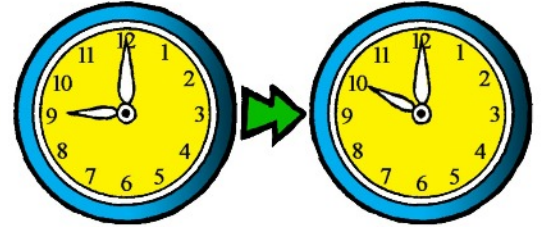
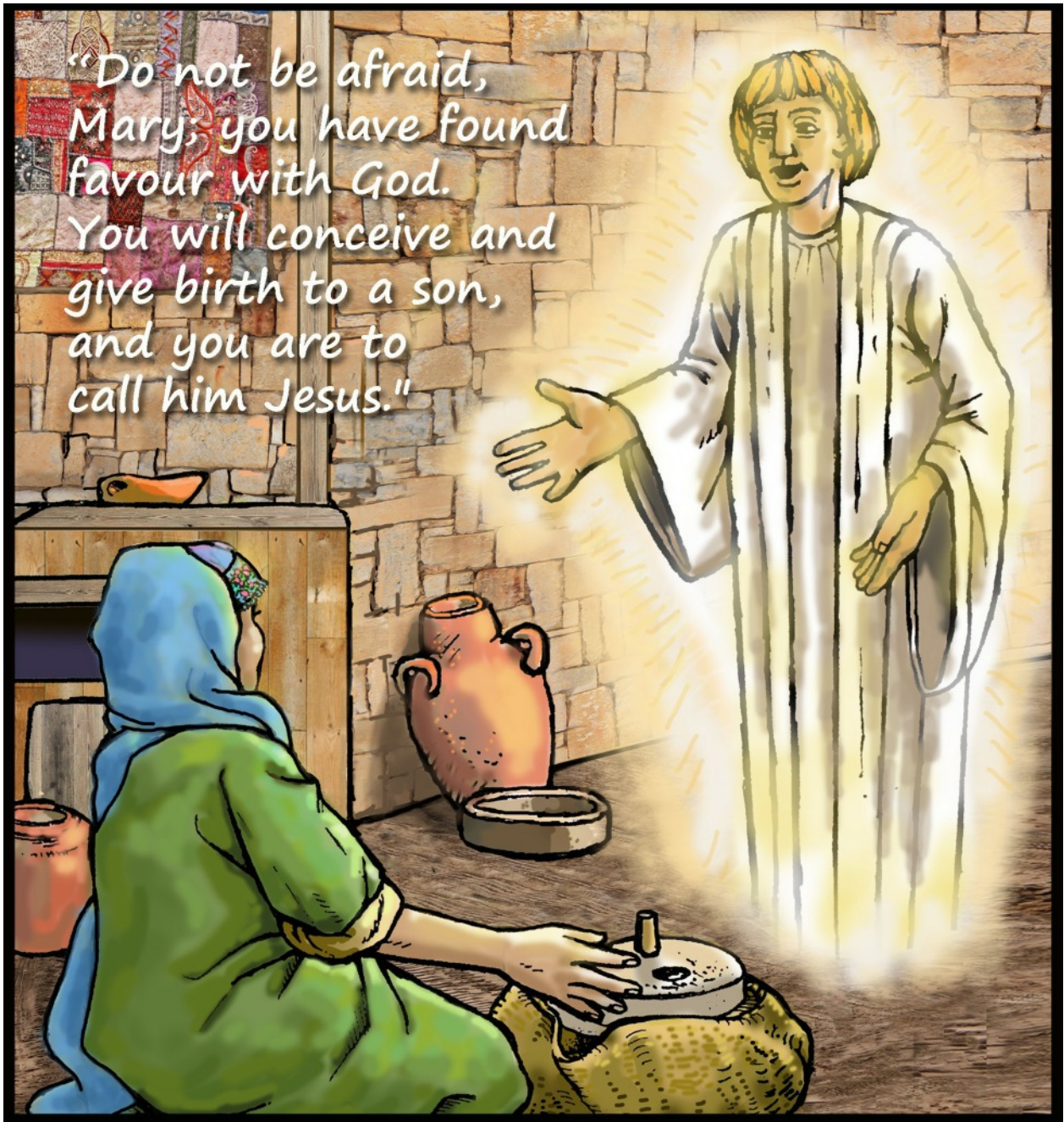


Heart of Eden March 2025

The News Magazine of the Benefice



Summer time starts 30th March



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

Date	Time	Place	Event
1 st	9:30	Public Hall Supper Room	Coffee morning i.a.o. Liberals
1 st	10:30 – noon	Milburn Village Hall	Village coffee morning
1 st	7:30	Ormside Village Hall	Quiz
2 nd	6 pm	Sands Methodist Church	Celebration <i>(the event formerly known as Filling Station)</i>
4 th	2 – 5pm	Sands Methodist Church	Pancake and Milkshakes
4 th	2:30pm	St. Lawrence, Appleby	Healing Service in Lady Chapel
4 th	7 pm	Brampton Village Hall	Book Club
4 th	10am	Temple Sowerby Victory Hall	Coffee Morning
5 th	12:30	Brampton Village Hall	Brampton Ladies
6 th	6:30pm	Brampton Village Hall	Table Tennis
6 th	11:30 – 1 pm	Warcop Parish Hall	Soup and Pud
8 th	10:30 – noon	Colby Village Hall	Coffee morning with raffle
8 th	10:30 – 1:30	Long Marton Village Hall	Bacon rolls, soup, etc., etc.
8 th	10 – 11:30am	Warcop Parish Hall	Coffee Morning
10 th	2 - 4pm	Public hall Supper Room	Evergreens
10 th	7:30pm	Ormside Village Hall	Country Dancing
11 th	2:30 – 4:30	Temple Sowerby Church	Rainbow Café
11 th	4pm	Sands and St. Lawrence	Lent Groups (+ all Tuesdays in Lent)
12 th	10:30am	Public Hall Supper Room	Arts Society – “Grayson Perry”
12 th	10:30	Sands Methodist Church	Memory Club
12 th	7 pm	Brampton Village Hall	Eden Valley Woodturners
12 th	10:30 – noon	Ormside Village Hall	Coffee Morning
13 th	7:30pm	Public Hall Supper Room	Appleby Archaeological Group –Aerial Archaeology
13 th	Noon	The 3 Greyhounds, Asby	Asby Lunchers
14 th	6:30 for 8	Appleby Public Hall	Any Questions (see last month's article)
14 th	7:30 pm	Knock Mission Room	Bingo Night
15 th	7pm	Public Hall	Lights, Camera, Appleby – “My Favourite Cake”
15 th	7:30pm	Colby Village Hall	Quiz Night with bar
15 th	10:30 – noon	Milburn Village Hall	Church coffee morning
16 th	1:30pm	Public Hall Supper Room	Appleby-in-Westmorland Society – “Those Were the Days”
18 th	7:30pm	Ormside Village Hall	Craft Evening
18 th	10am	Temple Sowerby Victory Hall	Coffee Morning
19 th	7 pm	Brampton Village Hall	Village Social
20 th	6:30pm	Brampton Village Hall	Table Tennis
20 th	7:30pm	Warcop Parish Hall	Film – “Thelma”
24 th	2 - 4pm	Public hall Supper Room	Evergreens
24 th	7:30pm	Ormside Village Hall	Country Dancing
26 th		Appleby Library	Reading Group (see article)
26 th	10:30	Sands Methodist Church	Memory Club
26 th	10:30 – noon	Ormside Village Hall	Coffee Morning
27 th	2pm	Long Marton Village Hall	Long Marton & Milburn Book Group
29 th	All day	Appleby Public Hall	Northern Crafts Market
29 th	7pm	Dufton Village Hall	Johnny Campbell sings
30 th		Public Hall	Annual Town Meeting and awards
30 th			British Summer Time starts - clocks forward!

