

tion from the council, local voluntary organisations, clubs and associations, buses and trains, events at the villages of the Mid-Eden Valley, and we are partly supported by the advertisements which follow the news items at The Sands, Appleby; Great Asby; Warcop; and Dufton with Knock; & The Roman Catholic Church of Our Lady of Appleby. But we also bring informa on g Marton; St. Cuthbert, Milburn; St. Columba, Warcop & St. Theobald, Musgrave; St. James, Temple Sowerby; St. Michael, Kirkby Thore & St. Edmund Newbiggin. Also with additional information from Methodist Churches

# Heart of Eden

## The News Magazine of the Benefice

# June 2026



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

What's on?? What's on?? What's on?? What's on?? What's on?? What's on?? What's on?? What's on??

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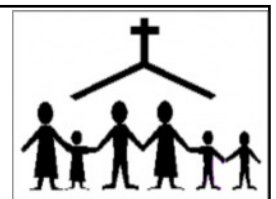
| Date                 | Time          | Place                             | Event  |
|----------------------|---------------|-----------------------------------|--|
| 31 <sup>st</sup> May | 1:00          | SS. Margaret & James, Long Marton | Benefice Service   |
| 2 <sup>nd</sup>      | 14:30         | St. Lawrence's Church             | Healing Service  |
| 2 <sup>nd</sup>      | 10:00         | Appleby Medical Practice          | Citizen's Advice Bureau (bookable)                       |
| 2 <sup>nd</sup>      | 19:00         | Brampton Village Hall             | Book Club  |
| 2 <sup>nd</sup>      | 10 – noon     | Temple Sowerby Victory Hall       | Coffee Morning   |
| 3 <sup>rd</sup>      | 19:30         | The Hollies, Asby                 | Asby Fellowship – Donald Marston                         |
| 3 <sup>rd</sup>      | 19:30         | Brampton Village Hall             | Brampton Ladies  |
| 3 <sup>rd</sup>      | 10:30 – noon  | Ormside Village Hall              | Coffee Morning   |
| 4 <sup>th</sup>      | 19:30         | Dufton Village Hall               | Book Club – "Precipice" by Robert Harris                 |
| 4 <sup>th</sup>      | 11:30 – 13:00 | Warcop Parish Hall                | Soup and Pud   |
| 5 <sup>th</sup>      | 14:00 – 17:00 | St. Lawrence's Church             | Music Mix  |
| 5 <sup>th</sup>      | 10:30         | Public Hall Supper Room           | Count Me In film morning                                 |
| 6 <sup>th</sup>      | 10:30 – noon  | Milburn Village Hall              | Village coffee morning                                   |
| 7 <sup>th</sup>      | 18:00         | Sands Methodist Church            | Celebration  |
| 9 <sup>th</sup>      | 14:30 – 16:30 | St. James, Temple Sowerby         | Rainbow Café   |
| 10 <sup>th</sup>     | 10:30         | Sands Methodist Church            | Memory Club  |
| 10 <sup>th</sup>     | 19:00         | Dufton Village Hall               | (Open Circle) Marvellous Markets - Dutch Flower Auctions |
| 13 <sup>th</sup>     | 11:00 – 16:00 | Harlea House, Gt. Asby            | Open Garden  |
| 13 <sup>th</sup>     | 10:30 – noon  | Colby Village Hall                | Coffee morning   |
| 13 <sup>th</sup>     | 11:00 – 11:30 | Warcop Parish Hall                | Coffee Morning   |
| 14 <sup>th</sup>     | 14:00         | Colby Village Hall                | Village Walk, followed by afternoon tea.                 |
| 14 <sup>th</sup>     | 14:00 - 16:30 | Long Marton Village Hall          | Vintage Afternoon Tea                                    |
| 15 <sup>th</sup>     | 14:00 – 16:00 | Public Hall Supper Room           | Evergreens   |
| 15 <sup>th</sup>     | 15:00         | Brampton Village Hall             | Film Night   |
| 16 <sup>th</sup>     | 10:00         | Appleby Medical Practice          | Citizen's Advice Bureau (bookable)                       |
| 16 <sup>th</sup>     | 19:30         | Ormside Village Hall              | Craft Evening  |
| 16 <sup>th</sup>     | 10 – noon     | Temple Sowerby Victory Hall       | Coffee Morning   |
| 17 <sup>th</sup>     | 19:30         | The Hollies, Asby                 | Asby Fellowship – Pat Bevan                              |
| 17 <sup>th</sup>     | 19:30         | Brampton Village Hall             | Eden Valley Woodturners                                  |
| 18 <sup>th</sup>     | 19:30         | Colby Village Hall                | Women's Institute  |
| 20 <sup>th</sup>     | All day       | Appleby Public Hall               | Northern Crafts Market                                   |
| 20 <sup>th</sup>     | 19:00         | Dufton Village Hall               | Fools' Gold (Blaydon Races)                              |
| 20 <sup>th</sup>     | 10:30 – noon  | Milburn Village Hall              | Church coffee morning                                    |
| 21 <sup>st</sup>     | 18:30         | St. Peter's, Asby                 | Café Church – Food for Thought                           |
| 25 <sup>th</sup>     | 19:30         | Warcop Parish Hall                | Remote Cinema – Bridget Jones – Mad about the Boy        |
| 27 <sup>th</sup>     | 19:00         | Appleby Public Hall               | Lights, Camera, Appleby – "The Choral"                   |
| 29 <sup>th</sup>     | 14:00 – 16:00 | Public Hall Supper Room           | Evergreens   |

What's on?? What's on?? What's on?? What's on?? What's on?? What's on?? What's on?? What's on??

