.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

The News Magazine of the Benefice

October 2026

I will lift up mine eyes unto the hills…

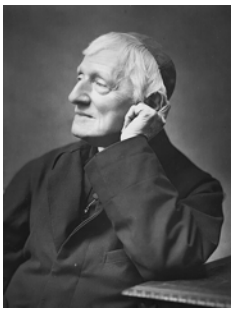
What's on in October in the Heart of Eden?

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

Date	Time	Place	Event
1st	11:30 – 13:00	Warcop Parish Hall	Soup and Pud
2nd – 4th	10:00 – 16:00	To 4th Warcop Parish Hall	Art & Craft Exhibition
2nd	19:30	Appleby Public Hall	Family bingo in aid of Appleby Carnival
3rd	10:30 – noon	Milburn Village Hall	Village coffee morning
4th	15:15	St. Lawrence's, Appleby	Harvest Festival + concert & tea
4th	14:00	St. Cuthbert's, Dufton	Harvest Festival & blessing of the animals
4th	18:00	Sands Methodist Church	Celebration
6th	14:30	St. Lawrence's Church	Healing Service
6th	10:00	Appleby Medical Practice	Citizen's Advice Bureau (bookable)
6th	13:30 – 15:00	Sands – Eden Room	Singalonga Sands
6th	19:00	Brampton Village Hall	Book Club
7th	19:30	The Hollies, Asby	Asby Fellowship – Andrew Burrell
7th	19:30	Brampton Village Hall	Brampton Ladies "Lunch"
7th	10:30 – noon	Ormside Village Hall	Coffee Morning
10th	10:30 – noon	Colby Village Hall	Coffee morning
10th	10:30 – 12:30	St. Peter's, Asby	Coffee, Cake and Chat
10th	10:30 – 13:30	Long Marton Village Hall	Brunch'n'Lunch
10th	10:00 – 11:30	Warcop Parish Hall	Coffee Morning
10th	19:30	Ormside Village Hall	Cheese & Wine evening
12th	19:30	Ormside Village Hall	Country Dancing
13th	14:30 – 16:30	St. James, Temple Sowerby	Rainbow Café
14th	11:00	Public Hall	Appleby Arts– The Golden Age of Art
14th	19:00	Brampton Village Hall	Eden Valley Woodturners
15th	19:30	Appleby Hub	Highlights – Hebridean Fire
15th	19:30	Warcop Parish Hall	Remote Cinema – "I Swear"
17th	09:00 – 12:00	Appleby Public Hall	Rotary Ukraine collection
17th	19:00	Appleby Public Hall	Lights, Camera, Appleby – "Effi o Blaenau"
17th	10:00 – 12:30	Dufton Village Hall	Coffee morning i.a.o. St. Cuthbert's
17th	10:30 – noon	Milburn Village Hall	Church coffee morning
17th	10 – noon	Temple Sowerby Victory Hall	Coffee Morning???
19th	19:30	Public Hall Supper Room	People's Emergency Briefing (Green film)
20th	10:00	Appleby Medical Practice	Citizen's Advice Bureau (bookable)
20th	19:00	Brampton Village Hall	Film Night
20th	19:30	Ormside Village Hall	Craft Evening
21st	19:30	The Hollies, Asby	Asby Fellowship – Jane Morris
21st	19:30	Long Marton Village Hall	Local History Group
23rd	19:30	St. Peter's, Asby	K Shoes Male Voice Choir
24th	All Day	Appleby Public Hall	Northern Crafts Market
24th	19:00	Appleby Public Hall	RBL Concert
24th	19:30	Dufton Village Hall	Highlights – Bog Standard
25th	19:30	Warcop Parish Hall	Quiz
26th	19:30	Ormside Village Hall	Country Dancing
28th	10:30	Sands Methodist Church	Memory Club
30th	See article	Appleby Public Hall	Kids' disco in aid of Appleby Carnival
30th	18:30	Warcop Parish Hall	Ghost Walk
31st	16:00	St. Lawrence's, Appleby	Friends of St. L. – choral evensong

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

St John Henry Newman



On the 9th October we celebrate the feast of St John Henry Newman, a part of the Oxford Movement before his conversion to Catholicism and elevation to Cardinal. One of the most famous quotes attached to Cardinal Newman is the following:

"God has created me to do Him some definite service. He has committed some work to me which He has not committed to another. I have my mission. I may never know it in this life, but I shall be told it in the next. I am a link in a chain, a bond of connection between persons. He has not created me for naught. I shall do good; I shall do His work. I shall be an angel of peace, a preacher of truth in my own place, while not intending it if I do but keep His commandments.

