



Heart of Eden

The News Magazine
of the Benefice

April
2024



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.

What's on this month in the Heart of Eden?

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Date	Time	Place	Event
March			
30 th	11am – noon	Appleby Library	Town councillors' surgery
30 th	2 – 4pm	Knock Mission Hall	Coffee & Cake & Easter Egg hunt
April			
2 nd	2:30pm	St. Lawrence, Appleby	Healing Service in Lady Chapel
2 nd	10 – 12	Temple Sowerby Victory Hall	Coffee Morning
3 rd	7:30	Warcop Parish Hall	Warcop & Sandford WI
4 th	11:30 – 1 pm	Warcop Parish Hall	Soup and Pud
6 th	10:30 – noon	Milburn Village Hall	Village coffee morning
8 th	2 – 4pm	Public Hall Supper Room	Evergreens
8 th	7:30pm	Ormside Village Hall	Country Dancing
10 th	11am	Appleby Public Hall	Arts Society – “Christopher Wren”
10 th	10:30 – noon	Sands Methodist Church Hall	Memory Club
10 th	7:30pm	The Hollies, Asby	Asby Fellowship -John Bevan
10 th	7:30 – 9pm	Dufton Village Hall	Open Circle
10 th	2 - 4pm	Long Marton Village Hall	Carpet Bowls starts
10 th	10:30 – 12	Ormside Village Hall	Coffee Morning
11 th	7:30pm	Public Hall Supper Room	Archaeological Group – “Birdoswald”
11 th	Noon	The 3 Greyhounds, Asby	Asby Diners
11 th	7:30 – 9pm	Dufton Village Hall	Book Club
13 th	9:30 – 11:30am	Public Hall Supper Room	Coffee Morning in aid of Appleby Edibles
13 th	10:30 – noon	Colby Village Hall	Coffee Morning
13 th	7 for 7.30 pm	Dufton Village Hall	Katie Doherty (Highlights event)
13 th	10am – noon	Long Marton Village Hall	Coffee, chat and books
13 th	10am	Warcop Parish Hall	Coffee Morning
14 th		Bowling Club	Outdoor bowling starts
15 th	10am – noon	Appleby Library	Cancer Support drop-in
15 th	2 – 4pm	Public Hall Supper Room	Evergreens
16 th	10 – 12	Temple Sowerby Victory Hall	Coffee Morning
17 th	7:30pm	Long Marton Village Hall	Local History – “Northern Viaduct Trust”
17 th	7:30pm	Ormside Village Hall	Craft Evening
18 th	7:30	Warcop Parish Hall	Remote Cinema – “The Lost King”
19 th	7:30pm	Long Marton Village Hall	Spring Pudding Night
20 th	Morning	Bowling Club	Coffee morning
20 th	7pm	Appleby Public Hall	Lights, Camera, Appleby – “The 8 Mountains”
20 th	10:30am	St. Peter's, Asby	Coffee, Cake and Chat
20 th	10:30 – noon	Milburn Village Hall	Church coffee morning
21 st	Noon to 1:30	Colby Village Hall	Soup and Dessert
22 nd	7:30pm	Ormside Village Hall	Country Dancing
22 nd	7:30	Warcop Parish Hall	Prize Bingo
24 th	6:30pm	Appleby Public Hall	Appleby Annual Public Meeting
24 th	10:30 – noon	Sands Methodist Church Hall	Memory Club
24 th	7:30pm	The Hollies, Asby	Asby Fellowship -Pat Bevan
24 th	10:30 – 12	Ormside Village Hall	Coffee Morning
26 th	7 for 7.30 pm	Knock Mission Hall	Bingo
27 th	All day	Appleby Public Hall	Northern Crafts Market
27 th	11am – noon	Appleby Library	Town councillors' surgery
29 th	2 – 4pm	Public Hall Supper Room	Evergreens

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

Church of England:

Rector: Rev. Fran Parkinson (☎07547791315) & Rev. Andrew Burrell (☎07778683820)

Retired Priest: Rev. Roger Collinson ☎ 017683.52886

For (C of E) baptism or wedding bookings contact Joyce Keetley, Office Manager, email: applebymc@carlisle-diocese.org.uk

Methodist Minister: Rev. Andrew Sterling: ☎ 017683 51244

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



From Rev. Andrew Burrell

There is no doubt that the last few months of my life have been quite unusual! Becoming one of the Vicars for Appleby is something that I never really imagined. What is very apparent to me is that this role is a massive privilege for me. I have been able to journey with people through baptisms, weddings, and funerals; being allowed into peoples' lives at such extremely important moments is truly awesome. Added to this, I have reconnected with old friends from school and work and even the odd family member, once again a tremendous gift.

We've just been through Easter, a time of reflection and sadness through the terror of the crucifixion to joy of the resurrection. Life seems to be a constant rollercoaster of the joys and sorrows of our existence. The church buildings, that we all love, and we all come to at different times contain all of that joy and sorrow, the churches are a spiritual home across this benefits. They are precious. They are sacred. They stand there as a sign of what our communities yearn for: hope, peace, and the kindness of God.

As I say, being one of the vicars for this area is a humbling experience, and a great privilege and Fran and I are truly here to serve you, to stand by you, and to walk with you through the joys and the sorrows of your life. But church is not, by any means, just about Sundays for our faith is about our existence. It sits at the very core of who we are.

If you're pondering about whether or not you should come to church on a Sunday to be with us, don't resist the temptation - pop down, pop-up, pop across and come and worship with us, come and sit quietly with us, allow God to gently embrace you in the sorrows and rejoice with you in the joys of life.

God Bless, AB

Plus...March 2024 Reverend's Rambling Number 5

There are a couple of important items that we are going to be discussing over the next few months that we want to make you aware of . . .