## Church of England:

Rector: Rev. Andrew Burrell (☎07778683820)

For (C of E) baptism or wedding bookings contact Sue Wigley, Office Manager, email: [applebymc@carlisediocese.org.uk](mailto:applebymc@carlisediocese.org.uk) See also article later in newsletter



**Methodist Minister:** Rev. Ros Watson: [ros.watson@methodist.org.uk](mailto:ros.watson@methodist.org.uk) or ☎017683 51244

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

# Giving thanks for fathers

There is no finer sound in the world than your child calling you 'daddy', or 'dad'. I love it!



And as I look around our neighbourhood, dads today are far more involved in their children's lives than when I was a child. Pushing prams, holding hands while out on a walk, bathing, playing games. Dads are in all these activities and more. I see the dads on either side of our house, and they obviously love their kids with all their hearts.

Unfortunately, too many kids grow up without a stable and involved male figure in their lives over the whole of their childhood and beyond. And no prizes for guessing the outcome; when they reach fatherhood, their kids often grow up without a stable and involved male figure in their lives. The month of June brings Fathers' Day - this year on the 21st June. May all dads reading this be pampered like never before! If it's a fine day, it may be a case of 'Stand back everyone- dad's going to bar-b-q'. But before we get carried away, let's spare a thought for those who for one reason or another couldn't be dads, or whose dads fell far short of the high expectations we invest in them, or who lost a dad at a crucial time in life and feel a permanent ache where 'Dad' should be.

Our Christian faith teaches us to look at God as 'Father'- we address Him as such in the opening words of the Lord's Prayer, and it was Jesus' custom to talk to God as 'Father'. Maybe, taking into account those who have had a very mixed experience, or a bad experience of fathers, we should qualify what we say of God and call Him 'the Good Father', or 'our Good Father'.

Because that is what the experience of countless Christians would testify to; that God is a good father. I think of the picture Jesus paints in the parable of the Prodigal Son; the father on the look-out for his wayward son day after day, and when he sees him in the distance runs all the way to him to embrace him. Now in Jesus' time, in that culture, fathers did NOT run, least of all to welcome returning no-goods who had wasted half the father's fortune. Fathers were people of dignity. Run? Never!

Jesus has turned that on its head. We can be sure that a welcome awaits us; we turn to God, or return to God, and find that He's already half-way towards us, coming at speed to embrace us.

## Recent Church Registers

### Weddings

17<sup>th</sup> April  
2<sup>nd</sup> May

### We congratulate

Stacey Armistead-Burrell and Phil Divine  
Guy Wilkinson and Sally Addison

St. Lawrence, Appleby  
St. Cuthbert, Dufton

### Funerals

24<sup>th</sup> April  
29<sup>th</sup> April  
29<sup>th</sup> May

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

Graham Hunt  
Evelyn Sowerby  
Catherine Wood

St. Cuthbert, Dufton  
St. James, Ormside  
St. Columba, Warcop

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 anything to be included 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. **Most important, if you just leave hard copy in the church, tell the editor it's there, otherwise he won't know!** 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/>),

# Church of England

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



Churchwarden and Secretary: Jo Ayres (☎52017)

Please remember our on-going fund raising table top sale ( in church ) needs more small items, such as books, ornaments, knick knacks, etc. Please leave any donations at the back of the church or call 017683.53679

## St. Peter, Asby



Churchwarden: vacant

PCC lay chair: Denise Frisby ☎015396.23542

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



Churchwarden:

Mrs. M.P. Sawrey-Cookson ☎017683.61574

Tim Whittaker

## St. James the Less, Ormside



Churchwarden: Margaret Parry ☎0785.042.1343

Secretary: Richard Parry ☎07.401.425.430

## St. James, Temple Sowerby



Churchwardens:

Angela Cleasby ☎07947379412

Laura Crackanthorpe ☎07470403623

Secretary: Anne Farmer

☎017683.61770

## Methodist Church:

Minister: Rev. Ros Watson. [ros.watson@methodist.org.uk](mailto:ros.watson@methodist.org.uk) or ☎017683 51244

## Dufton with Knock Methodist Church



Secretary: Mrs. Avril Swinbank

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

☎017683.53102

## Sands Methodist Church



General Enquiries Linda Taylor on

email [ljtaylor900@gmail.com](mailto:ljtaylor900@gmail.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

## St Anne's Hospital

Single ladies are welcome to apply to the Trustees via our Clerk who can provide further details about eligibility. Please feel free to make contact if you would like to know more, for yourself or a relative.

Please email: - [info@thealmshousesappleby.org](mailto:info@thealmshousesappleby.org)

## News from the Area



Upper Eden Food Bank  
'A church led, community fed project'

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 or Web:

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

The organisations listed overleaf 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

## Count Me In at the Horse Fair

**F**IDDLES, guitars, squeezeboxes and voices in harmony will once again be sounding out in St Lawrence's parish church during this year's Appleby Horse Fair.



For the second year running the church is to host an afternoon of acoustic music and song open to anyone willing to contribute.

The Horse Fair "Music Mix" aims to bring together local singers and musicians from the "settled" community with those from among the visitors in town for the horse fair.

The Music Mix is once again organised by the Appleby Count Me In group with the backing of the Rev Andrew Burrell, chaplain to the Horse Fair, and St Lawrence's PCC.

The Music Mix will be held in the church from 2-5pm on Friday 5 June and will be jointly hosted by Bill Lloyd of Kendal, a local spokesman for the gipsy/romani/traveller community, and Brian Gaudet who runs the monthly Appleby Acoustic music and song session in Appleby Hub.

This year the Count Me In group is also hosting a morning of films about gipsy/traveller music, song and culture.

The films will include the award-nominated "A Basket Full of Eggs" (2025), "Romany Rai" (2018) which heavily features Appleby Horse Fair, and other archive footage.

The films will be shown in The Supper Room, above Appleby Public Hall, from 10.30am on Friday 5 June.

