



Heart of Eden October 2024

The News Magazine of the Benefice

The earth is the Lord's
and all that is in it,
the world
and those who live in it.



Psalm 24: 1

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

Date	Time	Place	Event
1 st	2:30pm	St. Lawrence, Appleby	Healing Service in Lady Chapel
1 st	7pm	Brampton Village Hall	Book Club
1 st	10am	Temple Sowerby Victory Hall	Coffee Morning
2 nd	7:30pm	Brampton Village Hall	Brampton Ladies
2 nd	7:30pm	Warcop Parish Hall	Warcop & Sandford WI
3 rd	6:30pm	Brampton Village Hall	Table Tennis
3 rd	7:30pm	Dufton Village Hall	Book Club
3 rd	11:30 – 1 pm	Warcop Parish Hall	Soup and Pud
5 th	10am	St. Lawrence, Appleby	Talk on immigrants, plus Q&A
5 th	10:30 – noon	Milburn Village Hall	Village coffee morning
6 th	10:45	St. Lawrence, Appleby	Harvest Festival
6 th	noon	Colby Village Hall	Soup and Sweet
8 th	10am	Knock Mission Room	Coffee Morning
9 th	11am	Public Hall	The Arts Society – Edward Hopper
9 th	10:30	Sands Methodist Church	Memory Club
9 th	7:30pm	The Hollies, Asby	Asby Fellowship – John Bevan
9 th	7pm	Brampton Village Hall	Eden Valley Woodturners
9 th	7:30pm	Dufton Village Hall	Open Circle
9 th	2pm	Long Marton Village Hall	Carpet Bowls
9 th	10:30 – 12	Ormside Village Hall	Coffee Morning
10 th	Noon	The 3 Greyhounds, Asby	Asby Diners
10 th	7:30pm	Public Hall Supper Room	Appleby Archaeological Group - "Ponteland Prehistoric"
12 th	10:30 – noon	Colby Village Hall	Coffee morning
12 th	10:30	Long Marton Village Hall	Coffee, chat and books
12 th	9am – noon	Ormside Village Hall	Big Breakfast
12 th	10 – 11:30am	Warcop Parish Hall	Coffee Morning
12 th	7:30pm	Warcop Parish Hall	Thieving Magpies
13 th	3pm	St. Cuthbert, Dufton	Food bank collection at service
14 th	2 – 4pm	Public Hall Supper Room	Evergreens
14 th	7:30pm	Ormside Village Hall	Country Dancing
15 th	7:30pm	Ormside Village Hall	Craft Evening
15 th	10am	Temple Sowerby Victory Hall	Coffee Morning
16 th	7:30pm	Brampton Village Hall	Village Social
16 th	7:30pm	Long Marton Village Hall	Local History Exhibition – Lead Mining in the Pennines
17 th	6:30pm	Brampton Village Hall	Table Tennis
17 th	7:30pm	Warcop Parish Hall	Film - Priscilla
19 th	All day	Appleby Public Hall	Northern Crafts Market
19 th	9:30 – 11:30	Public Hall Supper Room	Coffee Morning in aid of Appleby Fire & Rescue
19 th	7pm	Public Hall	Lights, Camera, Appleby – Perfect Days
19 th	2pm	Keswick	Probus Club outing
19 th	7:30pm	Brampton Village Hall	Quiz Night
19 th	10:30 – noon	Milburn Village Hall	Church coffee morning
21 st	10am – noon	Appleby Library	Cancer Support drop-in
23 rd	10:30	Sands Methodist Church	Memory Club
23 rd	7:30pm	The Hollies, Asby	Asby Fellowship – Fran Parkinson
23 rd	2pm	Long Marton Village Hall	Carpet Bowls
23 rd	10:30 – noon	Ormside Village Hall	Coffee Morning
25 th	7:30pm	Asby Village Hall	Eden on Film (maybe?)
25 th	7 for 7:30pm	Dufton Village Hall	Lyon and Bird
25 th		Long Marton Village Hall	Spooktacular
26 th	7:30pm	Colby Village Hall	Quiz
27 th	2 – 7pm	St. Peter, Asby	Bible Sunday Exhibition
28 th	2 – 4pm	Public Hall Supper Room	Evergreens
28 th	11am - noon	Appleby Library	Councillor drop-in surgery
28 th	1pm	Knock Mission Room	Soup and Pud
28 th	7:30pm	Ormside Village Hall	Country Dancing
31 st	6:30pm	Brampton Village Hall	Table Tennis
8 th Nov.	1pm	Sands Methodist Hall	Deadline for Love in a Box

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



How can Christians fight back against disinformation?

Disinformation and fake news have helped fuel the recent riots and disorder taking place across parts of the UK. It's just the latest example of how social media can impact all of our lives. Media campaigning charity **Full Fact** declared "The disorder we've seen, triggered at least in part by false claims circulating on social media, is an awful reminder of what can happen when online misinformation spills into the real world."



But how can Christians fight back against the tide of disinformation and fake news sweeping across the internet, and arriving at the smartphone in your hand? It's easy to feel powerless against the pervasive impact of social media, the algorithms of big tech serving up information that confirms inbuilt biases, or the 'influencers' seeking to use social media to wind up their followers. Elon Musk, the owner of X/Twitter is among those accused of stoking the fires of division in the UK. But each of us has a voice within our own circle of friends, family, colleagues, and worshippers at our church, so here are some simple steps:

First, don't share without thinking. It's easy simply to share on social media or tell a friend something that you have just read online or in print. But take a few minutes to think over what you have just read or heard. Slow down your response...Ask yourself: is this from a reliable news source? Can I check this information on another media platform? Slowing down our responses makes it much less likely that we will share fake news or spread disinformation. If in doubt, then don't spread the story - even if you would like it to be true, because of your worldview.

Second, burst your bubble. Journalist James Ball writes: "Knowing what people we disagree with actually say and think - rather than the straw men and caricatures we create in our heads - helps us bridge gaps and makes it harder to demonize people whose politics are different from our own." In social media, this means being willing to follow people or organisations with which you disagree, and being ready to engage with what they are saying. It may be uncomfortable, and it may not change your point of view, but you will understand better the views that they are expressing - and maybe sharpen your own. Otherwise, you just see opinions that echo your own, and are never challenged about your viewpoint. The algorithms will keep serving you up posts that you like...