- Firstly, we are trying to work out ways in which we can support each other better. We have a Benefice Council that already works really hard to support benefice activities and we are beginning to think about the possibility of setting up a CIO (a charitable incorporated organisation) which will allow the benefice to fund raise, and apply for grants, on behalf of the parishes and for new initiatives and mission. More information on this will be filtering through to your PCC's in the coming months.
- Secondly, it is with sensitivity that we want to begin conversations about the Living in Love and Faith (LLF) program that the church of England been encouraging us all to engage with. After Easter we hope to hold some sessions to find out what this means for our churches, to understand the significance of LLF and, in particular, the decisions we need to make about the Prayers of Love and Faith (PLF) – that is, the blessings for same-sex couples in a stable and faithful relationship. We hope to provide a space in which we can gather information and ask valuable questions so that each parish and church congregation can be further informed. Please do keep an eye out for details about these sessions so that we can journey through this together, in love, faith and unity, and as we seek God's wisdom for ourselves and those we are called to serve.
- Finally, many of you will have seen our lovely interns, Eve and Nathan, out and about over the last few months. They are doing an amazing job across all our local Christian communities (Methodist, CoE and Roman Catholic). We are committed to support their work and we would ask you to consider whether you might feel able to financially support the programme and their work. Please go to our website and follow the link <https://heartofeden.org.uk/elementor-2712/> - the forms are very simple and ensure that we can also claim gift aid. Every little helps to keep this programme running!

God's blessings be upon you during Lent and Easter! Frandrew

Church Registers, February 2024

Funerals...May they rest in peace and rise in glory

9 th	Charles Threlkeld Wilson	St. Michael, Kirkby Thore
16 th	Thomas Huck	St. Lawrence, Appleby
23 rd	Manuel Martinez-Otero	St. Lawrence, Appleby
26 th	Audrey Ewbank	SS. Margaret and James, Long Marton
29 th	Margaret Bousfield	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 it to the editor as above or write it on a piece of paper, with your address, and leave it in the Heart of Eden tray near the main church door of St. Lawrence's. Put an envelope, with a £5 note in it, and marked 'HoE Small Ad' and something to identify it, in the safe, which is straight ahead of you as you enter the church. To be included in a particular edition of the newsletter, please do this before noon on the 14th as with other items. n.b. (1) please make cheques payable to 'The Heart of Eden Expenses Account' (2) let the editor know (07.401.425.430). On-line delivery of this newsletter is strictly by the editor's list of email addresses, or as a link from "A Church Near You" (<https://heartofeden.org.uk/>),

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



Churchwarden and Secretary: Jo Ayres (☎52017)

St. John's Church would like to express our gratitude and thanks to Nick Hodgkinson, who kindly carried out our PAT testing free of charge. His time and generosity are much appreciated.

St. Peter, Asby



Churchwarden: vacant
PCC lay chair: Peter Miller ☎51707
Secretary: Karen Royle ☎ 07966.371044

St. Cuthbert, Dufton



Churchwardens:
Mrs. Gillian Bryan ☎51414
Mrs. Pam Day
Secretary: Mrs. Louise Stewart

St. Michael, Kirkby Thore



Churchwarden:
Margaret Davidson ☎017683.61699
Church Warden and Secretary:
Maeve Moore ☎017683.62005

SS. Margaret & James, Long Marton



Churchwarden:
Mr. Lutaf Greenshaw ☎07802254982

St. Cuthbert, Milburn



Churchwarden:
Mr. Leigh Harding ☎ 0333.014.3944
Secretary: Christine Braithwaite

St. Theobald, Musgrave & St. Columba, Warcop



Secretary: David Opperman
david@davidopperman.co.uk

St. Edmund, Newbiggin



Churchwardens:
Mrs. M P. Sawrey-Cookson ☎ 61574
Tim Whittaker

St. James the Less, Ormside



Churchwarden: Margaret Parry
Secretary: Richard Parry
both ☎017683.51043

St. James, Temple Sowerby



Churchwardens:
Angela Cleasby ☎017683.61534
Robin Witchell ☎017683.61193
Secretary:
Anne Farmer ☎017683.61770

Our Sister Churches

Methodist Church:

Minister: Rev. Andrew Sterling.
email andrew.sterling@methodist.org.uk ☎017683.51244

Dufton with Knock Methodist Church



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

Sands Methodist Church



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

Warcop Methodist Church



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

Roman Catholic Church of Our Lady of Appleby,



Garheads Road, Appleby
Fr. John Winstanley ☎ 01768 862273

n.b. Easter services, see back page.

The Catholic Parishes of Penrith with Alston and Appleby with Kirkby Stephen merged on 29th February; the name of the new Parish will be St. John Boste. Each church retains its current title of dedication, Catherine of Alexandria, (Penrith), St. Wulstan, (Alston), and Our Lady of Appleby (Appleby with Kirkby Stephen).

St. Anne's Hospital (aka Lady Anne's Almshouses)



Every Tuesday morning throughout the year (except August) there is a short morning service (matins) at 9.15am in the lovely little Chapel in the courtyard where all visitors are very welcome to join us. Holy Communion is on the first Tuesday

of the month. Other services occasionally, see back page.

Tours of St Anne's Hospital

For a donation to our Garden Fund, groups or individuals can have a look round a cottage, a talk in the courtyard and Chapel and a tour of our gardens.

To book, contact Valerie Kendall ☎017683 53159; email: vkendall@live.co.uk or 7, St Anne's Hospital, Boroughgate, Appleby-in-Westmorland, CA16 6XQ

News from the Area

Age Concern

Age Concern Appleby is a local charity based in Boroughgate and Low Wiend and run entirely by volunteers. Our funds are distributed annually to local groups in the CA16 postcode who provide a service or activity to older people.

We are keen to hear from existing or new groups which may have been started and which may benefit from a donation from the charity.

Please contact Elaine Barraclough, Secretary on ☎017683 51250 or email ageconcernappleby@gmail.com in the first instance. All requests are considered at our November meeting

Cancer Information and Support in Eden

"Come for Coffee" drop-in sessions are now taking place in the **Appleby Library**, Low Wiend, CA16 6QP on the 3rd Monday of the month (15th April) from 10am to noon."(excluding bank holidays). Anyone affected by cancer is welcome (whether patients, relations or carers of any age). If you require any further information regarding the meetings please telephone Rosie on ☎017683 52263 or Jackie on ☎017683 52277.



In this time of great uncertainty, and with the cost-of-living soaring, the Food Bank is working hard to support those in our communities who are struggling. It is only with the support and help of people such as yourselves that we are able to provide this assistance. We are so grateful.