## (Filling Station) Celebration

Meeting at Sands Methodist church at 6pm on the first Sunday of the month - Sunday, 7<sup>th</sup> June

## Welcome Inn Sanctuary

We meet 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. We conclude with a short time of prayerful reflection.

On the first Tuesday (2<sup>nd</sup> June) at 2.30pm we also hold a special 'service for healing' which is an opportunity to receive prayer and anointing, for you or for someone you love. All are very welcome! We look forward to seeing you.

As a church we believe that healing is not just about people being well; it is about human flourishing and that, whatever

the state of our body, mind and spirit, all people are beloved of God.

For further information, or for prayer requests, you can email us on [welcomennhh@gmail.com](mailto:welcomennhh@gmail.com)

## 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 [kristy@pattimore.com](mailto:kristy@pattimore.com) 07480.935119 See our ad. page 12



## Citizens Advice Sessions at Appleby

These are held the first and third Tuesday of each month, (though it might be wise to check



Advice on issues including benefits, employment, housing, consumer, and family/relationship matters.

Location: Appleby Medical Practice

Bookable appointments from 10 to 11am (phone 03300 563 037 to book)

Drop in session from 11am to 1pm

## Volunteers needed

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 Advisors: 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 and enabling our much valued members out and about for a bit of fresh air, exercise and to meet new people.



Since the group restarted in February we have brushed various steps to help make them safer, tidied public gardens and helped our fellow volunteers, Friends of the Settle Carlisle Line, with tidying the station surrounds.

Soon we will be tackling the many benches around the town - cleaning or painting as necessary - please watch out for our "WET PAINT" signs!

As much chatting as working goes on plus sometimes a cuppa at the end. We usually have a couple of social events a year too - it's not all work!

If you might be interested in joining our band of volunteers, please ring or email Mike for a chat, on 0775 192 4982 or email [applebysmarter@gmail.com](mailto:applebysmarter@gmail.com)

## Tourist Information Centre

Our summer hours (until October) are 10am-3pm Monday to Saturday. Please call in for a browse of local books postcards and beautiful locally made gifts.

Events and other information can be found at [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 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

Nothing at press time for June, but...

20<sup>th</sup> all day in main hall - Northern Crafts Market

## Town Council

### Annual Council Meeting and Mayor Making 2026



Appleby Town Council's Annual Meeting and Mayor Making took place on Wednesday 6th May.

The Councillors celebrated the re-election of Cllr Pamela Davidson as Chair of Appleby Town Council and Mayor of Appleby-in-Westmorland, alongside her re-elected Deputy Cllr Duncan Curley, who unfortunately could not be in attendance.

The Mayor's Chaplain was announced as Rev Andrew Burrell; Mace Bearer as David Johnson and the Mayor's Cadet and Sword Bearer for this year as Harry Avondale. In his absence, the previous Mayor's Cadet, Lydia Thwaites, took his place.

We would like to extend a special thanks to Simon Barnham, who provided the beautiful flowers and played the piano as our guests entered.

### Annual Town Meeting - Wednesday 29th April 2026

Appleby's Annual Town Meeting took place in the Public Hall Supper Room on Wednesday, 29th April. Despite the very sunny evening, 35 people attended the meeting, for what was a lovely celebration of all the amazing work our community groups do for the benefit of the town.

As well as receiving an update from the Town Council on some of their activities over the past year, the meeting also heard from representatives of 16 groups, who gave an update on all the great work they have been doing over the past year and what their plans are for the coming year.

The meeting also hosted the second Appleby Community Achievement Awards. The awards recognise special people in our community, people who are doing exceptional things for the good of their community, who often remain behind the scenes and are not normally recognised.

### Community Achievement Award Winners

The Business Champion was presented to David Cleator. David has had his electrical shop in Appleby for over 50 years and will be missed in town when he retires very shortly.

Two awards were presented for the Environment Champion:

The first award was presented to Julie Johnstone. Julie is Chair of Appleby Edibles and Coordinator for Appleby Emergency Response Group.

The second Environment Champion award was presented to Gordon Shaw. Gordon has been a volunteer for the Red Squirrel Group for a number of years.

The Community Champion award was presented to Dawn Brown. Dawn is the only uniformed member of staff for the Appleby Air Cadets Squadron, supported by a small group of adult volunteers.

## Resident Car Parking During Appleby Horse Fair

Permits for resident parking during Appleby Horse Fair are available to collect from Appleby Tourist Information Centre. These temporary parking arrangements will support residents who do not have off-street parking on a number of streets in Appleby.

These arrangements will be in place on Chapel Street, Doomgate, Colby Lane, Clifford Street, Bellevue and Pembroke Street, from Thursday 4th to Sunday 7th June. During this period, all vehicles parked within the designated resident only areas must display a valid permit in the windscreen.

Residents living on these streets need to have their car registration number and proof of address in order to collect their permit. Each household will receive a maximum of two permits, however as on-street parking is limited, it does not guarantee a space will always be available.

Edenside Car Park will be closed from Monday 1st June to Monday 8th June, reopening on Tuesday 9th June. Permits will be available for the Leisure Centre car park for residents and businesses who require parking in town during this period and will also be supplied by Appleby Tourist Information Centre. Please ensure you have your car registration when coming in to request a permit. Although we will try our best to ensure everyone has a parking space, a number of car park spaces in the Leisure Centre are currently taken up by the compound for the contractors working on the building.

The Tourist Information Centre is open Monday - Saturday, 10am - 3pm. If you are unable to visit the centre during these hours, phone 017683 51177 ext 2, or email [clerk@applebytown.gov.uk](mailto:clerk@applebytown.gov.uk) and we will get something arranged.

## Lastly, have you ever thought about being a Town Councillor?

Are you passionate about your local community and want to help make it a better place to live and work? " Perhaps you have some great ideas or concerns about specific issues? .... then why not think about becoming a Councillor?