Third, don't succumb to conspiratorial thinking. Full Fact reports that an incorrect name for the suspect in the Southport killings spread rapidly online, alongside false claims he had recently come to the UK on a small boat, or was Syrian. These claims were quickly rebutted by Merseyside Police. But nevertheless, unrest broke out in Southport, with the police reportedly saying people behind the violence had been fired up by social media posts. As seekers after truth, Christians should be looking for evidence and robust investigations rather than fabricated ideas that intrigue us.

Fourth, support independent journalism. News organisations are under pressure from free material offered on the internet from unreliable sources. If independent journalism is to survive, readers are likely to have to pay an increasing price to support media outlets. The cover price of a newspaper, or an online subscription, can help ensure professional journalism survives. Journalists launching community publications to serve their local areas should be supported by churches.

Fifth, take a stand against disinformation. US academic Dr Lee McIntyre writes: "The issue for me is not to learn how to adjust to living in a world in which facts do not matter, but instead to stand up for the notion of truth and learn how to fight back."

In an era of post-truth, Christians are called to challenge every attempt to obfuscate a fact and challenge falsehoods before they are accepted as true. How you take action will depend on your circumstances, and where you see the truth being undermined. It could be in your place of work or education, in the media that you consume, or in the social media posts that your friends are circulating. Small actions taken in churches, workplaces or friendship groups can have a ripple effect in drawing people back to the truth. Post-truth, fake news, and disinformation together pose a serious threat to societies around the world. Citizens can feel powerless in the face of their demoralising and demotivating effects. But Christians can play their part in seeking to bring truth and integrity back into the centre of public life. A final thought. Don't be afraid to take a step back from social media, if you find the relentless torrent of news and opinion impacting your wellbeing. For the sake of your mental health, take regular breaks away from your screen...and invest that time in prayer.

Revd Peter Crumpler is the author of 'Responding to Post-truth' (Grove Books).

Recent Church Registers

Baptisms - We welcome into the Lord's Family:

4 th August	Lottie Amy Dent	St Columba, Warcop
11 th August	Sonny Theodore Hughes	St Lawrence, Appleby
11 th August	Sarah, Jennifer, Thomas-Charles, Evie-Rose, Jake, Samuel, Andre and Abigail Nicholson;	SS Margaret & James, Long Marton
	Tommy Joseph Colbeck	Joy in heaven indeed!
18 th August	Mallie Wren Evans-Scott	St Columba, Warcop

Marriage - We congratulate

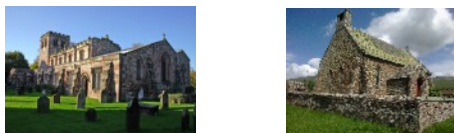
3 rd August	William Appleton & Ann Atherton	St. Peter's, Asby
24 th August	Ben White & Poppy Scott-Henker	St Columba, Warcop

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

14 th August	Mary Whitaker Morgan	SS Margaret & James, Long Marton
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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 Lawrence's have their annual service to celebrate Harvest and Creation on Sunday October 6th at 10.45am. Once again this year we are delighted that Dr Andrew Brittlebank will lead our very family-friendly service. Everyone is welcome to come and join us as we give thanks for all the good things that surround us.

For the sake of balance I should mention that other harvests are available, e.g. Ormside at 10am on the same day - Ed.

St. Peter, Asby



Churchwarden: vacant

PCC lay chair: Peter Miller ☎51707

Secretary: Karen Royle ☎07966.371044

Sun 27th 2.00 pm - 7.30 pm Bible Sunday Exhibition commemorating 700 years since the birth of John Wycliffe, St Peter's Church. Informal Service at 6.30 pm. Donations in aid of Wycliffe Bible Translators

St. Cuthbert, Dufton



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

Secretary: Mrs. Louise Stewart

n.b. foodbank collection at 3pm service on 13th.

St. Michael, Kirkby Thore



Churchwarden:
Margaret Davidson ☎017683.61699

Church Warden and Secretary:
Maeve Moore ☎017683.62005

SS. Margaret & James, Long Marton



Churchwarden:
Mr. Lutaf Greenshaw ☎07802254982

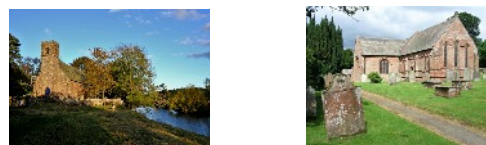


St. Cuthbert, Milburn

Churchwarden:
Mr. Leigh Harding ☎0333.014.3944

Secretary: Christine Braithwaite

St. Theobald, Musgrave & St. Columba, Warcop



Churchwarden Mark Blackett-Ord mblackett-ord@5sblaw.com

St. Edmund, Newbiggin



Churchwardens:

Mrs. M P. Sawrey-Cookson ☎61574

Tim Whittaker

St. James the Less, Ormside



Churchwarden: Margaret Parry

Secretary: Richard Parry

both ☎017683.51043

Richard ran the Great North Run in aid of the church improvement funds last month, came home in 2 hours 35 minutes, won the Tee shirt and added about £800 to the church funds.

St. James, Temple Sowerby



Churchwardens:

Angela Cleasby ☎017683.61534

Robin Witchell ☎017683.61193

Secretary:

Anne Farmer ☎017683.61770

Our Sister Churches

Methodist Church:

LOVE IN A BOX CHRISTMAS SHOE BOXES



This year we will be working with Teams 4U to send our shoe boxes. **Box packing day will be on Friday 8th November 1 to 3 pm at Sands Methodist Hall, Appleby.**

Over the next months please can you collect the following which are suitable for children ages 3 to 12; Soap, facecloth, toothbrush, toothpaste, brush/comb Notebook, colouring book, pencil, pen, rubber, ruler, pencil sharpener, scarf, mittens or gloves, new socks/underwear, ball, toy car, game/puzzle, skipping rope, yoyo, small musical instruments etc. Sweets (use by 25th June) **I have had crayons donated so there are plenty of those. All items should be new as possible and undamaged.** Donations of money to help with the transportation of the shoe boxes are also welcome. If you are able to help in any way or have any queries please contact me, but most of all, start collecting.