If you would like a 'personalised' poster from UEFB to display, please reply to the email below with the full name to be included:

UEFBSecretary@outlook.com

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

Additionally, 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

f : upperedenfoodbank

Web: www.upperedenfoodbank.org.uk

These 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

Wellbeing

Renew Wellbeing Café

Where it's ok to not be 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. Appleby Cricket Club. Includes lunch time. Every Friday 9:30 am to 2 pm. Contact Kristy Pattimore krist@pattimore.com ☎07480.935119



Wellbeing Wednesdays

A quiet space to take a break, meet with friends and share your interests.

Pop along any time to Kirkby Thore Memorial Hall every Wednesday between 2:30 and 4:30pm

Free tea, coffee and cake!



The Welcome Inn!

It has been so lovely to meet and pray with those of



you who have dropped into our 'Welcome Inn' since its launch in November.

We are open every Tuesday afternoon, from 1pm to 3pm, in St Lawrence's Church, Appleby as a place of companionship and healing with an opportunity for prayer and connection.

We also have a private and confidential space available in our Lady Chapel if you would like to talk or pray with one of our team. Once a month – on the first Tuesday at 2.30pm - we will also be holding a special 'service for healing' which is an opportunity to receive prayer and anointing, for you or for someone you love.

All are very welcome! We look forward to seeing you.

As a church we believe that healing is not just about people being well; it is about human flourishing and that, whatever the state of our body, mind and spirit, all people are beloved of God.

For further information, or for prayer requests, you can email us on welcomeinnhhh@gmail.com

Citizens Advice Carlisle and Eden Volunteers needed

Citizens Advice Carlisle and Eden (CACE) is here to help local people with any problems they may be experiencing. In the last year CACE has provided free, confidential, independent advice and support on matters including employment, debt, benefits, housing, energy and consumer affairs to around 5,000 people.



Locally, we rely on a team of committed volunteers in a number of roles. To support our work we now want to recruit:

Digital Advisors: to work with clients by email and on the phone to provide advice across a wide range of issues.

Energy Advisers: to work with clients on the phone to give information and advice on dealing with problems people are having with their energy suppliers and bills

No special experience is required but volunteers should be good communicators and non-judgemental, be prepared to undertake a rigorous training programme, have good IT skills and able to commit to one day a week of volunteering.

If you are interested full details and how to apply can be found at: <http://www.ca-ce.org.uk/> or email volunteer-recruitment@ca-ce.org.uk with a daytime phone number so we can call you for a chat

Inner Wheel

We have two manual wheelchairs for temporary use by local people. They are kept at my house, 15 Boroughgate, and can be borrowed for a nominal deposit of £10. If the borrower cares to make a donation to Inner Wheel Charities after the loan, that would, of course, be welcomed.

Contact Stan Rooke on ☎017683 52864.

Appleby Smarter.

The Appleby Smarter group meets once a week (Monday afternoon) for a couple of hours to help keep our lovely town looking nice.

We would like to thank Appleby Town Council and Age Concern Appleby for their support of our group.

- Think you might like to join us?
- Get out and about?
- Become a bit more active?
- Make some new friends?
- Start volunteering?

- then here is your opportunity!

Ring Mike for a chat on ☎0775 182 4982

or email applebysmarter@gmail.com

Tourist Information Centre

Clocks have gone forward, flowers are blooming, birds are singing,, and we have changed to summer opening hours! Which are:

10 - 3 Monday to Saturday

We have a lot of visitors who would like to join in with local events, so if you send the TIC a poster we will advertise your event on Facebook and put it out on our A-board.

We are trying to update the local clubs' and associations' contact numbers, in and around Appleby. If you are the contact, could you please get in touch with Appleby TIC tic@applebytown.org.uk.

Anyone wishing to confirm a coffee morning at The Supper rooms, Market Hall, Appleby for 2024 Please get in touch with Alison Taylor at Appleby TIC ☎017683 51177 ext. 2 or tic@applebytown.org.uk.

We have lots of local books, and locally made craft items by Eden artisans. Come in and browse! Opening Hours are currently Monday - Saturday 10am till 2pm.

Website: www.visitappleby.co.uk Twitter: @applebytown (sorry - X!!) Facebook: Appleby Tourist Information Centre

Appleby Library

Opening hours now:

Monday, Wednesday and Friday, 9am to 12:30, 1:30 to 5pm and Saturdays 10am to 1pm

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 If you are able, visit <https://applebytown.org/appleby-public-hall/>



Date	in aid of
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13 th	Appleby Edibles
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... also 27th Northern Crafts Market all day

If you would like to hold a coffee morning for your charity or organisation; please get in touch with Alison Taylor at Appleby TIC Tel 017683 51177 Ext 2 and we will put you on a waiting list.



This report was written after the March meetings of the Town Council Committees, but before the Full Council meeting.

Council Tax

Residents will now have received Council Tax bills for 2024/2025. There are five component charges:

- Westmorland & Furness Council, which is responsible for most services;
- Adult Social Care;
- the Police and Crime Commissioner for Cumbria;
- the Cumbria Fire & Rescue Authority; and
- Appleby-in-Westmorland Town Council.

Single occupants of properties are entitled to a 25% discount; if single occupancy has come about because of a recent change in circumstances, residents are advised to contact the council,

Appleby Town Council - Drop-in Surgeries

Appleby Councillors will be holding monthly drop-in surgeries on the last Saturday of every month, starting from Saturday, 30th March. These will be held at Appleby Library from 11am to midday. This is an opportunity for residents and businesses to engage directly with some of their local representatives on matters relating to Appleby parish they may wish to discuss. No pre-booking is necessary.

Appleby Annual Parish Meeting

The Annual Parish Meeting will be held on Wednesday, 24th April at Appleby Public Hall. This year's meeting will include brief presentations from a range of community organisations about their activities over the past year. The event will start at 6.30pm with sandwiches and refreshments and is open to all Appleby residents.

Broad Close Platinum Playground

In the next few weeks work on the refurbishment of the children's playground on Broad Close is expected to be carried out. The Town Council reiterates its grateful thanks to all who assisted in raising money for this important community project, which was launched two years ago, in the Platinum Jubilee year of our late Queen Elizabeth II.

