

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

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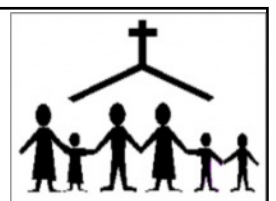
Date	Time	Place	Event
1 st	19:30	Brampton Village Hall	Katie Laidlow - studying in London
1 st	19:00	Dufton Village Hall	(Open Circle) Cotton at Cummersdale (Ross Downing)
1 st	10:30 – noon	Ormside Village Hall	Coffee Morning
2 nd	14:30	St. Lawrence's Church	Healing Service
2 nd	11:30–13:00	Warcop Parish Hall	Soup and Pud
4 th	matinee	Appleby Public Hall	Lives Along the Line (about S&C rly.)
4 th	10:30 – noon	Milburn Village Hall	Village coffee morning
5 th	18:00	Sands Methodist Church	Celebration
5 th	13:00–16:00	Warcop Parish Hall	Warcop Village Show
7 th	19:00	Brampton Village Hall	Book Club
7 th	10 – noon	Temple Sowerby Victory Hall	Coffee Morning
7 th	10:00	Appleby Medical Practice	Citizen's Advice Bureau drop-in session
8 th	10:30	Sands Methodist Church	Memory Club
8 th	19:30	Brampton Village Hall	Eden Valley Woodturners
11 th /12 th	Various	see council report	Appleby Carnival
11 th /12 th	10:00–16:00	Dufton Village Hall	Art in the Hills Exhibition
11 th	10:00–11:30	Warcop Parish Hall	Coffee Morning
14 th	19:30	Ormside Village Hall	Craft Evening
14 th	14:30–16:30	St. James, Temple Sowerby	Rainbow Café
16 th	19:30	Supper Room	Appleby Society
18 th	10:30 – noon	Colby Village Hall	Coffee morning
18 th	10:30 – noon	Milburn Village Hall	Church coffee morning
20 th	15:00	Brampton Village Hall	Film Night
21 st	10 – noon	Temple Sowerby Victory Hall	Coffee Morning
21 st	10:00	Appleby Medical Practice	Citizen's Advice Bureau drop-in session
25 th	All day	Appleby Public Hall	Northern Crafts Market
27 th –29 th	09:45 - noon	Kirkby Thore Memorial Hall	Holiday Club for children
1 st August	Tba	Ormside Village Hall	Car Treasure Hunt

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 Church of England baptism or wedding bookings contact Joanna Burgess, Benefice Administrator, email: support@heartofeden.org.uk



Methodist Minister: Rev. Ros Watson: ros.watson@methodist.org.uk or ☎017683 51244

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

Making a Mark

Recently I visited the A66 dig at Kirkby Thore, where archaeologists have unearthed the remains of a medieval settlement. A number of artefacts have been found in the area, from Neolithic arrowheads to Roman pottery, and many more further west in a Roman cemetery in Brougham, including an intact drinking glass. hundreds and even thousands of years later, we are learning about the lives of people from the evidence, the things they leave behind.



Last year in St Lawrence's Church during the Appleby New Fair, we invited people to colour in local scenes that had been drawn on two large acrylic panels (which are now installed in one of the windows in the church). Tourists, travellers, locals, children, older people, people who love to make art and people who haven't held a colouring pen in decades all worked on the project. And some - especially the teenagers - wanted to know if there was somewhere they could sign it. They wanted to make their mark.

It seems to be something about being human that leads us to want to make our mark, to leave something behind as proof that we were there, that our lives have mattered. Often we think about this in terms of tangible, material things, statues and inheritance and places where we have written our names.

Yes, those things matter. They help us to feel connected to those who came before; they tell about them; they trigger memories. But when I think of the people who have influenced and shaped me, both those related by blood and those related by shared experiences, what is most important is not the tangible things they have left behind, but the intangible. In the second letter to Timothy, Paul writes about the legacy that Timothy's mother and grandmother have given him: a legacy of faith. Their faith had shaped their lives, and they passed it on to Timothy, not just intellectual belief, but a confidence and trust in God. Timothy is the evidence of their lives.

I'm grateful for the people in my life who not only gave me the gift of faith, but who have encouraged me and inspired me over the years, and given me the courage to become the person I am. They include my parents and grandparents, but also friends, mentors, colleagues, and even some people who I only encountered once, but who had a profound impact on me. Their legacy is not in the material things they have left behind, but in the people they have shaped, which include me. And I hope that in turn, I will leave behind people who can say that they have been positively shaped by me, on whom I have made my mark.

