



# Heart of Eden

The News Magazine of the Benefice

May  
2024

## Christian Aid Week - 12<sup>th</sup> to 18<sup>th</sup> May



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

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Date	Time	Place	Event
1 <sup>st</sup>	7:30pm	Warcop Parish Hall	Warcop & Sandford WI
4 <sup>th</sup>	10:30 – noon	Milburn Village Hall	Village coffee morning
4 <sup>th</sup> – 5 <sup>th</sup>		Warcop Parish Hall	Art and Craft Exhibition
7 <sup>th</sup>	10 – noon	Temple Sowerby Victory Hall	Coffee Morning
7 <sup>th</sup>	2:30pm	St. Lawrence, Appleby	Healing Service in Lady Chapel
8 <sup>th</sup>	10:30 – noon	Sands Methodist Church Hall	Memory Club
8 <sup>th</sup>	10:30 – 12	Ormside Village Hall	Coffee Morning
8 <sup>th</sup>	11am	Appleby Public Hall	Arts Society – Twigs Way on Sunflowers
8 <sup>th</sup>	2pm	Long Marton Village Hall	Carpet Bowls
8 <sup>th</sup>	7:30pm	The Hollies, Asby	Asby Fellowship -Andrew Sterling
8 <sup>th</sup>	7:30 – 9pm	Dufton Village Hall	Open Circle
9 <sup>th</sup>	Noon	The 3 Greyhounds, Asby	Asby Diners
9 <sup>th</sup>	11:30 – 1 pm	Warcop Parish Hall	Soup and Pud
11 <sup>th</sup>	10am	Warcop Parish Hall	Coffee Morning
11 <sup>th</sup>	10:30 – noon	Colby Village Hall	Coffee Morning
11 <sup>th</sup>	7pm	Appleby Public Hall	Lights, Camera, Appleby – “The Old Oak”
12 <sup>th</sup> – 18 <sup>th</sup>		Mostly cloisters, but also on-line	Christian Aid Week
12 <sup>th</sup>	10:45	St. Lawrence Church	Civic Service
11 <sup>th</sup>	10:30 – noon	Long Marton Village Hall	Coffee, chat and books
13 <sup>th</sup>	2 – 4pm	Public Hall Supper Room	Evergreens
15 <sup>th</sup>	7pm	Appleby Public Hall	Horse Fair Community Meeting
15 <sup>th</sup>	7:30pm	Ormside Village Hall	Craft Evening
16 <sup>th</sup>	7:30pm	Public Hall Supper Room	Appleby-in-Westmorland Society
16 <sup>th</sup>	7:30pm	Warcop Parish Hall	Remote Cinema – “The Great Escaper”
15 <sup>th</sup>	6 pm	Appleby Cloisters	Long Marton Local History Group walking tour of Appleby
18 <sup>th</sup>	10:30am	St. Peter's, Asby	Coffee, Cake and Chat
18 <sup>th</sup>	10:30 – noon	Milburn Village Hall	Church coffee morning
18 <sup>th</sup>	7:30pm	Appleby Hub	Highlights – While and Matthews
18 <sup>th</sup>	7:30pm	St. Peter's, Asby	Organ Recital by Leigh Harding
18 <sup>th</sup>	7:30pm	Brampton Village Hall	Prize Bingo in aid of village hall
19 <sup>th</sup>	1 – 4pm	Dufton Village Hall	Afternoon Tea in aid of Christian Aid & church
20 <sup>th</sup>	10am – noon	Appleby Library	Cancer Support drop-in
21 <sup>st</sup>	10 – 12	Temple Sowerby Victory Hall	Coffee Morning
22 <sup>nd</sup>	10:30 – noon	Sands Methodist Church Hall	Memory Club
22 <sup>nd</sup>	10:30 – noon	Ormside Village Hall	Coffee Morning
22 <sup>nd</sup>	2pm	Long Marton Village Hall	Carpet Bowls
22 <sup>nd</sup>	7:30pm	The Hollies, Asby	Asby Fellowship – Fran Parkinson
24 <sup>th</sup>	6:30pm	Bowling Club	Introduction to bowling
24 <sup>th</sup> – 25 <sup>th</sup>	9am to early pm	St. Lawrence Church	Plant Sale in aid of the church
25 <sup>th</sup>	All day	Appleby Public Hall	Northern Crafts Market
26 <sup>th</sup>	1pm	Warcop	Fun Dog Show
26 <sup>th</sup>	2pm	Bowling Club	Introduction to bowling
27 <sup>th</sup>	2 – 4pm	Public Hall Supper Room	Evergreens
28 <sup>th</sup>	7:30pm	Appleby Hub	Appleby WI Quiz Night
15 <sup>th</sup> June	9am →	Colby Village Hall	Auction Sale, see article

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:

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

For (C of E) baptism or wedding bookings contact Joyce Keetley, Office Manager, email:

applebymc@carlisle-diocese.org.uk See also article later in newsletter

**Methodist Minister:** Rev. Andrew Sterling: ☎ 017683 51244

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



# Thy Kingdom Come!



Every week in church we make this request of God in our prayers, "Thy Kingdom come, thy will be done, on earth as it is in heaven". It's a familiar part of the Lord's prayer,

But I wondered if we have ever stopped to think about what it means.

As Christians, we believe that Jesus has heralded a new way of being as a church and community, where the first will be last, all people will be loved and honoured, the sick will know healing and the hungry will be fed. Basically, we are hoping to live as God always intended us to live, loving God and loving our neighbour as ourselves! In our witness as church this year we want to do three things . . . to give, to act and to pray.