## Bus Talk

### 563 Penrith to Kirkby Stephen Bus Service

The 563 bus service between Penrith and Kirkby Stephen, operated by Stagecoach, runs from early morning to early evening Monday to Friday, with four journeys to and from Kirkby

Stephen and six journeys to and from Appleby. The first weekday journey arrives in Penrith before 8.30 and there is a late afternoon departure at 16.10 and a final departure at 17.40 from Penrith. On Saturday there are four return journeys, all running between Penrith and Kirkby Stephen; the first journey arriving in Penrith at 10.53 and the final departure from Penrith being at 16.55.

Timetables for the 563 service are available from Appleby TIC or online at

[westmorlandandfurness.gov.uk/buses/service/563](http://westmorlandandfurness.gov.uk/buses/service/563)

### 561 Appleby to Kendal Bus Service

The 561 service operates on Wednesdays, leaving opposite Appleby Moot Hall at 09.30 and arriving at Kendal Bus Station at 10.30 and returning 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 are eligible the £3 fare cap does not apply, and normal ticket fares apply for anyone travelling without a permit.

Timetables for the 561 service are available from Appleby TIC or online at

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

## 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).



Appleby Council are currently coordinating the scheme, and new enquiries for transport can be made by phoning ☎017683.51177 Ex. 3 or by popping into the Tourist Information Centre in the Moot Hall.

**The Voluntary Social Car Scheme for Appleby and District has over 160 potential users on its books, of whom at least 50 are active at any one time. But currently we can count the number of available drivers on the fingers of one hand and more are urgently needed. Please ring the number above for more information on how to join this valuable service to the people of Appleby and district.**

## 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)

## Appleby Clubs, etc.

### Appleby Bowling Club

Appleby Bowling Club are looking for new members, The Club has superb green and clubhouse facilities. The Summer Outdoor Season has now started, and continues to mid September. The Winter Indoor Season meanwhile starts in mid September and continues to the following April.



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

Presently we are offering a special discounted first Annual Membership fee of £35.00 for adults (free for 19 year olds and under).

Contact details:- Peter Metcalfe, Hon. Secretary, from whom further details may be obtained, on ☎01768 352306, or email: [metcalfe6xy@btinternet.com](mailto:metcalfe6xy@btinternet.com)

### Appleby Evergreens

2 - 4 pm 15<sup>th</sup> and 29<sup>th</sup> June in the public hall Supper Room

### 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.



#### 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

You may be 18-20 and looking for some experience of working with children to help with your future career, or have a daughter at one of the groups and could be involved, we would welcome any younger/older siblings to join you, or a grandparent or trainee grandparent who has time and a wealth of experience to offer. If you feel you are able to support our units or want to come along and find out more, please contact me directly at [kath1nunn@gmail.com](mailto:kath1nunn@gmail.com) Kathryn Nunn

Chair Appleby Friends of Guiding

### 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)

## Lights...Camera...Appleby

Saturday 27<sup>th</sup> Ju2ne **The Choral (12A)**

Written by one of our national treasures, Leeds born Alan Bennett (famous for 'Talking Heads' monologues and 'Lady in the Van'), this gentle, feel-good film is shot in Saltaire, a spectacular world heritage site near Bradford. Ralph Fiennes takes the lead as Dr Guthrie, a choirmaster hired by desperate locals in 1916. WW1 is well under way and it is a time of loss and confusion, with many already dead or missing and others waiting to be conscripted. It's a meddled social order, allowing some to find space they might not have otherwise occupied, shown in the new makeup of the choir which Guthrie must craft and control.



**Middle Eden Voices will be bringing live choral to our evening to accompany our savoury and sweet Yorkshire High Tea.** Vegetarian option will be available.

Please book food tickets well in advance to avoid disappointment.

Tickets £13 for food and film. Film only tickets, £4. Doors open 6pm, food served 6.15-6.30pm. Film screening at 7pm. Pay bar, raffle and interval ice-cream from the Jersey Ice Cream Farm, Melkinthorpe.

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

### 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 normally held on the 2<sup>nd</sup> & 4<sup>th</sup> Wednesdays of each month at Sands Methodist Church Hall 10.30am -12 noon, but on 24<sup>th</sup> June the Club has an outing, so the only meeting in June will be on the 10<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. 3<sup>rd</sup> 7:30 pm The Hollies Asby Fellowship - Donald Marston

Sat. 13<sup>th</sup> 11am to 4pm Open Garden at Harlea House: in aid of St Peter's Church and Dementia Research UK Refreshments available

Wed. 17<sup>th</sup> 7:30 pm The Hollies Asby Fellowship - Pat Bevan

## Brampton Village Hall

Tue. 2<sup>nd</sup> 7:00pm Book Club

Wed. 3<sup>rd</sup> 12:30pm B'ton Ladies

Mon. 15<sup>th</sup> 7:00pm Film Night

Wed. 17<sup>th</sup> 7:00pm Eden Valley Woodturners

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

## Colby Village Hall

Sat. 13<sup>th</sup> 10:30 - noon Coffee Morning

Sun. 14<sup>th</sup> Village Walk - approximately 4.5 miles. Starts at the Village Hall at 2 pm. Afternoon Tea £5 for both walkers and non-walkers available from 3 pm

Thu. 18<sup>th</sup> 7:30pm WI

## Dufton

### Village Hall Regular Weekly Events:

Mondays 10.45am - 12.30 Coffee Club (From Easter to October in the Postbox Pantry)

Fridays 9.30am - 11.30 Playgroup (in term time)

### Special Events:

Thu. 4<sup>th</sup> 7:30pm (Book Club) Precipice by Robert Harris

Wed. 10<sup>th</sup> 7.00pm (Open Circle) Marvellous Markets - Dutch Flower Auctions

Sat. 20<sup>th</sup> 7pm Fools' Gold (Blaydon Races) (??!! Ed.)