I wonder, who are the people who have shaped and influenced you? Who are the ones who have helped you to become the person you are? And who are the people who you have influenced? Who are the ones who will, in time, become the evidence of your life? Where have you made your mark?

Rev. Raewynne J. Whiteley

No recent Christenings, Weddings or Funerals reported at press date

Electronic copy by email is preferred; email address heart-of-eden-editor@hotmail.co.uk. Please identify the content in the email subject line and in the name of each attachment. It would help if you could please send any payments for advertising in envelopes clearly marked 'Advertising Manager'. Prices on application for commercial advertisements - payment in advance, please! We are very grateful for the very generous donations made by various groups and individuals towards the running costs of this Newsletter. The editor welcomes articles (and front cover photographs) for this magazine – relevant to the time of year, book reviews, travel articles, etc. We will accept 'Small Ads' (suitable for a Church Magazine), and they will cost £5 for up to 40 words. Please email 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 14th as with other items. n.b. (1) please make cheques payable to 'The Heart of Eden Expenses Account' (2) let the editor know (☎07.401.425.430). On-line delivery of this newsletter is strictly by the editor's list of email addresses, or as a link from "A Church Near You" (<https://heartofeden.org.uk/>),

Church of England

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



Churchwarden and Secretary: Jo Ayres (☎52017)

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, Duffton



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

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 or
☎017683 51244

Duffton with Knock Methodist Church



Secretary: Mrs. Avril Swinbank
email dacreandavril@gmail.com or
☎017683.53102

Sands Methodist Church



General Enquiries Linda Taylor on

email ljtaylor900@gmail.com

or ☎017683.51184

As usual, huge thanks must be given from the people of Appleby to the street-cleaning teams who worked so hard to keep the streets clear of rubbish during the recent fair.

But thanks are also due to the special person who went the extra mile. Sands Methodist Church lies at the centre of the melee, and being next to the Ladygarth footpath, the lawn was liberally scattered with bottles, cans and other rubbish when we arrived on Sunday morning.

Having made a mental note to clear it after the service, imagine my surprise to find it pristine when I came out of church. Thank you so much to whoever kindly did this. It was very much appreciated Linda Taylor

Let's talk Tea and Cake at Appleby Sands Methodist Hall
Come along for a cuppa, cake and a chat.
Meet up with friends and neighbours
We'll be serving from 3:30 to 5:30 pm every Thursday



Warcop Methodist Church

Secretary: Mrs. Glenda Burton on

email cotehouse@aol.com

or ☎017683.98067



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

Gartheads Road, Appleby

Fr. John Winstanley 01768 862273

St Anne's Hospital

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

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 or Web:

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

Children's Society

To all Children Society box holders, a huge thank you on behalf of the Children's Society. You raised, between you a huge amount, £257.53, in 2025. Combined with the large amount raised at the Christingle Service, it will help many vulnerable young people in the UK. So a belated thank you too all who attended the Christingle service, and/or made the Christingles.



If you want to support the charity, please take an empty box from the back of St. Lawrence's church, put your name and phone number on a piece of paper, in an envelope marked "The Children's Society", and put it in the safe so that I can contact you.

Thank you Lorna Atkinson

(Filling Station) Celebration

Meeting at Sands Methodist church at 6pm on the first Sunday of the month - Sunday, 5th July

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. But after 28th July we take a break through August resuming on Tuesday 1st September

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 (7th July) 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 welcmeinnhhh@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 07480.935119 See our ad. page 12



Citizens Advice Drop-in at Appleby



We're holding a drop-in session at Appleby Medical Practice on the first and

third Tuesday each month, from 10am to 1pm.

If you'd like advice on housing issues, getting the most from your energy, money or benefits, why not come and speak to our adviser.

Contact details: ☎0808.278.7844,

email Appleby@ca-ce.org.uk

or web <https://www.cac-e.org.uk/make-a-referral/>



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.



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

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 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 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...
25th all day in main hall - Northern Crafts Market

Town Council

New flooring has been installed in the Market Arcade, to help brighten it up and hopefully make it easier to clean. The lovely blue colour has definitely made a difference!

One of Appleby's ex-Mayors, Ella Langan, turned 90 on Thursday 11th June! She was Mayor in 1990 and served a second term in 2003. We wish her a happy birthday from everyone at Appleby Town Council.