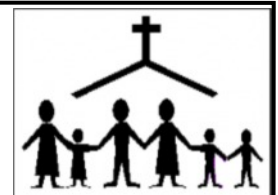
Church of England:

Rectors: 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



This isn't goodbye.....

This is my last letter in the Kirkby Stephen, Appleby and Tebay Circuit Plan, and indeed after Easter day my name stops appearing in the grid as I go on Sabbatical.

Already people have started to say goodbye, which feels very strange given I still have another 6 months here at the time of writing. Nevertheless, the time is coming where I will be restationed in Ponteland near Newcastle, and I really do have to say goodbye.



I don't find goodbye easy. There feels like there is something final about it all, despite our world being more connected than ever. Living in Appleby has shaped me, and moving from here will shape me again. The relationships that have been formed will inevitably change, even if I pray that they won't end. I will of course come back to visit, but it will no longer be home. With this move comes great joy, but also sadness and frustrations. I still want to be part of what is going on and what God is doing here!

For the Apostle Paul, he also was an itinerant preacher, travelling from place to place, never really being able to be where he wanted to be, but always going where he was called to be. We can occasionally see these frustrations in his letters. When he writes to the Galatians, Paul is noticing a conflict going on and wants to be there to sort it out, put everything right again. He writes 'I wish I could be present with you now and change my tone, because I am perplexed by you!' (Gal 4:20). Of course I may feel less perplexed than Paul did but will still care for all that is going on in people's lives here and in the church communities.

I find it important to remember that in Christ there really is no such thing as goodbye. The community of Christ we are baptised into is a one of unity, not just within local communities but across the world. This is a present reality and a future hope, which we will experience with all God's people, past and future, as we look forward to the day when all will be well.

Of course, our present reality and belief don't always feel matched up, whether that is because of the reality of distant relationships or fractured ones. Indeed, the prayer of Christ for us and the "God for All" initiative across Cumbria is for the Church to more fully embody the Kingdom reality in a church which has too often been corrupted by the world's and humanities divisive ways. When we start healing those relationships and putting God first, then it may be that we see the reality of a united Church in Christ, which even death cannot separate.

I pray that as these changes take place, changes of which Cumbria is at the prophetic front line, we will see God glorified through our churches as we all more beautifully reflect the kingdom of God.

God Bless you all.

Rev Andrew Sterling

Church Registers

Baptisms - We welcome into the Lord's Family:

2nd February

Bonnie May Turnbull


Sands Methodist Church

No other Register items received at time of going to press

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/>),

Church of England

Carlisle Bishop Update

 Members of the Crown Nominations Commission came together this week to shortlist candidates as they continue to further discern and nominate a new Bishop of Carlisle. The group - which includes six representatives from the Diocese - met on Wednesday 22nd January, with interviews for those shortlisted scheduled for 13th and 14th March.

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



Churchwarden and Secretary: Jo Ayres (☎52017)

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



Churchwarden Mark Blackett-Ord mblackettord@5sblaw.com

St. Edmund, Newbiggin



Churchwardens:

Mrs. M P. Sawrey-Cookson ☎017683.61574

Tim Whittaker

St. James the Less, Ormside



Churchwarden: Margaret Parry

Secretary: Richard Parry

both ☎017683.51043

St. James, Temple Sowerby



Churchwardens:

Angela Cleasby ☎07947379412

Laura Crackanthorpe ☎07470403623

Secretary:

Anne Farmer ☎017683.61770

Rainbow Cafe is held on the second Tuesday of every month (11th March) in Temple Sowerby Church at 2.30 to 4.30 pm

Our Sister Churches

Methodist Church:

Minister: Rev. Andrew Sterling.

email andrew.sterling@methodist.org.uk ☎017683.51244

Dufton with Knock Methodist Church



Secretary: Mrs. Avril Swinbank

email dacreandavril@gmail.com

☎017683.53102

or

Sands Methodist Church



General Enquiries Alastair Kirkpatrick on

email am.kirkpatrick@yahoo.com

or ☎017683.51184

4th March - Shrove Tuesday, Pancakes & Milkshakes!

We'll be serving pancakes in the afternoon of Shrove Tuesday. 2pm – 5pm with lots of different toppings. All you can eat! Donations for Chapel Renovations.



Everyone welcome

Warcop Methodist Church



Secretary: Mrs. Glenda Burton on

email cotehouse@aol.com

or ☎017683.98067

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



Gartheads Road, Appleby

Fr. John Winstanley ☎ 01768 862273

Tours of St Anne's Hospital

Regrettably not available for the duration of the building work going on at the hospital. No services will be held in the chapel, either

Lent - a time for reflection...