Therefore, I will trust Him, whatever I am, I can never be thrown away. If I am in sickness, my sickness may serve Him, in perplexity, my perplexity may serve Him. If I am in sorrow, my sorrow may serve Him. He does nothing in vain. He knows what He is about. He may take away my friends. He may throw me among strangers. He may make me feel desolate, make my spirits sink, hide my future from me. Still, He knows what He is about."

It is a wonderful reminder to us that regardless of our state in life, we can all fulfil our call to first live out the greatest commandments of the law. We are able always to love God and our neighbour and even in the afflictions of our life to go about the definite service that God has created us for. "He knows what He is about," is a beautiful way of understanding God, that His plans work always to the good, even if our plans and desires may deviate and lead to hardship. God is always waiting to bring us back to the path He wants us to follow, He hasn't created us for naught, we each of us have a value and a worth to contribute to society. It is particularly pertinent following the defeat of the Assisted Suicide Bill, that all human life is sacred because we are each created for God with a plan and a purpose in mind.

Fr. Stuart Chapple

Recent Church Registers

Baptisms	***We welcome into the Lord's Family***	
26th July	Isabella Teres Infante Chanter	St. James, Temple Sowerby
30th August	Chester Jack Hogg	St. Lawrence, Appleby
20th September	Mabel Rose McIntoch-Robertson	St. James, Temple Sowerby
Marriage	***We congratulate***	
19th September	Kevin Sowerby & Samantha Collins	St. James, Ormside
21st September	Andrew Wood & Joanne Draper	St. John, Murton-cum-Hilton
Funerals	***May they rest in peace and rise in glory***	
16th September	Elizabeth Joy Thompson	funeral anticipated 1st week in October at St. Theobald, Musgrave

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)

We will hold our Harvest Festival on Sunday October 4th in the afternoon with a family-friendly lay-led service at 3.15pm, followed by a short concert given by The Fellside Singers and tea. This is a very similar format to last year's Harvest Festival which was really well received and appreciated.

There will be a suggested donation of £5 per adult to cover expenses etc. So please do come along, enjoy the afternoon with us while giving thanks to God for the Harvest.

… and don't forget the Friends of St. Lawrence choral evensong on the 31st - see poster (if there's space!) and back page.

St. Peter, Asby

Churchwarden: vacant

PCC lay chair: Denise Frisby☎015396.23542

Secretary: Karen Royle ☎ 07966.371044

St. Cuthbert, Dufton

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

Secretary: Mrs. Louise Stewart

n.b.. 4th at 2pm: Harvest and Blessing of Animals. (Collection for the Food Bank.)

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

Keep a note in your diary for the "Sing-along Bottomless Brunch!", on Saturday 14th November from 3 to 9pm at Ghyll Barn, Long Marton. £28 includes grazing table, free 90minute bar, DJ, singer. For tickets email: leanonmebarco@yahoo.com

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

Methodist Church:

Minister:Rev Stephen Radford
stephen.radford@methodist.org.uk or ☎017683 71202

Dufton with Knock Methodist Church

Secretary: Mrs. Avril Swinbank
email dacreandavril@gmail.com or
☎017683.53102

Sands Methodist Church

General Enquiries Linda Taylor on email ljtaylor900@gmail.com or ☎07969 555773

Give Love in a Box Christmas Shoe Boxes

We will again be working with Teams4U to send our shoeboxes. Box Packing Day will be on Friday 6th November 1pm - 3 pm in Sands Methodist Church Hall, Appleby.

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

Soap, facecloth, toothbrush, toothpaste, hair accessories/brush/comb, notebook,colouring book, ruler, pencil sharpener, pencil case, scarves, gloves, new socks/underwear, ball, game/puzzle, skipping rope, yoyo, small musical instruments and sweets (use by June 2027!). All items should be new as possible and undamaged. Donations of money to help with the transportation of the shoe boxes are also welcome. We will have a collection box in St Lawrence Church for people to bring their items to or bring on packing day 6th November. If you would like to fill your own box, that is fine, just contact me for a leaflet.

If you are able to help in any way, or have any queries, please contact me. Anne Bell, on ☎07790943237 or b.annebell@btinternet.com

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

St Anne's Hospital

Single ladies are welcome to apply to the Trustees via our Clerk who can provide further details about eligibility. Please feel free to make contact if you would like to know more, for yourself or a relative.

Please email: - info@thealmshousesappleby.org

News from the Area

Appleby Carnival Fund-raising events

2nd October - family bingo

Doors open 7pm, eyes down 7:30pm
Great prizes / kids' game / raffle

(entry fee not know *Ed.*)

30th October - kids' disco

£5 per child - drink & trick or treat bag included

prize for best fancy dress.