Jubilee Bridge

When the river level had fallen sufficiently, Westmorland & Furness contractors removed large amounts of timber carried by storm waters into the piers of Jubilee Bridge. The rootball of two trees, stuck between the ford and the bridge is believed to have been removed. by the Environment Agency.

Chapel Street Road Works

The roadworks to be carried out by United Utilities and Northern Gas on Chapel Street, which will result in no through traffic between Low and High Wiend on Chapel Street and 2-way traffic on Low Wiend has been postponed. It will now start on Monday, 8th April and NOT on Monday, 25th March as originally planned. The work is due to last approx. 3-4 weeks.

Bus Services

Timetables for the revised Stagecoach 563 service commencing 25th March can be downloaded or obtained in hard copy on the bus and from Appleby Moot Hall.



There are now Monday to Friday services from Appleby to Kirkby Stephen, Sedbergh and Kendal, as well as to Penrith. The Saturday service continues to run between Kirkby Stephen and Penrith. Scattergate and Cross Croft in Appleby will no longer be served, and the only departure from the Moot Hall will be the 1127 to Penrith but there will be additional stops on Bongate, which can be used to access and alight from the Western Dales S6, which will continue to run between Sedbergh and Penrith on Tuesdays and Thursdays.

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

Community Transport

(Supported by Westmorland and Furness Council)



Community Wheels service

This service continues to operate on Fridays into/out of Appleby - to join the Community Wheels scheme, please call 01228 226430.

Voluntary Social Car Scheme

This Scheme offers transport for a small charge to anyone in the community of Appleby and District who needs it (under 18s must be accompanied). To use this service please contact Valerie Kendall, Scheme Co-ordinator, on ☎017683 53159. **N.B. You may have to leave a message. If you do, be sure to leave your telephone number or other way of contacting you!**



Appleby Clubs, etc.

Appleby-in-Westmorland Society

No meeting in April.

Appleby Archaeological Group

Second Thursday of the month at 7:30 in the Public Hall Supper Room

11th April: Birdoswald

The Arts Society, Appleby

The next meeting will be held at 11am on the 10th April in the Public Hall.

Barbara Peacock talks about Christopher Wren and the Baroque

Barbara Peacock's lecture promises to be an enlightening exploration of the Baroque era in England, with a focus on the legacy of Sir Christopher Wren. From his groundbreaking designs to his lasting impact on English craftsmanship and architectural influence, this lecture is a must-attend event for enthusiasts of art, architecture, and history. Barbara Peacock's extensive expertise ensures an informative and inspiring experience.

Appleby Bowling Club

On Saturday 20th April we have a coffee morning.

The outdoor season starts on the 14th April, we welcome new members of all ages.



From the beginning of May every Tuesday we have an open evening for anyone to come and try bowls all you need is flat pair of shoes it starts at 6-30

For more information please contact the club secretary on ☎017683 52306

Appleby Evergreens

Evergreens in the Public Hall Supper Room from 2 - 4 pm (generally on alternate Mondays), i.e. April 8th, 15th and 29th.

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



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

Appleby Hub Patchworkers

Hub cafe in Appleby 10-12 on Thursdays - free and everyone is welcome. If anyone has any queries please contact jane.farkins@right2work.org.uk



Lights...Camera...Appleby!

The Eight Mountains (12A)

Saturday 20th April 2024. April brings an epic journey of male friendship set against the jaw-dropping landscape of the Italian alps. Described as a movie 'with air in its lungs and love in its heart', The Eight Mountains is a gentle tale that follows the complex relationship between Pietro and Bruno, two friends who can't talk about their feelings. It begins with their intense and loyal friendship as 12 year olds; then follows the sadness over enforced separation until fate reunites them once more as tough young men. They embark on building a shack in the mountains that will be their special place until one of them makes a painful discovery. Described as the 'straight' Brokeback Mountain, this film is profoundly about what it is to be human.



We will be serving a delicious lasagne served with garlic bread and salad, made by James Brighurst, former chef

patron of Angelo's Italian Restaurant in Appleby. Vegetarian option available. Please book food tickets well in advance to avoid disappointment.

Tickets £12 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 📞 07921489611 or email applebyremotecinema@btconnect.com

Memory Club in Appleby

Meetings are held on the 2nd & 4th Wednesdays of each month at Sands Methodist Church Hall 10.30am -12 noon. April meetings will therefore be on the 10th and 24th.

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 10th - 7.30 pm Asby Fellowship, The Hollies: John Bevan

Thurs 11th - 12 noon Diners at the Three Greyhounds: let them know by Weds evening if you are coming

Sat 20th - 10.30 am '3 Cs' i.e. Coffee, Cake and Chat, St Peter's Church

Wed 24th - 7.30 pm Asby Fellowship, The Hollies: Pat Bevan

Colby Village Hall

Sat. 13th 10:30 to 12 Coffee Morning

Sun. 21st 12 to 1:30 Soup and Dessert

Dufton Village Hall

Regular weekly events

Mondays 10:45 - 12:30 Coffee club (meet at Postbox Pantry Easter to Oct.)

Wednesdays 10 - 11:45 Yoga with Jo Chapman

Fridays term time only 9.30-12.00 - Play group

Special events:-

Wednesday 10th Open Circle 7.30-9.00pm

Thursday 11th Book Club 7.30-9.00pm

Saturday 13th 7 for 7.30 pm

Katie Doherty (Highlights event)

Knock

(Sat 30th March - coffee and cake with Easter egg hunt for kids. Free entry but donations welcome. 2 to 4pm at the Mission Hall.)

Friday 26th April - Bingo. Doors at 7 for 7.30 start. £6 per book on the door. Tea and coffee available but bring your own drinks. Raffle.

We would like to host regular events or classes in the Mission Hall. If you are interested in booking a slot please email knockmissionroom@gmail.com. Good rates.

Long Marton

Saturday 13th April 10.30am to 12noon: Coffee, chat & books, all are welcome.

Local History Group: Wednesday 17th April 7.30pm, £3 to include refreshments. Talk by Neil Cleevly from Northern Viaduct Trust. Details from Christine at longmartonlocalhistorygroup@gmail.com

Friday 19th April, 7.30pm - Spring Pudding Night, £5 per head. Prize for the best pudding. Entries for puddings to be submitted to Nicola on ☎62301.