- To give - recognising that there is a cost-of-living crisis around the world, we hope to support Christian Aid week by collecting for our local neighbours through Upper Eden food bank, and our global neighbours by giving to the poor people of Burundi.
- To act - we wish to practically 'love our neighbours', not just by praying for them, but also by being the answer to some of their prayers by doing acts of kindness and service. Who could you help today?
- To pray - we want to invite you to come to St Lawrence's for a time of prayer that will coincide with Christian Aid week. From 9<sup>th</sup> to 19<sup>th</sup> May, the church will be open for "Thy Kingdom Come" a space of prayer and reflection using 7 simple prayer stations based around the Lord's Prayer.

The aim is to provide a space where you can engage with each verse in an interactive and meditative way by doing simple activities and also to encourage you to think about the variety of ways we can pray.

Our Father in heaven, help us to honour your name. Come and set up your kingdom, so that everyone on earth will obey you, as you are obeyed in heaven. Give us our food for today. Forgive us for doing wrong, as we forgive others. Keep us from being tempted and protect us from evil.

Thy Kingdom Come is a global and ecumenical prayer movement that invites Christians from around the world to pray. It runs for 11 days from Ascension through to Pentecost and this year is 19<sup>th</sup> to 19<sup>th</sup> May. [www.thykingdomcome.global](http://www.thykingdomcome.global)

**Oh ... and did I mention Christian Aid Week is Sunday 12<sup>th</sup> to Saturday 18<sup>th</sup> May 2024??**

Try on-line at <https://www.christianaid.org.uk/give/ways-to-donate>

## Church Registers, March 2024

### Marriage - *We congratulate*

4 <sup>th</sup>	Nigel Milsom and Fiona Young	St. Lawrence, Appleby
31 <sup>st</sup>	Paul Ryman and Claire Briggs	St. Theobald, Musgrave

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

11 <sup>th</sup>	Tessa Mary Dare	St. Lawrence, Appleby
11 <sup>th</sup>	Roland William Hughes	Eden Valley Crematorium
28 <sup>th</sup>	Margaret Bousfield	St. Lawrence, Appleby

Electronic copy by email is preferred; email address [heart-of-eden-editor@hotmail.co.uk](mailto: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 14<sup>th</sup> 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)

The annual St. Lawrence's Plant Sale will be on Friday 24<sup>th</sup> & Saturday 25<sup>th</sup> May from 9 am - early afternoon.

Please bring your plants to the churchyard on Thursday 23<sup>rd</sup> in the morning, if possible.

Annuals, perennials vegetables, bulbs indoor plants. Everything welcome, everything sells.

All proceeds to St Lawrence Church. Can be collected 017683 52017. Thank you very much. See you there.

### 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](mailto:andrew.sterling@methodist.org.uk) ☎017683.51244

### Dufton with Knock Methodist Church



Secretary: Mrs. Avril Swinbank

email [dacreandavril@gmail.com](mailto:dacreandavril@gmail.com)

☎017683.53102

or

### Sands Methodist Church



General Enquiries Alastair Kirkpatrick on

email [am.kirkpatrick@yahoo.com](mailto:am.kirkpatrick@yahoo.com)

or ☎017683.51184

### Warcop Methodist Church



Secretary: Mrs. Glenda Burton on

email [cotehouse@aol.com](mailto:cotehouse@aol.com)

or ☎017683.98067

## Roman Catholic Church of Our Lady of Appleby, (Parish of St. John Boste)



Garheads Road, Appleby

Fr. John Winstanley ☎ 01768 862273

### 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](mailto:vkendall@live.co.uk) or 7, St Anne's Hospital, Boroughgate, Appleby-in-Westmorland, CA16 6XQ

Will contributors please, please, try and get their contributions in by the 14<sup>th</sup> of the preceding month. I do my best to include everyone, but sometimes I'm driven up the wall. You know who you are!!



## 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 [welcomeinhh@gmail.com](mailto:welcomeinhh@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](mailto: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.

## News from the Area

### 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 3<sup>rd</sup> Monday of the month (20<sup>th</sup> May) 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.



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](http://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 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. Appleby Cricket Club. Includes lunch time. Every Friday 9:30 am to 2 pm. Contact Kristy Pattimore [krist@pattimore.com](mailto:krist@pattimore.com) ☎07480.935119



## 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](mailto:applebysmarter@gmail.com)

## Tourist Information Centre

Opening hours: 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.

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](mailto: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](http://www.visitappleby.co.uk) Twitter/X: @applebytown

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

## New App for Library Users

A new app for library members in Cumbria is now available to download, revolutionising the way patrons experience their local library with a few taps on a smartphone.



Westmorland and Furness Libraries, along with Cumberland Libraries, have been working on an exciting project to launch a free mobile application for library users.

The CWF Libraries' brand-new library app is available for download and is set to transform the way patrons experience their local library. With the app, users can access their library card digitally, renew and reserve items from anywhere, search an extensive catalogue of e-books, newspapers, magazines and audiobooks that are available to read online for free, and even scan books to check availability at their local library.

Thanks to funding from LibraryOn, as well as the mobile application, immersive virtual tours of libraries have also been created. These virtual tours offer a sneak peek into the layout of the library building before visiting, providing an engaging and informative experience.

LibraryOn is a national grants programme supported by Arts Council England that funds public libraries to improve their online presence and discoverability.

Westmorland and Furness Council Assistant Director for Community Infrastructure, David Haughian, said:

"Libraries are a fantastic resource for our communities, and we want as many people as possible to benefit from being a



member. This new library app is easy to use and full of helpful features to help members make the most of their local library services whenever is most convenient for them. Be sure to download the new app and explore your local library from the palm of your hand."

