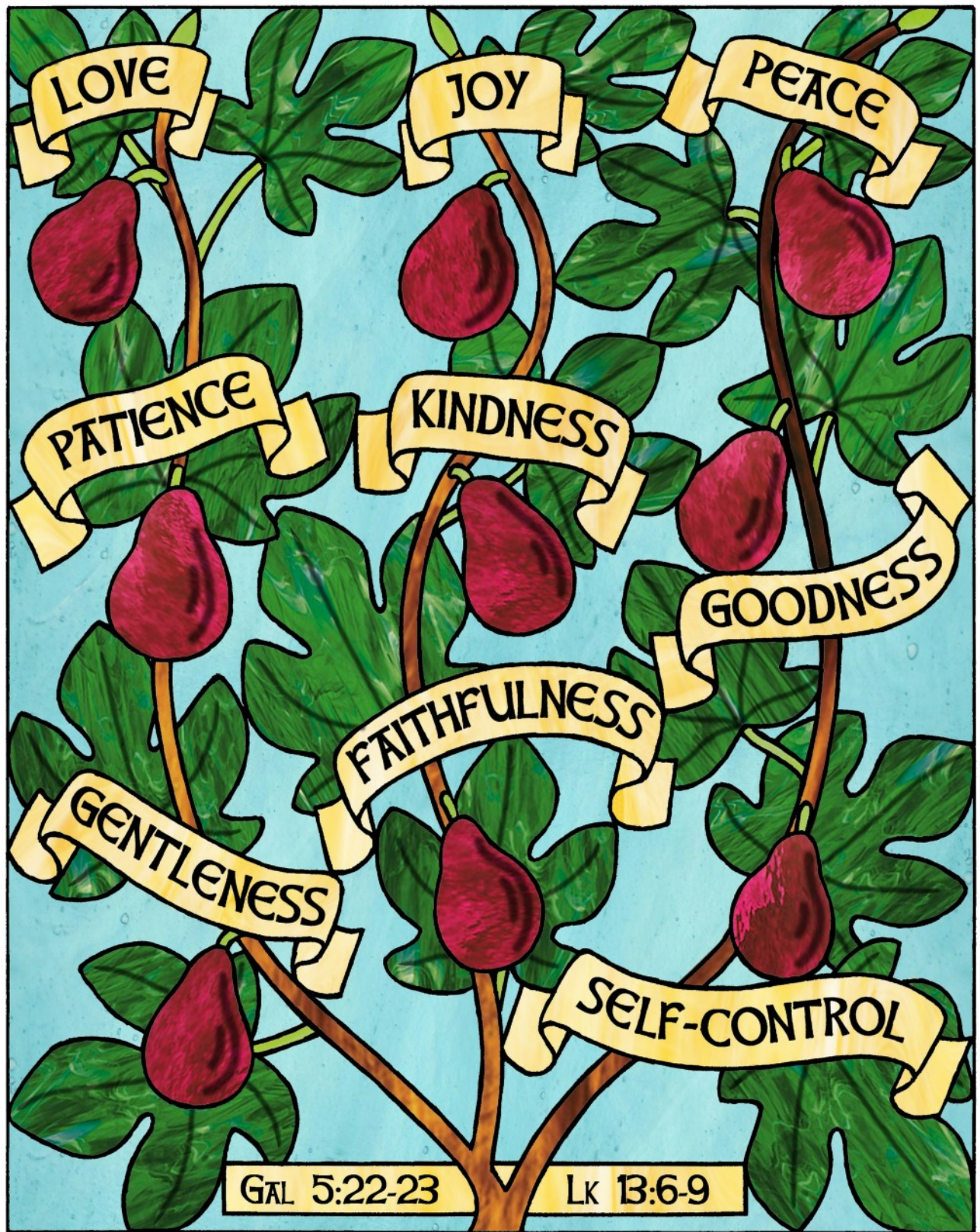


# Heart of Eden

## June 2025

The News Magazine of the Benefice





# What's on in June in the Heart of Eden?

Date	Time	Place	Event
1 <sup>st</sup>	6pm	Sands Methodist Church	Filling Station Celebration
1 <sup>st</sup>	1 – 4pm	Warcop Parish Hall	Fun Dog Show
1 <sup>st</sup>	1pm	Colby Village	Village Walk
3 <sup>rd</sup>	2:30pm	St. Lawrence, Appleby	Healing Service
3 <sup>rd</sup>	6:30 – 8:30	Appleby Bowling Club	Taster Sessions (& every Tuesday)
3 <sup>rd</sup>	10am	Temple Sowerby Victory Hall	Coffee Morning
3 <sup>rd</sup>	7 pm	Brampton Village Hall	Book Club
4 <sup>th</sup>	12:30	Brampton Village Hall	Brampton Ladies
5 <sup>th</sup> - 8 <sup>th</sup>	All day	Appleby Public Hall	Horse Fair Markets
5 <sup>th</sup>	11:30 – 1 pm	Warcop Parish Hall	Soup and Pud
7 <sup>th</sup>	10:30 – noon	Milburn Village Hall	Village coffee morning
7 <sup>th</sup>	11 – 2	St. Andrews' Churchyard, Penrith	Refugee week community event
9 <sup>th</sup>	2 – 4pm	Public Hall Supper Room	Evergreens
9 <sup>th</sup>	7:30pm	Ormside Village Hall	Country Dancing ( <i>maybe</i> )
10 <sup>th</sup>	2:30 – 4:30	St. James, Temple Sowerby	Rainbow Café
10 <sup>th</sup>	10 – 11:30am	Warcop Parish Hall	Coffee Morning
11 <sup>th</sup>	7:30pm	The Hollies, Asby	Asby Fellowship – John Bevan
11 <sup>th</sup>	7:30pm	Brampton Village Hall	Eden Valley Woodturners
11 <sup>th</sup>	10:30 – noon	Ormside Village Hall	Coffee Morning
14 <sup>th</sup>	10:30 – noon	Colby Village Hall	Coffee morning
15 <sup>th</sup>	12:30 →	Asby Old Rectory	BBQ i.a.o. church funds
15 <sup>th</sup>	7 pm	New Inn Brampton	Quiz
16 <sup>th</sup>	2 – 4pm	Public Hall Supper Room	Evergreens
17 <sup>th</sup>	10am	Temple Sowerby Victory Hall	Coffee Morning
17 <sup>th</sup>	7:30pm	Ormside Village Hall	Craft Evening
18 <sup>th</sup>	7 pm	Brampton Village Hall	Village Social
19 <sup>th</sup>	7:30pm	St. John's church, Skirwith	Corpus Christi Eucharist
19 <sup>th</sup>	7:30pm	Warcop Parish Hall	Film – “Sunshine on Leith”
21 <sup>st</sup>	10:30 – noon	Milburn Village Hall	Church coffee morning
21 <sup>st</sup>	10:30 – 4pm	Ormside Village Hall	Quiz Night
23 <sup>rd</sup>	2 – 4pm	Public Hall Supper Room	Evergreens
23 <sup>rd</sup>	7:30pm	Ormside Village Hall	Country Dancing
25 <sup>th</sup>	10:30	Sands Methodist Church	Memory Club
25 <sup>th</sup>	7:30pm	The Hollies, Asby	Asby Fellowship – Andrew Burrell
25 <sup>th</sup>	10:30 – noon	Ormside Village Hall	Coffee Morning
26 <sup>th</sup>	11am	St. Lawrence, Appleby	Expedition Brass
27 <sup>th</sup>	7:30	Warcop Parish Hall	Amateur Dramatics Quiz
28 <sup>th</sup>	All day	Appleby Public Hall	Northern Crafts Markets
28 <sup>th</sup>	7pm	Appleby Public Hall	Lights, Camera, Appleby – “Conclave”
28 <sup>th</sup>	10:30 – 12:30	St. Peter's Church, Asby	Coffee etc. in aid of church
30 <sup>th</sup>	10am	St. Peter's Church, Asby	St. Peter's day service
30 <sup>th</sup>	7pm	St. Lawrence, Appleby	David Price, organist

