

Heart of Eden

April 2025

The News Magazine of the Benefice



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

Date	Time	Place	Event
1 st	2:30pm	St. Lawrence, Appleby	Healing Service in Lady Chapel
1 st	7 pm	Brampton Village Hall	Book Club
1 st	10am	Temple Sowerby Victory Hall	Coffee Morning
1 st	4pm	Sands	Lent Groups (+ all Tuesdays in Lent)
1 st	7pm	St. Lawrence's	Lent Groups (+ all Tuesdays in Lent)
2 nd	12:30	Brampton Village Hall	Brampton Ladies
3 rd	6:30pm	Brampton Village Hall	Table Tennis
3 rd	11:30 – 1 pm	Warcop Parish Hall	Soup and Pud
4 th	7:30pm	Warcop Parish Hall	Easter Bingo
5 th	2pm	Duften Village Hall	Cumnbria Wildlife Trust talk
5 th	10:30 – noon	Milburn Village Hall	Village coffee morning
5 th	7:30	Ormside Village Hall	Wine & Cheese Party
6 th	6 pm	Sands Methodist Church	(The event formerly known as) Filling Station
7 th	2 – 4pm	Public Hall Supper Room	Evergreens
8 th	2:30 – 4:30	Temple Sowerby Church	Rainbow Café
9 th	10:30am	Public Hall Supper Room	Arts Society – “Harry Venning”
9 th	10:30	Sands Methodist Church	Memory Club
9 th	7 pm	Brampton Village Hall	Eden Valley Woodturners
9 th	10:30 – noon	Ormside Village Hall	Coffee Morning
10 th	7:30pm	Public Hall Supper Room	Appleby Archaeological Group –Cockermouth Excavations
11 th	7:30pm	Appleby Public Hall	Appleby Band/Fellside Singers Concert
12 th	7pm	Public Hall	Lights, Camera, Appleby – “La Chimera”
12 th	10:30 – noon	Colby Village Hall	Coffee morning
12 th	7:30pm	Duften Village Hall	Highlights – Ma Bessie
12 th	10:30 – 1:30	Long Marton Village Hall	Bacon rolls, soup, etc., etc.
12 th	10 – 11:30am	Warcop Parish Hall	Coffee Morning
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 pm	Brampton Village Hall	Village Social
16 th	TBC	Long Marton Village Hall	Local History Group
17 th	6:30pm	Brampton Village Hall	Table Tennis
18 th	7pm	St. Cuthbert's, Milburn	Come & Sing Crucifixion
19 th	2pm	Knock Mission Room	Easter Treasure Hunt
19 th	10:30 – noon	Milburn Village Hall	Church coffee morning
20 th	6am	Raise Howe	Sonrise Service
23 rd	10:30	Sands Methodist Church	Memory Club
23 rd	10:30 – noon	Ormside Village Hall	Coffee Morning
24 th	7:30pm	Warcop Parish Hall	Film – “Conclave”
26 th	All day	Appleby Public Hall	Northern Crafts Market
27 th	Noon – 1:30	Colby Village Hall	Soup and Sweet Lunch
28 th	2 – 4pm	Public Hall Supper Room	Evergreens
28 th	7:30pm	Ormside Village Hall	Country Dancing

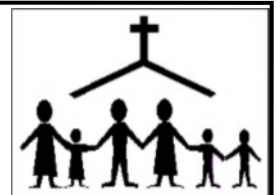
Church of England:

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

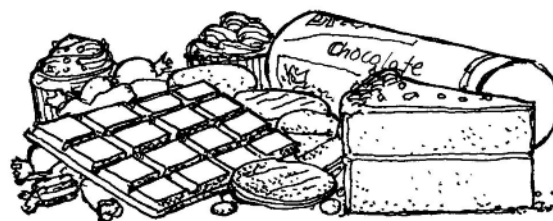
Roman Catholic Priest (Our Lady of Appleby) Fr. J. Winstanley ☎ 01768 862273



Did you give anything up for Lent this

year? Or perhaps, instead of giving something up, you took something on? Or maybe, with everything else going on in the world, you gave up giving things up?!

Whatever way you decided to observe Lent this year, the purpose of the season is to take stock, to come closer to God and to follow Jesus more closely as his disciples.



At Organic, our definition of a disciple is someone who listens to what Jesus is saying and puts it into practice. The original Greek word, "mathetes", literally means a "learner". However, this sort of learning is not about sitting in a classroom and filling our head with facts: it's about listening, watching, learning and putting into practice. It's less like school and more like an apprenticeship.