Cumberland Council Assistant Director for Customer Solutions, Alison Graham, said:

"This cutting-edge platform marks a transformative milestone in the evolution of our library services. Following valuable community feedback, we've incorporated features in the app we know our library users will love. For instance, users can now effortlessly scan books in stores and check their availability in nearby libraries, all at no cost. With the app readily available for free download, there's no better time to explore its benefits."

## 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](http://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/>

No coffee mornings booked at time of going to press, but - 25<sup>th</sup> — Northern Crafts Market all day



This report was written after the April meetings of the Town Council Committees and the Full Council meeting.

## A66 works

Following rounds of consultation, National Highways have made their final submission to the Secretary of State for the realignment/full dualling of the A66. Locally, there are no significant changes to the proposals already put before the public previously. There may be judicial challenges from national organisations opposed in principle to road development, but current expectation is that reconstruction work will commence in 2025, for a duration of up to 5 years.

## Black & White Bollards

Appleby Council have been working with a local contractor to find a solution to the problem with 400 black and white bollards, which have become an eyesore and embarrassment to the town. The main problem is that the lifespan of the wooden bollards is not very long and repairing and replacing them is very costly. We have installed a prototype of a custom made concrete bollard, which has been manufactured to the same design as the current wooden ones. This can be seen on the Sands side of the river path at the very far end by the bottom of the steps. The bollard has been designed so it doesn't need the heavy iron bracket at the top to hold the chains in place, which will also help with future maintenance. The main issue has always been that the bollards are the property and responsibility of Westmorland & Furness Council, who do not have a budget to repair them. Thanks to a very generous local donation, Appleby Council have enough funds to replace over half of the bollards with the new concrete ones. It is hoped to start work soon to remove all

the bollards from both the Sands and Butts river paths and replace with the new ones.

### Broad Close Platinum Playground

Work has been going well on the refurbishment of the George V playground at Broad Close. Some time has been lost because of the heavy rains, which made the ground too boggy to work, but most of the equipment is now installed. Unfortunately, there were a few parts missing from one of the bigger pieces of play equipment and until these have been delivered and installed, opening of the playground will be delayed.

### Appleby Horse Fair

The community meeting to discuss the arrangements for this year's Horse Fair will be held in Appleby Public Hall on Wednesday, 15<sup>th</sup> May starting at 7pm. The meeting is organised by the Multi-Agency Strategic Co-ordinating Group and the Chair of MASCg, the Police Gold Commander and officers from Highways, Environmental Health and Licensing will be in attendance. The Lessons Learnt Report from last year's Fair has also been published recently at <https://applebyfair.org/mascg-evaluation-reports>

Work has started on the improvements to 'Flashing Lane' on the Long Marton Road. This work includes the installation of a new footway which will run on the east side of the road from just north of the Rising Sun caravan park, down to the corner of Salt Tip Corner. A new removable guardrail will also be installed at the front of the footpath.

### Appleby Town Council - Drop-in Surgeries

Appleby Councillors will be holding their next monthly drop-in surgery on Saturday 27<sup>th</sup> April 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 Civic Service

The town's annual Civic Service will be held on Sunday, 12<sup>th</sup> May at St Lawrence's Church. The service starts at 10.45am.

## 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](mailto: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

The next meeting will be on Thursday 16<sup>th</sup> May at 7:30pm in the Public Hall Supper Room, to hear Richard Brockington talk about The Riders of Renwick.

### Appleby Archaeological Group

So far as I know, no meetings until 10<sup>th</sup> October.*Ed.*

### The Arts Society, Appleby

The next meeting will be held at 11am on the 8<sup>th</sup> May in the Public Hall. Twigs Way will talk about "The divine sunflower in Art and Culture. Join us as we trace its journey from classical mythology to twentieth-century masterpieces by artists like Van Dyck, Van Gogh, Clytie, Klimt, Monet, Rivera, Wilde, and Watts

### Appleby Bowling Club

Appleby Bowling Club are holding a big bowls weekend. On Friday 24<sup>th</sup> at 6-30 and Sunday 26<sup>th</sup> at 2pm it is an introduction to bowls, and is open to all age groups and is free.



And 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. May 13<sup>th</sup> and 27<sup>th</sup>.

### 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](mailto: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](mailto: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](mailto:1stwestmorland@edenscouts.org.uk)

## Highlights Presents: While and Matthews

Celebrating their 30<sup>th</sup> year of playing together, While and Matthews are a leading force on the UK's acoustic/roots music circuit. Their songs cover life as they see it: from the industrial wastelands of the north to injustice and freedom, matters of the heart and everything in between.



We are very privileged to be promoting this show in at the Appleby Hub

Saturday 18<sup>th</sup> May 7.30pm

Tickets : 017683 52902 / [www.highlightsnorth.co.uk](http://www.highlightsnorth.co.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](mailto:jane.farkins@right2work.org.uk)

## Lights...Camera...Appleby!

### The Old Oak

Saturday 11<sup>th</sup> May, 7.00pm in Appleby Public Hall

Directed by Ken Loach. Pub landlord TJ Ballantyne, living in a previously thriving mining community in County Durham, struggles to hold onto his pub and keep it as the one remaining public space where people can meet in the town. Meanwhile, tensions rise when Syrian refugees are placed there, but Ballantyne strikes up a friendship with one of the refugees, Yara.



Food: we will be serving traditional North East Stotties filled with delicious Dowding's ham and pease pudding, and a side of Tabbouleh, Syrian cracked wheat, parsley and tomato salad; followed by a sweet treat of baklava. Veggie option available.

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, Melkintonhorpe.

Tickets from Appleby Tourist Information Centre or the Courtyard Gallery, Appleby. For further information please 07921489611 or email [applebyremotecinema@btconnect.com](mailto:applebyremotecinema@btconnect.com)

## Memory Club in Appleby

Meetings are held on the 2<sup>nd</sup> & 4<sup>th</sup> Wednesdays of each month at Sands Methodist Church Hall 10.30am -12 noon. May meetings will therefore be on the 8<sup>th</sup> and 22<sup>nd</sup>.