You do not have to go to Church to appreciate Lent! Though you would be very welcome if you wish, do so! Of course Lent is associated with church, sacrifice and repentance; things many reading this will think of as unnecessary and tiresome. We do not think this, but the idea of lent need not be this for you either, and can instead be a time of fruitfulness. Lent is a traditionally a time of reorientation, where followers of Christ will decide to give up something to appreciate the things that are really important in life, and to seek God as someone who can fulfill us. This may sound strange, and yet it has been something many throughout the ages have found incredibly helpful.

This year it may be that we can reimagine lent, keeping the core the same, and it might be something you can try whether you are a part of a church or not. It is also an opportunity to reflect not only on our own lives but about our local communities and further afield. We have given some ideas (one for each day of the week) to reflect on throughout lent.

Reflect on...

1. Your own life - what is important to you today
2. The lives of those you love - looking beyond yourself maybe now is the time to let go of some old resentment/grudge (it is helpful to remember that at least one person suffers for sure, when we hold resentment in our hearts OURSELVES)
3. Those in your local community for the isolated and lonely, for our young people as they find their way in the world
4. The country - for those out of work, for those without enough money to feed themselves or their families...
5. For the world - for those stuck in wars and suffering from intolerance - that peace may prevail - for politicians - that they have the good of all at the heart of what they do
6. For the environment - that we all may do a little bit for the world for tomorrow and the children
7. For Hope, within ourselves, for those we love and the world.

Reflecting on these things can help us have more hope in the world. If you are a person of faith then one or more of these prayers may be useful to use at the end of a reflection

Almighty God, from whom all thoughts of truth and peace proceed: Kindle, we pray, in the hearts of all people the true love of peace, and guide with your pure and peaceable wisdom those who take counsel for the nations of the earth; that in tranquility your kingdom may go forward, till the earth is filled with the knowledge of your love; through Jesus Christ our Lord. Amen.

Lord, make me an instrument of your peace: where there is hatred, let me sow love; where there is injury, pardon; where there is doubt, faith; where there is despair, hope; where there is darkness, light; where there is sadness, joy. Amen

Creator God

Today in a fractured world we pray for peace and justice, Your peace, not built on our broken promises and failing courage,

But your deep peace, through your creative power and embodied in the service and sacrifice of Jesus.

May we follow Christ, seeking your justice, acting in solidarity and hope,

Even when the way seems unclear and the powers of our world don't reflect your Kingdom, Your Peace, Your Justice, Your Kingdom, Your world,

In Jesus name Amen

Lent groups in Appleby Tuesdays in Lent 16:00 The Sands and 19:00 St Lawrence's

Fr John B Winstanley

Rev'd Andrew Sterling

Rev'd Andrew Burrell

Telephone: 01768 862273

017683 51244

07778 683820

parishoffice.stcatherines@btintern
et.com

andrew.sterling@methodist.org.uk

reverend@heartofeden.org.uk

News from the Area



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

: upperedenfood

Web: www.upperedenfoodbank.org.uk

These may also be helpful:

Citizens Advice Carlisle & Eden:

03300 563 037, or Facebook

Local Links, Kirkby Stephen: Mon & Wed, 10 - 12, 1-3pm
017683 71775,

Cumbria County Council Community Support:
01228 221100

Filling Station

Meeting at Sands Methodist church at 6pm on the first Sunday of the month.

Renew Wellbeing Café

Where it's ok to be not OK. An intentionally calm, shared space Free of charge All Welcome, everyone values Open to people of all faiths and none Each session starts and ends with a 5 - 10 minute meditation and prayer, which we find helps wellbeing. You're welcome to join in or come after the prayer time and leave just before. We look forward to spending time with you. If you fancy it, bring a craft or hobby to do! But this isn't essential, sitting, chatting and listening is just as good. Our main priority is to look after our wellbeing, so do what is most comfortable for you. Come and go as you please. **Now removed to the Public Hall Supper room.** Includes lunch time. Every Friday 9:30 am to 2 pm. Contact Kristy Pattimore krist@pattimore.com ☎07480.935119



Wellbeing Wednesdays

Wellbeing Wednesdays
An opportunity to meet with others and share your interests
Do you fancy chatting over coffee and cake, sharing hobbies or just a bit of company?
Pop along and join us
Kirkby Thore Memorial Hall
Every Wednesday
Between 2 and 4pm
Refreshments provided

The Welcome Inn!

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 (4th February) - we also hold a special 'service for healing' which is an opportunity to receive prayer and anointing, for you or for someone you love. All are very welcome! We look forward to seeing you.

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

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

Citizens Advice Carlisle and Eden Volunteers needed

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



Locally, we rely on a team of committed volunteers in a number of roles. To support our work we now want to recruit: Digital Advisors: to work with clients by email and on the phone to provide advice across a wide range of issues.

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

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

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

Inner Wheel

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

Contact Stan Rooke on ☎017683 52864.

Appleby Smarter.

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

Our hard working volunteers have been enjoying a short, well earned winter break, and returned to our Monday afternoon jobs last month.

If anyone has made a New Year's resolution to :

- Get out and about



- Become a bit more active
- Make some new friends
- Start volunteering

...then here is your opportunity! Just ring or email Mike for a chat on ☎0775 192 4982 (*n.b. not 0775 182 4982 - sorry - Ed.*) or email applebysmarter@gmail.com

Tourist Information Centre

N.B. Opening hours until spring:

10 - 2 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.

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

Website: www.visitappleby.co.uk Twitter/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

Date **In aid of**
1st Liberal Democrat Association



and 29th all day - Northern Crafts Market



Improvements around the riverside

Work has started on repairing the two Butts shelters on the riverside. This has been made possible by a very generous donation from Appleby Rotary, with the additional funding coming from Westmorland & Furness Council and Appleby Town Council.

Work will be starting soon to replace the 80 black and white bollards on the Sands side of the river. This work will be funded by Westmorland & Furness Council and Appleby Town Council.

Improvements to the Public Hall

Following the work that was completed at the end of the year to replace part of the roof to the Public Hall to make it watertight, Appleby Council will be looking at carrying out internal improvements to the hall this year, including redecoration. If any users of the hall have suggestions on what they would like to see done, please get in touch with the Council.

Appleby Community Achievement Awards

A reminder that the deadline for applications for the Appleby Community Achievement Awards is Friday, 28th March. The awards are new to Appleby and are to recognise special people in our community.

There are 3 award categories:

1. Community Champion
2. Business Champion
3. Environment Champion

The awards will be presented at the Annual Town Meeting on Wednesday, 30th April 2025.