So how do we listen to God? There are so many ways. We may hear his voice when we read the Bible, alone or with others, when we hear a sermon or sing a hymn, when we have a conversation with friend or when we go walking on the fells. We might hear him when we read a book, or watch a film or when we sit quietly with our cuppa in the morning. On Sunday, at Breakfast Church we listened to God by looking at a range of pictures and then we shared what we thought God was saying through them. A strong theme of trust emerged, enabling us to be joyful people in a dark world.

So, as we approach Easter, let's stay attentive to God in our everyday lives and perhaps we could try new ways of listening to his voice. What will he say to us and what will we do in response? It could be exciting to find out.

Kristy and Dan Pattimore

Pioneer Ministers

Organic Network in the Heart of Eden
Benefice

Church Registers January to March 2025

Marriage

We congratulate

5th March

James McMullen and Emma Harley

St. Lawrence, Appleby

Funerals

May they rest in peace and rise in glory

2nd January

David Grainger

St Michael, Kirkby Thore

10th January

Elsie Rowlings

SS. Margaret & James, Long Marton

14th January

Trudy Foster

Eden Valley Crematorium (Appleby)

18th January

Olive Clarke

St. Cuthbert, Milburn

28th January

Jane Thwaites

Eden Valley Crematorium (Temple Sowerby)

31st January

William (Willy) Idel

St. Cuthbert, Milburn

4th February

David Heron

St. Columba, Warcop

10th February

John Atkinson

Eden Valley Crematorium (Appleby)

3rd March

Ann Aldridge

St Michael, Kirkby Thore

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

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



Churchwarden and Secretary: Jo Ayres (☎52017)

To prevent further water ingress, the work to repair & replace the split & worn lead sheeting & some weathered masonry will commence on 23rd March. The work is expected to take 8 weeks & the church will be OPEN AS USUAL.

We are very grateful to the Benefact Trust & Appleby Town Council for Grants towards the work. Donations, however large or small, would be very welcome in the safe or the contactless machine in the church or by BACS to "PCC of Appleby"; S.C.40-08-29 A/C #80649503

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

Good Friday, 18th April - Stainer's The Crucifixion

This will be our annual Come and Sing performance of The Crucifixion in St Cuthbert's Church, Milburn. If you don't want to sing, just come along and be part of the audience. If you do, you need to book your place by emailing applebyorganist16@hotmail.co.uk. Whichever, this will make a moving and fitting end to Lent and Holy Week. All the details are on the poster which is printed in this edition.

If you wish to be part of the choir, please note that you need to book your place by emailing applebyorganist16@hotmail.co.uk

Rehearsal at 5pm and performance at 7pm

Easter Day - SONRISE SERVICE

Once again (at 6am) the local Anglican and Methodist churches between Shap, Tebay, Orton, Ravenstonedale and Appleby are sharing in a short open-air service to greet the risen Lord Jesus on Easter Sunday morning.



So set your alarm! Easter Day is Sunday 20th April, the service is at 6.00 a.m. and the sun will rise over Cumbria at 5.58 a.m.! Wrap up warm, and come out to Raise Howe on the east side of Orton Scar (just above the cattle grid on the B6260, on the way down to Appleby). And pass the word around to Christians in all the churches.

Members of Appleby Town Band will be there to accompany the hymns; the speaker will be the Rev. Andrew Sterling of Appleby Methodist Church.

You can find the exact spot where it will happen using What3Words by searching [songbook.option.august](https://www.what3words.com/).

St. Theobald, Musgrave & St. Columba, Warcop



Churchwarden Mark Blackett-Ord mblackett-ord@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 (8th April) 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 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

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

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



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 (1st April) - 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 welcomennhhh@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.

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

Following a short winter break, we have now resumed our weekly jobs around the town.

We meet every Monday afternoon 1 - 3 pm (weather permitting).

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 some 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 email applebysmarter@gmail.com

Tourist Information Centre

N.B. Opening hours until spring:

10 - 3 Monday to Saturday (summer hours, I think Ed.)

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

None to my knowledge, but 26th all day - Northern Crafts Market



Nothing received at pres time Ed.

Bus Talk

563 Penrith to Kirkby Stephen Bus Service



From Monday 31 March, the 563 bus service operated by Stagecoach will run between Penrith and Kirkby Stephen, Monday to Friday. Weekday buses will double in frequency to four to and from Kirkby Stephen and six to and from Appleby between early morning and early evening.