Anne Bell b.annbell@btinternet.com

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, (Parish of St. John Boste)



Gartheads Road, Appleby
Fr. John Winstanley ☎ 01768 862273

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



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

Cancer Information and Support in Eden

"Come for Coffee" drop-in sessions take place in the Appleby Library, Low Wiend, CA16 6QP on the 3rd Monday of the month (21st October) 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

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, or Cumbria County Council
Community Support: 01228 221100

This year we are putting together our own Recipe Book which we are hoping to give to our clients this Christmas. We are specifically looking for recipes which use the items delivered in our Foodbank bags. So, we are inviting you to submit any recipes that you might want to share. The list of items is below and although you can include ingredients outside of this list, we are catering the book to a minimal 'store cupboard' - as follows:

Upper Eden Foodbank Shopping List

Tea bags/Instant Coffee (med) ;Milk (1 ltr Full fat or semi-skimmed UHT) ;Pasta sauces (Jars or sachets) ;Fruit juice (1 Ltr carton UHT) ;Fruit squash (1 Ltr) ;Biscuits or snack bars ;Tinned meat ;Tinned fish ;Cereals/Porridge (Med size boxes) ;Tinned fruit ;Tinned vegetables ;Instant Mash Potato ;Soup (Tinned or packet) ;Tinned Rice pudding ;Sugar 500gm or 1kg ;Custard ;Jam (Not homemade) ;Pasta (Medium bags of dried pasta) ;Baked beans ;Tinned chopped tomatoes

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 ☎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'.

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 (1st October) 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 welcomainnhhh@gmail.com

Why, oh why? Is it really true that Cumbria is flooded with Asylum Seekers?

Night after night, watching the news, I struggled to understand why people were rioting, looting shops, & in Liverpool, burning down their local Library. Despite the courageous statement from the parents of the brutally murdered children in Southport calling for peace, the violence continued.

It was when I came across the posters produced by Penrith & Eden Refugee Network (PERN), entitled 'Myths about Refugees & Asylum Seekers in Cumbria' that I realised how ill-informed I was about what we mean when we say Refugee, Asylum Seeker & Migrant. I talked with friends & neighbours in Appleby & using the PERN facts & evidence leaflets, a small group of us decided to do something practical to challenge the lies & hate perpetrated by the far-right social media.

So, on Saturday, August 10th, '24, we met in The Cloisters & displayed large copies of the 'Myths about Refugees & Asylum Seekers in Cumbria' & had some amazing conversations with locals, tourists & those just 'passing through'. The majority of folks shared our disbelief & sadness at what we had witnessed in the media & felt as ill-informed as we were. A few disagreed with what we were doing & became quite angry with us, mystified that we did not share their anger towards illegal immigrants, believing that the Third World War was about to erupt in the UK & more.

Afterwards, as we reflected on our day of positive action & on the many animated conversations we'd shared with passers-by, we realised that we wanted to know more about Refugees & Asylum Seekers, both across Cumbria & throughout the UK.

This is where you come in! On Saturday, **October 5th, at 10am, in St Lawrence's Church**, we have invited a speaker from Penrith & Eden Refugee Network, to come to Appleby, to tell us more about their work & experiences. We will have 10-15 mins input, followed by a question & answer session. Fresh coffee & croissants will be provided & we'll gather in the North Aisle, relaxing on the sofas & armchairs.

So, please join us for this free event & learn more about the truth & realities, the real facts & figures, of Refugees & Asylum Seekers in Cumbria.

For further information & to book a place, please email: welcominnhhh@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

Eden Animal Rescue's New Kennels Fundraiser

Eden Animal Rescue needs to raise £500,000 to build and fit out a new kennel block at our animal centre at Moorlands Head Farm, Newbiggin, near Temple Sowerby. Thanks to the kindness and support of many people in the community we have currently raised £115,000 towards our goal - and we are grateful to everyone who continues to support our new kennel block fundraising.



You can help us raise the funds needed to complete the project in several ways:

- Visit the website: www.edenanimalrescue.org.uk
- Contact Sarah Bean, General Manager on ☎01931 716 114, or email sarah.bean@edenanimalrescue.org.uk, or address: Moorlands Head Farm, Newbiggin, Temple Sowerby, Penrith, CA10 1TH
- or donate by text - text '**KENNELS**' to 70201 to give £1; 70331 to give £3; 70970 to give £5; or 70191 to give £10

Other imaginative ways of giving are available - just contact us and ask!

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.

Looking for new recruits to our Appleby Smarter team of volunteers!

We meet every Monday afternoon 1 - 3 pm, weather permitting, with a shortish winter break.

Weekly tasks can include brushing, tidying, cutting back, painting etc. to help keep our town looking smart but our other aim is to get people out and about for a bit of fresh air, exercise and a bit of craic.

We are supported locally by Appleby Town Council and Age Concern Appleby.

Ring or email Mike if you would like to know a bit more : on ☎0775 192 4982

or applebysmarter@gmail.com

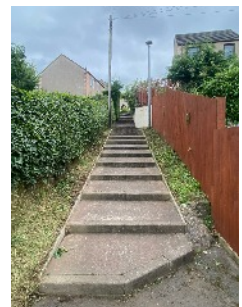
Tourist Information Centre

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.gov.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.



If you have lost or found any items, in and around Appleby, please bring them to Appleby TIC and we will do our best to re-unite them with their owner.

Website: 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

And don't forget the new library app. Try googling <https://www.westmorlandandfurness.gov.uk/news/2024/new-app-library-members-cumbria>

Penrith and District Red Squirrel Group

Your native red squirrels need you! Become a member of Penrith and District Red Squirrel Group for £20 a year. If you see a grey or sickly red please ring Gary Murphy on ☎07974788434

Visit our website at www.penrithredsquirrels.org.uk to donate. If you would like a talk for your club/group we can arrange them. Coffee mornings and other fundraising events would also help. Find us on Facebook.



Public Hall Coffee Mornings

Appleby Public Hall, Supper Room Saturdays - 9:30am to 11:30am
If you are able, visit <https://applebytown.org/appleby-public-hall/>

Date	in aid of
19 th	Appleby Fire and Rescue
... also 19 th	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.



Car Parking in Appleby

The pay and display car park in Broad Close has been partially closed to allow for the Flood Defence work to start.

There are still 25 spaces available in the car park and these will remain open until the end of October when they will reduce to 10 spaces.

The Town Council have secured some temporary parking for town centre businesses at the Bowling Club and Library, which will help free up some parking spaces for residents and visitors.

The Environment Agency have also secured parking for visitors at Appleby Castle.

It is anticipated that the temporary car park at Edenside will be ready early December.

Recycling Centre

The recycling centre has been temporarily relocated from Broad Close car park to the Heritage Centre car park adjacent to the train station.

Appleby Councillor Drop-in Surgery

The next Councillor drop-in surgery will be on Saturday, 28th September from 11am to noon in the library. The surgeries are open to all residents and business owners in Appleby and are an opportunity to engage directly with local Council representatives to discuss matters relating to the Parish.