Carpet bowls is to begin on Wednesday 10th April, gentle exercise coupled with a good laugh, £2 per session. Anyone interested please contact Vicky on ☎01931 715810.

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

If you are thinking of setting up a new activity, rates are from £6 per hour. Don't forget to consider the hall when thinking about a party or family gathering. Any enquiries please contact: bookingslongmartonvi@gmail.com

Milburn

Village coffee mornings first Saturday of each month (this month 6th). Church coffee mornings third Saturday of each month (this month 20th), both 10:30 to noon.

Ormside

Village hall coffee mornings are the 2nd and 4th Wednesdays (i.e. 10th and 24th) from 10.30 till noon.

Country Dancing 2nd and 4th Mondays (i.e. 8th and 22nd), 7:30 to 9pm.

Craft night is on the third Wednesday (i.e. 17th) at 7.30 pm.

Fancy a game of Ping Pong?! We have a brand new 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 (2nd and 16th) at the Victory Hall. All are welcome.

Warcop - Parish Hall

Remote Cinema Thurs. 18th The Lost King (12A)

Starring Steve Coogan and Sally Hawkins.

Based on a true-story. Guided by instinct and spectral visions, an ambitious writer and amateur historian defies the academic establishment to unearth Richard III's long-missing remains in a Leicester car park. Comedy-drama.

Doors open 7.15pm, Screening: 7.30pm. Adults: £5.00 on the door (Children under 16: £3.00), or £4.50 if booked at least 24 hrs in advance. Refreshments available during the interval. To book tickets in advance, please email warcopcinema@outlook.com

Mondays 6:30 - 8 Table tennis club

Wednesday 3rd 7:30 pm Warcop & Sandford WI

Thursday 4th 11:30 - 1 Monthly Soup and Pud Admission £7.00 including soup, pudding and hot drink. Come and join us for some lovely food and great company!

Saturday 13th 10 - 11:30 Coffee Morning - Tea, coffee and biscuits, plus bacon or Sausage rolls (vegetarian alternatives) and scones for purchase Please come along for some convivial chat! Everyone welcome. Entry £1.50.



'Glorious the song when God's the theme': Allegri's Miserere

In the 1980s thanks to Godfrey Smith, a columnist for The Sunday Times, there was a series of letters about particular pieces of music that have the TQ - the Tingle Quotient. As we listen, the music sends a shiver of excitement up and down the spine and opens out for us a new world of beauty and wonder.



The letters started with a novelist writing about his travels across the Sahara. In moments of desolation and loneliness he would think of music that meant the most to him and which he thought he might never hear again. Then a schoolmaster in Rochester wrote of a production of 'Romeo and Juliet' where the funeral scene virtually brought the house down. Juliet entered a darkened school hall, lit only by glimmering candles with music sung that brought the audience to tears.

For both novelist and schoolmaster, the work that had that TQ factor was Allegri's Miserere. It provided consolation in the cold desert nights, and it created the impact in that production of Shakespeare's play. Other readers supplied their list of TQ music, and always the Miserere was in the top five. I suspect that this music strikes the TQ for many of you as well.

Why is it, I wonder? We can provide an answer by talking of the contrast between the plainsong sung by the men's voices and the responses from the choir that lead to that small group of solo voices where the treble or soprano reaches a high C and comes down the scale to the cadence. We can point to the intriguing history of this work for the setting by Gregorio Allegri (1582-1652) was the exclusive possession of the Sistine Chapel in the Vatican. To copy the music was a crime punishable by excommunication.

In spite of this, a 14-year-old Mozart heard the piece in 1770 and wrote it down from memory, paying another visit to verify some of the notes he had copied down. The Emperor, Leopold 1, the king of Portugal, persuaded the Pope to grant him a copy. When it was performed in his own imperial chapel, he was disappointed. He even thought the Pope had palmed him off with an inferior work. Then he realised that the beauty and magic of the music lay in its being sung in the Sistine Chapel where the plainsong and the high C cadences could ring out among the pillars and arches of that great building.

The Miserere, or Psalm 51, is the heart-felt cry of the Church for mercy. As one of the penitential psalms, it is a very personal expression of sorrow for sin and a moving appeal to God for mercy and restoration.

In Allegri's setting that high C is reached as the individual acknowledges his sin, and again as he cries for mercy and finally as he proclaims that his tongue will sing of God's grace and righteousness. A single voice in the music scales the heights of heaven to represent all of us as we turn to God with that same awareness of sin, that same plea for mercy, and that same affirmation that we will then turn to God with thanksgiving and the offering of a humble and contrite heart.

And so with the psalmist and with Allegri, we can pray 'Have mercy upon me, O God, after thy great goodness.'

On why a church should always resist change

The Rectory
St James the Least

My dear Nephew Darren

I am not the least surprised you have got yourself into trouble; innovation is never to be encouraged. New ideas tend to cause revolutions. The move from incandescent lightbulbs to energy saving ones may ultimately change the Church of England.



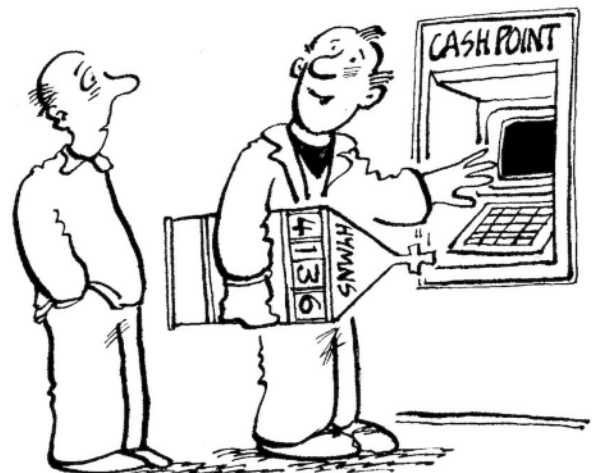
Change is something everyone claims to be in favour of - provided it has no measurable effect on their own lives. I remember as a young curate once suggesting that at the Harvest Supper, tables might be enlarged so that eight people could sit together rather than the traditional six, thus helping more people get to know one another. The response would have been similar if I had suggested we travel to London to murder the Prime Minister. I was firmly told that tables for six had been perfectly adequate for parishioners in Queen Victoria's day. For the rest of my curacy, I was regarded as a revolutionary, to be watched carefully.