For the first time since 2016 it will be possible for Eden Valley residents to use the 563 to arrive in Penrith before 0830, enabling them to access education and work within office hours. Bus journeys into the Lake District will also become practicable. The last departure from Penrith will be at 1740.

The Saturday 563 service between Penrith and Kirkby Stephen will not be changed.

The revised timetables have now been published, available in paper form at Appleby TIC, or electronically at westmorlandandfurness.gov.uk/buses/563

561 Appleby to Kendal Bus Service

The 561 service resumed in January, operating on Wednesdays, running during off peak hours and giving users approx. 3 hours in Kendal.

It leaves Appleby Moot Hall at 9.30am and arrives at Kendal bus station at 10.30am and returns from Kendal at 1.30pm, arriving back at Appleby at 2.30pm.

The service is operated by Westmorland & Furness Council with a 16 seater minibus and although ENCTS permits will be eligible, the £3 fare cap will not, and normal ticket fares apply for anyone travelling without a permit.

Timetables are available from Appleby TIC or electronically at westmorlandandfurness.gov.uk/buses/561

Civic Awards

The person making the nomination must not be related to the person they are nominating and should be someone who either works with them or who has firsthand knowledge of why they deserve to be recognised by this award.

The awards will be presented at the Annual Parish 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.

See Council article in Feb

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! See also advert., p.13**



Appleby Clubs, etc.

Appleby in Westmorland Society

No meeting April to my knowledge Ed.

Appleby Archaeological Group

Thursday 10th April 7.30 pm Public Hall Supper Room
Cockermouth Excavations - Eddie Dougherty

The Arts Society, Appleby

I run, I swim, I paint, I write, I sing,
I protest, I volunteer, I garden
and I Zumba. Why? Because I
refuse to be an old lady fit
only to be patronised!



On Wednesday 9th April, we welcome back, Harry Venning, an award winning cartoonist. Harry will escort you through the peaks and pitfalls of his profession, supported by visual and verbal contributions from such luminaries as Matt Groening, Dr. Seuss, Charles M. Schulz and Gary Larson. Entertaining and Informative in equal measure, the topics covered include rejection, procrastination, deadlines, artificial intelligence, professional envy, censorship, and the cartoon community's response to the Charlie Hebdo murders of 2015. Harry will also be drawing live on an A1 flip chart, the images filmed and projected onto screen for everyone to clearly see.

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, but three times this month, 7th, 14th and 28th April.

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

Saturday 12th La Chimera(15)

This is a treasure of a film where the thrills of tomb raiding make way to reveal a much deeper exploration of love, loss, spirituality and greed. Starring Isabelle Rossellini and Josh O'Connor, who plays Arthur, a British archaeologist who becomes embroiled in the theft of historical Etruscan artefacts across the Tuscan countryside in the 1980s. While some are seeking riches, Arthur is looking for his lost love. The dialogue is spoken in both English and Italian (with subtitles).

We will be serving a delicious, authentic Aubergine Parmigiana (Italian baked aubergine in tomato sauce, topped

with parmesan cheese) with a fresh green side salad, cooked by Emma Addison at Acre Kitchen, Kings Meaburn.

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, Melkintorpe.

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



Upper Eden Linking Lives.

Loneliness and social isolation affect millions of people in the UK. These feelings can be overwhelming. People may lack confidence after an illness or a fall. They may have lost their partner, and their friends and family may live miles away.

Befriending is one of the most effective ways of combatting loneliness and social isolation. A weekly visit or phone call can make all the difference to someone's quality of life.

We are a befriending service which helps tackle loneliness in the local area. We receive referrals from local organisations, family, friends and neighbours: people can even refer themselves.

We assist adults who require companionship, provided through weekly home visits or telephone calls. All our volunteers are fully trained and vetted before being matched up.



