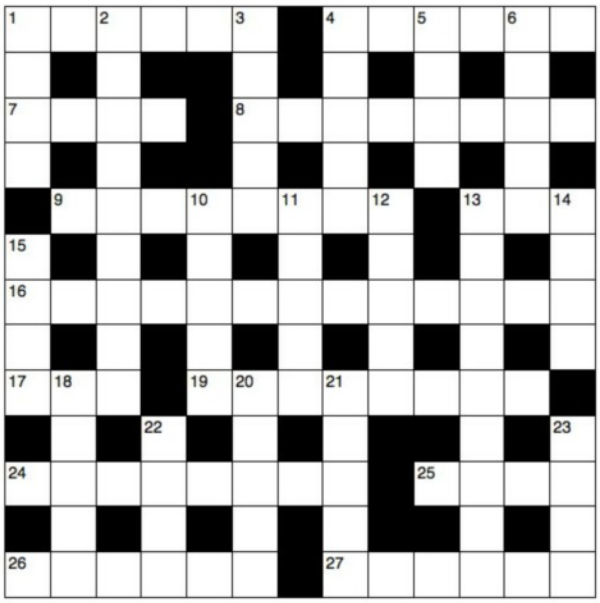
The Reading Group has its monthly meetings in the Kings Arms Pub. Formed in Spring 2012, we have read a variety of titles chosen from the Cumbria Library Service's list of 600 books available to reading groups. We are a friendly Group and everyone can contribute as much or as little as they wish. Anyone interested please email Angela at neilandangela@live.co.uk.

Warcop - Parish Hall

Mondays		6:30 - 8	Table tennis club
Thursdays		9am	Foyer Café (Inc. Post Office till 10am)
Thu.	5th	11:30 - 1pm	Soup and Pud
Sat.	14th	10-11.30	Coffee Morning. ***edibles unknown- Ed.***
Thu.	19th	7:30pm	Cinema - *No details at this point Ed.*
Fri.	27th	7:30pm	Quiz Night

>

This month's crossword. Solution page 12



Across
1 'If you love those who love you, what — is that to you?' (Luke 6:32) (6)
4 'They threw the ship's — overboard' (Acts 27:19) (6)
7 The first murderer (Genesis 4:8) (4)
8 He was the head Levite in charge of the singing when the ark of God was brought back to Jerusalem (1 Chronicles 15:22) (8)
9 Samson was noted for this (Judges 16:6) (8)
13 Solicit money or food from passers by (Acts 3:2) (3)
16 What William Booth's Christian Mission became in 1878 (9,4)
17 Alliance of Religions and Conservation (1,1,1)
19 'I will praise your name for ever and ever. — — I will praise you' (Psalm 145:1–2) (5,3)
24 Simon had (anag.) (8)
25 Desperate (Deuteronomy 28:48) (4)
26 Elisha witnessed the boy he was seeking to resuscitate do this seven times before opening his eyes (2 Kings 4:35) (6)
27 The belly and thighs of the statue in Nebuchadnezzar's dream were made of this (Daniel 2:32) (6)

Down
1 'Before the — crows, you will disown me three times' (Matthew 26:75) (4)
2 Relating to the books of the Bible between Acts and Revelation (9)
3 'They have — the Lord out of the tomb, and we don't know where they have put him!' (John 20:2) (5)
4 Belief (5)
5 'Take the following fine spices: ... 250 shekels of fragrant — ' (Exodus 30:23) (4)
6 'Do not — Jerusalem, but wait for the gift' (Acts 1:4) (5)
10 A seer (anag.) (5)
11 'Even there your hand will — me' (Psalm 139:10) (5)
12 The wild variety was part of John the Baptist's diet (Mark 1:6) (5)
13 A non-Greek speaker who was looked down on by civilized people (Colossians 3:11) (9)
14 Famous 1950s musical whose characters included members of 16 Across, — and Dolls (4)
15 The province from which Paul wrote to the Corinthians (1 Corinthians 16:19) (4)
18 'He was standing in the gateway with a linen cord and a measuring — — his hand' (Ezekiel 40:3) (3,2)
20 'Today, if you hear his — , do not harden your hearts as you did in the rebellion' (Hebrews 3:15) (5)
21 The Jericho prostitute who hid two Israelite spies on the roof of her house (Hebrews 11:31) (5)
22 'And now these three remain: faith, — and love. But the greatest of these is love' (1 Corinthians 13:13) (4)
23 'God has numbered the days of your reign and brought it to an end' (Daniel 5:26) (4)

Ukraine, Four Years On.