Appleby Carnival

Appleby Carnival is back for the first time in 7 years! It is taking place on Saturday 11th and Sunday 12th of July and the theme for this year is music. The Grand Parade will set off from Garth Heads Road at 1pm and there will be activities for all ages throughout the rest of the day, including a live music event in the evening. Sunday will also have lots of activities and an all-day football tournament! Please support in any way you can to make sure the Carnival can keep going!

Settle - Carlisle Railway Play

To celebrate 150 years of passenger travel on their line, the Settle Carlisle Railway Development Company has commissioned a new play about the internationally famous railway. Lives Along the Line, by local playwright Joan Barnard, will be performed by Ravenstonedale-based community-focused theatre group, The Vagabonds. The play is inspired by research into the history of the 72 miles of scenic railway and the people it has connected.

The play is premiering in Appleby Public Hall on Saturday, July 4th. It will be a matinee performance, so theatregoers will be able to travel to and from the performances by train, from either the Carlisle or the Leeds end of the line. Tickets are available online from the following website:

<https://www.ticketsource.com/settlevictoriahall>

Free water safety sessions

Westmorland and Furness Council are urging families to take part in free water safety sessions this summer as part of a coordinated effort to prevent tragic incidents in open water ahead of the school summer holidays. This follows a number of recent deaths across the UK, which have highlighted the dangers of open water and the importance of knowing how to respond in an emergency.

The sessions are being offered to families with children aged 7 to 14 years in both leisure centres and open water locations across the area, teaching vital life-saving skills. Additionally, secondary schools have the opportunity to arrange funded sessions for their pupils as part of their core PE offer. Children must be able to swim at least 25 metres confidently without stopping to take part.

The sessions focus on practical techniques that can make the difference between life and death in cold water. Appleby Leisure Centre is holding sessions on Saturday 20th June and Saturday 27th June, which can be booked online via their website, or by popping in to the pool.

<https://bookings.better.org.uk/location/appleby-leisure-centre>

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.

Update - Just been advised that a Sunday 563 service between Penrith and Kirkby Stephen will be starting on Sunday 19th July

Timetables for the 563 service are available from Appleby TIC and online at stagecoachbus.com/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 and online - go to westmorlandandfurnesscouncil/bus-services

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?

When you join Appleby Edibles you come up and garden whenever you like.

In the first instance please email applebyedibles@hotmail.com or contact Annie Weir (Secretary) 07919 542143 and we can arrange for someone to meet you there and show you round.

Appleby Clubs, etc.

Appleby Society (formerly Appleby-in-Westmorland Society)

The next meeting will be at 7:30pm on the 16th July in the Public Hall Supper Room (non-members £5). The speaker will be Steve Dickinson on the subject of: A Viking Age Lost Kingdom in the Lake District.

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 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

Appleby Evergreens

No meetings over the summer so far as I know. *Ed.*

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

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

Kathryn Nunn

Chair Appleby Friends of Guiding

1st Westmorland Scout group

We're still recruiting:

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

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

Contact: 📞/WhatsApp 0333 339 3710, or
<https://edenscouts.org.uk> / 1stwestmorland@edenscouts.org.uk

Lights...Camera...Appleby

Gone "dark" until September

Upper Eden Linking Lives.

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

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

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

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

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



Memory Club in Appleby

The only meeting in July will be on Wednesday the 8th, at Sands Methodist Church Hall 10.30am -12 noon

All are welcome, particularly those with memory loss. There will be light refreshments, games, crafts, music and singing. For further information please contact:-

Anne 📞017683 51219; Tim 📞017683 52640

Probus Club

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

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

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

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

Appleby Rotary Club

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

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

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

Villages

Last time my village held a bingo night, we found out afterwards that several other villages had done the same, with the result that the few attenders all won prizes, but the village hall didn't make any money! It made me wonder whether my correspondents, mostly village halls and churches, ought to start a WhatsApp group to register events up to a couple of months in advance. Would anyone like to take the initiative? Ed.

If you're between 5 and 11 years old, see the Holiday Club advertisement under Kirkby Thore!!



Brampton Village Hall

Wed. 1st 7:30pm Katie Laidlow - studying in London, very different to life here!