For information on volunteering or to refer someone, contact Sara on 0800 688 9984 or email at uppereden@linkinglives.uk

Memory Club in Appleby

Meetings are held on the 2nd & 4th Wednesdays of each month at Sands Methodist Church Hall 10.30am -12 noon. (i.e. 9th and 23rd April). 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

Not known at time of going to press

Brampton Village Hall

The events in the village hall for April are as follows:

Tue 1 st	7:00pm	Book Club	Great chat for all. Literature and everything else besides!
Wed 2 nd	12:30pm	Brampton Ladies	Crown & Cushion, Appleby (see Janet for details)
Thu 3 rd	6:30pm	Table Tennis	Equipment provided, all ages & abilities welcome
Tue 8 th	7:00pm	Village Hall AGM	Everyone invited
Wed 9 th	7:30pm	Eden Valley Woodturners	Various demos & hands-on
Wed 16 th	7:00pm	Village Social	Keep in touch with the latest gossip!
Thu 17 th	6:30pm	Table Tennis	Equipment provided, all ages & abilities welcome

Colby Village Hall

Sat.	12 th	10:30 am	Coffee Morning
Sun.	27 th	noon - 1:30pm	Soup and Sweet Lunch

Dufton Village Hall

Sat.. 5th 2pm Talk by Cumbria Wildlife Trust about how to encourage biodiversity. All welcome. No need to book. (Organised by St Cuthbert's Church.)

On Saturday 12th April at 7.30pm Highlights presents:

Ma Bessie's Prohibition Party. With a lifelong love of reggae and the music of the Caribbean, Julia Titus (aka Bessie) has been performing for over 20 years. Her blues repertoire includes many old favourites ... and more!



Tickets 017683 52902 / www.highlightsnorth.co.uk

Knock Mission Room

Sat. 19th 2 pm Easter Treasure Hunt - £2 entry, tea/coffee/cake & raffle

Long Marton

Saturday 12th April 10.30am to 1.30pm: Bacon rolls, soup, cheese toasties, toasted teacakes, tea/coffee. Please come and join us for hearty food & chat. All are welcome.

Local History Group: Wednesday 16th April - TBC. If you would like details of the programme for 2025, please email Christine at longmartonlocalhistorygroup@gmail.com

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 29th May.

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 30th (free) Please enquire at the Library or ☎51170

Milburn

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

Ormside

Village hall coffee mornings are Wednesdays 9th and 23rd, from 10.30 till noon.

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

Country Dancing is the second and fourth Mondays of the month, i.e. 14th and 28th April.

5th 7:30pm Wine and Cheese Party, £8 per head, includes complementary glass of wine and all the cheese you can eat! Also a raffle. Booking required - text Glenda on ☎07970280774

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 (1st and 15th April) at the Victory Hall. All are welcome.

Rainbow Cafe is held on the second Tuesday of every month in Temple Sowerby Church (8th) from 2.30 to 4.30 pm

Warcop - Parish Hall

Mondays 6:30 - 8 Table tennis club

Warcop Parish Hall Soup and Pudding, Thursday 3rd, 11.30am - 1.00pm. Come and join us for lovely homemade soup and pudding. £7 per person, including tea or coffee.

Easter Bingo Friday, 4th April, 7.30 pm. £1 per book, free children's game in the interval, raffle, refreshments, doors open 7pm and Eyes Down 7.30pm.

Warcop Parish Hall Remote Cinema -

Thursday 24th, 7.30pm - 10.00pm **Conclave (PG).**

Filled with juicy intrigue and mystery, Conclave is a thought-provoking papal drama that delivers edge-of-your-seat suspense by a stellar cast. Ralph Fiennes performance as a potential English pope is compelling.

When Cardinal Lawrence is tasked with leading one of the world's most secretive and ancient events, selecting a new Pope, he finds himself at the centre of a conspiracy that could shake the very foundation of the Catholic Church.

Doors open 7:15pm. Screening: 7:30pm.

Refreshments available during the interval, including ice creams.

Adults: £5.00. Children under 16: £3.00

Warcop Parish Hall Coffee Morning

Saturday 12th, 10 - 11.30am Tea, coffee and biscuits, plus bacon or sausage rolls (vegetarian alternatives) and scones for purchase.

Keswick School of Industrial Arts

A talk recently given to the Friends of Penrith and Eden Museum.

Many places have their iconic buildings - the Houses of Parliament in London, the Eiffel Tower in Paris to name but two. More modestly as befits its size, the former



Keswick School of Industrial Arts building sits where the River Greta flows close to High Hill in the town. The motto 'The loving eye and patient hand Shall work with joy and bless the land' which is still in evidence below the balcony on its exterior underlines its purpose.