## 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](mailto:applebymc@carlisle-diocese.org.uk) See also article later in newsletter

**Methodist Minister:** Rev. Stephen Radford: ☎ 017683 71202

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



## What a Waste

Firstly a thank you to those who will help in collecting waste following the Horse Fair.

For the Easter weekend the Cumberland and Westmorland Herald had a prominent feature on the processing of our waste (derived from this source: <https://cumbriacrack.com/2025/04/14/inside-cumbrias-secret-world-of-waste/>). This gave useful insight into what happens to the bags and box we put out, though it failed to cover the eventual destination of so much plastic.



From time to time we read of the dumping of plastics in underdeveloped countries, where it may be burnt in pits polluting the air or end up polluting waterways. There are vortexes forming giant garbage patches in our oceans. Micro plastics are ingested by aquatic creatures to enter our food chain so that it resides in each of us with unknown effects. There is so much we don't know from the toxicity of materials affecting our land and rivers to the leaching of chemicals into our water from a plastic bottle.

Waste as we understand it hardly features in the Bible. Concern focuses more on having enough in times of want. In the New Testament there seems to be only one reference to avoiding waste. This follows the miracle of the feeding of the 5,000 where we read: *When they were satisfied, Jesus told his disciples, 'Gather up the fragments left over, so that nothing may be lost.' So they gathered them up, and from the fragments of the five barley loaves, left by those who had eaten, they filled twelve baskets.* (John 6.12-13). How many more were also then fed?

We live in such a different world but society is essentially the same with some of us consuming too much and many struggling to acquire for their essential needs. I wonder what happened to those twelve baskets. At least they wouldn't have contained plastic. Today we would do well to take our surplus to a food bank.

God has placed us in a world of finite resources and given us a duty to look after them; not only for the sake of ourselves and our human neighbours however far away, but also for the other creatures who depend on them too – especially water. Conserving resources is basic to survival and could form an eleventh Commandment

Waste is a massive problem but each of us can do our bit, whether by dealing responsibly with packaging or by litter picking, or just consuming less. This is commonly summed up in the mantra: 'reduce, reuse, recycle'. Charity shops play a valuable role here.

See also <https://www.wrap.ngo/> The Waste and Resources Action Programme.

Lisle Ryder.

### Church Registers March to May 2025

<b>Marriage</b>	<b><i>We congratulate</i></b>	
5 <sup>th</sup> March	James McMullen & Emma Harley	St Lawrence, Appleby
26 <sup>th</sup> April	Richard Addison & Lauren Wharton	St Lawrence, Appleby
<b>Funerals</b>	<b><i>May they rest in peace and rise in glory</i></b>	
3 <sup>rd</sup> March	Ann Aldridge	St. Michael, Kirkby Thore
12 <sup>th</sup> March	Bernard Braithwaite	St. Cuthbert, Milburn
17 <sup>th</sup> March	John Nicholson	SS. Margaret & James, Long Marton
19 <sup>th</sup> March	Rosie Alderson	St Lawrence, Appleby
25 <sup>th</sup> March	Moya Beatrice Wilks	SS. Margaret & James, Long Marton
10 <sup>th</sup> April	Thomas Brass	St. John, Murton
16 <sup>th</sup> April	Stuart Poole	SS. Margaret & James, Long Marton
17 <sup>th</sup> April	John Tallentire	St. Peter, Asby
22 <sup>nd</sup> April	Andrew Jones	St Lawrence, Appleby
2 <sup>nd</sup> May	Mary Cragg	St. Michael, Kirkby Thore
12 <sup>th</sup> May	Mary Tyleer	St. Columba, Warcop
20 <sup>th</sup> May	+George Hacker	St. Cuthbert, Milburn

Electronic copy by email is preferred; email address [heart-of-eden-editor@hotmail.co.uk](mailto:heart-of-eden-editor@hotmail.co.uk). Please identify the content in the email subject line and in the name of each attachment. It would help if you could please send any payments for advertising in envelopes clearly marked 'Advertising Manager'. Prices on application for commercial advertisements - payment in advance, please! We are very grateful for the very generous donations made by various groups and individuals towards the running costs of this Newsletter. The editor welcomes articles (and front cover photographs) for this magazine – relevant to the time of year, book reviews, travel articles, etc. We will accept 'Small Ads' (suitable for a Church Magazine), and they will cost £5 for up to 40 words. Please email it to the editor as above or write it on a piece of paper, with your address, and leave it in the Heart of Eden tray near the main church door of St. Lawrence's. Put an envelope, with a £5 note in it, and marked 'HoE Small Ad' and something to identify it, in the safe, which is straight ahead of you as you enter the church. To be included in a particular edition of the newsletter, please do this before noon on the 14<sup>th</sup> as with other items. n.b. (1) please make cheques payable to 'The Heart of Eden Expenses Account' (2) let the editor know ( 07.401.425.430). On-line delivery of this newsletter is strictly by the editor's list of email addresses, or as a link from "A Church Near You" (<https://heartofeden.org.uk/>),