As the fourth anniversary of the Russian invasion of Ukraine approaches, Ukrainian church leaders have appealed for just measures to be put in place so that the invasion will end.

The country's Greek Catholic Primate, Major Archbishop Sviatoslav Shevchuk, said: "Let the modern creators of history protect human life from modern-day Herods - and let us pray that those who make fateful decisions will be inspired by the Holy Spirit not to start wars, but to stop them."

The Primate of the Ukrainian independent Orthodox Church, Metropolitan Epiphany (Dumenko), also compared Russia's rulers to King Herod, who had used "ostentatious, external religiosity" to conceal a "rejection of God's truth".

He went on to say that divine retribution was "inevitable" for those who continued to abduct Ukrainian children and rape Ukrainian women, and for Patriarch Kirill, who had "blessed war, crimes, and murders" from the pulpit.

Additionally I read the following in this morning's paper : Ed.

The former Archbishop of Canterbury, Rowan Williams, has accused Vladimir Putin of "heresy" after the Russian President claimed his invasion of Ukraine was a "holy mission". During a speech to mark Orthodox Christmas earlier this month, Putin called his soldiers "warriors" who were acting "as if at the Lord's behest" and "defending the fatherland".

Bishop Williams condemned the use of religion to justify the invasion as "disturbing" and said that Putin's revanchism directly contradicts the message preached by Jesus Christ. "I'd certainly say we're talking about heresy," he told The Independent. "We're talking about something which undermines a really fundamental aspect of religious belief, of Christian belief, which assumes that we have to defend God by violence."

Asked what he would say to Putin, the theologian said: "The word Christianity contains the name Christ. Which Christ do you think you're serving? The one of the Gospels or some nationalist goblin?"

In 2024, the Ukrainian parliament outlawed the Moscow-based Russian Orthodox Church because of its strong support for Russia's invasion. The Russian Orthodox Church has been a powerful ally of Putin, giving its blessing to the war and supporting his campaign to uphold what he calls traditional values in Russian society, in contrast to perceived Western decadence.

Orthodox priests told The Independent last week that Putin is more akin to the "Antichrist" than a messiah, and that he holds "demonic" beliefs antithetical to the faith. "Seen from a Christian perspective, you don't use unholy means to pursue a holy mission," the former Bishop of Leeds, Nick Baines, told The Independent. "When that unholy means involves slaughtering people, invading their country, and telling lies."

Introducing Dame Sarah Mullally - the 106th Archbishop of Canterbury

The Rt Revd and Rt Hon Dame Sarah Mullally DBE officially became Archbishop of Canterbury on 28th January 2026, when she was legally confirmed at St Paul's Cathedral.

Most people know that she had been Bishop of London for several years, and that she is the first woman to ever become Archbishop of Canterbury. But what else do you know about her?

1. She was born in Woking in 1962, and is one of four children, with two sisters and one brother.
2. She attended Winston Churchill Comprehensive School and Woking Sixth Form College. She went on to South Bank Polytechnic and Heythrop College, University of London
3. She worked as a nurse in the National Health Service, which she has described as "an opportunity to reflect the love of God". She specialised as a cancer nurse and became a ward sister at Westminster Hospital, before being made Director of Nursing at Chelsea and Westminster Hospital.
4. In 1999, at the age of 37, she was appointed the Government's Chief Nursing Officer for England in the Department of Health. She was the youngest person ever to be appointed to the post. Bishop Sarah was made a Dame Commander of the British Empire in 2005 in recognition of her outstanding contribution to nursing.
5. She had become a Christian at the age of 16. While working as the Chief Nursing Officer for England, she discerned a call to ordination and entered training ministry at the South East Institute for Theological Education.
6. She was ordained in 2001 and served her curacy in St Saviour's Battersea Fields, initially as a self-supporting minister, before leaving her government post in 2004, which she has described at the time as "the biggest decision I have ever made".
7. In 2012 she was installed as Canon Treasurer at Salisbury Cathedral and three years later took the role as Suffragan Bishop of Crediton in the Diocese of Exeter, the fourth woman to become a Bishop in the Church of England.
8. On 12th May 2018, Bishop Sarah was installed as the 133rd Bishop of London at St Paul's Cathedral, the first woman to hold the role.
9. Bishop Sarah sits in the House of Lords as one of the Lords Spirituals, having been introduced on 24th May 2018. Her maiden speech paid tribute to the NHS on its 70th anniversary, telling the Lords: "I am the Bishop I am today because of that first vocation to nursing, and compassion and healing are constants at the heart of who I am."