5:30 to 6:30 Nursery to year 2

6:45 - 7:45 Years 3 to 6

tickets from Donna on ☎07518471621 or Sandra at Allsorts

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

Children's Society

The Children's Society

If you want to support the charity, please take an empty box from the back of St. Lawrence's church, put your name and phone number on a piece of paper, in an envelope marked "The Children's Society", and put it in the safe so that I can contact you.
Thank you Lorna Atkinson

(Filling Station) Celebration

Meeting at Sands Methodist church at 6pm on the first Sunday of the month - 4th October

Welcome Inn Sanctuary

We 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 aspecial 'service for healing' which is an opportunity to receive personal prayer for healing, 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 Drop-in at Appleby

We're holding a drop-in session at Appleby Medical Practice on the first and third Tuesday each month, from 10am to 1pm.

If you'd like advice on housing issues, getting the most from your energy, money or benefits, why not come and speak to our adviser.

Contact details: ☎0808.278.7844, email Appleby@ca-ce.org.uk or web https://www.cac-e.org.uk/make-a-referral/

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.

Our hard working volunteers like a challenge and to see the difference made in a 2 hour session with all hands on deck! They also enjoy the aspect of meeting up and chatting with like minded friends. We tidy / brush / cut back / clean / paint all while chatting!

We would like to thank Age Concern Appleby for their support, which enables us to cover our costs, including buying tools etc.

Think you might like to join us? Get out and about? Become a bit more active? Make some new friends? Start volunteering? … then here is your opportunity!Ring or email Mike for a chat -0775 192 4982

SingalongaSands

Well, if you were at our first session of SingalongaSands, you will know that it certainly went with a swing! We were delighted to welcome over 40 people to the first of our monthly 'Community Singalongs' at Sands Methodist Church. They're held on the first Tuesday of the month (next one October 6th) from 1.30pm to 3pm in the hall.

It's designed to be an uplifting singing session and anyone who enjoys a bit of a sing is welcome! Actually, the numbers were a complete - and delightful - surprise, and we hope to be a bit better organised next time! Ready for anything!

It is sponsored by the Dementia-friendly Community Musical Charity 'Lost Chord'. For more information, contact Linda Taylor on ☎07969 555773

Tourist Information Centre

Our summer hours (until October) are 10am-3pm Monday to Saturday. Please call in for a browse of local books postcards and beautiful locally made gifts.

Events and other information can be found at 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 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

No bookings to date *Ed., but* 24th all day in main hall - **Northern Crafts Market**

Town Council

The large Horse Chestnut tree outside Appleby Leisure Centre has had to be cut back substantially as there was significant stem and fungal decay and it was a risk to public safety. The stem has been left at around five meters where the branches start forking for habitat value and Westmorland & Furness Council will look to re-plant in the near future. We will keep you updated as soon as we have more news about the planning of replacement trees.

There are also two Cypress trees in Appleby cemetery and another Cypress tree on the Heron Grove side of the cemetery that will need cutting down on safety grounds.

Work has started today on the sewer overflow on the junction of Holme St and Chapel St, and will take around 8 weeks to complete. Access to the unaffected area of Chapel St, including Appleby Medical Practice and Appleby Leisure Centre, will be via two-way traffic lights on Low Wiend. Edenside car park and Holme Street will remain accessible with the use of two way traffic lights outside Pigneys. On Thursday 8th October and 22nd October, there will be no vehicular access to Holme St., due to the use of a large crane at the worksite.

Following an announcement by Appleby Community Acting Together (ACAT) earlier in the year that they no longer wished to be responsible for the town's Christmas lights, Appleby Town Council agreed they would take over the responsibility for the lights. A small working group has been formed, consisting of a small number of Councillors and other interested parties, to plan the lights for this coming Christmas. If you are interested in getting involved in the planning and installation of the lights and would like to join a small group, we would like to hear from you. Anyone interested should email clerk@applebytown.gov.uk

Bus Talk

563 Penrith to Kirkby Stephen Bus Service

The 563 bus service between Penrith and Kirkby Stephen, operated by Stagecoach, runs from early morning to early evening Monday to Friday, with four journeys to and from Kirkby Stephen and six journeys to and from Appleby. The first weekday journey arrives in Penrith before 8.30 and there is a late afternoon departure at 16.10 and a final departure at 17.40 from Penrith. On Saturday there are four return journeys, all running between Penrith and Kirkby Stephen; the first journey arriving in Penrith at 10.53 and the final departure from Penrith being at 16.55.