So, at your last visit to our church, to suggest that our 11am Mattins might be moved to 10.30am, in order to encourage those who wanted to have more of the day free to themselves, certainly lobbed a hand grenade among the post-Service coffee cups. The only person who was mildly in favour was Colonel Wainwright, who quickly realised that it would give him an extra half-hour at the gin and tonics before lunch.

Should you ever feel that people lack imagination, you should watch them in action when they find reasons for resisting an unwelcome suggestion. One said that the time couldn't be moved, since it would then be too early for the local bus - omitting to mention that none of our congregation travel to church by bus and that the service doesn't run on Sundays anyway. Another pointed out that it would confuse those who didn't attend church - not explaining why if they never attended, it mattered what time the Service was. A third, rather touchingly mentioned that it wouldn't give the rector time to enjoy his breakfast after the rigours of the 8am Service.

Your suggestion did, however, serve one useful purpose; it brought our congregation together in united opposition. They may not necessarily always know what they are for, but they certainly know what they are against. For that, I thank you.

Your loving uncle
Eustace



...between you and me, it's the only way I can remember my PIN number!

Bible Bite

A short story from the Bible

It can be read in the Bible in Exodus 7:14-10:29, 12:21-23, 24-33, 14:5-29

God told Pharaoh to let the Hebrew slaves leave Egypt, but he refused. God then showed his power over Egypt (and its gods)...

The Nile turned blood red (Hapi)

Boils and sores (Sekhmet)

Frogs (Heket)

Hail (Seth and Nut)

Gnats (Geb)

Locusts (Nepri)

Swarms (Khepri)

Darkness (Ra)

Death of Livestock (Hathor)

.. but Pharaoh still said 'No!'

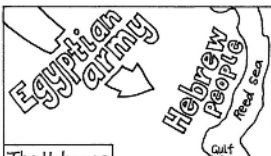
God told the Hebrews to prepare to leave, and each family to kill and cook a lamb. He told them.

Mark your house door with the lamb's blood.

That night, in each un-marked house, the eldest son died.



The Hebrews left Egypt...



The Hebrews were trapped by the Red Sea...

God made a cloud to hide them from the Egyptians...

and sent a wind. By morning the sea bed was dry and they walked across.



Mouse Makes

Some time after Jesus had risen a few of His disciples met together to go fishing. They fished all night but caught nothing. As the sun rose a man on the shore asked: "Have you caught anything?" "Not a thing" they answered. He said to them "Throw your net out onto the right side of the boat and you will catch some." So they did and they and they caught so many fish they could not pull in the net. Then John recognised the man, "It is the Lord!"

How many times had the risen Jesus revealed himself to the disciples before this? Read John 21:14

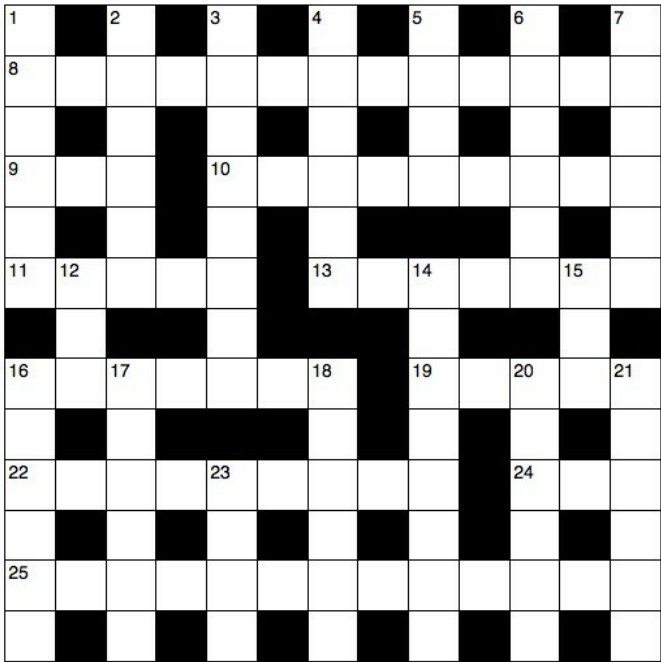
How many disciples were there? Who were they? Read John 21:11

How many fish did they catch? Read John 21:11

READ the story in John 21

Colour in all the fish

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ACROSS

- 8 'He poured out his life unto death, and was numbered with the —' (Isaiah 53:12) (13)
- 9 'When they had sung a hymn, they went — to the Mount of Olives (Matthew 26:30) (3)
- 10 Comes between Galatians and Philipians (9)
- 11 'Your heart will — and swell with joy' (Isaiah 60:5) (5)
- 13 Muslim holy month (7)
- 16 Ten ears (anag.) (7)
- 19 Under (poetic abbrev.) (5)
- 22 How Abram described himself to God when he complained that his inheritance would pass to a servant (Genesis 15:2) (9)
- 24 'Go to the —, you sluggard' (Proverbs 6:6) (3)
- 25 Debar from receiving Communion (13)

DOWN

- 1 My — for His Highest (Oswald Chambers' best-known book) (6)
- 2 Festival of the resurrection (6)
- 3 'His sons will prepare for war and — a great army' (Daniel 11:10) (8)
- 4 'Let not the — string his bow' (Jeremiah 51:3) (6)
- 5 Name of the River Thames in and around Oxford (4)
- 6 'From then on Judas watched for an opportunity — — him over' (Matthew 26:16) (2,4)
- 7 'But Christ is faithful — — over God's house' (Hebrews 3:6) (2,1,3)
- 12 Long-handled implement used to till the soil (Isaiah 7:25) (3)
- 14 Order to which monks and nuns devote themselves (8)
- 15 Appropriate (Proverbs 15:23) (3)
- 16 I, uncle (anag.) (6)
- 17 'They gave him — — of broiled fish' (Luke 24:42) (1,5)
- 18 'Weren't there three men that we — — and threw into the fire?' (Daniel 3:24) (4,2)
- 20 Mountain where Noah's ark came to rest (Genesis 8:4) (6)
- 21 'Don't you know that friendship with the world is — towards God?' (James 4:4) (6)
- 23 Prominent architectural feature of large cathedrals such as St Paul's (4)

Crossword Solution

U	E	A	A	I	T	A							
T	R	A	N	S	G	R	E	S	S	O	R	S	
M	S	S	C	I	H	A							
O	U	T	E	P	H	E	S	I	A	N	S		
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T	H	R	O	B	R	A	M	A	D	A	N		
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C	H	I	L	D	L	E	S	S		A	N	T	
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E	X	C	O	M	M	U	N	I	C	A	T	E	
I	E	E	P	C	T	D							

(Report of talk given to The Friends of Penrith and Eden Museum, February 2024)

The Bubonic Plague - from the Beginning to the End?