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](mailto:ian.rudd70@icloud.com) or Adrian Marsh at [adrian.marsh@live.co.uk](mailto: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](mailto:atbell@btinternet.com)

or 07970597536 / 017683 51547

## Appleby Women's Institute

Appleby WI is holding a fun quiz night on Tuesday 28<sup>th</sup> May in The Appleby Hub starting at 7:30pm. The cost is £5 per person and includes tea/coffee and biscuits and a lovely team prize. All payment is on the door. Everyone is welcome, please support our new WI

## Villages

### Asby

Wed 8<sup>th</sup> - 7.30 pm, Asby Fellowship, The Hollies: Andrew Sterling

Thurs 9<sup>th</sup> - 12.00 noon, Diners, Three Greyhounds (two courses and tea/coffee £7.50, dessert extra!)



Sat 18<sup>th</sup> - 10.30 am 3Cs: coffee, cake and chat, St Peter's Church - no charge, donations welcome

Sat 18<sup>th</sup> - 7.30 pm Organ Recital by Leigh Harding, St Peter's Church - admission £10 to include glass of wine and refreshments

Wed 22<sup>nd</sup> - 7.30 pm, Asby Fellowship, The Hollies, Fran Parkinson

## Brampton Village Hall

Saturday 18<sup>th</sup> at 7:30pm  
Prize Bingo In aid of hall funds  
Please bring your own refreshments

## Colby Village Hall

Saturday 11<sup>th</sup> 10:30 to noon Coffee Morning .  
Farther ahead, on 15<sup>th</sup> June at 11 am:  
Auction sale in aid of village hall funds. Viewing on Friday 14<sup>th</sup> 10am -5pm and Saturday morning from 9am.  
Items cleared from local houses approximately 200 lots.  
Further lots accepted ☎07810 356278 Rich Gannon

## 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 8<sup>th</sup> (*I think! Ed.*) Open Circle 7.30-9.00pm  
Sunday 19<sup>th</sup> 1 - 4pm. Afternoon Tea in aid of Christian Aid and St Cuthbert's Church.

## Knock

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](mailto:knockmissionroom@gmail.com). Good rates.

## Long Marton

Saturday 11<sup>th</sup> May 10.30am to 12noon: Coffee, chat & books, all are welcome.

Local History Group: Wednesday 15<sup>th</sup> May - Walking tour of Appleby, meet at The Cloisters at 6pm. Details from Christine at [longmartonlocalhistorygroup@gmail.com](mailto:longmartonlocalhistorygroup@gmail.com)

Carpet bowls Wednesday 8<sup>th</sup> & 22<sup>nd</sup> May, 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 on 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 Christine at [bookingslongmartonvi@gmail.com](mailto:bookingslongmartonvi@gmail.com)

## Milburn

Village coffee mornings first Saturday of each month (this month 4<sup>th</sup>). Church coffee mornings third Saturday of each month (this month 18<sup>th</sup>), both 10:30 to noon.

## Ormside

4<sup>th</sup> May 10:30 - 4pm Tea in the hall "a la Ormside Summer Teas"

Village hall coffee mornings are the 2<sup>nd</sup> and 4<sup>th</sup> Wednesdays (i.e. 8<sup>th</sup> and 22<sup>nd</sup> May) from 10.30 till noon.

Country Dancing is finished for the summer. But don't throw away your dancing shoes - we'll be back in September!

Craft night is on the third Wednesday (i.e. 15<sup>th</sup> May) 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

There is a new group running at the village hall on Thursdays, run by Upper Eden Day Care. Spaces must be booked in advance, so get in touch with Marilyn if you need any further information and to book a space for future Thursdays. If you know anyone who may benefit from such a group, please let them know too! I haven't been given contact details, but you could try [Upperedendaycare@gmail.com](mailto:Upperedendaycare@gmail.com) Ed.

## 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 1<sup>st</sup> and 3<sup>rd</sup> Tuesdays of the month (7<sup>th</sup> and 21<sup>st</sup>) at the Victory Hall. All are welcome.

## Warcop - Parish Hall

### Remote Cinema Thurs. 16<sup>th</sup> The Great Escaper

Glenda Jackson's final film performance alongside Michael Caine. Based on the true story of Bernard Jordan who escaped from his care home to attend the 70<sup>th</sup> Anniversary of the D-Day landings in France.

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](mailto:warcopcinema@outlook.com)



Mondays 6:30 - 8 Table tennis club  
Wednesday 1<sup>st</sup> 7:30 pm Warcop & Sandford WI  
Sat./Sun. 4<sup>th</sup> - 5<sup>th</sup> Art & Craft Exhibition  
Thurs. 9<sup>th</sup> 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!  
Sat. 11<sup>th</sup> 10 - 11:30 Come and enjoy a chat. Tea, coffee and biscuits, plus bacon or Sausage rolls (vegetarian alternatives) and scones for purchase.  
Sun. 26<sup>th</sup> 1pm Fun Dog Show  
Entries from 12 noon. £1 per entry  
Classes include Fancy Dress and Young Handler (U14)  
Refreshments available all afternoon. Supporting Assistance Dogs UK

## A talk to Friends of Penrith and Eden Museum, March 2024, about Symbolism on Eighteenth Century Gravestones in Cumbria

'Gravestones are works of art which should be preserved for the future' speaker Mark Hatton told his audience of Friends of Penrith and Eden Museum.

The symbolism on some gravestones has been interpreted by experts such as Mark in the absence of contemporary explanations.