# New Bishop of Carlisle

Downing Street has announced that His Majesty The King has approved the nomination of the Rt Rev Rob Saner-Haigh as the 68th Bishop of Carlisle. In May 2022, Rob was appointed the Bishop of



Penrith and has been the Acting Bishop of Carlisle since September 2023. Having served his curacy in the county from 2005, he has ministered for all but two years in Cumbria. Bishop Rob served his curacy in Appleby Deanery before moving to the parishes of Dalston with Cumdivock, Raughtonhead and Wreay. He was Bishop's Chaplain for three years and Director of Ordinands for two. From 2010 he was the Vicar of Holy Trinity Kendal and assistant Rural Dean for seven years prior to his move to the Diocese of Newcastle in 2020 to take up the position of Residentiary Canon Director of Mission and Ministry. He returned to Cumbria in 2022 following his appointment as Bishop of Penrith. Bishop Rob succeeds the Rt Rev James Newcome as Bishop of Carlisle, following his retirement in August 2023. A service of installation and welcome will take place at Carlisle Cathedral on a date to be confirmed..

## Church of England

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



Churchwarden and Secretary: Jo Ayres (☎52017)

Expedition Brass is a brass duo who are currently on an "expedition" to play in all the parish churches in Cumbria. To the time of writing they have played in 110 churches so far. This will be in St Lawrence's on Thursday June 26<sup>th</sup> at 11am. The project is that they are happy to come and play whether there is an audience or not. So just pop in if you can, even if it's just for a few minutes, and listen to them play. They are both experienced brass players based in the south of the county.



We are delighted to welcome David Price back to St Lawrence's on Monday June 30<sup>th</sup> as part of his 2025 recital tour. Although David retired to Thailand some time ago, he has been undertaking an annual recital tour for many years. His recital starts at 7pm and will be followed by drinks and canapes, offering a chance to meet and chat with David. Further information is on the poster printed elsewhere in this newsletter.

### 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 [mblackett-ord@5sblaw.com](mailto: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 (10<sup>th</sup> June) 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](mailto:andrew.sterling@methodist.org.uk) ☎017683.51244

## Duften with Knock Methodist Church



Secretary: Mrs. Avril Swinbank  
email [dacreandavril@gmail.com](mailto:dacreandavril@gmail.com) or  
☎017683.53102

## Sands Methodist Church



General Enquiries Alastair Kirkpatrick on  
email [am.kirkpatrick@yahoo.com](mailto:am.kirkpatrick@yahoo.com)  
or ☎017683.51184

## Warcop Methodist Church



Secretary: Mrs. Glenda Burton on  
email [cotehouse@aol.com](mailto:cotehouse@aol.com)  
or ☎017683.98067

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



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

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](http://www.upperedenfoodbank.org.uk)

These may also be helpful:

Citizens Advice Carlisle & Eden:

03300 563 037, or Facebook

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

017683 71775,

Cumbria County Council Community Support:

01228 221100

## Children's Society

Thank you so much to all the Children's Society box holders. The grand total was £207.81. Thanks to all who attended the Christingle Service, and all who made the



Christingles. If you want to support this charity, please collect a spare box from St. Lawrence's and leave your name and phone number in an envelope in the safe, so that I can contact you

Lorna Atkinson

Sorry Lorna - this should have gone in months ago! Ed.

## (Filling Station) Celebration

Meeting at Sands Methodist church at 6pm on the first Sunday of the month (1<sup>st</sup> June).

## 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](mailto: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 (3<sup>rd</sup> June) - 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 [welcomenhh@gmail.com](mailto:welcomenhh@gmail.com)



## Citizens Advice Carlisle and Eden Volunteers needed

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

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

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

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

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

## Inner Wheel

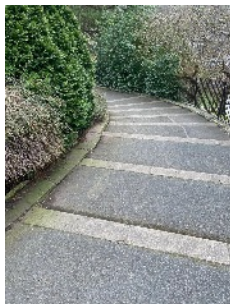
We have two manual wheelchairs for temporary use by local people. They are kept at my house, 15 Boroughgate, and can be borrowed for a nominal deposit of £10. If the borrower cares to make a donation to Inner Wheel Charities after the loan, that would, of course, be welcomed.

Contact Stan Rooke on ☎017683 52864.

## Appleby Smarter.

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

Since the group restarted in February we have brushed various steps to help make them safer, tidied public gardens, sanded / cleaned / painted some of the many benches / cleared footways / footpaths.



As much chatting as working goes on plus sometimes a cuppa at the end.

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

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

- then here is your opportunity!

Ring or email Mike if you would like to know a bit more, on ☎0775 192 4982 or email [applebysmarter@gmail.com](mailto:applebysmarter@gmail.com)

## Tourist Information Centre

Open 10 - 3 Monday to Saturday until October

Not just for visitors! Locals are all welcome too. Come in and browse

Please see our website [www.visitappleby.com](http://www.visitappleby.com) for services and other information we provide. Social Media Facebook: Appleby Tourist Information Centre, Twitter/X @applebytown, Instagram @applebytic

## 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](http://www.penrithredsquirrels.org.uk) to

donate. If you would like a talk for your club/group we can arrange them. Coffee mornings and other

fundraising events would also help. Find us on Facebook.



## Public Hall Coffee Mornings

No coffee mornings as such this month, but there will be:

5<sup>th</sup> to 8<sup>th</sup> Appleby Horse Fair Markets, and  
28<sup>th</sup> all day in main hall - Northern Crafts Market

## Bus Talk

### 563 Penrith to Kirkby Stephen Bus Service



Since 31<sup>st</sup> March, the 563 bus service

operated by Stagecoach now runs between Penrith and Kirkby Stephen, Monday to Friday. Weekday buses have doubled 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 is possible for Eden Valley residents to use the 563 to arrive in Penrith before 08.30, enabling them to access education and work within office hours. There is now also a late afternoon departure at 16.10 and a final departure at 17.40 from Penrith.

The Saturday 563 service between Penrith and Kirkby Stephen has not been changed.