After standing in memory of their late Vice-Chairman Rob Matthews, members of The Friends of Penrith and Eden Museum settled down to listen to a talk on a gruesome subject from returning speaker Dick O'Brien. The Bubonic Plague, or Black Death as it was also known, swept across Europe in the 14th century and reached England in 1347.

Xenopsylla cheopsis



Where did it come from? Another name for it was 'The Plague of Justinian' who was a Roman emperor as long ago as 600 AD, but the deadly disease manifested itself in a disastrous way in the 14th century in Europe, killing half the population and coming from Mongolia, via the Crimea and thence to Italy, where ships trading out of Genoa brought it to England, specifically to the Dorset coast in 1347. From there it spread with lethal swiftness over the whole of England.

How did it travel? Black rats (*rattus rattus*) are generally seen as the culprits, but more specifically it was the fleas that infested them (*Xenopsylla cheopsis*) which did the damage to humans. Rats, of course, infested ships' cargoes; in the case of those arriving from Genoa they lived in the straw used as protection for the glass containers of wine. Melcombe, a port on the Dorset coast now a quiet place with a yacht marina was then a thriving port. From there the disease spread through Dorset and the counties of the West Country. Bristol was hit to the extent that Gloucester banned Bristolians from entering their city. Generally, people fled from the towns and cities, taking with them rat-bearing fodder for their animals, thus transporting the problem with them. The City of Canterbury was an exception, with the belief that as the site of the premier archbishopric of England it would offer them God's protection - a vain hope. All too soon it reached London where half the residents were killed. It spread thence up the country, eventually killing 30% of the population.

What were its symptoms? High fever, sickness and diarrhoea followed by an eruption of buboes (large pus-filled pustules) on the

neck, in the armpits and groins - all very painful - were the way the Plague, Pestilence and Great Mortality as it was variously called manifested itself. Death usually occurred between four and seven days, frequently with the victims in a state of dementia.

How did the population react? Egged on no doubt by hellfire preaching from the pulpit and elsewhere, large numbers believed the plague was a visitation from God in punishment for their wickedness. Some blamed and even persecuted the Jews, who were already a disliked minority because of the positive and successful way they managed their lives. Attempts at cure were pathetic and useless. The human body was seen by the medical men of the day as consisting of four parts - blood, phlegm, yellow bile and black bile - which should be kept in balance for good health. Blood-letting to try to regain this balance was tried on plague victims, with no effect beyond further weakening the already weak. No difference was seen between the plague and other ailments of the fourteenth century 'an unpleasant century' said Dick O'Brien - such as diphtheria and smallpox. The plague was no respecter of classes in that rigidly socially structured time. One of the first to die in Bristol was its mayor. Over the country 47% of those who succumbed were children. Adults who worked outdoors had a better survival rate than most; clergy, who attended the sick, had a high mortality rate. Pneumonic plague, which spread from person to person and went directly into the bloodstream rather than from fleabites was almost 100% deadly, killing in one to four days.

How were the corpses dealt with? Graveyards, especially in towns and cities soon became full and mass graves became common. Some of these are still being uncovered today during civil engineering projects such as Crossrail in London. In the countryside, bodies were sometimes buried up on the hills, dales and fells.

How did it end? It isn't really known how the pandemic of the 14th century ended. It may have been that the disease mutated over time and a resistant gene grew in succeeding generations that allowed recovery and, ultimately, survival of larger parts of the population, itself decimated and thus more spread out and therefore not so likely to catch anything from their neighbours who were more distant. It is said that the incidence of the plague was ameliorated by the width of streets in Germany.

But it didn't end there. There were spasmodic outbreaks on the continent in the succeeding years; in the 1570s some of the family of Caravaggio, the painter and murderer were victims.

In 1597, the year of a rise in the price of grain, meant the poor couldn't buy bread. In fact the famine in Penrith began earlier, in 1594. Parish records proved invaluable in

charting the rise of plague burials, there being none in 1592, 157 in 1597 and 576 in 1598. Kendal and Kirkby Stephen were also hit. Those who were buried on the fell had an 'F' after their name in the official record. The entire Railton family was eradicated; by mid-April 1597 sixty-three families were affected including the Musgraves. Markets were suspended. Plague stones were left at the edges of towns and settlements, with hollows filled with vinegar for money left in payment for goods to be sanitized. One can still be seen in a glass case outside the Moot Hall in Appleby. Although the disease was said not to discriminate, those in trades such as glovers in Kendal and sedentary occupations in general had a worse survival rate than gardeners, wallers and labourers and those who worked outside. In Penrith the Middlegate and The Narrows area, the site of the shambles, were hard hit, possibly partly because of the proliferation of yards there, with their tightly-packed houses and workshops, the former containing families of up to ten people - an ideal breeding ground for disease.

The story hasn't ended even yet. In Asia and Africa there are still outbreaks, also in the western states of America, though so far antibiotics have been able to control these.

'Altogether a grim story' concluded speaker Dick O'Brien, who was thanked on behalf of the Society by Chairman Peter Simpson.