The gravestone at Keswick (pictured) and a nearly identical one beside it mark the burial place of The Reverend Thomas Christian, Vicar of Keswick for forty-two years and his three wives. The official interpretation of the illustration is that the two women, each using one hand to hold up a huge skull while hitching up their skirts with the other, are emphasising femininity and fertility and the ability to bring forth new life. The skull represents death, which for good Christians should hold no fear as they are promised life after death where they will be reunited with loved ones. The triangles below the skull represent wings with which the soul will ascend to Heaven. The phrase 'Memento Mori' not found on this gravestone but common on others of the period means 'Remember Death' - a reminder to Christians to live a good life on earth in order to secure a good place in the next one.



The Christian family of Keswick were known as colourful characters, perhaps the most famous of them being Fletcher Christian of Mutiny on the Bounty fame, who declined to go to university in favour of a career at sea but finished up marooned with eight other mutineers on Pitcairn Island where he was probably murdered by Tahitians. Looking again at the gravestone, a more facetious interpretation of its symbolic meaning might be that the supporters are two of The Reverend Thomas's wives indicating his fate due to his duplicitous dealings with them, if indeed that was true. Sadly it is more likely that in the eighteenth century they could have died in childbirth.

That this gravestone image has survived in such good repair is in no small part due to its composition. Millstone grit is a hardy stone resistant to the depredations of climate, while the much softer sandstone suffers from wind and weather, thus making some already fairly simply-carved figures erode over time to become more reminiscent of the sculpture style of the South Seas. Another figure appearing on some gravestones reinforces the rebirth and life after death themes - the Green Man seen in more than one culture. A snake with its tail in its mouth represents the circle of life and death.

External social and religious factors sometimes impacted on burials, such as in 17th and 18th Edinburgh, where what is now known as the Old Town with its tall buildings packed closely together in narrow streets was a breeding ground for the easy spread of disease such as the Plague, cholera and diphtheria. The city's burial spaces quickly became overfull and, as in other areas in similar conditions, sometimes mass burials without the niceties of individual gravestones become common.

In an earlier century, the 16th, the influence of John Knox, founder of the Church of Scotland, the Calvinistic and anti-Papist climate meant that the Church did not get involved in burials, which were required to take place as far as possible in secret. From Knox's influence grew the Presbyterian movement of later years.

The skull and crossbones, popularly supposed to be historically a pirate symbol and alternatively that of the Plague or of Masonry, is apparently none of these, rather an iteration of the warning to be good in life in order to find favour in the afterlife. More prosaic symbols on gravestones were tools of trades of the individuals buried thereunder - leatherworker, joiner, maltster, butcher, baker and shopkeeper, being some instances.

Nowadays, enthusiasts searching for gravestones may find them uprooted and leant against a wall, usually that of the churchyard but sometimes the church itself. (ends)

## Pentecost - not a Ghost but a Gift

We used to call it Whitsun - 'White Sunday' because long ago children marched to church in white on that day. There are no processions nowadays, and we've even changed its name. It's now 'Pentecost', which is more accurate but needs explaining.



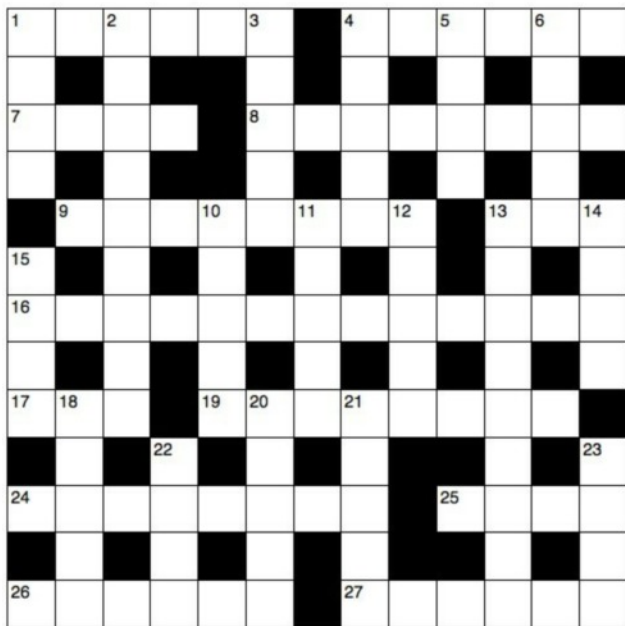
Pentecost marks a vital event in Christian history. It is celebrated 50 days after Easter. The year Jesus was crucified (which took place at the Passover), the remnant of His followers, just 120 of them, were together in an upper room in Jerusalem. They were afraid to show their faces in case the authorities arrested them. But on the day of Passover, they had an amazing collective experience.

They described it in terms of wind and fire, a great surge of spiritual energy and confidence. Afraid no longer, they burst out on to the streets where crowds were gathering for the festival, led by Peter they began to tell them about Jesus and His resurrection. As they did so, although many of the people in the crowd were foreigners who spoke other languages, everyone heard them in their own tongue. Peter told them that what they were seeing was the fulfilment of an old prophecy when God would pour out His Spirit on the human race, men and women, young and old.

As a result of His words and the extraordinary spectacle, 3,000 people believed and were baptised in the name of Jesus. They were the nucleus of what in 100 years would be a Church that would turn history upside down. For Christians Pentecost is in effect the birthday of the Church.

Many people find the whole idea of the Holy Spirit mysterious and elusive. It wasn't helped by the earlier title 'Holy Ghost'. The spirit is not spiritually a 'ghost' but a precious gift.