10. She was sworn in as a member of the Privy Council in March 2018 and became Dean of Her Majesty's Chapels Royal in July 2019.
11. As Bishop of London, she led the Church of England's Living in Love and Faith process from 2020 to 2023. This included the formative stages of discernment and decision making which saw the introduction of the Prayers of Love and Faith for same-sex couples.
12. She has served on the Church's National Safeguarding Steering Group and is also Lead Bishop for Health and Social Care issues.
13. As a Lord Spiritual, she has drawn from both her pastoral experience and her background in nursing and healthcare and has played a key role in the ongoing debates on assisted dying.
14. This year, she chaired the Triennium Funding Working Group that developed the Church of England's three-year spending plan that led to significant investments in local churches and parish clergy.
15. Archbishop Sarah is married to Eamonn, an Irish-born IT and Enterprise Architect who enjoys beekeeping and volunteering as a London tourist guide.
16. The couple have two grown-up children, Liam and Grace.
17. Archbishop Sarah has continued her interest in the health service having been a non-executive director at the Royal Marsden NHS Foundation Trust then at Salisbury NHS Foundation Hospital.
18. She is Chair of Christian Aid.
19. She has spoken openly about her dyslexia, describing her difficulties with writing and reading.
20. In her spare time, she loves cooking, walking and pottery.

Crossword Solution

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

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

BURROW

Septic Tank Owner?
Fully funded upgrades are now available in Cumbria

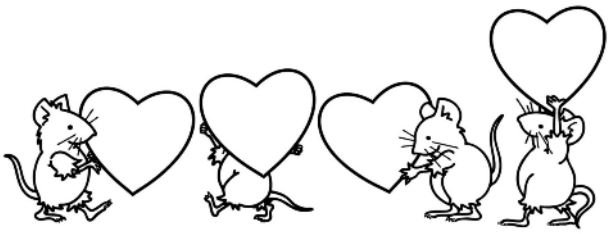
Due to the nutrient pollution of river catchments in Cumbria, we are replacing septic tanks with modern treatment plants that cut down on phosphates.

This ongoing upgrade project is being funded by Westmorland and Furness Council, so you can have a positive impact on the environment, free of charge.

Register your interest online today!

01768 428 000
burrow-environmental.com

Yoga & Mindfulness classes - Suitable for all abilities			
Tue	Yoga	Appleby	7pm – 8.45pm
Wed	Yoga	Dufton	10am -11.45am
Thur	Yoga	Appleby	7pm - 8.45pm
Fri	Yoga Gentle Mindful Yoga & Meditation	Appleby	10am – 11.30am
Interested in workshops and retreats?			
Please contact me for info and booking: Jo Chapman 07902718957 Email: jodufton@hotmail.com www.cumbriayoga.co.uk			



FENESTRATION NETWORK
Your Trusted Supply and Install Experts
Bifolds - Sliding Doors - Entrance Doors - Windows - Garden Rooms - French Doors

Supply of quality Aluminium glazing products
Professional Surveys Expert Installation
A fast growing family owned glazing business based here in the beautiful Lake District

Bifolding doors
French doors
Sliding doors
Windows
Entrance doors
Internal Screens

Get in Touch
01768 254 552
www.thefenestrationnetwork.co.uk
projects@thefenestrationnetwork.co.uk

Drop in free cafe
Renew Wellbeing Eden
Relaxed space for everyone
Games, crafts, chat
followed by soup
Every Friday
9:30-2
in Supper Room
Market Hall

ROYAL AIR FORCE AIR CADETS the next generation

ARE YOU LOOKING FOR A NEW CHALLENGE?

Are you up for fun, adventure, incredible experiences, obtaining new skills and making new friends and between 12 (in year 8) and 17yrs old

Squadron Headquarters
Appleby Grammar School
Battlebarrow
Appleby-in-Westmorland
CA16 6XU

For further information contact: oc.2192@aircadets.org
2192 Appleby Grammar School Sqn ATC

Come and see what 2192 Appleby Air Cadet Squadron has to offer you

... it isn't just marching!