Tue. 7th 7:00pm Book Club

Wed. 8th 7:00pm Eden Valley Woodturners

Mon. 20th 7:00pm Film Night

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

Colby Village Hall

Sat. 18th 10:30 - noon Coffee Morning

Dufton

Village Hall Regular Weekly Events:

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

Fridays 9.30 - 11.30 Playgroup (in term time)

Special Events:

Wed. 1st 7.00pm (Open Circle) Cotton at Cummersdale (Ross Downing)

Sat./Sun. 11th/12th 10am - 4pm Art in the Hills Exhibition. (Refreshments available on the village green)

Kirkby Thore

Heart of Eden churches

HOLIDAY CLUB - THE BIG DIG

Stories, Songs, Games, Crafts, Fun for children aged 5-11, 27-29 July 2026, 9.45am-12noon,

Kirkby Thore Memorial Hall

Scan the QR code

for more information

and to book places or

contact Rosie Liddell

07981 371580.



Long Marton

The refurbishment of the downstairs room at the hall is now complete and the hall is now available for hire. Any enquiries or if you are thinking of setting up a new activity, please contact Christine at bookingslongmartonvi@gmail.com Hire rates are from £8 per hour.

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

Milburn

Village coffee mornings first Saturday of each month (4th). Church coffee mornings third Saturday of each month (18th), both 10:30 to noon.

Sorry, Milburn, by a mis-stroke I attributed your coffee mornings to Long Marton last month. I hope people still showed up! Ed.

Murton-cum-Hilton Institute

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

Ormside

Wed. 1st 10:30 to 12 Coffee Morning

Tue. 14th 7:30 till 9pm Craft Evening

Sat. 1st August Car Treasure Hunt - details later

No more Country Dancing 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

Temple Sowerby

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

Coffee Morning is 10am - noon on the 1st and 3rd Tuesdays of the month 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.

Warcop - Parish Hall

Warcop Village Show

Sunday 5th July, 2026, 1-4pm

Warcop Parish Hall

Schedule and Entry Forms now available from:

www.warccopparishhall.co.uk

The Parish Hall Foyer Paper Boxes

email: wizzylois1@btinternet.com

ring: Caroline on 07929217082

Sections include:

Home Produce, Handicrafts, Photographs
Horticulture and Flowers, Children's and Miscellaneous

30p entry for each class

Children's entries free

Mondays	6:30 - 8	Table tennis club
Thursdays	9 - 11am	Foyer Café (with Post Office Van 9-10am and butcher)
Thu. 2 nd	11:30 - 1pm	Soup and Pud (£8)
Sat. 11 th	10 - 11:30	Coffee morning with GNAA collection

Holy Days - 27th July

The Seven Sleepers of Ephesus - proving a nap is good for you!



Do you tend to avoid conflict? When you feel stressed, do you crave sleep? Then the Seven Sleepers of Ephesus would be good patron saints for you. But - you may find it hard to copy their successful method of avoiding trouble!

Legend has it that The Seven Sleepers were third century Christians who lived in Ephesus during the persecutions of the Roman Emperor Decius. When things got very bad, the Seven Sleepers decided to 'go to ground'. Literally. They found a cave on the outskirts of the city and walled themselves in. The story goes that then God simply put them to sleep.

200 years later they woke up and peeped out of the cave again. Things had changed: Ephesus had converted to Christianity. Unfortunately, the Seven Sleepers did not get much time to enjoy the new freedoms, because within a short time they all died - of extreme old age.

The story was popularised in the 6th century by Gregory of Tours and Jacob of Sarugh, who venerated the Seven Sleepers as saints. But it was challenged by Baronius and many scholars since. It is sometimes called a Christianised pagan or Jewish legend akin to Rip Van Winkle.

A possible moral for anyone today is that when you find yourself in a storm of conflict, you don't have to fight all the battles yourself. You can indeed seek refuge in God. He may not put you to sleep for 200 years, but He will be a safe hiding place for your soul

Bible Bite

A short story from the Bible

It can be read in the Bible in 1 Samuel 24

God chose Saul to be the King of Israel, but Saul chose to disobey Him. God said that the next king would not be Saul's son.

Saul didn't know that God had chosen David to be the next king.

David was very successful as a fighter and very popular.

David had to go on the run and hide.



One day, Saul and his army were in En-Gedi. Saul needed to pee, so he went into a sheep fold built next to a cave...

David and his men were hiding at the back of the cave!

David crept over and cut a piece off Saul's robe.

Then David felt bad.

David waited until Saul was far enough away then he shouted to him.