An application form can be downloaded at <https://applebytown.gov.uk/community-achievement-awards/> or by emailing clerk@applebytown.gov.uk, or picking up a hardcopy from Appleby Tourist Information Centre

Cumbria Devolution Consultation

This consultation seeks views on a proposal to form a Mayoral Combined Cumbria Authority for the local government areas of Cumberland Council and Westmorland & Furness Council.

In December 2024, the government published the English Devolution White Paper, which sets out plans to move power out of Westminster and back to local communities. The local council leaders from Cumberland Council and Westmorland & Furness Council have since written to government expressing their interest in taking forward devolution within their area through the establishment of a Mayoral Combined Cumbria Authority.

This authority would be in addition to the two unitary existing councils of Cumberland and Westmorland & Furness. While the final scope of the powers transferred to the new authority is still being determined, the expectation is that the vast majority of powers will be transferred to the new authority from central Government. A small number of powers may be transferred from Cumberland Council and Westmorland & Furness Council to the new authority.

Before taking a decision on whether to proceed with the making of the necessary legislation, the government is seeking views from interested parties, including those who live and work in the area. The easiest way to take part in the consultation is by completing the online form at <https://consult.communities.gov.uk/lggc/cumbria-devolution-consultation>

Royal Mail Sorting Office at Appleby to close

The sorting office in the centre of Appleby town will close at the end of February. The post office itself remains open for business as usual, although the post box on the building will also be removed.

If a parcel cannot be delivered the first time round, it will now be automatically redelivered the next day. If this fails, then the parcel will be automatically returned to the Penrith sorting office. Unless customers can go online and arrange for their parcel to be sent to Appleby post office to be collected, then they have a 2 hour window from 8am to 10am to collect parcels from the Penrith sorting office.

Not having a post box in the centre of the town is also going to inconvenience not just local residents and businesses, but also visitors, as the nearest post box is some distance away from the centre of town.

Council launches search for dozens of new apprentices

Westmorland and Furness Council launched its search for 35 new apprentices this week, providing a fantastic opportunity for individuals to kickstart their careers in local government. The apprenticeships span a wide range of roles, including Project Management, Highways and Engineering, Finance and Accountancy, Business Administration, Digital and Data, Health and Social Care, Catering and more - with opportunities from Level 2 to Level 6 (degree-level). The application window is now open and will close at midnight on Sunday 16 March. Applications can be submitted online at careers.westmorlandandfurness.gov.uk/apprenticeships. Many successful applicants go on to secure permanent roles with the council, building rewarding and long-term careers in local government

Appleby Edibles

Come and grow with us!

Who are we?

An inclusive group of gardening and nature enthusiasts who like to grow fruit and veg, socialise, and share skills in pleasant surroundings. Our members are of all ages and abilities, and we are happy to welcome members with health challenges. We enjoy a strong sense of connection with the environment.

Where are we?

At the far end of the former Appleby Heritage Centre site (near the railway station). There is free parking adjacent to the garden.

When are we open?

Please come and visit us Tuesdays and Saturdays 10-12. When you join Appleby Edibles you come up and garden whenever you like.

Enquiries to Karen West (Chair) 07974 759136, Annie Weir (Secretary) 07919 542143, or email us at applebyedibles@hotmail.com

Community Transport

(Supported by Westmorland and Furness Council)

Community Wheels service

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



Voluntary Social Car Scheme

This Scheme offers transport for a small charge to anyone in the community of Appleby and District who needs it (under 18s must be accompanied). To use this



service please contact Valerie Kendall, Scheme Co-ordinator, on ☎017683 53159. **N.B. You may have to leave a message. If you do, be sure to leave your telephone number or other way of contacting you!**

Appleby Clubs, etc.

Appleby in Westmorland Society

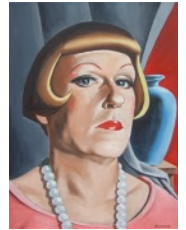
Sunday 16th March at 1:30pm in the Public Hall Supper Room, there will be a lecture titled: "Those were the Days"

Appleby Archaeological Group

Thursday 13th March at 7.30pm in the Public Hall Supper Room. Bob Bewlay will talk on Aerial Archaeology.

The Arts Society, Appleby

On Wednesday 12th at 10:30am in the Public Hall Supper Room, there will be a lecture by Harry Fletcher about Grayson Perry



During his lecture Harry will show the major influences in his Grayson's life and on his works. He will highlight his most important vases, drawings, sculptures, tapestries and his House for Essex.

Appleby Bowling Club

...are looking for new members. The Club has superb green and clubhouse facilities. The Outdoor Season starts in mid April, and continues to mid September. The Winter Indoor season which starts in mid September and continues to the following April.

Regular Free Taster Sessions are held on Tuesday Evenings from the beginning of May until the end of August from 6.30pm until 8.30pm for you to try the sport. Any flat soled shoes you have will suffice, and bowls will be provided by the Club.

Friendly games take place on most afternoons during the Summer (Outdoors) and the Winter (Indoors) starting at 2pm. There are numerous internal Club Competitions throughout the year.

During the Summer on Tuesday afternoons and Thursday evenings we compete in Local Leagues for those of you with a competitive flair. Friendly matches take place against other clubs in the Eden Valley area during the Winter Indoor season.

Presently the Annual Membership fee is £65.00 for adults, which covers both the Outdoor and Indoor Seasons.

Contact details:- Peter Metcalfe, Hon. Secretary,

Appleby Bowling Club, The Sands, Appleby-in-Westmorland CA16 6XN,

☎01768 352306 and email: metcalfe6xy@btinternet.com

Appleby Evergreens

Evergreens in the Public Hall Supper Room from 2 - 4 pm (generally on alternate Mondays), i.e. 10th and 24th March.