THE FILLING STATION
Filling Station
Celebration
Sands Methodist Church Appleby

Sands Methodist Church Appleby
6pm
Every First Sunday
Worshipping in Spirit and in Truth

ORGANIC

The Good Book Club
Reading the Bible for ourselves
A safe place to share thoughts and questions while learning from each other
Every Wednesday
12.30 – 2pm
Memorial Hall
Kirkby Thore
We also have a light lunch together
Everyone is welcome

Appleby Travel
Looking after your travel needs and dreams since 1987
Specialists in cruising and tailor-made travel
16, Boroughgate
Appleby-in-Westmorland
Cumbria CA16 6XB
Tel. 017683.52220
ABTA No. 89495
Email

Qualified Foot Health Professional

Aggie Koza MCFHP MAFHP

Home visits by arrangement - day, evening and weekends

☎017683.98457
07910.028.955

WILLS, TAX & PROBATE SOLICITOR
LYNN EMERY

One of the few true specialists. Large city firm experience without the high prices. Has saved millions of £'s of tax 01697.478303 / 0 7 9 0 1 . 2 2 9 2 1 8 lynn@lynnemery.co.uk

LAKE DISTRICT LIME
THE LIME RESTORATION SPECIALISTS

The Conservation and Restoration of traditionally built buildings throughout Cumbria.

- **Lime POINTING**
- **Lime PLASTERING**
- **Lime RENDER**
- **Lime MORTAR**
- **LIMECRETE FLOORS**

lakedistrictlime.com/ **07554019469**

Appleby Guide Hut

Girlguiding

For Hire

£12 per hour

Suitable for: one off events or regular meetings e.g. children's birthday parties, workshops, day and evening courses.
Facilities: Clean, bright, warm hall with toilets, fully equipped kitchen, stage, disabled access and toilet.
Contact: Pam Sharples - Pam.sharples@outlook.com 0756234560
or Kathryn Nunn kath1nunn@gmail.com 07717841723
All hire fees go towards supporting Appleby Rainbows, Brownies and Guides

Mike Addison FBDO CL
OPTICIAN

Mike Addison Optician
The Shire Hall, The Sands,
Appleby-in-Westmorland CA16 6XN

"Providing eye care for all the family"

Over 60's and under 16's receive FREE eye examinations.

Private & NHS patients welcome.

New OCT technology for more detailed eye examinations

Tel: Appleby: 017683.53199
Kirkby Stephen: 017683.71555

Email - info@mikeaddisonoptician.com

Full disabled access and free on-site parking (please phone for more info.)

ADVICE, ADMIN, & ADVOCACY

Do you get frustrated that everything is now on the internet? Or you can be stuck on the phone for hours?

Then Vincent Egan can help you

From Passports, Probate & Pensions, Admin, Guidance & all types of paperwork.

Face to face, tailored support & all the 'Techy' stuff done on your behalf.

Contact Vincent Penrith: ☎01768 866866 or **07860 289516**

citizens advice Carlisle & Eden

We give free, up-to-date advice to everyone in Eden

Coronavirus has made life hard for many people. Citizens Advice Carlisle & Eden is here to help.

If you need help with benefits, work, debt and money, housing, or more, please get in touch or look at useful information available at www.citizensadvice.org.uk.

For Debt/Money advice or Foodbank referrals: 03300 563037

For help claiming Universal Credit: 0800 1448 444

For all other enquiries: 0808 278 7844

Email Advice:
Via Contact Us form on website;
www.ca-ce.org.uk

Webchat Advice
www.citizensadvice.org.uk

Check out our social media page
Twitter & Facebook;
@CarlisleEdenCA

RAZZAMATAZ
THEATRE SCHOOLS
Creating Confident Futures!

Singing, Dance & Drama Lessons
0-18 years

Our classes go beyond performing arts - they help children grow in confidence, build resilience, develop communication and teamwork skills, and learn to express themselves in a supportive environment.

Limited spaces available, book now!

Join us for a FREE taster session!

Contact Chaneen: 07539 144225
Classes in: Penrith, Kendal & Appleby
Email: penrith@razzamataz.co.uk

WPS
SUPPLIES LTD

FUEL & MORE FOR YOUR HOME
BULK BAGS BARROW BAGS NETS
LOGS: KILN DRIED, HARD WOOD & SOFT WOOD
NETS: HARDWOOD & SOFTWOOD
OVOIDS 50KG & 25KG BAGS
KINDLING, FIRE LIGHTERS, FLAMERS
FREE LOCAL DELIVERY

WE ARE YOUR LOCAL FLOGAS STOCKIST

** WE ALSO HAVE BUILDING SUPPLIES – SAND, CEMENT, AGGREGATES, BLOCKS, LINTELS, TOOLS AND MORE **
WOODSURE READY TO BURN ACCREDITED
PLEASE RING 017683 72333/
wpssupplies@btconnect.com
Unit 2 Station Yard, Kirkby Stephen CA17 4LA

Restore Recover
PHYSIOTHERAPY

◆ Physiotherapy ◆ Massage therapy ◆ Sports injury

Registered physiotherapist in Appleby

www.restorerecover.co.uk

Call: 07793551976

GLYN JONES & SON
FUNERAL DIRECTOR
— ESTABLISHED 1979 —

Offering you support, care and guidance at a time when you need it most.