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- Linking Lives brings people together to support socially isolated people through home visits, telephone calls and engagement in social events and activities in the community.
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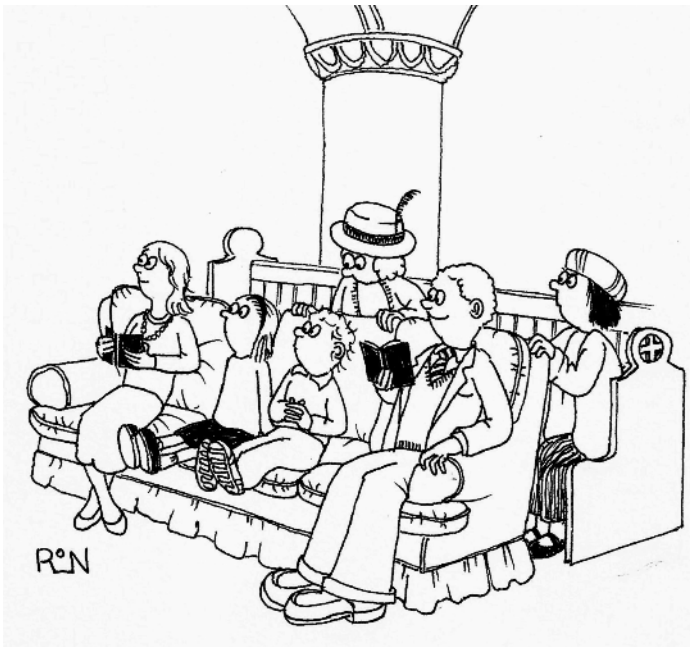
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Our volunteers come from all walks of life. Do you have any skills or experience which may be useful to our team? Or do you simply have a heart for your community and wish to see fresh expressions of church flourish? From cooking simple meals and serving snacks, playing games, doing crafts, assisting with sports, playing a musical instrument, to listening-in on Bible study - if you could spare a couple of hours a week, we would love to hear from you!

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2024
Sunday 12th – Saturday 18th May

The focus of Christian Aid this year is the cost of living crisis around the world.

The main focus will be on Burundi, located on the shores of Lake Tanganyika, east central Africa, the poorest country in the world by GDP per capita.

We will be collecting in Appleby (based in the Cloisters) from 8:30am to 2:00pm on **Saturday 18th May.**

Come and visit us!

We will include an **Upper Eden Food Bank** collection bin & publicity too.

There will not be a house-to-house envelope collection around Appleby this year

Appleby Guide Hut

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

ROYAL AIR CADETS AIRFORCE 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!

Affected by Cancer?

Appleby & District Cancer Support Group invite you to **come for Coffee** and a Friendly Chat

We meet on the 3rd Monday of the month (excluding Bank Holidays) from 10am to 12 noon in **The Library**, Low Wiend, Appleby CA16 6QP

For further information phone:
Rosie on ☎017683 52263 or
Jackie on ☎017683 52277

Church Services for April 2024

Church of England

St. Lawrence, Appleby

Sat. 30/3 19:30 HC and Vigil
Sun. 31/3 10:45 Holy Communion
Fri. 5th 10:00 Holy Communion
Sun. 7th 08:00 Holy Communion
10:45 Morning Prayer
Fri. 12th 10:00 Holy Communion
Sun. 14th 10:30 Holy Communion
Fri. 19th 10:00 Holy Communion
Sun. 21st 10:45 Holy Communion
Fri. 26th 10:00 Holy Communion
Sun. 24th 10:45 Holy Communion
Mon. 28th 19:00 Compline

St. Peter, Asby

Sun. 7th 18:30 Holy Communion
Sun. 14th 11:00 United Service
Sun. 21st 18:30 Evening Prayer
Sun. 28th 11:00 Morning Prayer

Boroughgate, St. Anne

Mon. 1st 19:00 Compline
Tue. 2nd 09:15 Holy Communion
Tue. 9th 09:15 Morning Prayer
Mon. 15th 19:00 Compline
Tue. 16th 09:15 Morning Prayer
Tue. 23rd 09:15 Morning Prayer
Tue. 30th 09:15 Morning Prayer

Dufton St. Cuthbert

Sun. 14th 15:00 Evening Prayer
Sun. 28th 10:30 Holy Communion

Kirkby Thore, St. Michael

Sun. 7th 10:00 Breakfast church
Sun. 14th 10:30 Morning Prayer
Sun. 21st 10:00 Breakfast church
Sun. 28th 10:30 Holy Communion

Long Marton SS. Margaret and James

Sun. 14th 09:15 Holy Communion

Milburn, St. Cuthbert

Sun. 7th 10:30 Holy Communion
Sun. 14th 10:30 Holy Communion
Sun. 21st 10:30 Holy Communion
Sun. 28th 18:30 Evening Prayer

Murton, St. John

Sun. 21st 18:00 Holy Communion

Musgrave, St. Theobald

Sun. 28th 10:00 Holy Communion

Newbiggin, St. Edmund

Sun. 7th 10:30 Holy Communion
Sun. 28th 16:00 Evening Prayer

Ormside, St. James

Sun. 7th 10:00 Matins
Sun. 14th 10:00 Holy Communion
Sun. 21st 10:00 DIY
Sun. 28th 10:00 Holy Communion

Temple Sowerby, St. James

Sun. 21st 10:30 Holy Communion

Warcop, St. Columba

Sun. 7th 10:30 Holy Communion
Sun. 21st 10:30 All Ages Worship

Methodists

Connexion Service 18:30 on 14th at Appleby

Sands, Appleby

Sun. 7th 10:30 All Age Worship
Sun. 14th 10:30 Rev. Andrew Sterling
Sun. 21st 10:30 Mr. Tony Longworth
Sun. 28th 10:30 Revs. R. & G. Crippen

Dufton with Knock

Sun. 7th 10:45 Mrs. Joyce Worsfold
Sun. 14th 10:45 Pastor A. Rowell
Sun. 21st 10:45 Local Arrangement
Sun. 28th 10:45 Richard McGregor

Warcop

Sun. 7th 14:00 Rev. Andrew Sterling
Sun. 14th 10:30 Local Arrangement
Sun. 21st 10:30 Revs. J. & L. Riley
Sun. 28th 18:30 Local Arrangement

Roman Catholic Church of Our Lady of Appleby

Confession Sundays at 3:30pm. Masses on Sundays at 4pm, followed by tea and refreshments on the 1st Sunday each month. Tuesday mass at noon,