Appleby Heritage QR Code Trail

Appleby Council have launched a new Heritage QR Code Trail. It currently features 12 sites and includes a short audio clip. A trail map can be picked up from either the Tourist Information Centre or train station.

Appleby Edibles

Come and grow with us!

Who are we?

An inclusive group of gardening enthusiasts who like to grow fruit and veg, socialise, and share skills inside and outside our large polytunnel. 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 limited 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 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 Archaeological Group

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

Supper Room. 10th October. talk on "Ponteland Prehistoric"

The Arts Society, Appleby

The next meeting will be held at 11am on the 9th October in the Public Hall. Our lecturer this month is Lydia Bauman.

Her upcoming lecture on Edward Hopper will explore Hopper's unique contribution to American art in the 20th century, focusing on his haunting images of loneliness amid urban life. Hopper's works are known for their portrayal of isolation and introspection, themes that have become even more relevant and relatable in the context of the COVID-19 pandemic.

Appleby Bowling Club

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

Eden Bells

Eden Bells is a local handbell group with members from various parts of the Eden Valley who are looking to recruit a couple of players to join us.

Our members represent a wide age range and our practices are relaxed and friendly. The ability to read music is not an absolute necessity all we ask is that you can count (this is a chance to learn a new skill) and are enthusiastic! We are happy to take our bells to various venues and events to share this interest with the wider community.

We meet at the Institute in Long Marton every Thursday evening at 7.15pm. If you would like to know more, please contact Frei on 017683 52902



Appleby Evergreens

Evergreens in the Public Hall Supper Room from 2 - 4 pm (generally on alternate Mondays, i.e. 14th and 28th October.

Fellside Singers

This is a community choir based in Appleby - if you love singing this is the place to be! We are an informal, friendly group always ready to welcome new members....bass, tenor, alto, soprano....to join us in singing a wide variety of music, ancient and modern. We perform several concerts a year which are happy, informal affairs, often featuring other local musicians and accompanied by a meal.



If you would like to give us a try.... we meet every Tuesday at 7.30pm at the Sands Methodist church hall in Appleby. We look forward to welcoming you to Fellside Singers.

Appleby Rainbows, Brownies and Guides

Our team at Appleby Friends of Guiding and our leaders make everything run really smoothly. However, we are in need of more volunteers to help with our thriving units. We particularly need volunteers for Rainbows on Thursday 5:00 - 6:15pm and Brownies Wednesday from 5:00 - 6:15pm. We are looking for people who could help either on a weekly basis or regularly on a rota basis. You may be 18-20 and looking for some experience of working with children to help with your future career, or have a daughter at one of the groups and could be involved, we would welcome any younger/older siblings to join you, or a grandparent or trainee grandparent who has time and a wealth of experience to offer. If you feel you are able to support our units or want to come along and find out more, please contact me directly at kath1nunn@gmail.com



Kathryn Nunn

Chair Appleby Friends of Guiding

Appleby Rainbows, Brownies and Guides



JOIN US



Meeting times:

1st Appleby Rainbows (age 5-7) Thursday 5:00-6:15pm

2nd Appleby Brownies (age 7-10) Wednesday 5:00-6:45pm

1st Appleby Guides (age 10+) Wednesday 6:15-7:45pm

We are always on the look out for adults to become a leader with any of these groups.

Message the group for more information:

kath1nunn@gmail.com

or  Appleby Rainbows, Brownies and Guides

1st Westmorland Scout group

We're still recruiting:

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

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

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

1stwestmorland@edenscouts.org.uk

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

Perfect Days (PG)

Saturday 19th Appleby Public Hall



We ease into the autumn with a gentle, unassuming film that draws you in and invites you to find joy in small things. Despite his position in life, good natured Hirayama feels content with as a toilet cleaner in Tokyo. Outside of his structured routine, he carefully cherishes his favourite music which he listens to on cassette tapes; reads books and takes photos. Through unexpected encounters, he reflects on finding beauty in the world. Directed by Wim Wenders, the film features an absolutely brilliant soundtrack featuring Lou Reed and Patti Smith among other favourites. This is a foreign language film with subtitles.

We will be serving a Japanese classic Chicken Katsu Curry with rice made by Appleby's popular café & bistro Bojangles. Vegetarian options 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 tel. 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. October meetings will therefore be on the 9th and 23rd.

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. It is strictly non-political, non-denominational, gender-neutral, and does not raise funds. It is currently seeking new members!

On Saturday 19th October, at 2 pm, the Appleby Probus lunch group plans to visit the Theatre by the Lake at Keswick to see "Steel". Non-members are welcome to join us. Please contact Adrian Marsh at adrmars@gmail.com if you'd like to come."

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 9th 7.30 pm Asby Fellowship, The Hollies: John Bevan

Thurs 10th 12.00 noon, Diners, Three Greyhounds - let Sam at the 3Gs know you are coming

Weds 23rd 7.30 pm Asby Fellowship, The Hollies: Fran Parkinson

Fri 25th (maybe) 7.30 pm, but in any case, booking essential via Keith Cooper: Eden on Film, Village Hall.

Brampton Village Hall

Tues.	1 st	7pm	Book Club
Wed.	2 nd	7:30pm	Brampton Ladies
Thurs.	3 rd	6:30pm	Table Tennis
Wed.	9 th	7pm	Eden Valley Woodturners
Wed.	16 th	7:30pm	Village Social
Thurs.	17 th	6:30pm	Table Tennis
Sat.	19 th	7:30pm	Quiz Night BYOD with pie & peas supper
Thurs.	31 st	6:30pm	Table Tennis

Colby Village Hall

Sun.	6 th	noon	Soup and Sweet
Sat.	12 th	10:30	coffee morning
Sat.	26 th	7:30	Quiz Night (bar open from 7pm)

Dufton

Regular weekly events mostly at the village hall:-

Mondays 10.45 -12.30- coffee club (meet at Postbox Pantry Easter to October).

Wednesdays 10 -11.45 - yoga with Jo Chapman

Fridays term time only 9.30-11.30 - Play group

Special events:-

Thurs.	3 rd	7:30 - 9pm	Book Club
Wed.	9 th	7.30-9.00pm	Open Circle
Fri.	25 th	7 for 7:30pm	Lyon and Bird

Ruth Lyon and Conrad Bird are the lead singers and songwriters of acclaimed cult-folk rockers, Holy Moly and the Crackers. They are now touring as a duo, performing their own style of rough, earthy folk songs... full of memory, love and the endless dream of the road - as well as traditional folk and work from Holy Moly's back catalogue. Tickets 017683 52902/ www.highlightsnorth.co.uk



Knock Mission Room

For enquiries about hiring the Mission Room, please email knockmissionroom@gmail.com or for booking events, contact Steve Charlton on 07432671699

Long Marton

Coffee morning - 2nd Saturdays from 10.30 - 12 noon, cake, coffee, chat and books. Everyone is made welcome. (12th Oct.)