At their recent meeting members of the Friends of Penrith and Eden Museum were further enlightened by Ian Bruce, author of The Loving Eye and Skilful Hand;

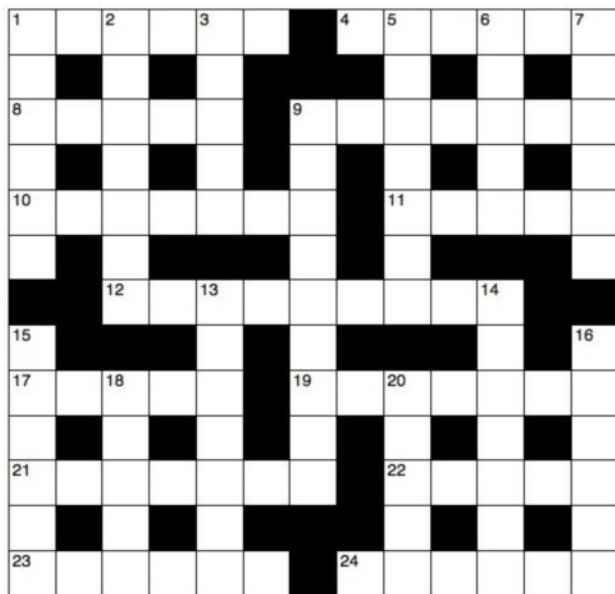
The Keswick School of Industrial Arts (2001) which must rank as the definitive work on the subject.

The story began in 1884 with the establishment of classes in Crosthwaite Parish Rooms by the redoubtable Canon Hardwick Rawnsley and his first wife Edith, with the aim of alleviating local unemployment. Canon Rawnsley, together with John Ruskin, whose student contemporary he was at Oxford, enthusiastically espoused the Arts and Crafts movement. In the spirit of that movement the School at first taught woodcraft and repoussé metalwork, using copper and silver for the latter and eschewing brass, which being an alloy of copper and zinc was seen as 'impure'. A man of many parts, Canon Rawnsley, besides being the Anglican minister at St Kentigern's, Crosthwaite and perhaps best known to posterity as a co-founder of The National Trust was also a poet, a local County Councillor and the author of some forty books, many about religion but a good number about the Lake District and most with a thread of social conscience running through them. His concern for the poor was sharpened by earlier ministries in low-class areas of London; this was combined with his later love of the Lake District and determination that it should not suffer the blight of industrialisation,

The success of Hardwick and Edith's venture in Crosthwaite was such that from its start in 1884 with ten students by 1890 the School was winning prizes for its products and had nearer a hundred. Funding was raised by the Rawnsleys and in 1894 the building which still stands today in High Hill, Keswick and thought to be a holiday let now, was in operation. In 1894 Harold Stable was appointed as its first Director. Continuing to use as his mantra what leader of the Arts and Crafts movement William Morris had said to him 'We must get the worker to delight in the use of his own hands and then to express his own natural desire to be shapely and harmonious in colour', Rawnsley's enterprise in its new home flourished, funded largely by the sale of its products. The underlying theme of these remained Celtic with some floral influence, also that of Greek vases.

Inevitably some students of the School broke away to form their own businesses, one such being William Henry Mawson, who left in around the turn of the century to start Keswick Home Industries, taking some other students with him. Over the years the School diversified, although still retaining its principle of purity of materials; The Langdale linen industry developed, as did wood-turning, also spinning and weaving as an acknowledgment of the part which women could play.

Remarkably perhaps, the School survived two World Wars, yet in 1984 it closed, beaten by a combination of poor marketing and the power of mass-produced competition. A fitting obituary for Canon Rawnsley, who died in 1920 was that by The Times - 'England would be a much duller place - a less happy and healthy country - if he had not lived and worked'. Almost certainly, the Keswick School of industrial Arts would never have existed



Across

- 1 Relating to the whole universe (6)
 4 The disciple who made the remark in 8 Across (John 20:24) (6)
 8 'Unless I see the nail marks - - hands, I will not believe it' (John 20:25) (2,3)
 9 He urged King Jehoiakim not to burn the scroll containing Jeremiah's message (Jeremiah 36:25) (7)
 10 Baptist minister and controversial founder of America's Moral Majority, Jerry - (7)
 11 'Look, here is - . Why shouldn't I be baptized?' (Acts 8:36) (5)
 12 Repossessed (Genesis 14:16) (9)
 17 Port from which Paul sailed on his last journey to Rome (Acts 27:3-4) (5)
 19 'Moses was not aware that his face was - because he had spoken with the Lord' (Exodus 34:29) (7)
 21 Roonwit, C.S. Lewis's half-man, half-horse (7)
 22 Grill (Luke 24:42) (5)
 23 'The lot fell to Matthias; so he was added to the - apostles' (Acts 1:26) (6)
 24 'I was sick and you looked after me, I was in - and you came to visit me' (Matthew 25:36) (6)