Appleby Rainbows, Brownies and Guides

Our team at Appleby Friends of Guiding and our leaders make everything run really smoothly. However, we are in need of more volunteers to help with our thriving units. We particularly need volunteers for Rainbows on Thursday



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

Kathryn Nunn

Chair Appleby Friends of Guiding

Appleby Rainbows, Brownies and Guides



JOIN US



Meeting times:

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

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

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

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

Message the group for more information:

kath1nunn@gmail.com



Appleby Rainbows, Brownies and Guides

1st Westmorland Scout group

We're still recruiting:

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

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

Contact: 📞/WhatsApp 0333 339 3710, or

<https://edenscouts.org.uk>

1stwestmorland@edenscouts.org.uk

Appleby Hub Patchworkers

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

Lights...Camera...Appleby

Saturday 15th My Favourite Cake (12)

This is an inspirational and life affirming story of a late-blooming love in the shadow of Iran's repressive regime. Set in Tehran, 70 year old Mahin has lived alone since her husband's death, until an afternoon in a café with friends shows her a way that she may be able to revitalize her love life. As Mahin opens herself up to new romance, what begins as an unexpected encounter quickly evolves into an unpredictable, unforgettable evening.



This is a film that is subversive in its own way - the filmmakers have been raided and censored by the Iranian government for its depiction of women without the hijab.

Zan, Zendegi, Azadi! Woman, Life, Freedom!

We will be serving Ashé Reshté, Persian herb, bean and noodle soup made by our own Chairperson, Tehran born Karen Babayan; followed by Persian Love Cake baked by members of the committee.

Please book food tickets well in advance to avoid disappointment.

Tickets £12 for food and film. Film only tickets, £4. **Doors open 6pm, food served 6.15-6.30pm.** Film screening at 7pm. Pay bar, raffle and interval ice-cream from the Jersey Ice Cream Farm, Melkinthorpe.

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

Memory Club in Appleby

Meetings are held on the 2nd & 4th Wednesdays of each month at Sands Methodist Church Hall 10.30am -12 noon. (i.e. 12th and 26th March). All are welcome, particularly those with memory loss. There will be light refreshments, games, crafts, music and singing. For further information please contact:-

Anne 📞017683 51219

Tim 📞017683 52640

Probus Club

If you enjoy a good meal and interesting conversation, perhaps you might like to consider joining the Appleby Probus club.

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

You might also like to know that the club also runs occasional outings such as trips to the theatre or sporting events. As an example, we recently visited the Carlisle Airport museum.

If you think that any of this might interest you, please drop a line to either Ian Rudd at ian.rudd70@icloud.com or Adrian Marsh at adrian.marsh@live.co.uk

Appleby Rotary Club

Appleby Rotary Club is supporting Physionet, a UK based humanitarian organisation dedicated to helping some of the most marginalised people in the world by supplying children and adults with disability equipment considered surplus or redundant in the UK. Physionet supplied almost 8000 items of physiotherapy, paediatric equipment, wheelchairs, mobility items and some hospital hardware that would have normally ended in landfill.

If you have any surplus/redundant equipment please contact us and we will arrange collection.

Alastair Bell - Appleby Rotary Club on atbell@btinternet.com or 📞07970597536 / 017683 51547

Villages

Asby

Thurs 13th 12:00 Asby Lunchers, Three Greyhounds (single course and coffee £7.50). Let them know by Wednesday evening

Brampton Village Hall

Tues.	4 th	7:00pm	Book Club (literary chat)
Wed.	5 th	12:30pm	Brampton Ladies (all invited) Breathworks by Shelley Murphy, NHS coach.
Thurs	6 th	6:30pm	Table Tennis - Equipment provided, all ages & abilities welcome
Wed.	12 th	7:30pm	Eden Valley Woodturners - Various demos & hands-on
Wed.	19 th	7:30pm	Village Social - Keep in touch with the latest gossip!
Thurs.	20 th	6:30pm	Table Tennis (as above)

Colby Village Hall

Sat.	8 th	10:30 am	Coffee Morning, including raffle
Sat.	15 th	7:30pm	Quiz night including bar. Just £2 pp

Dufton Village Hall

Sat..	29 th	7pm	Johnny Campbell - Pennine Way Singer
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Knock Mission Room

Fri.	14 th	7.30 pm	Bingo - £6 entry, hot drinks & raffle available
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Long Marton

Saturday 8th 10.30am to 1.30pm: Bacon rolls, toasted tea cakes, cheese toasties, home made soup, tea and coffee and of course a warm welcome. Please come and join us for hearty winter warming food & chat. All are welcome.

Local History Group: Wednesday 19th March, 7.30pm - What Gypsum was used for in the Eden Valley. If you would like details of the programme for 2025, please email Christine at longmartonlocalhistorygroup@gmail.com

Sadly carpet bowls is taking a break due to lack of numbers. If anyone is interested in joining 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

Long Marton and Milburn Book Group

...would be pleased to welcome some new members. We also come from Brampton, Appleby and Penrith. Our meetings are at 2pm on the last Thursday of each alternate month. The next meeting will be on 27th March, followed by 29th May etc.

All welcome. Please contact Helen for more details on ☎074848 44142 or email bendelowh@gmail.com

You may be interested to know that **Appleby Library** is starting a new **Reading Group**, in the Library, on the last Wednesday of each month, this month 26th (free) Please enquire at the Library or ☎51170

Milburn

Village coffee mornings first Saturday of each month (1st March). Church coffee mornings third Saturday of each month (15th March), both 10:30 to noon.

Ormside

Village hall coffee mornings are Wednesdays 12th and 26th, from 10.30 till noon.

Craft Night is on the third Tuesday of the month (i.e. 18th March) at 7.30 pm.

Country Dancing is the second and fourth Mondays of the month, i.e. 10th and 24th March.

1st Quiz Bar open at 7pm, starts at 7:30

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

Temple Sowerby

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

Coffee Morning is 10am - noon on the 1st and 3rd Tuesdays of the month (4th and 18th March) at the Victory Hall. All are welcome.

Rainbow Cafe is held on the second Tuesday of every month in Temple Sowerby Church (11th) from 2.30 to 4.30 pm

Warcop - Parish Hall

Mondays 6:30 - 8 Table tennis club

Warcop Parish Hall Soup and Pudding, Thursday 6th, 11.30am - 1.00pm. Come and join us for lovely homemade soup and pudding. £7 per person, including tea or coffee.

Warcop Parish Hall Remote Cinema - Thursday 20th, 7.30pm

Thelma (12) The vigilante genre has a new star in 94-year-old June Squibb, who does (most) of her own stunts in this laugh out loud revenge caper.

SYNOPSIS: After being conned by a phone scammer pretending to be her grandson, Thelma Post sets out on a Mission Impossible style quest to track down the culprit with only a mobility scooter and a borrowed gun.

Doors open 7:15pm. Screening: 7:30pm. Refreshments available during the interval, including ice creams.