Craft and Chat - Thursdays at 7.30pm. Nicola is the contact on 62301. It's a lovely couple of hours.

Carpet bowls upstairs on second and fourth Wednesday (9th & 23rd). Everyone made very welcome and all ages too. A good couple of hours with refreshments. £2

Local History group meets on third Wednesday - details via longmartonhistorygroup@gmail.com - next on Local History Group - Wednesday 16th October, 7.30pm. Andie Harris from North Pennines Landscape Team who is Project Manager for the project on leadmining in the Pennines. £3 to include refreshments, all welcome.

Fri. 25th SPOOKTACULAR is back!! . Tickets now available and necessary to ensure you have food!! £14 from Nicola 62301. Tatle Pot, pudding and something very spookie to start off, and of course a short quiz. ??? Bar available

Further ahead

24th November Christmas Market

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

Milburn

Village coffee mornings first Saturday of each month (5th October). Church coffee mornings third Saturday of each month (19th October), both 10:30 to noon.

Ormside

Village hall coffee mornings are the 2nd and 4th Wednesdays (i.e. 9th and 23rd October) from 10.30 till noon.

Craft Night is on the third Tuesday of the month (i.e. 15th October) at 7.30 pm.

Country Dancing is on 2nd and 4th Mondays, i.e. 14th and 28th October - from 7:30 to 9pm.

Sat. 12th 9am - noon Big Breakfast (from) £2.50

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

Temple Sowerby

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

Coffee Morning is 10am - noon on the 1st and 3rd Tuesdays of every month at the Victory Hall (1st and 15th October)

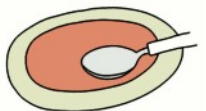
Warcop - Parish Hall

Mondays 6:30 - 8 Table tennis club

Wednesday 2nd 7:30 pm Warcop & Sandford WI

Thursday 3rd 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. 12th 10 - 11:30 Coffee Morning. Tea, coffee and biscuits, plus bacon or Sausage rolls (vegetarian alternatives) and scones for purchase



Sat. 12th 7:30pm

- Live music performed by local band Thieving Magpies
- Bring and Share served around
- Licensed bar and



by local band
Supper (food 8:45pm)
raffle

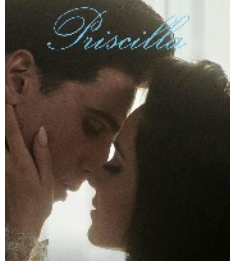
£12 per ticket. To book ticket, contact Carol on (017683) 53450 or carolwhite1@onetel.com. Raffle prizes will be gratefully received and can be left at the hall on Thursday mornings, or with any Parish Hall committee member.

All proceeds to Warcop Parish Hall

Thurs. 17th Priscilla (15)

Starring: Cailee Spaeny as Priscilla and Jacob Elordi as Elvis

When teenage Priscilla Beaulieu meets Elvis Presley at a party, the man who is already a meteoric rock 'n' roll superstar becomes someone entirely unexpected in private moments. A thrilling crush, an ally in loneliness and a vulnerable best friend.

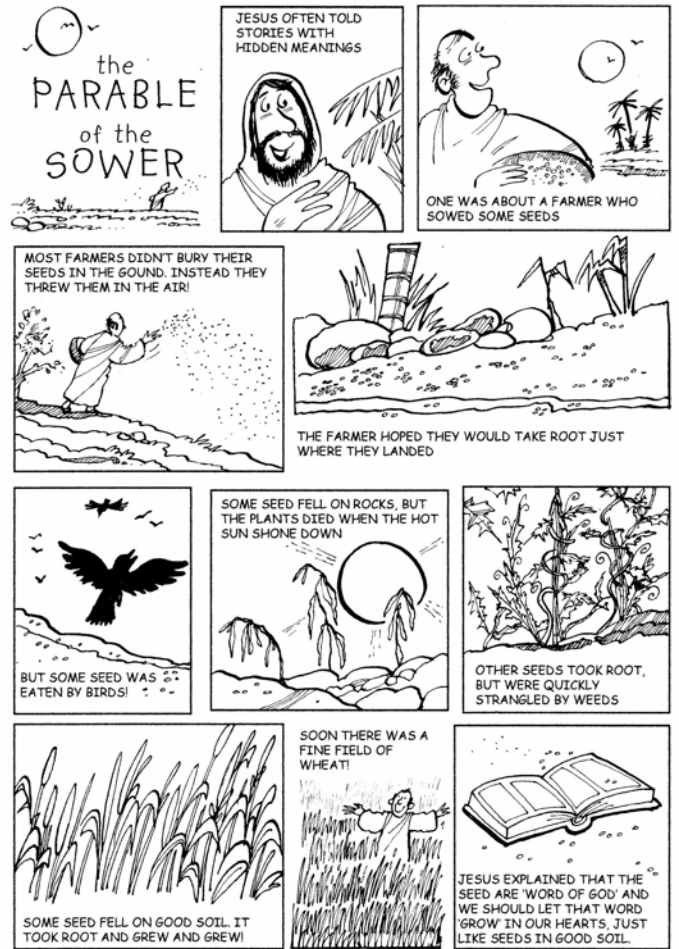


Doors open 7.15pm Screening: 7.30pm

Adults: £5.00 Children under 16: £3.00
Refreshments available during the interval

Small Advertisement

5'6" rosewood grand piano, vintage around 1900 free to good owner (school, village hall?), but new owner responsible for transport. Car roof box, offers around £100. Apply Parry, richard@bromleygreen.eu



"It's either an appeal to youth culture or we can't afford to service the boiler for the Winter season"

Mouse Makes

"For we walk by not by sight," 2 Corinthians 5:7

"Walk by the" Galatians 5:16

Jesus said: "I am the light of the world. If you me you won't have to walk in darkness because you have the light that leads to life." John 8:12

WALK WITH THE LORD

"Teach me your way, O Lord, that I would walk in your _____." Psalm 86:11

"Walk in as Christ loved us and gave himself up for us." Ephesians 5:2

"Walk in a manner worthy of the Lord, fully pleasing to him, bearing in every good work and increasing in the knowledge of God" John 8:12