A 24-hour professional and caring service covering Appleby, Kirkby Stephen and surrounding areas

Hugh and Lorraine Jones
Kevin Robinson

12 Battlebarrow,
Appleby-in-Westmorland
Telephone : 017683 51569

STOBARS HALL

Residential and Dementia Care for the Elderly

We offer excellence in care providing safety and well being for our residents and peace of mind for their family & friends

Day Care and Respite stays available
No appointment necessary, call in for a chat anytime!

For further details please call **017683 71291**
Email: stobarshall@thefranklyngroup.com
Website: www.thefranklyngroup.com/stobars

D WAPPETT
ELECTRICAL
CONTRACTOR LTD

Domestic
Part P Approved NAPIT
Contact GEORGE WAPPETT
Tel. 017683-52012
Mobile: 07815 703 404

Lady Muck
Of the Eden Valley

Chimney and domestic oven cleaning services.
www.LadyMuckEdenValley.co.uk
For prices and booking please contact Tanya on
07444 240337 / 01768898752
email: LadyMuckEdenValley@gmail.com

Church Services for February 2026

Church of England

Appleby, St. Lawrence,

Sun.	1st	08:30	Holy Communion
Sun.	1st	10:45	Moaning Prayer
Mon.	2nd	19:30	Candlemas Eucharist
Fri.	6th	10:00	Holy Communion
Sun.	8th	10:45	Holy Communion
Fri.	13th	10:00	Holy Communion
Sun.	15th	10:45	Holy Communion
Mon.	16th	19:00	Compline
Wed.	18th	19:00	Holy Communion & imposition of ashes
Fri.	20th	10:00	Holy Communion
Sun.	22nd	10:45	Holy Communion
Fri.	27th	10:00	Holy Communion

Asby, St. Peter

Sun.	1st	18:30	Holy Communion
Sun.	8th	11:00	United Service (@ St. Peter)
Sun.	15th	18:30	Café Church *(food for thought)*
Sun.	22nd	11:00	Morning Prayer

Boroughgate, St. Anne

Closed for the duration of building works

Dufton St. Cuthbert

Sun.	8th	15:00	Compline
Sun.	22nd	11:00	Holy Communion

Kirkby Thore, St. Michael

Sun.	1st	10:00	Breakfast Church
Sun.	8th	11:00	Morning Worship
Sun.	15th	10:00	Breakfast Church
Wed.	18th	19:00	Holy Communion & imposition of ashes
Sun.	22nd	11:00	Holy Communion

Long Marton, SS. Margaret & James

Sun.	8th	09:30	Holy Communion

Milburn, St. Cuthbert

Sun.	1st	10:30	Holy Communion
Sun.	8th	10:30	Holy Communion
Sun.	15th	10:30	Holy Communion

Murton, St. John

Sun.	22nd	15:00	Evening Prayer

Musgrave, St. Theobald

No Service

Newbiggin, St. Edmund

Sun.	1st	11:00	Holy Communion
Sun.	22nd	16:00	Evening Prayer

Ormside, St. James

Sun.	1st	**09:30**	Matins
Sun.	8th	**09:30**	Holy Communion
Sun.	15th	**09:30**	DIY
Sun.	22nd	**09:30**	Holy Communion (1662 -BCP)

Temple Sowerby, St.James

Sun.	15th	09:30	Morning Prayer

Warcop, St. Columba

Sun.	1st	09:30	Holy Communion
Sun.	8th	09:30	Morning Prayer
Sun.	15th	09:30	Holy Communion
Sun.	22nd	09:30	Morning Prayer

Methodists

N.B. Feb 8th 6.30pm Youth Service for all chapels at Appleby

Sands, Appleby

Sun.	1st	10:30	Leagh Wilkinson All Together Worship
Sun.	8th	10:30	Rev. Alex Dunstan
Sun.	15th	10:30	Richard McGregor
Sun.	22nd	10:30	Rev. Paul Dunstan

Dufton with Knock

Sun.	1st	10:45	Informal Service
Sun.	8th	10:45	G. Murray - Chapel Anniversary
Sun.	15th	10:45	Celia Ramnath
Sun.	22nd	10:45	Informal Service

Warcop, St. Columba

Sun.	1st	10:30	Rev. Jackie Betts
Sun.	8th	10:30	Rev. David Newlove
Sun.	15th	10:30	Rev. John Riley
Sun.	22nd	**15:00**	Rev. Ros. Watson

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)