Your majesty, I could have killed you today, but I knew it was wrong. I want to prove to you I'm not trying to harm you.

David, you are better than me. I would have killed you but you were kind.

Now I know you will be the next king, but please look after my family.

David promised, and Saul and his army went home.

Mouse Makes

1. What bird makes its nest on high? *Job 39:27*

2. What ate the seeds along the path? *Matthew 13:4*

3. The hair of which animal was used to make curtains? *Exodus 36:14*

4. What insect can we learn from? *Proverbs 6:6*

5. What plague came out of the River Nile? *Exodus 8:6*

6. What animal would go through the eye of a needle easier than a rich person? *Luke 18:25*

7. Which animal was Jesus compared to? *John 1:29*

8. What bird did Noah release from the ark first? *Genesis 8:7*

9 across. In what creature's mouth was a coin found? *Matthew 17:27*

9 down. What lives in holes? *Matthew 8:20*

10. What insect would God send to destroy the enemy? *Deut 7:20*

11. What animals eat crumbs from under the table? *Matthew 15:27*

12. Which bird did the Holy Spirit appear as? *Luke 3:22*

13. Which animal did Jesus ride on? *Matthew 21:7*

14. What bird did God provide for food in the wilderness? *Exodus 16:13*

15. What insects did John eat in the wilderness? *Matthew 3:4*

16. Which animal is the "mightiest among beasts"? *Proverbs 30:30*

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World Cup

Many across the world are united in watching the World Cup in the United States, Mexico and Canada. However, football is more than just a game; it can illustrate some key points about the Christian life. As Paul writes: *'But one thing I do: forgetting what is behind and straining towards what is ahead, I press on towards the goal to win the prize for which God has called me heavenwards in Christ Jesus.'* (Philippians 3:13b,14).

A prize to be won: The dream of every player in the competition is to be able to hold up the World Cup themselves. Christians grasp to the prize of eternal life, God's gift to us of relationship with Jesus for now and eternity. However, there's an important difference between football and the Christian faith. To win the World Cup you have to be good enough, while Christ's love for us is undeserved and not dependent on how well we've done.

Training to be undertaken: If a team is going to win the World Cup, training is vital! Our training, as Christians, starts the moment we accept the gift of God's life. On a daily basis, we train ourselves to say *no* to the wrong things in our lives. As we build up our *godly muscles* we are better able to choose to do what is right in God's eyes. To enable us to do all this we need to engage in the spiritual disciplines of prayer, studying the Bible and being part of a church and small group. How is your training going?

The former Liverpool Manager Bill Shankly famously said, 'Some people believe football is a matter of life and death, I am very disappointed with that attitude. I can assure you it is much, much more important than that!'

When England won the FIFA World Cup

Sixty years ago, on 30th July 1966, the 1966 FIFA World Cup final took place. England beat Germany 4 - 2. English player Geoff Hurst became the first (and only) player to score a hat-trick in a World Cup final.

Hurst is also the only surviving member of the England team that started the 1966 final, held at Wembley, where England played all their matches. Others were spread around the country.

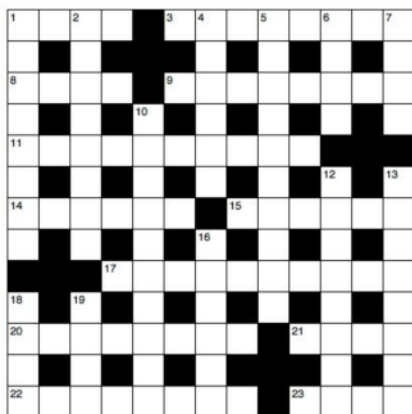
The 1966 World Cup was unique in that it was the only one in history that had no matches played on a Sunday, because of the Sunday observance laws in force at the time. Professional football was in fact not played on a Sunday in England until 1973-74, and then to a much lesser extent than it is now.

The 1966 tournament was also significant in other ways - not least for the famous commentary snippet from Ken Wolstenholme, still quoted today. This occurred when it seemed the crowd might be invading the pitch as Hurst advanced on the German goal. "They think it's all over!" said KW. Pause, then as Hurst's shot hit the back of the net, "It is now!"

Many matches in the tournament were marred by violent play and contentious sendings-off. Vicious tackles on Pelé, the world's leading player, put him out of the tournament, and one angry player in another match had to be escorted off the field by police. As a result, the yellow and red cards familiar to us today were introduced, as was the use of substitutes. Inconsistent refereeing was also tackled through training and clearer interpretation of the laws of the game.