"_____ is everyone who fears the Lord, who walks in his ways." Psalm 128:1

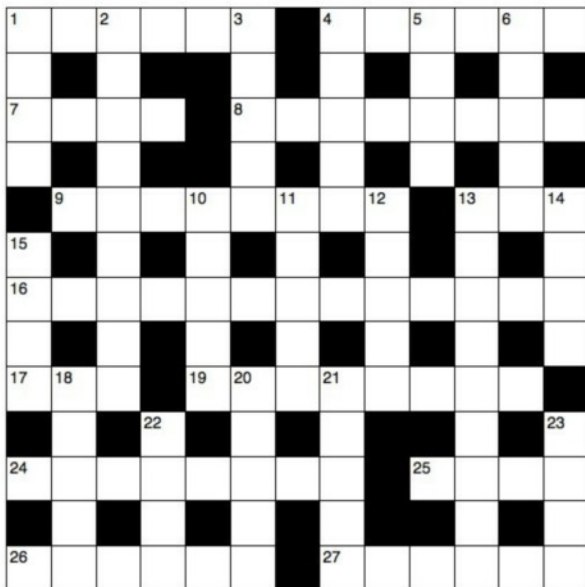
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GOD • JESUS • LORD • WALK
WAYS • STEP • FEET • PATH • GO • TEACH • KNOWLEDGE • LIGHT

Find the words from the questions too!

10

Crossword - solution page 12



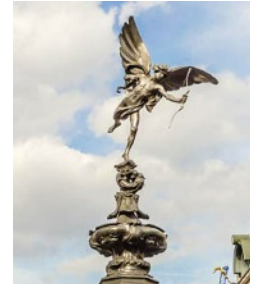
Across

- 1 He must be 'the husband of but one wife and must manage his children and his household well' (1 Timothy 3:12) (6)
- 4 'For we must all - before the judgement seat of Christ' (2 Corinthians 5:10) (6)
- 7 'They reeled and staggered like drunken men; they were at their - end' (Psalm 107:27) (4)
- 8 See 19 Across
- 9 It concerned who among the disciples would be the greatest (Luke 9:46) (8)
- 13 Formed by the Jews in Thessalonica to root out Paul and Silas (Acts 17:5) (3)
- 16 'He has sent me to bind up the - ' (Isaiah 61:1) (6-7)
- 17 Moved rapidly on foot (Matthew 28:8) (3)
- 19 and 8 ' - a great company of the - host appeared with the angel' (Luke 2:13) (8,8)
- 24 Hindrance (Romans 14:13) (8)
- 25 Comes between Luke and Acts (4)
- 26 Empower (Acts 4:29) (6)
- 27 'Get these out of here! How dare you turn my Father's house into a - !' (John 2:16) (6)

Down

- 1 Sunrise (Psalm 119:147) (4)
- 2 The part of the day when Cornelius the Caesarean centurion had a vision of an angel of God (Acts 10:3) (9)
- 3 He was one of those who returned with Zerubbabel from exile in Babylon to Jerusalem (Nehemiah 7:7) (5)
- 4 'No one can see the kingdom of God unless he is born - ' (John 3:3) (5)
- 5 Animal hunted or killed as food (Ezekiel 22:25) (4)
- 6 'He encouraged them - - remain true to the Lord' (Acts 11:23) (3,2)
- 10 Ruses (anag.) (5)
- 11 Jewish priestly vestment (Exodus 28:6) (5)
- 12 Visible sign of what had been there (Daniel 2:35) (5)
- 13 This was the trade of Alexander, who did Paul 'a great deal of harm' (2 Timothy 4:14) (9)
- 14 'This is my - , which is for you; do this in remembrance of me' (1 Corinthians 11:24) (4)
- 15 One of Noah's great-great-grandsons (Genesis 10:24) (4)
- 18 Traditionally the first British Christian martyr (5)
- 20 Relationship of Ner to Saul (1 Samuel 14:50) (5)
- 21 Jacob had one at a place he named Bethel while on his way to Haran, fleeing from Esau (Genesis 28:12) (5)
- 22 Bats (anag.) (4)
- 23 'You strain out a - but swallow a camel' (Matthew 23:24) (4)

Anthony Ashley-Cooper, 7th Earl of Shaftesbury - the Poor Man's Earl



Think of Piccadilly Circus, and that small statue of the angel poised with bow and arrow. Most people think it stands for Eros. It does not. It stands for Anteros, his brother, the god of selfless love. It is a memorial to the greatest Christian Victorian philanthropist, politician and social reformer of his generation - Lord Shaftesbury.

Anthony Ashley Cooper, the 7th Earl of Shaftesbury (1801 - 1885) was a devout Christian who spent his life fighting to help ease the plight of lunatics, chimney sweeps, children in factories, women and children in the mines, opium addicts, and children without any education.

His own early life was loveless and bleak - his parents formal and frightening, his early schooldays a 'horror' of 'cruelty and starvation'. The only love came from the family's housekeeper, Maria Millis. A biographer wrote: 'She provided for Ashley a model of Christian love that would form the basis for much of his later social activism and philanthropic work.' The reality and homely practicality of her Christian love were a beacon for the young Ashley. She told him Bible stories, she taught him a prayer.

After Christ Church Oxford, where he proved an outstanding scholar, Ashley turned to politics. In 1826, aged 25, he was elected as Tory MP for Woodstock. He was eager to serve on parliamentary committees that got things done; his great life's work had begun.

Lunatics: In 1827 lunatics were kept chained naked in straw, forced to sleep in their excrement. They were washed in freezing cold water, with one towel for 160 people and no soap. There was gross over-crowding and inedible food: asylums were places to die in. Shaftesbury's maiden speech in Parliament was in support of a Bill to improve conditions. He wrote: 'By God's blessing, my first effort has been for the advance of human happiness.' It took years: from 1827 to 1884 he fought for a succession of Lunacy Acts, writing later of 'the years of toil and care that, under God, I have bestowed on this melancholy and awful question.'

Child Labour and Factory Reform. Again, reform took years. Shaftesbury fighting for the Ten Hours Act from 1833, 1842, 1844, 1846 and 1847 - when it finally got through Parliament. No child under the age of 9 should work in the cotton or woollen industries below the age of 9, and no one under 18 must work more than ten hours a day.

Miners. In 1842 he fought to outlaw the employment of women and children in coal mines.

Climbing boys. Thousands of young boys were dying in terrible pain - scorched, blinded and suffocated by soot, or with cancer of the scrotum. Ashley fought for Bills in 1840, 1851, 1853, 1855, 1864 until finally the Chimney Sweepers Act 1875 closed the practice down.