## Long Marton

The refurbishment of the downstairs room at the hall is now complete and the hall will re-open on 1st June. We now have eco friendly heating and lighting and a new insulated floor in the downstairs room which has also been decorated and there is eco friendly heating and lighting upstairs.

After the committee's hard work we hope that you will come and support our hall which is for your use. Any enquiries or if you are thinking of setting up a new activity, please contact Christine at [bookingslongmartonvi@gmail.com](mailto:bookingslongmartonvi@gmail.com) Hire rates are from £7 per hour.

Sun. 14<sup>th</sup> 2 to 4.30pm Vintage Afternoon Tea. Adults £9, children £4. Please come along to support the hall and see the work that has been going on and have a fun afternoon.

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

Village coffee mornings first Saturday of each month (6<sup>th</sup>).  
Church coffee mornings third Saturday of each month (20<sup>th</sup>), both 10:30 to noon.

## Murton-cum-Hilton Institute

Badminton 7:30 - 10pm every Thursday. All abilities welcome. £2.

## Ormside

Thank you to everyone who supported the village hall teas last month, especially all those who donated cakes and scones. We made £450.50.

Wed. 3<sup>rd</sup> 10:30 to 12 Coffee Morning

Tue. 16<sup>th</sup> 7:30 till 9pm Craft Evening

No more Country Dancing is now finished until autumn.

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

## Warcop - Parish Hall

|                       |             |  |
|-----------------------|-------------|--|
| Mondays               | 6:30 - 8    | Table tennis club                                    |
| Thursdays             | 9 - 11am    | Foyer Café (with Post Office Van 9-10am and butcher) |
| Thu. 4 <sup>th</sup>  | 11:30 - 1pm | Soup and Pud (£8)                                    |
| Sat. 13 <sup>th</sup> | 10 - 11:30  | Coffee morning                                       |
| Thu. 25 <sup>th</sup> | 7:30pm      | Cinema   |

Bridget Jones - Mad about the Boy(15)

After jumping back into the dating pool, single mother Bridget Jones finds herself caught between a younger man and her son's science teacher.



£5 on door – Refreshments Available – Screening 7.30pm

## 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 at the Victory Hall. All are welcome

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

The Reading Group has its monthly meetings in the Kings Arms Pub. Formed in Spring 2012, we have read a variety of titles chosen from the Cumbria Library Service's list of 600 books available to reading groups. We are a friendly Group and everyone can contribute as much or as little as they wish. Anyone interested please email Angela at [neilandangela@live.co.uk](mailto:neilandangela@live.co.uk).



## On the struggle for life in a rectory

The Rectory

St James the Least of All



My dear Nephew Darren

Ah, the joys of June! At last, I can return to the Rectory without putting on my overcoat before going inside. For the next four months, all windows and doors are left open, in order to let the heat in. If anyone else tells me how lucky I am to live in a 10-bedroom Queen Anne house, I shall have them excommunicated.

You will soon stop complaining about your one-bedroom flat should you ever have to live in a rural rectory; the days of wandering about your home in shirtsleeves will become a distant memory. In my first winter here, I had the central heating on full blast 24 hours a day. The house was almost warm, even if the boilers sounded like the Queen Mary coming into port. But that quarter's gas bill needed a substantial grant from the International Monetary Fund to cover it, so ever since, for six months of the year, I live in the kitchen. Parishioners find it either touching or sad that I sleep with my Labrador. It never occurs to them that I need her for extra heat.

It does mean that evening meetings at the rectory on winter evenings can be un-Christianly satisfying. Watching committee members fighting - with infinite politeness - to get nearest to the one-bar electric fire is highly entertaining. They hold on to their coffee cups less for refreshment, more for a little extra warmth. At least it means that meetings are short.

My predecessor was a model railway enthusiast and so several bedrooms were taken up with a system of such complexity that it made Crewe Junction seem trivial. He also found it helpful to put his teenage son in the turret bedroom, where he could play his drums without anyone else in the house being able to hear a thing.

Nowadays, all these extra rooms are filled with cribs and nativity play costumes, Easter gardens and spare choir cassocks. It is remarkable how all these things used to be stored quite satisfactorily in the church vestry until the parish acquired a single priest; now the empty rooms in the rectory have become vital storage space. I so hope my successor has a plethora of children, so that the parishioners have to find alternative accommodation for all the detritus vital to church life.

No, dear boy, cherish your centrally heated, dry, draft proof, mice-free, bat-less, modern-plumbed accommodation. It will not be ever thus.

Your loving uncle,

Eustace

### Best and worst breakfasts for your cholesterol

Numerous studies suggest that if you miss breakfast, you can risk elevated cholesterol levels. On the other hand, eating breakfast each morning can help improve your cardiovascular health.

But what is the best sort of thing to eat at breakfast? Healthy fat and fibre will help you avoid excessive peaks and dips in glucose, and they can also set up your metabolism for the rest of the day.

So -

**Cereal:** Avoid sugary cereals, as highly refined cereals contain little fibre, and high sugar content can cause insulin resistance, and promote an unhealthy lipid profile. Choose porridge instead.

**Toast toppings:** Avoid bacon, which is high in saturated fat and sodium. Choose smoked salmon or smashed avocado.

**Eggs:** Avoid the Full English, which is high in saturated fats. Choose an omelette with healthy fillings such as mushrooms and tomatoes.