Timetables are available from Appleby TIC or online at [westmorlandandfurness.gov.uk/buses/563](http://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 opposite Appleby Moot Hall at 09.30 and arrives at Kendal bus station at 10.30 and returns from Kendal at 13.30, arriving back at Appleby Moot Hall at 14.30.

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 online at [westmorlandandfurness.gov.uk/buses/561](http://westmorlandandfurness.gov.uk/buses/561)





## Annual Council Meeting and Mayor Making 2025

Appleby Town Council's Annual Meeting and Mayor Making took place on Wednesday 7th May. Cllr Pamela Davidson was re-elected as Chair of Appleby Town Council and Mayor of Appleby-in-Westmorland, alongside her Deputy, Cllr Duncan Curley. Other appointments for the coming year were The Reverend Andrew Burrell as the Mayor's Chaplain, David Johnson as Mace Bearer and Lydia Thwaites as the Mayor's Cadet and Sword Bearer.

### VE 80 Day Celebrations

Appleby had a very successful day of celebrations on Thursday 8th May, in commemoration of the 80th anniversary of VE Day. Celebrations kicked off at 9am with the raising of the unique VE 80 Day flag and the Proclamation read out by Mayor, Cllr Pamela Davidson, in line with many other towns and cities throughout the country. The group then headed up Boroughgate to the British Legion Club to plant the final 80th poppy, which had been made by Appleby Craft Women. Appleby Council hosted tea and cupcakes in the TIC and welcomed many visitors, including children from Appleby Primary School and Bolton Nursery. At 12 noon there was a two minute silence, followed by the Royal Deeside Bagpiper who played the specially composed tune 'Celebratum' written for the bagpipes to commemorate VE Day 80. There were many other events going on in town, including afternoon tea at Castle Bank and Appleby Methodist Church, which both proved very popular! The day ended with the lighting of the VE 80 Day Beacon on Fair Hill at 9.30pm, which was well supported and was the perfect end to a day of celebration.

### Annual Town Meeting and Community Achievement Awards

The Annual Town Meeting took place in Appleby Public Hall on Wednesday 20th April 2025, and over 20 local groups gave an update on their previous year's activities, really highlighting what a great town Appleby is! As part of the meeting, the winners of Appleby's new Community Achievement Awards were announced. The Business Champion was Lucy Richardson from Appleby Business Services, who always going over and above to help people. The Environmental Champion was Nikki Brabant for the hard work she does with Appleby Wombles, being called the 'driving force and inspiration' behind the group. Two Community Champions, Jennie Whitfield for her work with Eden Animal Rescue, raising amazing amounts of money for the charity, and Archie Spence for being the driving force of Appleby Community Acting Together. All very worthy winners!

### Appleby's Magna Carta!

Harvard Law School in America have discovered that what they believed to be copy of a Magna Carta, is in fact an extraordinarily rare and lost original Magna Carta from 1300, in the reign of King Edward I, that could be worth millions. The Magna Carta, one of the most significant documents in history, was circulated across the counties of England between 1215-1300 by successive kings. Although there may have been 200 originals, it is believed only 24 of them survive today.

The professors, who spent a year researching Harvard's document, believe it is from Appleby, who believe the trail from

Appleby to Harvard involves the Lowthers, who gave the document to Thomas Clarkson, a leading abolitionist of the 1780s. Clarkson's estate passed through a series of heirs to the Maynard family, then at the end of 1945, AVM Forster Maynard sold it at auction at Sotheby's to Harvard Law School.

### Waste & Recycling Survey

Following a 'Community Conversation' survey last year, Westmorland & Furness Council have listened to feedback, trialled different collection methods and containers and looked at potential costs and savings to come up with a list of possible options for future waste and recycling services across the whole of Westmorland and Furness.

They are now asking for residents to give their thoughts on those options. Read more about the options and complete the Waste and Recycling Options survey by visiting: <https://www.surveymonkey.com/r/wasteoptions>

Community feedback on these options will help to finalise proposals for improved, consistent services that meet the communities' needs

## Appleby Edibles

Come and grow with us!

### Who are we?

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

### Where are we?

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

### When are we open?

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

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



## Community Transport

(Supported by Westmorland and Furness Council)

### Community Wheels service

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



### Voluntary Social Car Scheme

This Scheme offers transport for a small charge to anyone in the community of Appleby and District who needs it (under 18s must be accompanied). To use this service please contact Valerie Kendall, Scheme Co-ordinator, on ☎017683 53159. **N.B. You may have to leave a message. If you do, be sure to leave your telephone number or other way of contacting you! See also advert., p.13**



# Appleby Clubs, etc.

## Appleby in Westmorland Society

So far as I know, no meeting in June, but there will be a meeting on 17<sup>th</sup> July, titled "The Hole in Hadrian's Wall" (Sycamore Gap related?? Ed.)

## Appleby Bowling Club



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

**Regular Free Taster Sessions are held on Tuesday Evenings 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](mailto:metcalfe6xy@btinternet.com)

## Appleby Evergreens

Evergreens in the Public Hall Supper Room from 2 - 4 pm generally on alternate Mondays (but this month 9<sup>th</sup>, 16<sup>th</sup> and 30<sup>th</sup>)

## Appleby Rainbows, Brownies and Guides

Our team at Appleby Friends of Guiding and our leaders make everything run really smoothly. However, we are in need of more volunteers to help with our thriving units. We particularly need volunteers for Rainbows on Thursday 5:00 - 6:15pm and Brownies Wednesday from 5:00 - 6:15pm. We are looking for people who could help either on a weekly basis or regularly on a rota basis. You may be 18-20 and looking for some experience of working with children to help with your future career, or have a daughter at one of the groups and could be involved, we



### Appleby Rainbows, Brownies and Guides



## JOIN US



#### Meeting times:

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

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

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

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

Message the group for more information:

[kath1nunn@gmail.com](mailto:kath1nunn@gmail.com)

or  Appleby Rainbows, Brownies and Guides

would welcome any younger/older siblings to join you, or a grandparent or trainee grandparent who has time and a wealth of experience to offer. If you feel you are able to support our units or want to come along and find out more, please contact me directly at [kath1nunn@gmail.com](mailto:kath1nunn@gmail.com)

*Kathryn Nunn*

Chair Appleby Friends of Guiding

## 1<sup>st</sup> Westmorland Scout group

We're still recruiting:

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

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

Contact: ☎/WhatsApp 0333 339 3710, or

<https://edenscouts.org.uk>

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

## Appleby Hub Patchworkers

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

## Lights...Camera...Appleby

### Saturday 28<sup>th</sup> 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.



Conclave won a total of five film awards in 2025, including the Academy Award for Best Adapted Screenplay, four BAFTAs (Best Film, Outstanding British Film, Adapted Screenplay, and Editing), and the Golden Globe Award for Best Screenplay.