Education reform: 1844 Ashley became president of the Ragged School Union that promoted education for poor children. He wrote that if it were to fail, 'I should die of a broken heart'.

Religion. Lord Shaftesbury was a devout Christian who became a leading figure in 19th century evangelical Anglicanism. He was President of British and Foreign Bible Society for nearly 30 years. He was very sympathetic to the Jews, and advocated their return to the Holy Land.

Lord Shaftesbury's funeral service at Westminster Abbey on the morning of 8th October 1885 drew thousands of people. The streets along the route were thronged with the poor: costermongers, flower-girls, boot-blacks, crossing sweepers, factory hands and many more. They waited for hours just to see his coffin go by. He was dearly loved by them as the 'Poor Man's Earl'. One biographer wrote: 'No man has in fact ever done more to lessen the extent of human misery, or to add to the sum total of human happiness.'

The great preacher Charles Spurgeon called him 'the best man of the age'. He 'lived for the oppressed', he was a 'moral anchor in a drifting generation', 'friend of every living thing', 'he had a 'fervent love to God, and hearty love to man.'



18 Thank you, Dr Luke!

'Matthew, Mark, Luke and John, bless the bed that I lie on' - my grandma taught me that one**. At least it meant I never forgot the names of the writers of the four Gospels. This month Luke, the writer of the third of them, has his feast day - 18th October.

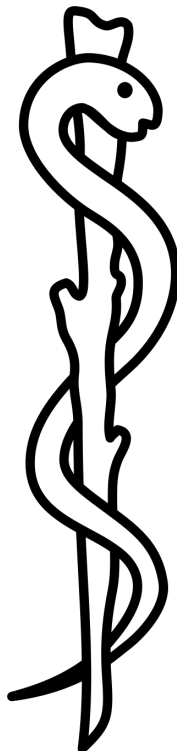
He was, we learn from the letters of St Paul, a 'physician' - an educated man and probably the only one of the writers of the New Testament who was not a Jew. In modern terms, he was Turkish. Paul took him as one of his missionary team on a long journey around the Middle East, and they clearly became close friends. Under house arrest later in his life Paul could write, 'only Luke is with me'.

However, it is his Gospel which has established him as a major figure in the history of the Christian Church. Mark's Gospel may have more drama, Matthew's more prophetic background and John's a more profound sense of the mystery of the divine, but Luke offers us a Jesus who is utterly and believably real. This man turned no one away, reserved his harshest words for hypocrites and religious grandees, cared for the marginalised, the poor, the persecuted, the handicapped and the sinful. His Gospel is full of people we can recognise - indeed, in whom we can often recognise ourselves.


He was also a masterly story-teller. Try, for instance, the story of the Prodigal Son (Luke 15:11-32). Read it (this time) not as a sacred text but as a brilliant piece of story-telling: subtle repetitions ('your son, this brother of yours'), believable characters, drama and profound emotion. There is the older brother, so cynical about his sibling's alleged reformation, the 'prodigal' himself, so hesitant about throwing himself on his father's mercy after the folly of his earlier behaviour, and there is the father, of course, abandoning the dignity of his role in the family and actually running to welcome his wretched son's return.

There are more women in Luke's Gospel than in any of the others, but also more poor people, more lepers, more 'sinners' and tax-collectors, more 'outsiders' who are shown to be 'inside' the love of Christ. This, for many of us, is the great Gospel of inclusion and compassion. Here is a Jesus for the whole world and for every one of us. Thank you, Dr Luke!

**My father taught me "Matthew, Mark, Luke and John axed (= asked = Acts — geddit??) the Romans where they gone




Engaging Theology in Cumbria



A Day Conference with Mark Chater, Karl Möller, Ruth Newton, Nicky Smith, and Frances Ward

Saturday, 28 September 2024, 10.30am – 4pm, at Appleby Methodist Church

Entry is free, but a donation of £15 towards costs and the work of Engaging Theology in Cumbria would be gratefully received.



Bringing the Bible Alive Day Conference

Programme

10.30 Arrivals, coffee, welcome, opening prayer
 11.00 Key note talk: Dr Karl Möller, 'Reading Amos: Bringing an Old Testament Prophet Alive'

12.30 Lunch – an opportunity to share and network

Then please choose two sessions – one at 1.15 and the second at 2.00

- The Ven. Ruth Newton, 'The Bible Alive and the Environment'
- Revd Nicky Smith with Raewynne Whitely, 'The Bible Alive and Well Being'
- Dr Mark Chater, 'The Bible Alive: What makes a Good Sermon?'

3.15 Plenary: So is the Bible Alive and Kicking? What Have We Learned? Chaired by The Very Revd Dr Frances Ward

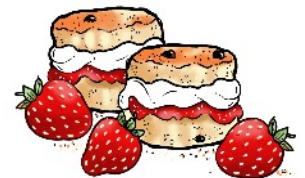
HOW TO BOOK:

GO TO: <https://engaging-theology-in-cumbria.org/events/bringing-the-bible-alive-conference/>
 OR CALL REVd ANDREW BURRELL – 07778 863820
 OR EMAIL andrew.f.burrell@outlook.com

Entry is free, but a donation of £15 towards costs and the work of Engaging Theology In Cumbria would be gratefully received.

Which comes first, the jam or the cream?

Which do you prefer, when it comes to eating scones? Of course, Cornwall and Devon have long been in rivalry over it, with Cornwall preferring the jam first, while Devon opts for the cream.



Now a recent YouGov survey has found the Cornish method is currently winning the debate. 62 per cent of us, and every British county (except Devon and Somerset) favour the jam-first Cornish approach. Even the Queen favoured the Cornish method. But the King is more pragmatic, once admitting that "I go with whichever is closest to me to start off."

But now YouGov has discovered that when it comes to people under 30, the preference is beginning to swing the other way. While 80 per cent of people who are over-70s choose jam before cream on their scone, the figure falls to 48 per cent among the under-30s.

YouGov calls it a "glimmer of hope" for the Devon method and reckons that "on current trends we could start to see some crossover in coming generations".



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017683 61514
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We give free, up-to-date advice to everyone in Eden

citizens advice Carlisle & Eden

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

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

For Debt/Money advice or Foodbank referrals: 03300 563037

For help claiming Universal Credit: 0800 1448 444

For all other enquiries: 0800 278 7844

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

Webchat Advice
www.citizensadvice.org.uk

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

RAZZAMATAZ THEATRE SCHOOLS



You're invited to a
FREE TASTER SESSION at
Razzamataz Theatre Schools.