The Sunday service which started on 19 July, comprises 3 return journeys between Penrith and Kirkby Stephen; the first service arriving in Penrith at 11.25 and the final departure from Penrith being at 15.54. This service will initially run until November.

Timetables for the 563 service are available from Appleby TIC and online at stagecoachbus.com/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 are eligible the £3 fare cap does not apply, and normal ticket fares apply for anyone travelling without a permit.

Timetables for the 561 service are available from Appleby TIC and online - go to westmorlandandfurnesscouncil/bus services

Community Wheels service

This service continues to operate on Fridays into/out of Appleby - to join the Community Wheels scheme, please call ☎0333.240.6965, then option 2, option 5 between 9am and noon and leave a message for "Rural Wheels"

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?

When you join Appleby Edibles you come up and garden whenever you like.

In the first instance please email applebyedibles@hotmail.com or contact Annie Weir (Secretary) ☎07919 542143 and we can arrange for someone to meet you there and show you round.

Climate Action Network

A NEW group has been formed in Appleby to help residents deal with the threats of climate change to our everyday lives, including more extreme temperatures and storms, flooding, water shortages and destruction of the environment.

Appleby CAN - Climate Action Network - is one of many such groups across the country hoping to help their communities tackle future problems. At its second meeting, members agreed to concentrate their early efforts on ideas to protect supplies of local food, energy reserves, nature and wildlife.

Practical suggestions included bulk purchase of garden water butts to keep costs down, identifying land in Appleby for more allotments and ways of reducing greenhouse gas emissions. Appleby CAN members came together in the summer after watching a public showing of the film The People's Emergency Briefing about climate change.

A second showing of the film in Appleby is planned and it is also hoped to show it in Kirkby Stephen later in the autumn. The next Appleby CAN meeting is on Monday, 19th October at 7.30pm in Appleby Supper Room (above the public hall), and anyone interested in attending - or in the aims of CAN - should contact applebycan@gmail.com

Appleby Clubs, etc.

Appleby Society (formerly Appleby-in-Westmorland Society)

Nothing this month to my knowledge *Ed.*

Appleby Bowling Club

Appleby Bowling Club are looking for new members, The Club has superb green and clubhouse facilities. The Indoor Season starts in mid September, and continues to mid April.

Friendly games take place on most afternoons during the Winter (Indoors) starting at 2pm. There are numerous Internal Club Competitions throughout this time.

Presently an introductory Annual Membership fee for new members is £35.00 for adults.

Contact details:- Peter Metcalfe, Hon. Secretary, from whom further details may be obtained, on ☎01768 352306, or email: metcalfe6xy@btinternet.com

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

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

Arts Society

The Golden Age of Art (Including Diego Velaquez) lecturer: Marta Cacho Casal

Wed. 14th: 11am in Appleby Public Hall.

Marta is a historian of early modern Hispanic and Italian art, with a particular interest in iconography, portraiture, and the relationship between visual and intellectual culture. She holds a PhD and MA from the Warburg Institute, University of London, and has worked in both academia and museums, including the British Museum.

She has published widely, with her award-winning monograph Francisco Pacheco y su Libro de retratos (2011) receiving the Alfonso Pérez Sánchez International Research Prize. Her forthcoming book, Damaged Soul, explores the

visual culture of Saint Mary Magdalene in the Hispanic world, and her research has been supported by leading international institutions.

A journey through the artistic achievements of Spain's Golden Age, spotlighting Velaquez and his contemporaries. Isabelle highlights the artistic mastery, courtly culture, and the timeless appeal of masterpieces like "Las Meninas".

Lights…Camera…Appleby

Effi o Blaenau (15)

Saturday 17th October 2026

Effi o Blaenau follows a young woman as she grapples with unemployment in the north Wales town of Blaenau Ffestiniog, before a night out drinking dramatically alters her life.

Time Out said the film was a cross between "Greek tragedy" and "British social realism", calling actress Leisa Gwenllian - who portrays Effi - "formidable", while The Guardian described the film as a "sensation". Effi o Blaenau (Effi from Blaenau) is an adaptation of Gary Owen's play, Iphigenia in Splott, but relocated from Cardiff to Gwynedd.

This is a life-affirming film directed by Marc Evans whose previous work includes Mr Burton. The film follows Effi as she navigates being out of work, clubbing and hangovers. This is a Welsh language film with subtitles.