Down

- 1 Coastal rockfaces (Psalm 141:6) (6)
 2 Academic (1 Corinthians 1:20) (7)
 3 Publish (Daniel 6:26) (5)
 5 For example, the Crusades (4,3)
 6 11 Across is certainly this (5)
 7 He reps (anag.) (6)
 9 Liberator (Psalm 18:2) (9)
 13 Man who asked the question in 11 Across was in charge of all her treasury (Acts 8:27) (7)
 14 They must be 'worthy of respect, sincere, not indulging in much wine' (1 Timothy 3:8) (7)
 15 The human mind or soul (6)
 16 'O Lord, while precious children starve, the tools of war increase; their bread is - ' (Graham Kendrick) (6)
 18 'We played the flute for you, and you did not - ' (Matthew 11:17) (5)
 20 Bared (anag.) (5)

The Magic World of Oliver Postgate

Born 12/4/1925 - Died
 8/12/2008

The Clangers on their planet,
 the Pogles in their wood

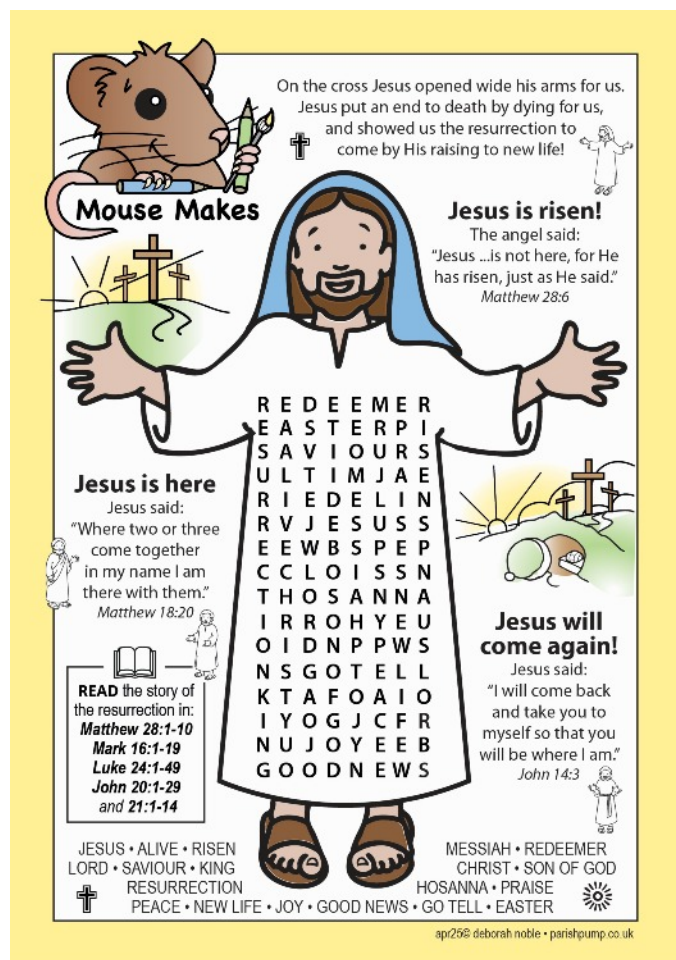
In Oliver's bright kingdom
 we children had it good!

Smallfilms brought us joy, and spoiled us all for choice
 With ev'ry charming tale told by Oliver's fine voice.

In Wales' top left corner a small green engine puffed And
 Ivor was the engine's name, he whistled and he chuffed.
 He kept a dragon's egg within his fire so hot Which Jones
 the Steam his driver never seemed to spot!

A stuffed cloth cat called Bagpuss still figures in our
 dreams; He was pink and baggy, a bit loose at the seams!
 We met the king of the Northmen - Noggin the much-loved
 Nog, And the Pogles were a family who lived in a hollow
 log.

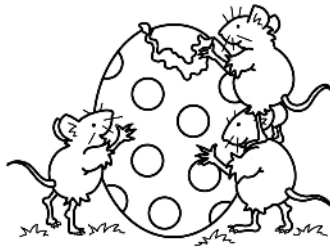
Green soup and blue string pudding which all the
 Clangers eat Provided by a soup dragon who lives
 beneath their feet! So thank you Mr Postgate for all that
 you have done To bring such joy into our lives and fill
 them full of fun! By Nigel Beeton



Where did your Easter egg come from?