# Crossword - solution page 12



## Across

- 1 One who owes money, goods or services (Isaiah 24:2) (6)
- 4 'A good measure, pressed down, — together and running over' (Luke 6:38) (6)
- 7 Continuous dull pain (Proverbs 14:13) (4)
- 8 This bread contains yeast (Amos 4:5) (8)
- 9 'But take heart! I have — the world' (John 16:33) (8)
- 13 And the rest (abbrev.) (3)
- 16 What Paul was accused of by Tertullus, the high priest's lawyer, in his trial before Felix (Acts 24:5) (13)
- 17 Rap (anag.) (3)
- 19 Founder of the Jesuits in 1534 (8)
- 24 'For where your — is, there your heart will be also' (Luke 12:34) (8)
- 25 The first word written on the wall during King Belshazzar's great banquet (Daniel 5:25) (4)
- 26 'We all, like sheep, have gone — ' (Isaiah 53:6) (6)
- 27 One was given in honour of Jesus in Bethany (John 12:2) (6)

## Down

- 1 'The blind receive sight, the lame walk, the — hear, the dead are raised' (Luke 7:22) (4)
- 2 Conduct (Colossians 1:21) (9)
- 3 In the Catholic and Orthodox traditions, the body of a saint or his belongings, venerated as holy (5)
- 4 'Like a — of locusts men pounce on it' (Isaiah 33:4) (5)
- 5 Very old (Genesis 44:20) (4)
- 6 In Calvinist theology, one who is predestined by God to receive salvation (5)
- 10 How Nicodemus addressed Jesus when he visited him one night (John 3:2) (5)
- 11 Sea (Psalm 148:7) (5)
- 12 'I will — you, my God the King; I will praise your name for ever and ever' (Psalm 145:1) (5)
- 13 One of the groups of philosophers that Paul met in Athens, who disagreed with his teaching about the resurrection (Acts 17:18) (9)
- 14 Barred enclosure (Ezekiel 19:9) (4)
- 15 'Since we live by the Spirit, let us keep in — with the Spirit' (Galatians 5:25) (4)
- 18 Cares (anag.) (5)
- 20 Garish (Ezekiel 16:16) (5)
- 21 'So God said to Noah, "I am going to put — — to all people"' (Genesis 6:13) (2,3)
- 22 Just (2 Corinthians 6:13) (4)
- 23 'The — of the Lord is the beginning of knowledge' (Proverbs 1:7) (4)

## Philip, the apostle with common sense

Is there someone in church whom you respect for their spirituality and common sense combined? Someone you feel easy about approaching to ask questions? That person's patron saint should be Philip.

Philip came from Bethsaida and was a disciple of Jesus from early on. He knew how to lead others to Jesus; he brought Nathanael (or Bartholomew) to Him in a calm, kindly way. He knew how to do some financial forecasting: at the feeding of the 5,000 it was he who pointed out that without divine help, even 200 pennyworths of bread wasn't going to feed that crowd.

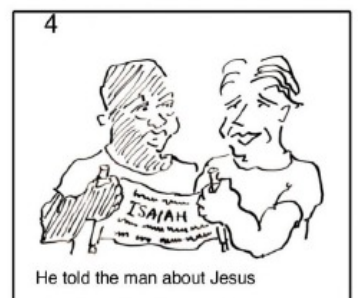
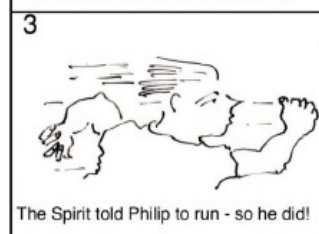
He was the one whom the Greeks approached when they wanted to ask Jesus to show them the Father but didn't quite have the nerve to approach Jesus directly. People had confidence in Philip's spirituality, common sense, and kindness. Such a person is a gift to any church! In art, the Apostle Philip has been represented either with a cross, or with loaves of bread.

## Bible Sketchbook

## Going with the Spirit of God...



When the Holy Spirit says "go!" you've got to GO! First it was an angel saying "go south" and then when he saw a man in a chariot, the Holy Spirit said "run and join him." Crazy. But Philip went for it! The result? A chance to tell him the good news about Jesus. And the man's response? "I want to be baptised!" So he was!!!  
*How about you? Are you going with the Spirit of God? Read more in Acts 8:26-40*



# Crossword Solution

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

## EAT

If you enjoy a good meal and conversation you might like to consider joining Appleby Probus.

A Probus club is a local association of retired and semi-retired professional and business people that meets monthly for lunch and fellowship. The Appleby Club is strictly non-political and gender-neutral. It is currently seeking new members!

If you think that any of this might interest you, please drop a line to Adrian Marsh at [adrian.marsh@live.co.uk](mailto:adrian.marsh@live.co.uk)

## TALK

Before Jesus ascended to heaven he told his disciples "You will receive power when the Holy Spirit has come upon you, and you will be my witness in Jerusalem and in all Judea and Samaria, and to the end of the earth"... When the day of Pentecost arrived, they were all together in one place, and they were all filled with the Holy Spirit."

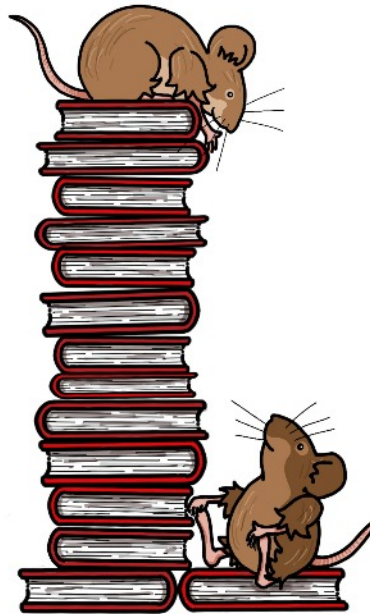
**Mouse Makes**

READ the story of Pentecost in Acts 1-2. Look up the Bible verses to find the answers to the crossword clues.