We will serve a delicious Welsh Cawl (stew) with cabbage and rarebit cooked by James Brighouse, former chef patron of Angelo's Italian Restaurant, Appleby. 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. Tickets from Appleby Tourist Information Centre or the Courtyard Gallery, Appleby.
For further information please ring ☎07921489611 or email applebyremotecinema@btconnect.com

Highlights

At Appleby Hub
on Thursday 15th Ocober at 7.30pm
Hebridean Fire : Elsa McTaggart and Gary Lister, from the Isle of Lewis, take us on an eclectic musical journey through the Highlands and isalnds of Scotland, past and present.

Tickets : www.highlightsnorth.co.uk / ☎07305029911

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

Our only meeting date for October is on the 28th at Sands Church Hall. (We have an outing on 14th October and will not be meeting at Sands.)

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.

A Probus club is an association of retired individuals that meets monthly for lunch in local restaurants. It is strictly non-political, non-denominational, gender-neutral, and does not raise funds. It is currently seeking new members!

You might like to know that the club also runs occasional trips to the theatre and local attractions. As an example, we recently visited the Threlkeld Mining 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

Rotary Ukraine Collection

Please donate supplies for the people of Ukraine

…at Appleby Public Hall from 9 to 12 on Saturday 17th October

Most needed items:

- Baby, Children's and Teenagers' Clothing
- Nappies, Wipes, Soap, Milk Formula
- Domestic Cleaning Products & Bleach
- Long-life Food: Pasta, Rice, Tins & Dried Meals
- Medical & Rescue Equipment
- Big-wheel Wheelchairs & Crutches
- Power Banks & Solar Chargers

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. 7th 19:30 The Hollies, Asby
Asby Fellowship - Andrew Burrell

Sat. 10th 10:30/12:30 St Peter's Church
Coffee, Cake and Chat in in aid of church funds

Wed. 21st 19:30 The Hollies, Asby - Asby Fellowship - Jane Morris

Fri. 23rd 19:30 St. Peter's Church K Shoes Male Voice Choir Autumn Concert, in aid of church funds and Lake District Search and Mountain Rescue (£10, under-16s £5)

Brampton Village Hall

Every Monday		19:00	Line Dancing
Every Thursday		18:30	Table Tennis
Tues.	6th	19:00	Book Club
Wed.	7th	19:30	Ladies' "Lunch" at Millyard Café, Morland
Wed.	14th	19:00	Eden Valley Woodturners
Tue.	20th	19:00	Film Night

Colby Village Hall

Sat. 10th 10:30 - noon Coffee Morning (I haven't been told, but I guess it will happen! *Ed.*)

Advance notice for your diaries:

Prize Dominoes Drive:- Wednesday November 25th

Prize Bingo:- Friday November 27th

Dufton

Village Hall Regular Weekly Events:

Mondays 10.45 - 12.30 Coffee Club (From Easter to October in the Postbox Pantry)

Fridays 9.30 - 11.30 Playgroup (term times only)

Special Events:

Sat. 17th 10:00 - 12:30 Coffee morning in aid of St Cuthbert's Church

Sat. 24th 19:30 **Highlights!**

Bog Standard : Rachel Pugh's true story about Lindow Moss, 2 murders 1500 years apart, and how an ancient bog man became a 21st century eco-warrior! Soundscapes include harp, natural sounds, live looping and vocals by Becki Luff. An intriguing evening!

Tickets : www.highlightsnorth.co.uk / ☎07305029911

Long Marton

Come and use our village hall now there is lovely warm eco friendly heating. Ideal for starting a new activity, any enquiries please contact Christine at bookingslongmartonvi@gmail.com. Hire rates are from £8 per hour.

Saturday 10th October 10.30am to 1.30pm - Brunch 'n' Lunch. Please come along to see the newly refurbished hall and to support us with our continuing programme of works.

Wednesday 21st October 7.30pm - Local History Group, speaker TBC. If you would like any details please email Christine at longmartonlocalhistorygroup@gmail.com

Thursday evenings from 7.30pm - Craft and Chat. Details from Nicola on ☎62301

See poster page 12 about our bottomless brunch next month, and put it in your diary - don't forget! All profits to the church.

Milburn

Village coffee mornings first Saturday of each month (3rd). Church coffee mornings third Saturday of each month (17th), both 10:30 to noon.