Your Easter egg can be traced back to the early Church in Mesopotamia.

Since ancient times, people had been giving each other eggs at pagan Spring festivals, as eggs were a symbol of the new life and rebirth in nature all around them. Then came Jesus and His death and resurrection, which made Easter the ultimate time for Christians to celebrate new life and rebirth. After that, it was only a matter of time before eggs found their way into commemorating Easter.



This seems to have first happened with the very early church in Mesopotamia, where those early Christians began dyeing their eggs after Easter, to celebrate the new birth that Jesus had given to them. The practice of using eggs in Easter celebrations then spread to the Orthodox Churches, and from there to the Western Churches across Europe.

Maundy Thursday, time to wash feet

Maundy Thursday is famous for two things. The first is one of the final acts that Jesus did before His death: the washing of His own disciples' feet (see John 13). Jesus washed His disciples' feet for a purpose: "A new command I give you: Love one another. As I have loved you, so you must love one another." His disciples were to love through service, not domination, of one another.



In Latin, the opening phrase of this sentence is 'mandatum novum do vobis'. The word 'mundy' is thus a corruption of the Latin 'mandatum' (or command). The ceremony of the 'washing of the feet' of members of the congregation came to be an important part of the liturgy (regular worship) of the medieval church, symbolising the humility of the clergy, in obedience to the example of Christ.

But Thursday was also important because it was on that night that Jesus first introduced the Lord's Supper, or what we nowadays call Holy Communion.

Jesus and His close friends had met in a secret upper room to share the Passover meal together - for the last time. And there Jesus transformed the Passover into the Lord's Supper, saying, 'this is my body' and 'this is my blood' as He, the Lamb of God, prepared to die for the sins of the whole world. John's gospel makes it clear that the Last Supper took place the evening BEFORE the regular Passover meal, and that later Jesus died at the same time that the Passover lambs were killed.

**St Cuthbert's Church
Milburn**

The Crucifixion

Music by John Stainer

Soloists

James Hibbert (Tenor)

Ron Eadington (Bass)

Leigh Harding (Organ)

Geoff Gordon (Conductor)



Good Friday

April 18th

7:00pm

Retiring Collection

Bible Bite

A short story from the Bible

It can be read in the Bible in
Lk 22:1-13, Mt 26:14-19, Mk 14:10-16

It was just before Passover, when Jews celebrate God rescuing them from Egypt. Jesus and his disciples were in Jerusalem...

The Chief Priests were plotting

How can we get rid of Jesus?
He always has crowds around him.

Jesus' disciple Judas came to them...

I could help you.

We'd be happy to pay you

How much?

30 silver coins

30 silver coins happened to be the same amount that had to be paid as compensation to the owner if a slave was killed. Ex. 31:32

I'll let you know when Jesus is alone.

Meanwhile, Peter and John asked Jesus...

Where do you want us to prepare the Passover meal?

They did, and asked the house owner

Our teacher wants to know where he can eat the Passover meal with his disciples

The room is upstairs on the roof, ready to use

Peter and John got the meal ready

That evening, Jesus and his 12 disciples went to the room to eat the Passover meal.

Volunteering Drop In – Helping your Neighbours

Volunteering is a fun and a great hobby that will enrich your life as well as others. To find out more about co-ordinating or driving your own car for the scheme, please come along to our Volunteering Event at Kirkby Stephen Local Links, Old Grammar School, Vicarage Lane, Kirkby Stephen, CA17 4QX on 26 March from 10am until 12noon and 1pm until 3pm.



Community Transport initiatives available through Westmorland & Furness Council:
- Voluntary Car Scheme
- Rural Wheels
- Community Wheels
- Village Wheels
- Community/Minibus Sharing Scheme
For more information contact: 0333 240 69 65 (option 5)



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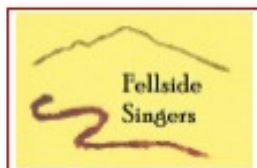
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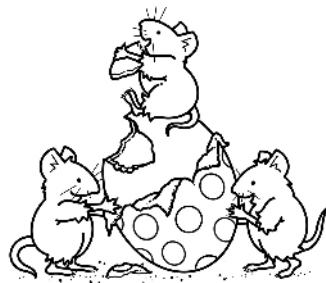
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We give free, up-to-date advice to everyone in Eden