From babies to 18 year olds!

Tuesday's - Kendal
Wednesday's - Penrith
Thursday's - Appleby

Booking Essential!

To book or for more
information call/text or email

Asha on:

07539144225

penrith@razzamataz.co.uk



**PENRITH
LINKING LIVES**

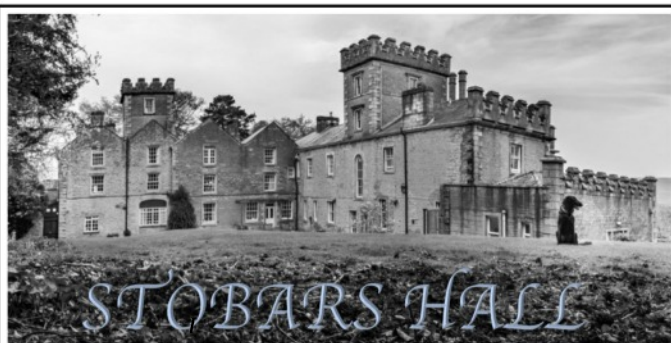


- Are you lonely, living alone with no one to chat to?
- Do you know someone who is socially isolated?
- Do you know of someone whose family has moved away?
- Do you know of someone who just needs a friend?
- Do you want to volunteer or find out more?

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/



STOBARS HALL

Residential and Dementia Care for the Elderly

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

Day Care and Respite stays available

No appointment necessary, call in for a chat anytime!

For further details please call **017683 71291**

Email: stobarshall@thefranklyngroup.com

Website: www.thefranklyngroup.com/stobars



FUEL & MORE FOR YOUR HOME
BULK BAGS BARROW BAGS NETS
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NETS: HARDWOOD & SOFTWOOD
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FREE LOCAL DELIVERY

WE ARE YOUR LOCAL



STOCKIST

**** WE ALSO HAVE BUILDING SUPPLIES – SAND, CEMENT, AGGREGATES, BLOCKS, LINTELS, TOOLS AND MORE ****
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wpssupplies@btconnect.com
Unit 2 Station Yard, Kirkby Stephen CA17 4LA

GLYN JONES & SON FUNERAL DIRECTOR

— ESTABLISHED 1979 —

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

**Hugh and Lorraine Jones
Kevin Robinson**

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



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07444 240337 / 01768898752
email: LadyMuckEdenValley@gmail.com

St Lawrence's Church Appleby-in-Westmorland



Sunday
October 6th
10.45am

THANKSGIVING FOR HARVEST AND CREATION

A family-friendly service
Led by Andrew Brittlebank
All are welcome to come and join us

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
or
Rev Andrew Burrell (Church of England)
reverend@heartofeden.org.uk



Looking for Spiritual Food?

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

THE
FILLING
STATION

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

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

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

TALK



HARVEST FESTIVAL



...I take it our local supermarket has a rather good offer on tinned peas at the moment!



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



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!

Church Services for October 2024

Church of England

St. Lawrence, Appleby

Fri.	4 th	10:00	Holy Communion
Sun.	6 th	08:00	Holy Communion
		10:45	Morning Worship/Harvest
Mon.	7 th	19:00	Compline
Fri.	11 th	10:00	Holy Communion
Sun.	13 th	10:45	Holy Communion
Fri.	18 th	10:00	Holy Communion
Sun.	20 th	10:45	Holy Communion
Mon.	21 st	19:00	Compline
Fri.	25 th	10:00	Holy Communion
Sun.	27 th	10:45	Holy Communion

St. Peter, Asby

Sun.	6 th	18:30	Holy Communion
Sun.	13 th	11:00	United Service
Sun.	20 th	18:30	Celtic
Sun.	27 th	18:30	Evening Prayer

Boroughgate, St. Anne

Tue.	1 st	09:00	Holy Communion
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Every other Tuesday 09:00 Matins

Dufton St. Cuthbert

Sun.	13 th	15:00	Evening Prayer /Thanksgiving
Sun.	27 th	10:30	Holy Communion

Kirkby Thore, St. Michael

Sun.	6 th	10:00	Breakfast church
Sun.	13 th	10:30	Morning Prayer
Sun.	20 th	10:00	Breakfast church
Sun.	27 th	10:30	Holy Communion

Long Marton SS. Margaret & James

Sun.	13 th	09:15	Holy Communion
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Milburn, St. Cuthbert

Sun.	6 th	10:30	Holy Communion
Sun.	13 th	10:30	Holy Communion
Sun.	20 th	10:30	Holy Communion
Sun.	27 th	15:00	Evening Prayer

Murton, St. John

Sun.	27 th	15:00	Holy Communion
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Musgrave, St. Theobald

Sun.	27 th	10:00	Holy Communion
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Newbiggin, St. Edmund

Sun.	6 th	10:30	Holy Communion
Sun.	27 th	16:00	Evening Prayer

Ormside, St. James

Sun.	6 th	10:00	Matins/ Harvest
Sun.	13 th	10:00	Holy Communion
Sun.	20 th	10:00	DIY
Sun.	27 th	10:00	Holy Communion

Temple Sowerby, St. James

Sun.	20 th	10:30	Morning Worship
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Warcop, St. Columba (both at Parish Hall)

Sun.	6 th	10:30	Songs of Praise
Sun.	20 th	10:30	All Age Worship

Methodists

13 th	18:30:	Connexion Service at Kirkby Stephen
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Sands, Appleby

Sun.	6 th	10:30	Local Arrangement
Sun.	13 th	10:30	Revs. J & L Riley
Sun.	20 th	10:30	Revs. P & A Dunstan
Sun.	27 th	10:30	Rev. Andrew Sterling

Dufton with Knock

Sun.	6 th	10:45	Rev. Andrew Sterling
Sun.	13 th	10:45	Mr. A Pallister
Sun.	20 th	10:45	Mr. D. Marston
Sun.	27 th	10:45	S. Radford

Warcop

Sun.	6 th	10:30	Songs of Praise at Parish Hall - Rev. David Wood
Sun.	13 th	10:30	Local Arrangement
Sun.	20 th	10:30	Mr. R. McGregor
Sun.	27 th	15:00	(Holy Communion) S. Radford

Roman Catholic Church of Our Lady of Appleby

Confession Sundays at 3:30pm. Masses on Sundays at 4pm, followed on the 6th Sunday each month by tea and refreshments .

Tuesday mass at noon,