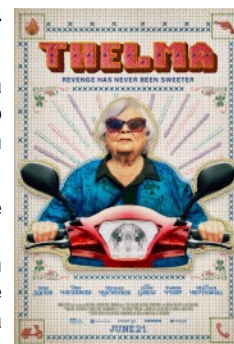
Tickets on the door: Adults: £5.00. Children under 16: £3.00

Warcop Parish Hall Coffee Morning

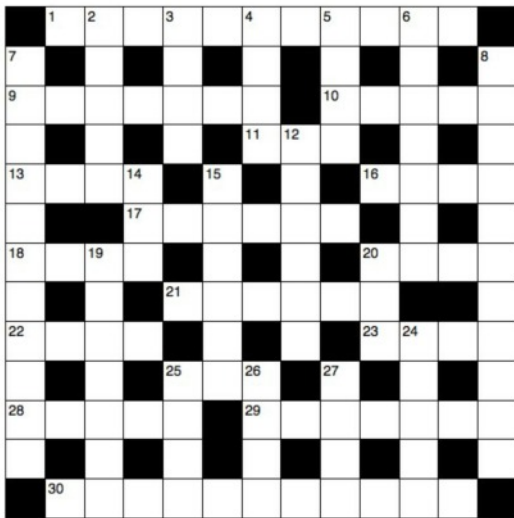
Saturday 8th, 10 -11.30am Tea, Coffee & Biscuits £1.50 with unlimited refills. Bacon, Sausage & Veggie Sausage rolls plus scones available to purchase. Everyone Welcome!

St. Anne meets St. Christopher!

Valerie Kendall of 7 St Anne's Hospital has a large collection of leaflets about places all over the world which she needs to dispose of in the next few months. Anyone interested in some or all of these can contact her on Email vkendall@live.co.uk or ☎017683 53159 - free to a good home!



Crossword (solution p.12)



Across

- 1 These letters come between Romans and Galatians (11)
- 9 'You will not — me to the grave' (Psalm 16:10) (7)
- 10 King of Moab to whom the Israelites were subject for 18 years (Judges 3:14) (5)
- 11 Town possessing mineral spring (3)
- 13 Mede (anag.) (4)
- 16 High-fidelity (abbrev.) (4)
- 17 He succeeded his father Rehoboam as king of Judah (1 Kings 14:31) (6)
- 18 A son of Simeon (Genesis 46:10) (4)
- 20 Controversial religious book of the 1970s, The — of God Incarnate (4)
- 21 'He has received from the Father the promised Holy Spirit and has poured out what you — — and hear' (Acts 2:33) (3,3)
- 22 'You — me together in my mother's womb' (Psalm 139:13) (4)
- 23 Edit (anag.) (4)
- 25 'Who has believed our message and to whom has the — of the Lord been revealed?' (Isaiah 53:1) (3)
- 28 Abraham's brother (Genesis 22:23) (5)
- 29 'When Mordecai learned of — that had been — , he tore his clothes' (Esther 4:1) (3,4)
- 30 Sympathetic (Proverbs 11:16) (4-7)

Down

- 2 'That was why his parents said, "He is — —; ask him"' (John 9:23) (2,3)
- 3 Integrated Services Digital Network (1,1,1,1) 4
- 4 'Saul has slain his thousands, and David his — of thousands' (1 Samuel 18:7) (4)
- 5 Concept (John 8:14) (4)

6 'Do we, then, — the law by this faith? Not at all! Rather, we uphold the law' (Romans 3:31) (7)

7 Industrious (2 Timothy 2:6) (11)

8 'I pray also that the eyes of your heart may be — in order that you may know the hope to which he has called you (Ephesians 1:18) (11)

12 'Out of the same mouth come — and cursing' (James 3:10) (6)

14 This was how many of the Jewish leaders described Jesus (John 10:20) (3)

15 Vitality (Job 20:11) (6)

19 He urged David to kill Saul at Hakilah (1 Samuel 26:8) (7)

20 'So for a whole year Barnabas and Saul — with the church and taught great numbers of people' (Acts 11:26) (3)

24 'Hear, O Israel: The Lord our God, the Lord — — ' (Deuteronomy 6:4) (2,3)

25 Parched (Matthew 12:43) (4)

26 'In the image of God he created him; — and female he created them' (Genesis 1:27) (4)

27 Disparagement (Psalm 15:3) (4)

A Lent Reflection

Somebody asked a Christian friend why he was eating doughnuts, when he had given them up for Lent! He answered, 'At the bakers I told God, that if He wanted me to buy doughnuts, He should provide a parking space in front. On the eighth time around, there it was!' Rather than seeing Lent simply as a time to give things up, let's use it intentionally for self-examination, reading Scripture, penitence, fasting and prayer.



At Jesus' baptism, God's voice says, 'You are My Son, whom I love; with You I am well pleased.' (Luke 3:22). The Holy Spirit then leads Jesus into the wilderness, where we find Him coming to terms with who He is. Satan's temptations challenge Jesus in key three areas of His identity: His divine sonship, political power and Messianic role (Luke 4: 1-13). It is as though Jesus was looking into the mirror at Himself to discern what kind of Saviour He should be.

For us, Lent is an opportunity to hold up a mirror to ourselves and ask the question, 'who am I? It's a season of honest encounter with who we are, what we've done, and how we should live. What will we see when we hold up the mirror to ourselves? Keeping Lent, the 40 days running up to Easter, could mean taking time to read Scripture, studying a Christian book or spending five minutes each day in silence! We might fast by missing one or two meals, refraining from TV, alcohol, social media, or scrolling on our phones. All of these can help us to give more attention to God in our lives.

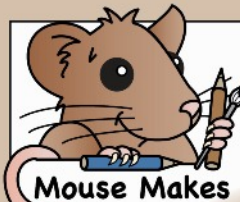
Whatever we do, Lent is a season for self-reflection, as we put ourselves in a position to receive afresh the forgiveness and healing that God offers.



Changing a light bulb is a generational thing

Do you know how to clean a car, change a lightbulb, hang a picture and identify a spanner? If yes, then chances are that you are a Baby Boomer (1955-1964) and not a Gen Z (1997-2012). For recent research has found that some Gen Z are paying up to £1,300 a year for simple household tasks to be done, because they don't want to tackle them. Changing a light bulb? Gen Z worry that a step ladder can be dangerous, and that the bulb might be "too hot". They do not want "to mess around with electrics." Hanging a picture frame? Add air to a car tyre? Identify a spanner? Fit a wiper blade? Clean a car? The list of practical jobs is endless, and huge numbers of Gen Z get round them by asking a parent or even paying a professional, to do it. The research was commissioned by Halfords. It concluded that DIY may sadly be a dying skill, because too many Gen Z-ers are simply not practically minded.