We will be serving a delicious Italian lasagne with a green salad and garlic bread cooked by James Brighurst, former chef patron of Angelo's Italian Restaurant, Appleby. A vegetarian option will be available.

**Please book food tickets well in advance to avoid disappointment.**

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

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

## Memory Club in Appleby

Meetings are held (generally) on the 2<sup>nd</sup> & 4<sup>th</sup> Wednesdays of each month at Sands Methodist Church Hall 10.30am -12 noon. However the club has an outing on Wednesday 11<sup>th</sup> June and will not be meeting in Sands Church Hall on that date. The usual meeting will take place on the 25<sup>th</sup>. All are welcome, particularly those with memory loss. There will be light refreshments, games, crafts, music and singing. For further information please contact:-

Anne ☎017683 51219

Tim ☎017683 52640

## Probus Club

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

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

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

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

## Appleby Rotary Club

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

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

Alastair Bell - Appleby Rotary Club on [atbell@btinternet.com](mailto:atbell@btinternet.com) or ☎07970597536 / 017683 51547

## Villages

### Asby

Wed. 11<sup>th</sup> 7:30 pm The Hollies Asby Fellowship with John Bevan

Sun 15<sup>th</sup> 12.30 pm onwards BBQ, The Old Rectory: tickets (£12) from members of Asby PCC - in aid of church funds

Wed. 25<sup>th</sup> 7:30 pm The Hollies Asby Fellowship with Andrew Burrell

Sat. 28<sup>th</sup> 10:30 -12:30 St. Peter's Coffee, cake & chat in aid of church funds

Mon. 30<sup>th</sup> 10am St. Peter's Asby school St. Peter's day service

Asby lunchers discontinued meanwhile, but watch this space!

### Brampton Village Hall

Every Thursday at 6:30pm — Table Tennis: Equipment provided, all ages & abilities welcome

Tue 3<sup>rd</sup> 7:00pm Book club: Maid of Buttermere by Melvyn Bragg

Wed 4<sup>th</sup> 12:30pm Brampton Ladies: 11th June, Fairfield Mill, Sedbergh. Almost 100 local artists and makers exhibit here or can be seen working in their studios, 3 exhibitions, weaving looms in use and a good café.

Wed 11<sup>th</sup> 7:30pm Eden Wood Turners

Sun 15<sup>th</sup> 7:00pm Quiz in the New Inn

Wed 18<sup>th</sup> 7:00pm Village Social: Chat with your neighbours. Refreshments provided or BYOD drink & food

### Colby Village Hall

Sun. 1<sup>st</sup> 1pm Village Walk, followed by Afternoon Tea from 2.30 (walk not compulsory for Tea!)

Sat. 14<sup>th</sup> 10:30 — noon Coffee Morning

### Long Marton

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

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

### 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 24<sup>th</sup> July (*I think - Ed.*).

All welcome. Please contact Helen for more details on ☎074848 44142 or email [bendelowh@gmail.com](mailto: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 28<sup>th</sup> (free) Please enquire at the Library or ☎51170

## Milburn

Village coffee mornings first Saturday of each month (7<sup>th</sup> June).  
Church coffee mornings third Saturday of each month (21<sup>st</sup> June),  
both 10:30 to noon.

## Ormside

Village hall coffee mornings are second and fourth Wednesdays (11<sup>th</sup> and 25<sup>th</sup>), from 10.30 till noon.

Craft Night is on the third Tuesday of the month (i.e. 17<sup>th</sup> June) at 7.30 pm.

Country Dancing on the 23<sup>rd</sup> June (9<sup>th</sup> June **maybe!**)

Quiz at 7pm for 7:30 on Saturday 21<sup>st</sup> June

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 1<sup>st</sup> and 3<sup>rd</sup> Tuesdays of the month (3<sup>rd</sup> and 17<sup>th</sup> June) at the Victory Hall. All are welcome.

Rainbow Cafe is held on the second Tuesday of every month in Temple Sowerby Church (10<sup>th</sup>) from 2.30 to 4.30 pm

## Warcop - Parish Hall

Mondays 6:30 - 8 Table tennis club

Sunday 1<sup>st</sup> 1 - 4pm Fun Dog Show

Thursday 5<sup>th</sup>, 11.30am - 1.00pm. Soup and Pudding, Come and join us for lovely homemade soup and pudding. £7 per person, including tea or coffee.

## Monthly Coffee Morning

Saturday 14<sup>th</sup>, 10 - 11.30am Tea, Coffee & Biscuits £1.50 with unlimited refills. Bacon, Sausage & Veggie Sausage rolls available to purchase. Everyone Welcome!

## Warcop Quiz

Friday, 27<sup>th</sup> June, 7.30pm - 10.30pm

Warcop Amateur Dramatics Group have chosen Warcop Parish Hall again to host a quiz night to raise funds for their second Christmas pantomime, as it was such a roaring success last time! As for most of the quizzes held at Warcop, there will be pie, peas and pud (pies from Low Howgill butchers, Appleby). £10.00 per person, including food. The quiz starts at 7.30pm and food will be served around 8.15-8.30pm. *(No need to dress up! Ed.)*

Maximum 6 per team - prizes for top 3 teams! / Licensed bar (NOT BYO) / Raffle Call Carol on 017683 53450 (carolwhite1@onetel.com) or Sue on 07741 464921 to book your tickets by midday on Tuesday, 24<sup>th</sup> June.

Please state when ordering whether you would prefer the steak, vegan, vegetarian or gluten-free option.

## Remote Cinema -

Thursday 19<sup>th</sup>, 7.30pm - 10.00pm

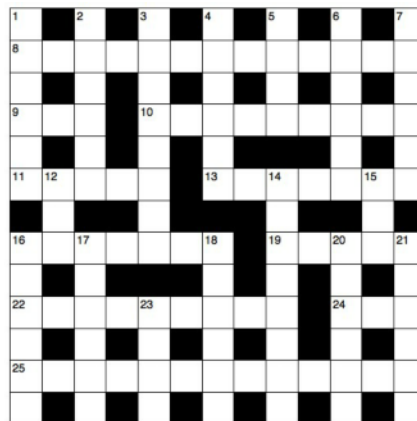
Sunshine on Leith (PG).