How many words can you make from the letters of: DAY OF PENTECOST

1 After Jesus ascended into heaven, which city did the Apostles return to? Acts 1:12  
2 What appeared? Tongues of...? Acts 2:3  
3 What were the disciples filled with? Acts 2:4  
4 What did they start speaking in? Acts 2:4  
5a Who was chosen to replace Judas? Acts 1:26  
5d Which special day was it? Acts 2:1  
6 Who spoke to the crowd? Acts 2:14  
7 Who had prophesied this? Acts 2:16  
8 What rushing sound came from heaven? Acts 2:2  
9 What did they start speaking in? Acts 2:4

May24 © Deborah Noble - parishpump.co.uk



### The tale of the Mustard Seed & the tale of the Yeast

JESUS OFTEN TOLD STORIES WITH HIDDEN MEANINGS

SOME OF HIS STORIES WERE VERY SHORT, BUT THEY MEANT A GREAT DEAL

ONCE JESUS EXPLAINED HOW THE KINGDOM OF HEAVEN WAS LIKE A MUSTARD SEED

IT IS ONE OF THE SMALLEST OF SEEDS...

BUT WHEN IT GROWS UP IT IS THE BIGGEST OF ALL PLANTS

IT BECOMES A TREE, SO THAT BIRDS COME AND MAKE THEIR NESTS IN THE BRANCHES

JESUS ALSO EXPLAINED THAT THE KINGDOM OF HEAVEN IS LIKE YEAST.

EVEN THOUGH IT'S A TINY INGREDIENT, WHEN IT'S MIXED WITH THE FLOUR, THE WHOLE BATCH OF DOUGH RISES

THIS WAS JESUS' WAY OF SAYING THAT EVEN IF WE HAVE A SMALL AMOUNT OF FAITH... IT CAN MAKE A HUGE DIFFERENCE TO OUR LIVES, AND TO THE LIVES OF OTHERS.



### Christian Aid Week – 12<sup>th</sup> – 18<sup>th</sup> May

Christian Aid is urging its supporters to “push back against poverty” this Christian Aid Week by bearing in mind the coming General Election.

The charity says that “people hoping to represent us” in the next UK Parliament will soon be on our doorsteps, “vying for our vote”.

Christian Aid says that these would-be MPs will: “be in listening mode, keen to hear what makes the voters in their community tick.” And so, urges the charity, Christians can use this opportunity to “show them that your church cares about poverty, and tell them that you expect them to act on poverty too, if they are elected.”

This year the charity has launched the ‘70K Challenge for May’, encouraging its supporters to do a sponsored “Move 70km during May. Walk, run, cycle, however you move is up to you.” Details at: <https://fundraise.christianaid.org.uk>

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admin@milburn.cumbria.sch.uk  
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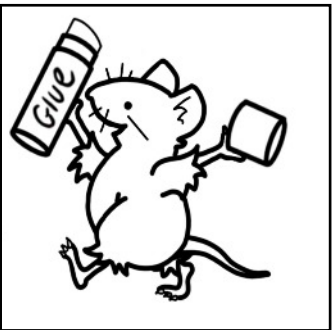
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For all other enquiries: 0800 278 7844

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Via Contact Us form on website,  
[www.ca-ce.org.uk](http://www.ca-ce.org.uk)

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Asha on:

07539144225

penrith@razzamataz.co.uk



## PENRITH LINKING LIVES



- Are you lonely, living alone with no one to chat to?
- Do you know someone who is socially isolated?
- Do you know of someone whose family has moved away?
- Do you know of someone who just needs a friend?
- Do you want to volunteer or find out more?

### WHO ARE WE?

- 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.
- We make weekly visits or phone calls to enable volunteers to make a significant difference to the lives of people.
- We receive referrals from local organisations, friends and family members. Volunteers are fully vetted, interviewed, trained and linked up with someone matching their interests and personality.

For more information, to volunteer or to refer someone please email  
penrith@linkinglives.uk call us on 0795 173 8540 or visit our website [www.linkinglives.uk/](http://www.linkinglives.uk/)



## STOBARS HALL

Residential and Dementia Care for the Elderly

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

Day Care and Respite stays available

No appointment necessary, call in for a chat anytime!

For further details please call **017683 71291**

Email: [stobarshall@thefranklyngroup.com](mailto:stobarshall@thefranklyngroup.com)

Website: [www.thefranklyngroup.com/stobars](http://www.thefranklyngroup.com/stobars)



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**NETS: HARDWOOD & SOFTWOOD**  
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**FREE LOCAL DELIVERY**

WE ARE YOUR LOCAL



STOCKIST

**\*\* WE ALSO HAVE BUILDING SUPPLIES –**  
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**LINTELS, TOOLS AND MORE \*\***  
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**Unit 2 Station Yard, Kirkby Stephen CA17 4LA**

# GLYN JONES & SON

## FUNERAL DIRECTOR

— ESTABLISHED 1979 —

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when you need it most.