Mouse Makes

THE TEMPTATION OF JESUS
After Jesus was baptised who led him into the wilderness?
Luke 4:1

For how many days was Jesus tempted by the devil?
Luke 4:2

Who did Jesus say you should ONLY worship and serve?
Luke 4:8

Jesus said not to put the Lord your God to the...
Luke 4:12

What did the devil tempt Jesus to turn a stone into?
Luke 4:3

What happened after the temptation of Jesus?
see Luke 4:14-15

READ
the story in
Luke 4:1-13

JESUS • LED WILDERNESS DESERT TEMPTATIONS DAYS • DEVIL HUNGRY • SON STONE • ROCK KINGDOMS WORLD • GLORY WRITTEN SCRIPTURE WORSHIP • ONLY SERVE • LORD JERUSALEM HIGH • TEMPLE THROW • DOWN JUMP • ANGELS HANDS • HOLD LIFT • FOOT

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

Find the words from the questions too!

Bible Bite

A short story from the Bible

It can be read in the Bible in Luke 10: 25-37

An expert in the Law of Moses wanted to test Jesus' knowledge of the laws in the Bible, so he asked Jesus a question.

Teacher, so what must I do to get eternal life?

What does it say in the Bible?

You've got it right.

Love God with all your heart, soul, strength and mind, and love your neighbour as yourself.

But who counts as a 'neighbour'?

So Jesus told a story - A man was walking from Jerusalem to Jericho

He was attacked by robbers who left him for dead

A priest was walking the same way, and after him a lawyer.

That's a dangerous road!

Oh no!

Oh, they are good people, they'll help.

They saw the hurt man but they walked past

Then a man from Samaria came that way...

He felt sorry for the hurt man, and cleaned and bandaged his cuts.

I bet it's an ordinary person who helps!

Oh no! We hate them and they hate us Jews! That hurt man is done for!

What? No!

He put him on his donkey, took him to an inn, and paid for him to stay.

So who was a real neighbour to the hurt man?

So go and do the same.

The... the Sss... the one who helped him.

"IT'S NOT THE WELL THAT NEED A DOCTOR - BUT THE SICK!" see Luke 5:27-32

The Doctor and the Patient

JESUS HAD MANY FRIENDS

BUT SOME WERE EXTRA SPECIAL. THESE WERE HIS 'DISCIPLES'.

JESUS ONCE ASKED A TAX-COLLECTOR CALLED 'MATTHEW' TO BE ONE OF HIS TEAM

YES!

MATTHEW AGREED TO FOLLOW JESUS

JESUS WENT TO HAVE A MEAL AT MATTHEW'S HOUSE

BUT MANY PEOPLE COMPLAINED ABOUT THIS. THEY THOUGHT MATTHEW WAS A BAD MAN - AND JESUS SHOULD IGNORE HIM.

JESUS' REPLY WAS VERY STRAIGHT FORWARD.

HE EXPLAINED THAT MATTHEW NEEDED HELP, NOT CRITICISM.

Ice Houses - Overtaken by Progress

On an appropriately chilly day, members of The Friends of Penrith and Eden Museum assembled to hear Dr Rob David's talk 'Ice Houses and the International Trade in Ice'.

Long before the advent of refrigerators in the 1950s, in the 18th and 19th centuries one use of ice was to preserve food. Other methods, including salting and smoking, were mainly rejected as they tainted what they were preserving. Thus it was that ice houses were constructed on the estates of the rich, generally following a common construction pattern and being sited at least partially below ground. From the entrance door a passage, usually with bends and two or three doors for insulation purposes, led to a 'great chamber' which was covered with a dome. A further essential feature was a drain; given that residual ice eventually melted, the water had to have some means of escape.

Ice was taken from the ice house by the estate servants, put into one compartment of an ice box and carried to the mansion, where food for preservation was put into the other compartment. Indeed, the early name for a refrigerator in America was 'icebox'.

Examples of ice house sites in Cumbria are (because although disused they mostly still exist) are at Holker Hall, Patterdale Hall, Helm Lodge near Kendal which was unusually designed like a milk bottle and at Brantwood, John Ruskin's house, where the ice house was drilled from the rock but unfortunately without a drain so it failed.

As living standards rose and a middle class emerged, the demand for ice as a food preservative grew, creating an international trade in ice. For climatic reasons, New England on the east coast of America was one of the chief sources of ice, being an area of small lakes. Ice was marked out in large squares, then cut and stored in large buildings which looked like warehouses. Wenham Lake Ice, said to be the best, was packed in straw for insulation and exported all over the world, even as far as India and Australia. In Cumbria, the apparent mystery of 'Wenham Lake Ice' being advertised by local merchants was explained by the fact that it had come from no further than Oslo, the capital of Norway, where a lake had been given the title of its more authentic namesake on the other side of the Atlantic. Purchasers in England were large houses rather than mansions, hotels and even some guest houses. In the 19th century ports such as Barrow and, further afield Grimsby began to make ice commercially.

'Health and Safety wouldn't allow it now' said Rob, alluding to a 1980 project which he oversaw with his then class of school students. He had earlier set them the task of finding Cumbria's ice houses and they had successfully located thirty. They had been awarded a prize for their endeavours which had required a high level of enthusiasm and commitment. Believing it would be a pity to let this degree of motivation go to waste, Rob sought, and found at Levens Hall an ice house which, with the owner's permission, he could recreate in its original form. At the end of the entrance passage the great chamber was some fifteen feet deep and had over the years been used as a dump for rubbish. Thus the first task was to clear this out which was done carefully while tied to a rope in order that the individual didn't fall into the increasingly deep hole, which turned out to be lined with brick and gradually tapered to the bottom. This being achieved, the next step was to obtain straw to line the chamber as insulation, not too difficult in an area where among the school students were farmers' sons. One modern aspect was that the straw came in bales rather than the sheaves of yesteryear, making the exercise easier. When this task, which involved an individual crawling along a narrow ledge to place the bales, was complete, it was necessary to climb down into the chamber and stamp the straw down.