A musical comedy with a touch of romance. Sunshine on Leith is based on the stage hit of the same name, featuring music by pop-folk band The Proclaimers. The film follows the stories of Davy and Ally, who have to re-learn how to live life in Edinburgh after coming home from serving in Afghanistan.



Refreshments available during the interval, including ice creams.  
Adults: £5.00. Children under 16: £3.00

## Monthly Crossword



### Across

8 Laban complained he had not been allowed to kiss them when Jacob fled with his family (Genesis 31:28) (13)

9 In favour of (3)

10 'The child's father and mother - at what was said about him' (Luke 2:33) (9)

11 Swagger (Psalm 12:8) (5)

13 'Terrors - him on every side and dog his every step' (Job 18:11) (7)

16 Bay bits (anag.) (7)

19 Preach, address an audience, speak in public (5)

22 Holy Communion (9)

24 'On their way to - out the land, Joshua instructed them, "Go and make a survey of the land"' (Joshua 18:8) (3)

25 Joseph advised Pharaoh to appoint these to administer his grain storage plan (Genesis 41:34) (13)

### Down

1 'Assyria's pride will be brought down and - sceptre will pass away' (Zechariah 10:11) (6)

2 'And Jesus grew in wisdom and stature, and in - with God and men' (Luke 2:52) (6)

3 The descendants of Esau (Genesis 36:9) (8)

4 The components of the crown that Jesus was made to wear before his crucifixion (John 19:2) (6)

5 Colour of cloth which was to cover holy objects in the tabernacle when moving camp (Numbers 4:6-12) (4)

6 One of the gold articles plundered from the Midianites offered to the Lord by the Israelite army 'to make atonement' (Numbers 31:50) (6)

7 'The fathers have eaten sour grapes, and the children's teeth are set - - ' (Jeremiah 31:29) (2,4)

12 Ate (anag.) (3)

14 'We ourselves... groan inwardly as we wait eagerly for our - as sons' (Romans 8:23) (8)

15 Abram's nephew (Genesis 14:12) (3)

16 Rupture (Job 30:14) (6)

17 'Yet to all who received him... he gave the right to - children of God' (John 1:12) (6)

18 'I... asked him the true meaning of all - - he told me and gave me the interpretation of these things' (Daniel 7:16) (4,2)

20 Military units (Exodus 14:20) (6)

21 'Joseph her husband was a righteous man and did not want to - her to public disgrace' (Matthew 1:19) (6)

23 Diva (anag.) (4)



## The Nicene Creed: Who is God?

'We believe in one God, the Father, the Almighty, Maker of heaven and earth, of all that is, seen and unseen.'

2025 sees the 1700th anniversary of the Nicene Creed. We use it at Communion services, but how much notice do we take of the words? In this new series we are looking at what it means to believe in God as Trinity.

**We believe:** In Greek, the Creed begins 'we believe' (in Latin, 'I believe.'). It was formulated at the time of Arius, who declared that Jesus was the first and greatest of God's creatures, but not the same as God the Father. His teaching proved so damaging that the Emperor Constantine called an ecumenical council in Nicaea (AD 325) to clarify the core beliefs for all Christians.

**in one God:** We believe in a God who is both one and Trinity: 'Hear, O Israel: the Lord our God, the Lord is one' (Deuteronomy 6:4). He is the Old Testament God, who we know through the life and work of Jesus and the Holy Spirit. We are to worship Him alone and not people or things.

**the Father, the Almighty:** God is both the almighty Creator and loving Father: 'Our Father in heaven, hallowed be Your name' (Matt 6:9). Although the Father of all that exists, He is specifically Father to those who His children through their faith in Jesus.

**maker of heaven and earth:** God comes before anything that was created, and Creation is His alone: 'In the beginning God created the heavens and the earth. Now the earth was formless and empty' (Genesis 1:1,2). The implication is that He created 'ex nihilo' ie out of nothing. He is one God who is unchangeable, lacking in nothing and the source of all that exists.

**of all that is, seen and unseen:** God did not just create the physical universe, but also the spiritual powers: 'For in Him all things were created: things in heaven and on earth, visible and invisible, whether thrones or powers or rulers or authorities; all things have been created through Him and for Him.' (Colossians 1:16). Reality is more than what we can see, smell, taste, touch or measure.

The Creed establishes the 'big picture' of who God is and challenges our commitment to Him. How do these opening words of the Nicene Creed speak to us today?

## Mini is named the best-ever British car

What is your favourite British car? Think of the Land Rover, Aston Martin, McLaren, Bentley and Rolls Royce. Then think of the Mini. That is what a group of judges for the Auto Express did recently, and they chose the Mini.

Their verdict? "Put simply, we reckon no other British-built vehicle better represents the relevant, innovative and pioneering UK automotive industry quite like the world's original small car."

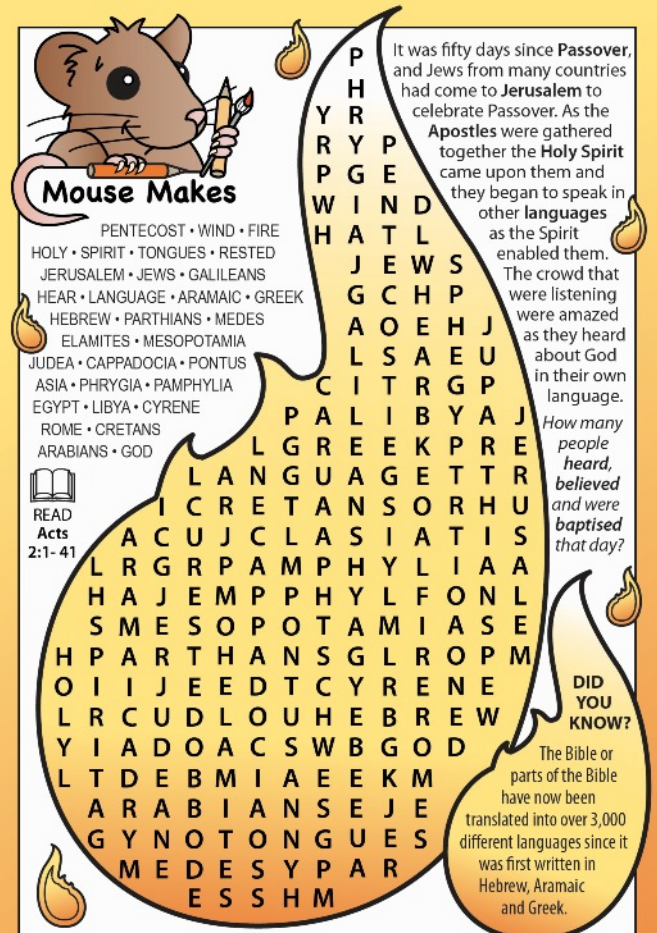
Phil McNamara, editor at large, Auto Express, adds: "there was only ever going to be one winner of our Top 50 Brit cars rundown. The Mini was crowned undisputed champion."