**Bread:** Avoid the refined flour in white bread, croissants and pastries. Choose higher fibre varieties of bread.

**Fruit:** Avoid juice, which has very little fibre and a lot of fructose. Choose instead whole fruit.



# Bible Bite

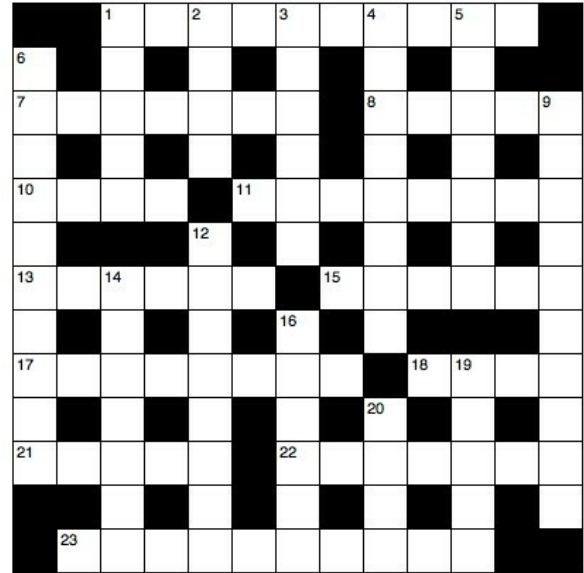
A short story from the Bible

It can be read in the Bible in  
1 Samuel 17:1-50

The Philistine and Israelite armies  
faced each other. For 40 days, the gigantic  
Philistine champion, Goliath, taunted them.



## This month's crossword (solution overleaf)

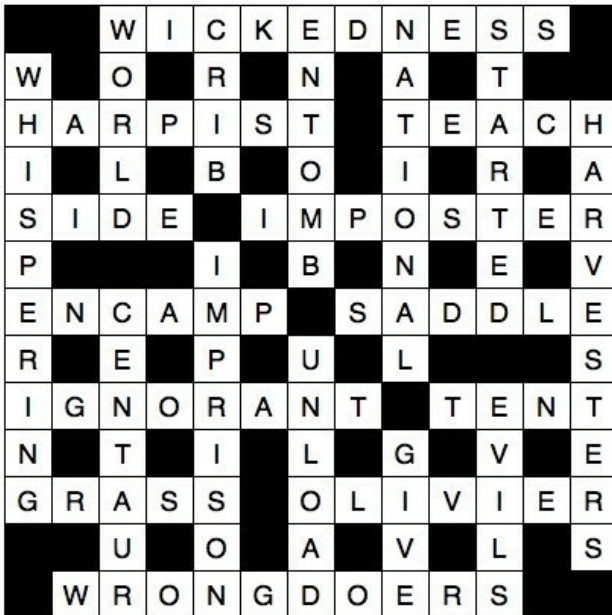


### Across

- 1 Evil (Genesis 6:5) (10)
- 7 Musician called for by Elisha when he met the kings of Israel, Judah and Edom (2 Kings 3:15) (7)
- 8 The request that led to the institution of the Lord's Prayer: 'Lord, — us to pray' (Luke 11:1) (5)
- 10 'We are hard pressed on every—' (2 Corinthians 4:8) (4)
- 11 Fraud (2 Corinthians 6:8) (8)
- 13 'His troops advance in force; they build a siege ramp against me and — around my tent' (Job 19:12) (6)
- 15 Where Rachel hid Laban's household gods when he searched his daughter's tent (Genesis 31:34) (6)
- 17 'Now about spiritual gifts, brothers, I do not want you to be—' (1 Corinthians 12:1) (8)
- 18 Nomadic dwelling (Genesis 26:25) (4)
- 21 'As for man, his days are like—, he flourishes like a flower of the field' (Psalm 103:15) (5)
- 22 Or I live (anag.) (7)
- 23 Those guilty of 1 Across (Romans 13:4) (10)

### Down

- 1 'God so loved the — that he gave his one and only Son' (John 3:16) (5)
- 2 'Away in a manger, no — for a bed' (4)
- 3 Mob ten (anag.) (6)
- 4 'Each — group made its own gods in several towns where they settled' (2 Kings 17:29) (8)
- 5 Began (Luke 9:46) (7)
- 6 Speaking very softly (John 7:32) (10)
- 9 Workers Ruth joined when she arrived in Bethlehem with her mother-in-law Naomi (Ruth 2:3) (10)
- 12 Put in jail (Acts 22:19) (8)
- 14 Aceturn (anag.) (7)
- 16 Discharge (Acts 21:3) (6)
- 19 'All these— come from inside and make a man "unclean"' (Mark 7:23) (5)
- 20 'Let us rejoice and be glad and — him glory!' (Revelation 19:7) (4)



## The story behind the HYMN: Lord, for the years



*Lord, for the years your love has kept and guided,  
urged and inspired us, cheered us on our way,  
sought us and saved us, pardoned and provided:  
Lord for the years, we bring our thanks today.*

*Lord, for that word, the word of life which fires us,  
speaks to our hearts and sets our souls ablaze,  
teaches and trains, rebukes us and inspires us:  
Lord of the Word, receive your people's praise.*

*\*Lord, for our hopes, the dreams of all our living,  
Christ and his kingdom one united aim;  
Rulers and peoples bound in high thanksgiving,  
Lord of our hopes, our trust is in your Name. ...*

By Timothy Dudley Smith

This well-loved hymn was written in 1967 by the Revd Timothy Dudley Smith, who later became Bishop of Thetford. He later confessed: "I wrote it on a train when I was very pressed for time. I'm thankful if something I write gets picked up, but I suspect anyone who does something in a rush later regrets that they didn't find time to apply the sandpaper a bit more!"

Dudley Smith had been asked to write a hymn for the centenary service of the Children's Special Service Mission, now Scripture Union, in St Paul's Cathedral. His commission was to write words that could be fitted to Jean Sibelius's Finlandia, as it was to be accompanied by an orchestra with this tune in their repertoire. And so - 'Lord for the years' was written.

Dudley Smith need not have worried about lack of time - his lyrics were a 'hit' in the cathedral on the day, and went on to become so well-loved that George Carey chose the hymn to be sung at his consecration as Bishop of Bath and Wells, and then again later, in 1991, on his consecration as Archbishop in Canterbury Cathedral.