Murton-cum-Hilton Institute

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

Ormside

Wed. 7th 10:30 to 12 Coffee Morning

Sat. 10th 19:30

Cheese & Wine evening. Tickets £10 per person to include a glass of wine and a selection of Cheeses from Appleby Creamery. To book tickets contact Nigel Bell on nwbell56 @ aol.com

Mon. 12th 7:30 to 9pm Country Dancing

Tue. 20th 7:30 to 9pm Craft Evening

Mon. 26th 7:30 to 9pm Country Dancing

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/

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 9 - 11am Foyer Café (post office 9 to 10)

Thu. 1st 11:30 - 13:00 Soup and Pud (£8)

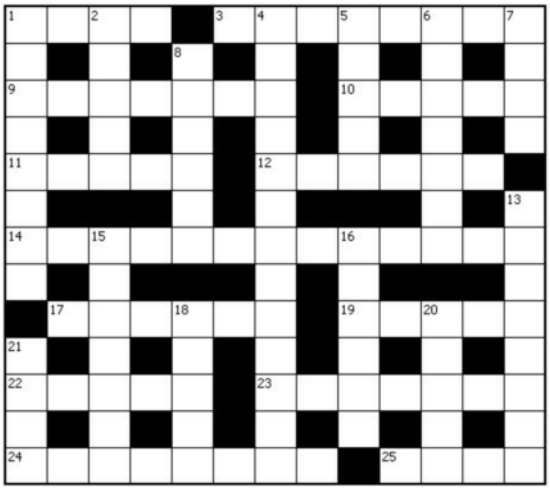
Sat. 10th 10 - 11:30 Coffee morning

Thu. 15th 19:30 Cinema - I Swear (12A)
Doors open: 7.15pm Screening: 7.30pm
Tickets on the Door £5 - Refreshments Served.

Based on a true story, I Swear is the British drama set in Glasgow about activist and campaigner John Davidson who was diagnosed with Tourette's syndrome at the age of 15. Moving, funny and impactful the film stars Robert Aramayo, Maxine Peake, Shirley Henderson and Peter Mullan. Robert Aramayo, a British star beat Hollywood A-listers DiCaprio and Chalamet in the Bafta's for the best leading actor. Aramayo got the top acting award along with the Rising Star Bafta. Please be prepared to hear some colourful language, no holds barred!

Fri. 25th 19:30 Quiz - £12 per person

Fri. 30th 18:30 Ghost Walk! £2 per adult - £1 per child - toddlers free. Fancy Dress Competition for Children



This month's crossword (solution p.14)

Across

1 'Those who were standing near Paul said, "You — to insult God's high priest?"' (Acts 23:4) (4)

3 They were assigned to guard the tree of life (Genesis 3:24) (8)

9 'Elkanah son of Jeroham, the son of Elihu, the — of — , the son of Zuph, an Ephraimite' (1 Samuel 1:1) (3,4)

10 Surrender (Joshua 24:23) (5)

11 Where American livestock can be reared (5)

12 Listen (anag.) (6)

14 Alternative name for Kiriath Jearim (2 Samuel 6:2) (6,2,5)

17 He founded Westminster Abbey, — the Confessor (6)

19 Hebrew word for the place of the dead (5)

22 Allies of Persia in the fifth century BC (Esther 1:3) (5)

23 Where John Wesley was forced to preach a lot (4,3)

24 Rebellion against God; abandonment of religious belief (8)

25 Note (anag.) (4)

Down

1 Give an account of (Mark 4:30) (8)

2 'I — — the path of your commands, for you have set my heart free' (Psalm 119:32) (3,2)

4 'He took the ephod, the other — — and the carved image' (Judges 18:20) (9,4)

5 'You are a chosen people, a — priesthood' (1 Peter 2:9) (5)

6 The meek, the merciful and the mourners are all this (Matthew 5:4–5, 7) (7)

7 Musical Instrument Digital Interface (1,1,1,1)

8 He was the son of Nun (Deuteronomy 34:9) (6)

13 'Let the little — come to me' (Matthew 19:14) (8)

15 'About three thousand were — — their number that day' (Acts 2:41) (5,2)

16 In John's vision, the wall of the new Jerusalem was made of this (Revelation 21:18) (6)

18 'Our citizenship is in heaven. And we eagerly — a Saviour from there, the Lord Jesus Christ' (Philippians 3:20) (5)

20 'Glorify the Lord with me: let us — his name together' (Psalm 34:3) (5)