It was in the late 1950s that the British Motor Corporation (BMC) asked car designer Alec Issigonis to come up with a sub-three-metre compact car that could accommodate a family of four. The result was the Mini, soon beloved of the public, celebrities and even (in a modified version) racing drivers.

The modern version of a Mini Cooper is nearly 90cm longer than the original, and prices starts at about £25,000.



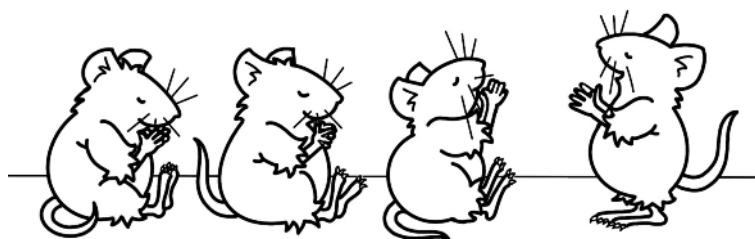
## The Tale of the TWO MEN SAYING THEIR PRAYERS





Jun2502 deborah noble • parishpump.co.uk



# Crossword solution



## Benefice Service

Sunday June 29<sup>th</sup> 2025  
10:30am

St Peter's, Great Asby

A Celtic Communion Service  
with a St Peter's Theme  
for the Patronal Weekend

## ALL ARE WELCOME



**St John's Church  
Skirwith**  
Thursday June 19th  
7.30pm

### Solemn Eucharist for The Feast of Corpus Christi

**Revd Richard Corrie**  
*(St Mary's, Wigton)*  
will Preside

**Ven. Ruth Newton**  
*(Archdeacon of Carlisle)*  
will Preach



St Lawrence's Church  
Appleby-in-Westmorland

## Celebrity Organ Recital

Monday June 30th  
7.00pm

return visit of  
**David Price**  
*(Pattaya, Thailand)*

Free Admission  
suggested donation:  
£10 *(adults)* £3 *(students)*  
*to include candles, wine, & soft drinks*

Proceeds to St Lawrence's Church Organ Fund



From The Rectory

St James the Least of All

On what security cameras in church will tell you

My dear Nephew Darren



Much against my better judgement, after a recent series of small thefts, we have installed security cameras here at St James the Least of All. Thank goodness the suggestion for trip wires that opened the gate to Mrs Poppley's garden next door, thereby setting loose her deranged Pekingese, was narrowly defeated – though I had to use my casting vote.

So now we have a complete record of everything that goes on when no one is about. It makes such interesting viewing that I have cancelled my television licence and spend every evening watching the antics of my parishioners. I wonder if there is some niche television channel which would be interested; it could help the tower restoration fund no end.

Miss Margison seems to imagine she is now part of some theatrical performance every time she cleans the church; her body language as she wields a feather duster is of operatic proportions, as is her final bow to the cameras as she leaves.

I have at last found the several hiding places where Mr Prentice secretes his bottle of whisky every week when he comes to wind the tower clock.

Colonel Wainwright, who served for some time in the security services, is now worried that photographs of him cleaning the brass will be circulated in Russia. He fails to appreciate that his disguise as a French onion seller, with striped jersey, beret and waxed moustache does tend to make his presence rather more interesting than he imagines – to us, if not to the KGB.

The flower arrangers seem to imagine that we are recording sound as well as pictures and so whenever they are in church together, all gossip is written down and passed round by hand as they work in total silence. So far, they have remembered to take their pieces of paper home with them. One slip and I shall probably learn more about my parishioners in five minutes than I have done in the last five years.

The cameras have also solved the mystery of who has been pilfering the items - and even the nest where they have hidden it. If only I could teach the magpies to extract money from pockets and place it on the collection plate.

Your loving uncle,

Eustace



# BURROW

## Septic Tank Owner?

Fully funded upgrades are now available in Cumbria

Due to the nutrient pollution of river catchments in Cumbria, we are replacing septic tanks with modern treatment plants that cut down on phosphates.

This ongoing upgrade project is being funded by Westmorland and Furness Council, so you can have a positive impact on the environment, free of charge.

Register your interest online today!



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burrow-environmental.com



**Filling Station**

**Celebration**

Sands Methodist Church Appleby

6pm

Every First Sunday

Worshipping in Spirit and in Truth

**ORGANIC**



## The Good Book Club

Reading the Bible for ourselves

A safe place to share thoughts and questions while learning from each other

Every Wednesday

12.30 – 2pm

Memorial Hall  
Kirkby Thore

We also have a light lunch together  
Everyone is welcome



## REFUGEE WEEK COMMUNITY EVENT

FREE

Theme: Community as a Superpower  
Part of the UK-wide Refugee Week - 16<sup>th</sup> to 22<sup>nd</sup> June

Saturday 7th June 2025  
11am-2pm

@ St Andrews Churchyard, Penrith, CA11 7XX

### Programme

- 11am: Free activities including arts and crafts (all ages)
- 12pm: Speeches, Photo Call and Community Chain Activity
- 12:30pm: Zumba with Giovanni
- 1pm: More free activities including arts and crafts (all ages)

Free international snacks and cold drinks available.  
Superhero costumes optional!

No need to book  
- just turn up



pern.org.uk  
hello@pern.org.uk



Westmorland  
& Furness  
Council



## Appleby Guide Hut

### For Hire

£12 per hour



**Suitable for:** one off events or regular meetings e.g. children's birthday parties, workshops, day and evening courses.