The hymn continued to be widely sung and loved, until in 2002 Timothy Dudley Smith was asked to write an extra verse for it so that it could even be sung around the time of the Queen's Golden Jubilee.

Many of the words in the hymn were true for Queen Elizabeth herself. She would have celebrated her 100th birthday this April, and her 'official' birthday on the second Saturday in June. She did indeed thank God 'for the years Your love has kept and guided, urged and inspired us, cheered us on our way'...

And so indeed the 'extra' verse added for the Queen also held true:

*Lord for our hopes, the dreams of all our living,  
Christ and his kingdom one united aim,  
Rulers and peoples bound in high thanksgiving,  
Lord of our hopes, our trust is in your Name.*

## 60 years of Girl Choristers at St David's Cathedral

St David's Cathedral recently marked 60 years since girl choristers first sang in the Cathedral Choir with a celebratory evensong.



It was in April 1966 that the Cathedral Choir were busy preparing for a BBC radio broadcast of choral evensong, when in the days leading up to the recording, numerous boy choristers succumbed to a measles outbreak that was spreading through the local primary schools.

Facing the prospect of no choristers being well enough to perform, Organist and Master of the Choristers Peter Boorman approached music teacher Rosalyn Charles, and asked if the girls of Ysgol Dewi Sant school choir may be able to sing.

The school, Dean and Chapter all approved the emergency measure, and following a successful broadcast on 20<sup>th</sup> April 1966, chapter agreed in July 1966 that the girls were to become full choristers.

Ever since, the soprano line in the Cathedral Choir has been sung by girls aged 8-18, drawn from St Davids and, more recently, further afield in Pembrokeshire. St David's Cathedral pioneered the concept of girls singing in cathedral choirs, decades before similar initiatives were launched in other cathedrals.

To celebrate this milestone, the Cathedral held a special evensong, with the Cathedral Choir joined by former choristers from the past 60 years.



**R** Renew Wellbeing

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kristy@pattimore.com  
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| Fri   | Yoga | Appleby                          | 10am – 11.30am |
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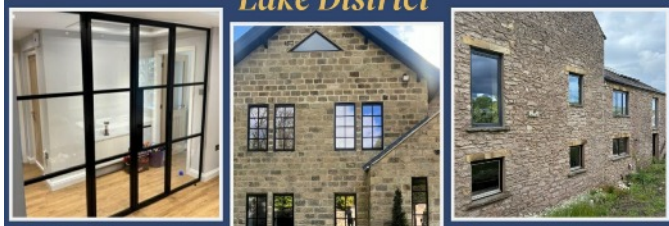


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6pm

Every First Sunday

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ORGANIC

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Memorial Hall  
Kirkby Thore

We also have a light lunch together  
Everyone is welcome

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Westmorland and Furness Council operates a **Handy Person Scheme**, offering eligible residents help with things like:

- Changing a lightbulb
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- Small repairs, such as unblocking sinks or replacing a washer on a tap
- Fitting of minor security measures such as door and window locks

All work is carried out **free of charge** – you just provide the materials.

Assistance is available to over-65s, people who have a disability or are vulnerable who meet the eligibility criteria.

For more details about eligibility and how to request a job, scan the QR code or visit the website:  
[www.westmorlandandfurness.gov.uk/housing/handy-person-scheme](http://www.westmorlandandfurness.gov.uk/housing/handy-person-scheme)



You can also call the Housing Standards Team on 01539 793161, email [housingstandards@westmorlandandfurness.gov.uk](mailto:housingstandards@westmorlandandfurness.gov.uk), or write to:

Housing Standards Team, Westmorland and Furness Council, South Lakeland House  
 Lowther Street, Kendal LA9 4DQ



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 or Kathryn Nunn [kath1nunn@gmail.com](mailto:kath1nunn@gmail.com) 07717841723

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



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Long Marton

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*Breaking bread together*

*Supporting each other*

## Do you care about Youth?

WE NEED VOLUNTEERS! (*but not every week!*)

We are looking for friendly, reliable volunteers to help support our youth club in Appleby on Friday nights.

If you feel you could volunteer once a month, we would love to hear from you. Contact Leagh Wilkinson on

☎07934 609472 or [ksatyouth@gmail.com](mailto:ksatyouth@gmail.com)

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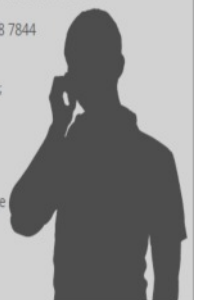
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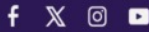
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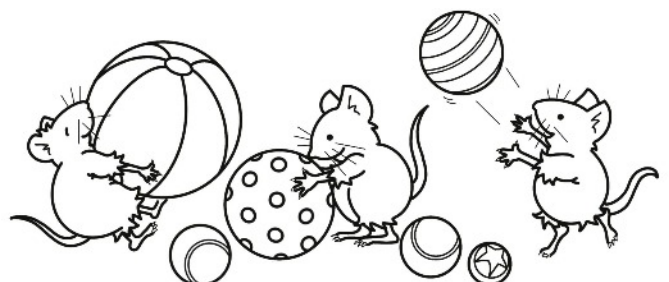
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# Church Services for June 2026

## Church of England

### Appleby, St. Lawrence,

|      |                  |       |                              |
|------|------------------|-------|------------------------------|
| Wed. | 3 <sup>rd</sup>  | 19:30 | Corpus Christi HC @ Skirwith |
| Sun. | 7 <sup>th</sup>  | 10:45 | Remembrance Service          |
| Fri. | 12 <sup>th</sup> | 10:00 | Holy Communion               |
| Sun. | 14 <sup>th</sup> | 10:45 | Holy Communion               |
| Mon. | 15 <sup>th</sup> | 19:00 | Compline                     |
| Fri. | 19 <sup>th</sup> | 10:00 | Holy Communion               |
| Sun. | 21 <sup>st</sup> | 10:45 | Holy Communion               |
| Fri. | 26 <sup>th</sup> | 10:00 | Holy Communion               |
| Sun. | 28 <sup>th</sup> | 10:45 | Holy Communion               |