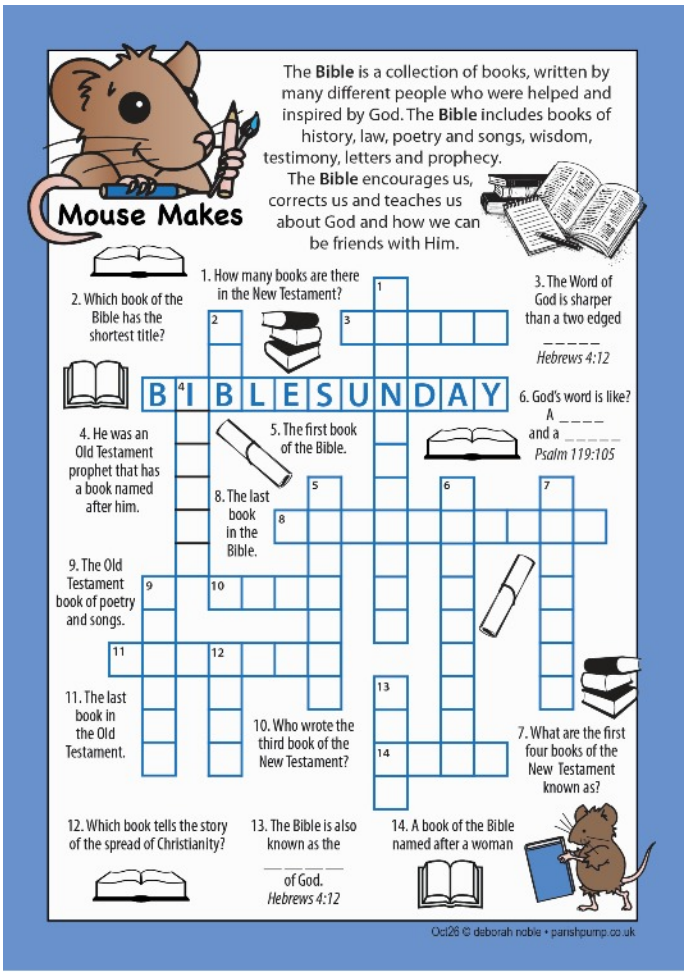
21 Young Men's Christian Association (1,1,1,1)

Aberfan: 60 years on

On 21st October 1966 the Aberfan disaster took place in South Wales. A colliery slag heap collapsed, releasing a torrent of slurry onto the village. It engulfed a number of houses and Pantglas Junior School, killing 116 children and 28 adults. It was a disaster that shocked the nation. As we reflect on it today, we are left asking the question, 'where was God when this happened?'

At the time there was a mixture of strong emotions: grief and sadness over the loss of those who had died, and anger against the Coal Board in allowing the disaster. However, people gave their energy to support each another. A local Baptist Minister, Revd Kenneth Hayes, who lost his eldest son at the school, responded in this way: 'For 36 hours he was working non-stop either at the school, or going around comforting bereaved and stricken families and kept open house for many who came seeking news and comfort.'

King Charles III (then Prince of Wales) on the 50th anniversary summed up the community's response: 'darkest sorrow, but also the most shining selflessness.'



St Lawrence's Church
Appleby-in-Westmorland

Friends of St Lawrence's Church Annual Choral Evensong

sung by

Cumbria Choral Evensong Choir

Director: Vaughn Richardson
Organist: David T. Shingler

Saturday October 31st at 4.00pm

FRIENDS OF ST LAWRENCE'S CHURCH
APPLEBY-IN-WESTMORLAND

All are most welcome to join us for the Service

CUMBRIA CHORAL EVENSONG CHOIR

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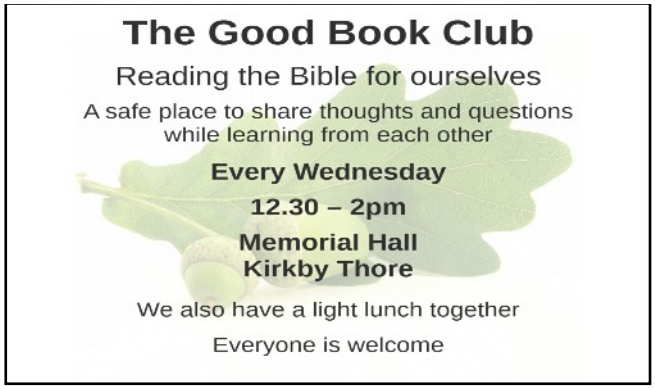
Thur	Yoga	The Hub, Appleby	7pm – 8.45pm
Fri	Gentle Yoga & Mindfulness The Hub, Appleby		10 – 11.30am
Sun	Mindfulness Based Living Course 9 week course Begins 4th October in Dufton		4 – 5.30pm
Interested in workshops and weekend retreats?			
Please contact me for info and to book: Jo Chapman 07902718957 Email: jodufton@hotmail.com www.cumbriayoga.co.uk			



Westmorland & Furness Council

westmorlandandfurness.gov.uk

Do you need help with small jobs around your home?

Westmorland and Furness Council operates a **Handy Person Scheme**, offering eligible residents help with things like:

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

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

Assistance is available to over-65s, people who have a disability or are vulnerable who meet the eligibility criteria.