**Facilities:** Clean, bright, warm hall with toilets, fully equipped kitchen, stage, disabled access and toilet.

**Contact:** Pam Sharples - [Pam.sharples@outlook.com](mailto:Pam.sharples@outlook.com) 0756234560  
or Kathryn Nunn [kath1nunn@gmail.com](mailto:kath1nunn@gmail.com) 07717841723

All hire fees go towards supporting Appleby Rainbows, Brownies and Guides



### Drop in free cafe

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Market Hall



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admin@milburn.cumbria.sch.uk  
www.milburn.cumbria.sch.uk

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**Contact Vincent**  
**Penrith: 01768 866866**  
**or 07860 289516**

**citizens advice Carlisle & Eden**

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](http://www.citizensadvice.org.uk).

For Debt/Money advice or Foodbank referrals: 03300 563037  
For help claiming Universal Credit: 0800 1448 444  
For all other enquiries: 0808 278 7844

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

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[www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

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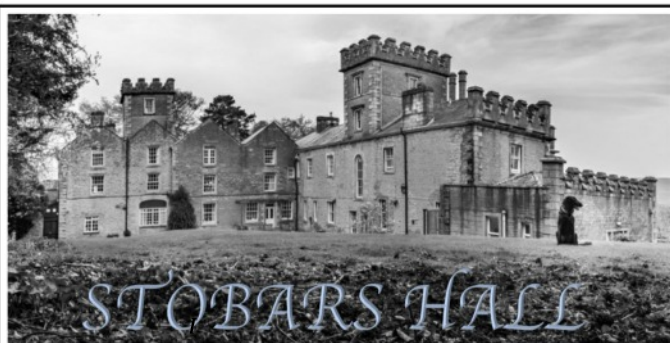


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# Church Services for June 2025

## Church of England

### St. Lawrence, Appleby

Sun.	1 <sup>st</sup>	09:00	Holy Communion
Sun.	1 <sup>st</sup>	10:45	Morning Prayer
Fri.	6 <sup>th</sup>	10:00	Holy Communion
Sun.	8 <sup>th</sup>	10:45	Holy Communion
Fri.	13 <sup>th</sup>	10:00	Holy Communion
Sun.	15 <sup>th</sup>	10:45	Lay led
Fri.	20 <sup>th</sup>	10:00	Holy Communion
Sun.	22 <sup>nd</sup>	10:45	Holy Communion
Fri.	27 <sup>th</sup>	10:00	Holy Communion

### St. Peter, Asby

Sun.	1 <sup>st</sup>	18:30	Holy Communion
Sun.	8 <sup>th</sup>	11:00	United Service @ Baptists
Sun.	15 <sup>th</sup>	18:30	Songs of Praise
Sun.	22 <sup>nd</sup>	11:00	Morning Prayer

Sun 29<sup>th</sup> 10:30 **Benefice Holy Communion**

### Boroughgate, St. Anne

Closed for the duration of building works

### Duften St. Cuthbert

Mon.	2 <sup>nd</sup>	19:00	Compline
Sun.	8 <sup>th</sup>	15:00	Evening Prayer
Mon.	16 <sup>th</sup>	19:00	Compline
Sun.	22 <sup>nd</sup>	10:30	Holy Communion

### Long Marton SS. Margaret & James

Sun.	15 <sup>th</sup>	09:15	Holy Communion (tbc)
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### Milburn, St. Cuthbert

Sun.	1 <sup>st</sup>	10:30	Holy Communion
Sun.	8 <sup>th</sup>	10:30	Holy Communion
Sun.	15 <sup>th</sup>	10:30	Holy Communion
Sun.	22 <sup>nd</sup>	18:30	Evening Prayer

### Murton, St. John

Sun.	15 <sup>th</sup>	18:00	Holy Communion
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### Musgrave, St. Theobald

Sun.	8 <sup>th</sup>	10:30	Lay led service
Sun.	22 <sup>nd</sup>	10:30	Holy Communion

### Newbiggin, St. Edmund

Sun.	1 <sup>st</sup>	10:30	Holy Communion
Sun.	22 <sup>nd</sup>	18:30	Evening Prayer

### Ormside, St. James

Sun.	1 <sup>st</sup>	10:00	Morning Prayer
Sun.	8 <sup>th</sup>	10:00	Holy Communion
Sun.	15 <sup>th</sup>	10:00	DIY
Sun.	22 <sup>nd</sup>	18:00	Evensong

### Temple Sowerby, St. James

Sun.	15 <sup>th</sup>	10:30	Service of the Word
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### Warcop, St. Columba

Sun.	1 <sup>st</sup>	10:30	Holy Communion
Sun.	15 <sup>th</sup>	10:30	Lay led
Mon.	30 <sup>th</sup>	14:00	Rushbearing

## Methodists

Sun 8<sup>th</sup> 15:00 **Connexion Service at Soulby**

Sun 22<sup>nd</sup> 16:00 **Choir at Newbiggin on Lune )**

### Sands, Appleby

Sun.	1 <sup>st</sup>	10:30	All Age Worship Richard McGregor
Sun.	8 <sup>th</sup>	10:30	Rev. Jackie Betts
Sun.	15 <sup>th</sup>	10:30	Revs. J & L Riley
Sun.	22 <sup>nd</sup>	10:30	Rev. Stephen Radford
Sun	29 <sup>th</sup>	10:30	Revs. G & R Crippen

### Duften with Knock

Sun.	1 <sup>st</sup>	10:45	Revs. J & L Riley
Sun.	8 <sup>th</sup>	10:45	Informal Service
Sun.	15 <sup>th</sup>	10:45	To Kings Meaburn
Sun.	22 <sup>nd</sup>	10:45	Mr. Harry Hutchison
Sun	29 <sup>th</sup>	10:45	Informal Service

### Warcop

Sun.	1 <sup>st</sup>	10:30	Mr. Tony Longworth
Sun.	8 <sup>th</sup>	10:30	Mrs. Penny Hilland
Sun.	15 <sup>th</sup>	10:30	To Kings Meaburn
Sun.	22 <sup>nd</sup>	16:00	Choir to Newbiggin on Lune
Sun	29 <sup>th</sup>	10:30	Informal Service

## Roman Catholic Church of Our Lady of Appleby

Sunday Mass 4pm (Sacrament of Confession available from 3.30pm) , followed on the first Sunday each month by tea and refreshments

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