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
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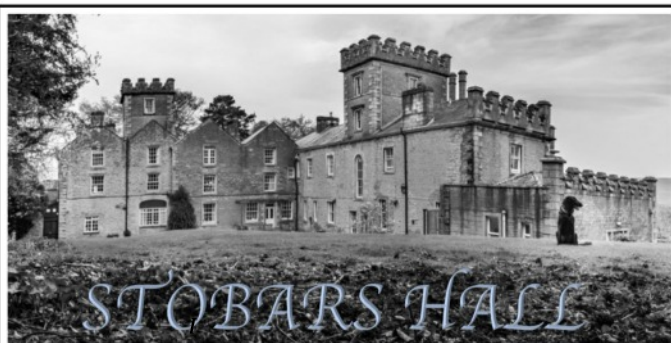
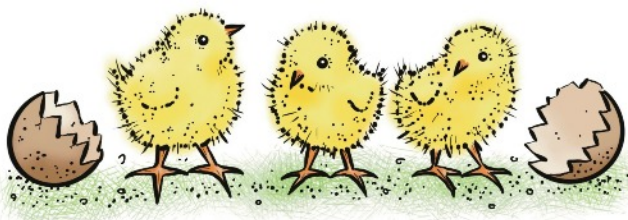


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Church Services for April 2025

Church of England

St. Lawrence, Appleby

Fri.	4 th	10:00	Holy Communion
Sun.	6 th	09:00	Holy Communion
Sun.	6 th	10:45	Morning Prayer
Fri.	11 th	10:00	Holy Communion
Sun.	13 th	10:45	Holy Communion
Mon.	14 th	19:00	Compline
Fri.	18 th	14:00	Good Friday Reflection
Sat.	19 th	19:30	Easter Vigil
Sun.	20 th	10:45	Holy Communion
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
Thurs.	17 th	19:30	Holy Communion (at Baptists)
Fri.	18 th	14:00	Good Friday Reflection
Sun.	20 th	11:00	Holy Communion
Sun.	27 th	11:00	Morning Prayer

Boroughgate, St. Anne

Closed for the duration of building works

Duften St. Cuthbert

Mon.	7 th	19:00	Compline
Sun.	13 th	10:30	Holy Communion (combined with Duften & Knock Methodists)
Sun.	20 th	10:30	Service of the Word
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
Wed.	16 th	19:00	Celtic Evening Prayer

Milburn, St. Cuthbert

Sun.	6 th	10:30	Holy Communion
Sun.	13 th	10:30	Holy Communion
Thurs.	17 th	18:00	Holy Communion
Fri.	18 th	19:00	Stainer's Crucifixion
Sun.	20 th	10:30	Holy Communion
Sun.	27 th	18:30	Evening Prayer

Murton, St. John

Tues	15 th	19:00	Taizé
Sun.	20 th	18:00	Holy Communion

Musgrave, St. Theobald

Sun.	20 th	10:30	Holy Communion
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Sun.	27 th	10:30	Morning Prayer
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Newbiggin, St. Edmund

Sun.	6 th	10:30	Holy Communion
Fri.	18 th	14:00	Good Friday Reflection
Sun.	27 th	18:30	Evening Prayer

Ormside, St. James

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

Temple Sowerby, St. James

Thurs.	17 th	19:30	Stripping of the Altar
Sun.	20 th	10:30	Holy Communion

Warcop, St. Columba

Sun.	6 th	10:30	Holy Communion
Fri.	18 th	14:00	Good Friday Reflection

Methodists

13th 18:30 Connexion Service at Kirkby Stephen

20th 10:30 Section Service of Holy Communion at Sands
with Rev. Andrew Sterling

Sands, Appleby

Sun.	6 th	10:30	All Age Worship
Sun.	13 th	10:45	At St. Lawrence's
Fri.	18 th	10:30	Good Friday Service
Sun.	27 th	10:30	Revs. L. & J. Riley

Duften with Knock

Sun.	6 th	10:45	Rev. Alex Dunstan
Sun.	13 th	10:30	United Service at Parish Church
Sun.	27 th	10:45	Informal Service

Warcop

Sun.	6 th	10:30	Rev. A. Sterling
Sun.	13 th	10:30	Mrs. Pam Carter
Sun.	27 th	14:00	Rev. Tony Dent (Chapel Anniversary)

Roman Catholic Church of Our Lady of Appleby

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

Weekday Mass Tuesdays 12noon (changeable, 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 Sat.: Easter Vigil Mass at St. Catherine's Penrith 7pm

Easter Sunday: Mass 4pm