Next was the obtaining of the ice; the school maths department had calculated that seven tons would be needed to fill the chamber. This was sourced at Whitehaven, where it was commercially produced in 1980 for the still-existing fishing fleet. As the ice was gradually tipped into the chamber with the help of a local builder the layers were trodden down to compact it, then the job was finished and the dome replaced.

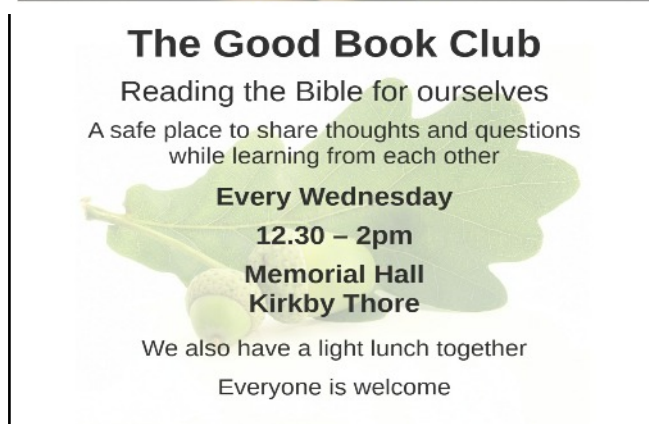
Over the summer the external temperature was monitored at times at up to 15 degrees centigrade. The ice lasted for thirteen months; after

which at the bottom the straw was found to be only inches thick, such had been the weight of the ice upon it.

Concluding, Rob said that the students who took part in the project are all middle-aged now. 'When we run into each other' he said 'they've forgotten all the other history they learned, but they always remember the ice house'



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Church Services for March 2025

Church of England

St. Lawrence, Appleby

Sun.	2 nd	09:00	Holy Communion
Sun.	2 nd	10:45	Morning Prayer
Mon.	3 rd	19:00	Compline
Fri.	7 th	10:00	Holy Communion
Sun.	9 th	10:45	Holy Communion
Sun.	9 th	18:30	Ecumenical Compassion Service
Fri.	14 th	10:00	Holy Communion
Sun.	16 th	10:45	Holy Communion
Mon.	17 th	19:00	Compline
Fri.	21 st	10:00	Holy Communion
Sun.	23 rd	10:45	Holy Communion
Fri.	28 th	10:00	Holy Communion
Sun.	30 th	10:30	Mothering Sunday (at the Sands)

St. Peter, Asby

Sun.	2 nd	18:30	Holy Communion
Sun.	9 th	11:00	United Service (@ Baptists)
Sun.	16 th	15:30	Evening Prayer (then APCM @ 16:30)
Sun.	23 rd	11:00	Morning Prayer
Sun.	30 th	11:00	United Mothering Sunday

Boroughgate, St. Anne

Closed for the duration of building works

Dufton St. Cuthbert

Sun.	9 th	15:00	Lent Taizé Service
Sun.	23 rd	10:30	Patronal Festival Holy Communion

Sun. 30th 18:00 Benefice Holy Communion

Kirkby Thore, St. Michael

Sun.	2 nd	10:00	Breakfast church
Wed.	5 th	19:00	H.C. with imposition of ashes
Sun.	16 th	10:00	Breakfast church
Sun.	23 rd	10:30	Holy Communion
Sun.	30 th	10:30	Mothering Sunday

Long Marton SS. Margaret & James

Sun.	9 th	10:30	Service of the Word
Sun.	30 th	10:30	Mothering Sunday

Milburn, St. Cuthbert

Sun.	2 nd	10:30	Holy Communion
Sun.	9 th	10:30	Holy Communion
Sun.	16 th	10:30	Holy Communion

Murton, St. John

Sun.	23 rd	15:00	Holy Communion
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Musgrave, St. Theobald

Sun.	23 rd	10:30	Holy Communion
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Newbiggin, St. Edmund

Sun.	2 nd	10:30	Holy Communion
Sun.	23 rd	16:00	(BCP) Evening Prayer
Sun.	30 th	10:30	Mothering Sunday

Ormside, St. James

Sun.	2 nd	10:00	Matins
Sun.	9 th	10:00	Holy Communion
Sun.	16 th	10:00	DIY
Sun.	23 rd	10:00	Holy Communion

Temple Sowerby, St. James

Sun.	16 th	10:30	Holy Communion
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Warcop, St. Columba

Sun.	2 nd	10:30	Holy Communion
Wed.	5 th	19:00	H.C. with imposition of ashes
Fri.	9 th	10:30	Morning Prayer
Sun.	16 th	10:30	Lay-led Unity service, location to be confirmed
Sun.	30 th	10:30	Community together for Mothering Sunday at Village Hall

Methodists

9th 18:30 Connexion (Compassion) Service at St. Lawrence's

Sands, Appleby

Sun.	2 nd	10:30	Local Arrangement
Sun.	2 nd	18:30	Celebration
Sun.	9 th	10:30	Rev. A. Sterling
Sun.	16 th	10:30	Mrs. Penny Hilland
Sun.	23 rd	10:30	Revs. G. & R. Crippen
Sun.	30 th	10:30	Rev. Fran Parkinson

Dufton with Knock

Sun.	2 nd	10:45	Mr. P. Carter
Sun.	9 th	10:45	Ms. Jan Burnard
Sun.	16 th	10:45	Local Arrangement
Sun.	23 rd	10:45	Rev. Andrew Sterling
Sun.	30 th	10:45	Rev. P. Dunstan

Warcop

Sun.	2 nd	10:30	Mr. William Ousby
Sun.	9 th	10:30	Local Arrangement
Sun.	16 th	10:30	Rev. Andrew Sterling
Sun.	23 rd	15:00	Rev. Jacky Betts
Sun.	30 th	10:30	United Mothering Service at Village Hall

Roman Catholic Church of Our Lady of Appleby

Sunday Mass 4pm (Sacrament of Confession available from 3.30pm)

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

Sundays of Lent: 3.30pm Stations of the Cross

Palm Sunday: Mass 4pm

Holy Thursday: Mass of the Lord's Supper at St. Catherine's Penrith 7pm

Good Friday: Liturgy of the Passion 3pm

Holy Saturday: Easter Vigil Mass at St. Catherine's Penrith 7pm

Easter Sunday: Mass 4pm