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

**Hugh and Lorraine Jones**  
**Kevin Robinson**

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



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07444 240337 / 01768898752  
email: [LadyMuckEdenValley@gmail.com](mailto:LadyMuckEdenValley@gmail.com)

A wonderful opportunity for us all -  
 We are delighted to announce we are doing an  
 ecumenical service in June for  
 Young and Old  
**To gain Membership of the Methodist  
 Church**  
**To get Confirmed into the Church of  
 England**

Are you interested?  
 Please contact Rev Andrew Sterling (Methodist)  
[andrew.sterling@methodist.org.uk](mailto:andrew.sterling@methodist.org.uk)  
 or  
 Rev Andrew Burrell (Church of England)  
[reverend@heartofeden.org.uk](mailto:reverend@heartofeden.org.uk)



**Looking for  
 Spiritual Food?**

Live at Appleby Hub  
 Second Thursday of each  
 month 7.30 – 9.30pm

**THE  
 FILLING  
 STATION**

**christian aid** Christian Aid Week  
 2024  
 Sunday 12<sup>th</sup> – Saturday 18<sup>th</sup> 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 18<sup>th</sup> 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 Deanery  
 St John's Church  
 Skirwith  
 Thursday May 30<sup>th</sup>  
 7.30pm



**Solemn Eucharist  
 for  
 Corpus Christi**



Bishop Peter Ramsden  
 will Preside  
 Canon Brendan Giblin  
 will Preach



**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](mailto:Pam.sharples@outlook.com) 0756234560  
 or Kathryn Nunn [kath1nunn@gmail.com](mailto:kath1nunn@gmail.com) 07717841723  
 All hire fees go towards supporting Appleby Rainbows, Brownies and Guides

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For further information contact: [oc.2192@aircadets.org](mailto: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 3<sup>rd</sup> 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 May 2024

## Church of England

### St. Lawrence, Appleby

Fri. 3<sup>rd</sup> 10:00 Holy Communion  
Sun. 5<sup>th</sup> 08:00 Holy Communion  
10:45 Morning Prayer  
Fri. 10<sup>th</sup> 10:00 Holy Communion  
Sun. 12<sup>th</sup> 10:45 Civic Service  
Fri. 17<sup>th</sup> 10:00 Holy Communion  
Sun. 19<sup>th</sup> 10:45 Holy Communion  
Fri. 24<sup>th</sup> 10:00 Holy Communion  
Sun. 26<sup>th</sup> 10:45 Holy Communion & Healing Service  
Fri. 31<sup>st</sup> 10:00 Holy Communion

### St. Peter, Asby

Sun. 5<sup>th</sup> 11:00 Songs of Praise  
Sun. 12<sup>th</sup> 11:00 United Service at Baptists  
Sun. 19<sup>th</sup> 18:30 Evening Prayer  
Sun. 26<sup>th</sup> 18:30 Holy Communion

### Boroughgate, St. Anne

Tue. 5<sup>th</sup> 09:15 Holy Communion  
Tue. 12<sup>th</sup> 09:15 Morning Prayer  
Tue. 19<sup>th</sup> 09:15 Morning Prayer  
Tue. 26<sup>th</sup> 09:15 Morning Prayer

### Dufton St. Cuthbert

Mon. 6<sup>th</sup> 19:00 Compline  
Sun. 12<sup>th</sup> 15:00 Taizé  
Mon. 20<sup>th</sup> 19:00 Compline  
Sun. 26<sup>th</sup> 10:30 Holy Communion

### Kirkby Thore, St. Michael

Sun. 5<sup>th</sup> 10:00 Breakfast church  
Sun. 12<sup>th</sup> 10:30 Morning Prayer  
Sun. 19<sup>th</sup> 10:00 Breakfast church  
Sun. 26<sup>th</sup> 10:30 Holy Communion

### Long Marton SS. Margaret & James

Sun. 12<sup>th</sup> 10:30 Morning Prayer

### Milburn, St. Cuthbert

Sun. 5<sup>th</sup> 10:30 Holy Communion  
Sun. 12<sup>th</sup> 10:30 Holy Communion  
Sun. 19<sup>th</sup> 10:30 Holy Communion  
Sun. 26<sup>th</sup> 18:30 Evening Prayer

### Murton, St. John

Sun. 19<sup>th</sup> 18:00 Evening Prayer

### Musgrave, St. Theobald

Sun. 26<sup>th</sup> 10:00 Holy Communion

### Newbiggin, St. Edmund

Sun. 5<sup>th</sup> 10:30 Holy Communion

Sun. 26<sup>th</sup> 16:00 Evening Prayer

### Ormside, St. James

Sun. 5<sup>th</sup> 10:00 Matins  
Sun. 12<sup>th</sup> 10:00 Holy Communion  
Sun. 19<sup>th</sup> 18:00 Taizé  
Sun. 26<sup>th</sup> 18:00 Evening Prayer

### Temple Sowerby, St. James

Sun. 19<sup>th</sup> 10:30 Holy Communion

### Warcop, St. Columba

Sun. 5<sup>th</sup> 10:30 Holy Communion  
Sun. 12<sup>th</sup> 13:00 Churches Together Walk  
Sun. 19<sup>th</sup> 10:30 Morning Worship

## Methodists

### Connexion Service

18:30 on 5<sup>th</sup> at Newbiggin on Lune

### Sands, Appleby

Sun. 5<sup>th</sup> 10:30 All Age Worship  
Sun. 12<sup>th</sup> 10:30 Richard McGregor  
Sun. 19<sup>th</sup> 10:30 Rev. Andrew Sterling (chapel anniversary)  
Sun. 26<sup>th</sup> 10:30 Rev. Andrew Sterling (Holy Communion)

### Dufton with Knock

Sun. 5<sup>th</sup> 10:45 Informal service  
Sun. 12<sup>th</sup> 10:45 Rev. Andrew Sterling  
Sun. 19<sup>th</sup> 10:45 Rev. J. Betts  
Sun. 26<sup>th</sup> 10:45 Informal service

### Warcop

Sun. 5<sup>th</sup> 10:30 Rev. Fran Parkinson  
Sun. 12<sup>th</sup> 10:30 Pastor A. Rowell  
Sun. 19<sup>th</sup> 10:30 Mr. Tony Longworth  
Sun. 26<sup>th</sup> 18:30 Rev. Andrew Sterling

## Roman Catholic Church of Our Lady of Appleby

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