### Asby, St. Peter

|      |                  |       |                          |
|------|------------------|-------|--------------------------|
| Sun. | 7 <sup>th</sup>  | 18:30 | Holy Communion           |
| Sun. | 14 <sup>th</sup> | 11:00 | United Service           |
| Sun. | 21 <sup>st</sup> | 18:30 | Café Church              |
| Sun. | 28 <sup>th</sup> | 11:00 | United Patronal Festival |

### Boroughgate, St. Anne

|      |                  |       |                |
|------|------------------|-------|----------------|
| Thu. | 4 <sup>th</sup>  | 09:00 | Holy Communion |
| Thu. | 11 <sup>th</sup> | 09:00 | Matins         |
| Thu. | 18 <sup>th</sup> | 09:00 | Matins         |
| Thu. | 25 <sup>th</sup> | 09:00 | Matins         |

### Dufton St. Cuthbert

|      |                  |       |                |
|------|------------------|-------|----------------|
| Mon. | 1 <sup>st</sup>  | 19:00 | Compline       |
| Sun. | 14 <sup>th</sup> | 15:00 | Evening Prayer |
| Mon. | 15 <sup>th</sup> | 19:00 | Compline       |
| Mon. | 22 <sup>nd</sup> | 19:00 | Compline       |
| Sun. | 28 <sup>th</sup> | 11:00 | Holy Communion |

### Kirkby Thore, St. Michael

|      |                  |       |                  |
|------|------------------|-------|------------------|
| Sun. | 7 <sup>th</sup>  | 10:00 | Breakfast Church |
| Sun. | 14 <sup>th</sup> | 11:00 | Morning Prayer   |
| Sun. | 21 <sup>st</sup> | 10:00 | Breakfast Church |
| Sun. | 28 <sup>th</sup> | 11:00 | Holy Communion   |

### Long Marton, SS. Margaret & James

|      |                  |       |          |
|------|------------------|-------|----------|
| Sun. | 14 <sup>th</sup> | 09:30 | Informal |
|------|------------------|-------|----------|

### Milburn, St. Cuthbert

|      |                  |       |                |
|------|------------------|-------|----------------|
| Sun. | 7 <sup>th</sup>  | 10:45 | Holy Communion |
| Sun. | 14 <sup>th</sup> | 10:45 | Holy Communion |
| Sun. | 21 <sup>st</sup> | 10:45 | Holy Communion |
| Sun. | 28 <sup>th</sup> | 18:30 | Evening Prayer |

### Murton, St. John

|      |                  |       |                |
|------|------------------|-------|----------------|
| Sun. | 28 <sup>th</sup> | 18:00 | Evening Prayer |
|------|------------------|-------|----------------|

### Newbiggin, St. Edmund

|      |                  |       |                |
|------|------------------|-------|----------------|
| Sun. | 7 <sup>th</sup>  | 11:00 | Holy Communion |
| Sun. | 28 <sup>th</sup> | 18:30 | Evening Prayer |

### Ormside, St. James

|      |                  |       |                       |
|------|------------------|-------|-----------------------|
| Sun. | 7 <sup>th</sup>  | 10:00 | Matins                |
| Sun. | 14 <sup>th</sup> | 10:00 | Holy Communion        |
| Sun. | 21 <sup>st</sup> | 10:00 | DIY service           |
| Sun. | 28 <sup>th</sup> | 10:00 | Holy Communion (1662) |

### Temple Sowerby, St. James

|      |                  |       |                     |
|------|------------------|-------|---------------------|
| Sun. | 21 <sup>st</sup> | 09:30 | Service of the Word |
|------|------------------|-------|---------------------|

### Warcop, St. Columba

|      |                  |       |                |
|------|------------------|-------|----------------|
| Thu. | 4 <sup>th</sup>  | ?     |                |
| Sun. | 7 <sup>th</sup>  | 09:30 | Holy Communion |
| Sun. | 14 <sup>th</sup> | 09:30 | Morning Prayer |
| Sun. | 21 <sup>st</sup> | 09:30 | Holy Communion |
| Sun. | 28 <sup>th</sup> | 09:30 | Morning Prayer |
| Mon. | 29 <sup>th</sup> | 14:00 | Rushbearing    |

## Methodist Church

### Sands, Appleby

|      |                  |       |                      |
|------|------------------|-------|----------------------|
| Sun. | 7 <sup>th</sup>  | 10:30 | Celia Ramnath        |
| Sun. | 14 <sup>th</sup> | 10:30 | Richard McGregor     |
| Sun. | 21 <sup>st</sup> | 10:30 | Mrs. Pam Carter      |
| Sun. | 28 <sup>th</sup> | 10:30 | Rev. Ros Watson (HC) |

### Dufton with Knock

|      |                  |       |                        |
|------|------------------|-------|------------------------|
| Sun. | 7 <sup>th</sup>  | 10:45 | Informal Service       |
| Sun. | 14 <sup>th</sup> | 10:45 | Rev. Jackie Betts (HC) |
| Sun. | 21 <sup>st</sup> | 10:45 | Informal Service       |
| Sun. | 28 <sup>th</sup> | 10:45 | Rev. John Morton       |

### Warcop

|      |                  |       |                      |
|------|------------------|-------|----------------------|
| Sun. | 7 <sup>th</sup>  | 10:30 | Rev. Jackie Betts    |
| Sun. | 14 <sup>th</sup> | 10:30 | Harry Hutchinson     |
| Sun. | 21 <sup>st</sup> | 10:45 | Informal Service     |
| Sun. | 28 <sup>th</sup> | 18:30 | Rev. Ros Watson (HC) |

### 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))