For more details about eligibility and how to request a job, scan the QR code or visit the website:
www.westmorlandandfurness.gov.uk/housing/handy-person-scheme

You can also call the **Housing Standards Team** on **01539 793161**, email **housingstandards@westmorlandandfurness.gov.uk**, or write to:

Housing Standards Team, Westmorland and Furness Council, South Lakeland House Lowther Street, Kendal LA9 4DQ

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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
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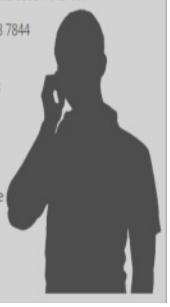

Crossword Solution

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

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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

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Do you care about Youth?

WE NEED VOLUNTEERS! (*but not every week*!)

We are looking for friendly, reliable volunteers to help support our youth club in Appleby on Friday nights.

If you feel you could volunteer once a month, we would love to hear from you. Contact Leagh Wilkinson on ☎07934 609472 or ksatyouth@gmail.com

Church Services for October 2026

Church of England

St. Lawrence, Appleby

Fri.	2nd	10:00	Holy Communion
Sun.	4th	08:30	Holy Communion
Sun.	4th	15:15	Harvest Festival, followed by Fellside Singers Concert and tea at 16:00
Mon.	5th	19:00	Compline
Tue.	6th	08:00	Morning Prayer
Fri.	9th	10:00	Holy Communion
Sun.	11th	10:45	Holy Communion
Tue.	13th	08:00	Morning Prayer
Fri.	16th	10:00	Holy Communion
Sun.	18th	10:45	Holy Communion
Mon.	19th	19:00	Compline
Tue.	20th	08:00	Morning Prayer
Fri.	23rd	10:00	Holy Communion
Sun.	25th	10:45	Holy Communion
Tue.	27th	08:00	Morning Prayer
Fri.	30th	10:00	Holy Communion
Sat.	31st	16:00	Friends of St. Lawrence's Choral Evensong

St. Peter, Asby

Fri.	4th	18:30	Holy Communion
Sun.	11th	11:00	Harvest Festival followed by lunch
Sun.	18th	18:30	Café Church
Sun.	25th	11:00	Morning Prayer

Boroughgate, St. Anne

Fri.	1st	09:00	Holy Communion
Fri.	8th	09:00	Matins
Fri.	15th	09:00	Matins
Fri.	22nd	09:00	Matins
Fri.	29th	09:00	Holy Communion

Dufton St. Cuthbert

Sun.	4th	14:00	Harvest & blessing of the animals
Sun.	25th	11:00	Holy Communion

Kirkby Thore, St. Michael

Sun.	4th	10:00	Breakfast church
Sun.	11th	11:00	Morning Prayer
Sun.	18th	10:00	Breakfast church
Sun.	25th	11:00	Holy Communion

Long Marton SS. Margaret & James

Sun.	11th	09:30	Harvest

Milburn, St. Cuthbert

Sun.	4th	10:45	Holy Communion
Sun.	11th	10:45	Holy Communion
Sun.	18th	10:45	Holy Communion

Murton, St. John

Sun.	25th	15:00	Evening Prayer

Musgrave, St. Theobald

No service in October

Newbiggin, St. Edmund

Sun.	4th	11:00	Holy Communion
Sun.	25th	16:30	Evening Prayer

Ormside, St. James

Sun.	4th	09:30	Harvest Festival
Sun.	11th	09:30	Holy Communion per Common Praise
Sun.	18th	09:30	DIY
Sun.	25th	09:30	Holy Communion per Book of Common Prayer

Temple Sowerby, St.James

Sun.	18th	09:30	Service of the Word

Warcop, St. Columba

Sun.	4th	09:30	Holy Communion
Sun.	4th	09:30	Informal Service
Sun.	18th	10:30	Holy Communion
Sun.	25th	10:30	Songs of Praise in parish hall

Methodists

Sands, Appleby

Sun.	4th	10:30	Rev. Alex Dunstan
Sun.	11th	10:30	Rev. Stephen Radford
Sun.	18th	10:30	Rev. Phil Jackson (Sanctuary & Soul)
Sun.	25th	10:30	Local Arrangement

Dufton with Knock

Sun.	4th	10:45	Rev. Ian Newton
Sun.	11th	10:45	Mrs. Jacky Ousby
Sun.	18th	10:45	Informal Service
Sun.	25th	10:45	Richard McGregor

Warcop

Sun.	4th	10:30	preacher to be confirmed
Sun.	11th	10:30	Informal Service
Sun.	18th	10:30	Mrs. Pam Carter
Sun.	25th	10:30	Songs of Praise in parish hall

Roman Catholic Church of Our Lady of Appleby

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

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