Before the tournament started, the Jules Rimet trophy was stolen from an exhibition. A dog named Pickles discovered it wrapped in newspaper under a bush in a South London garden.

This month's crossword (solution p.12)



Across

- 1 Proverbs describes her as being 'of noble character' (Proverbs 31:10) (4)
 3 'Shall we go up again — against the Benjamites, our brothers?' (Judges 20:23) (2,6)
 8 A descendant of Shem (Genesis 10:28) (4)
 9 'Anyone who does not carry his cross and follow me cannot be my — ' (Luke 14:27) (8)
 11 Resentment(Ephesians 4:31)(10)
 14 In Cain(anag.)(6)
 15 'Such knowledge is too wonderful for me, too lofty for me to—' (Psalm 139:6) (6)
 17 Intense (1 Thessalonians 4:5)(10)
 20 Third Order of the Roman Catholic Church(8)
 21 'At midnight the cry rang out, "Here's the bridegroom!Come out to — him"' (Matthew 25:6) (4)
 22 'My grace is sufficient for you, for my power is made perfect in — ' (2 Corinthians 12:9) (8)
 23 'As the — pants for streams of water,so my soul pants for you, O God' (Psalm 42:1) (4)

Down

- 1 Nickname of popular First World War chaplain, the Revd G.A. Studdert Kennedy, — Willie (8)
 2 Occasion of religious joy (Lamentations 2:22) (5,3)
 4 'We three kings of — are' (6)
 5 Allegation or charge (Jude 9) (10)
 6 Kind (1 Chronicles 12:33) (4)
 7 'Open your — and look at the fields!' (John 4:35) (4)
 10 Also known as the Feast of Lights (John10:22)(10)
 12 Area that saw the healing of two demon - possessed men and a herd of pigs stampeding to their deaths (Matthew 8:28) (8)
 13 Forebear(James2:21)(8)
 16 Name given to the first two books of the Apocrypha(6)
 18 Esau sold his birthright for this (Genesis25:34)(4)
 19 Rear(anag.)(4)

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The boys on the substitutes' bench knew their only chance of a sing was if one of the first team was injured

God and the Americans - 250 years on

In July 1776, there were roughly 2.5 million Americans in the Thirteen Colonies.

Those who went to church worshipped in about 3,228 Christian congregations, made up of about 14 various denominations. These included: Anglicans, Baptists, Congregationalists, Dutch Reformed, Methodists, Quakers, Presbyterians, and Roman Catholics.

Today, there are about 342.5 million Americans.

Those who go to church, worship in about 325,000 Christian congregations, and can choose from a staggering 200 different denominations, as well as thousands of independent congregations.

A recent survey from the Pew Research Centre found that today, about 17 per cent of Americans would like the government to declare Christianity the official religion of the USA. But two-thirds of Americans believe that churches and other places of worship should 'keep out of political matters.'

The most popular view (43%) is that the government should "promote Christian moral values without making Christianity the official religion".

This is followed (38 per cent) by the belief that the government should "neither establish an official religion nor promote Christian values".

"In God We Trust" first appeared on US coins in 1864. In 1956 President Dwight D. Eisenhower signed a law officially making "In God We Trust" the national motto of the United States. It remains in place as the USA's official motto today.

The Rectory

St James the Least of All

My dear Nephew Darren

So, now you have enjoyed your first Summer Fete. Don't say I didn't warn you. It may be small consolation but remember that they only happen once a year - although in your case, you still have another 30 to endure before retirement.



I negotiated our own last week. As usual, the band from our neighbouring parish of St Eusebius played. There has been much bad blood in the past between our two villages. The trouble started on the day that St James the Least of All never told St Eusebius that the Vikings were coming up the river. We may have long since buried the hatchet, but both sides remember where they put it.

Tension between the two communities down the centuries has moved on from occasional slaughter to something a little more refined. Just as I began my opening speech to crown the Rose Queen, the band struck up with the National Anthem. When the hog roast started, they played "smoke gets in your eyes" and when it came to the necessary music for the maypole dancing, they all disappeared into the beer tent.

With great Christian charity, we shall bide our time. In September we have the annual football match between the two churches' Servers. Last year, in addition to winning the match, the St James' boys sent three of their side off with concussion. Naturally, I visited them in hospital.

Miss Prendergast, as always, played Gypsy Rose Lee. If the tall, dark, dear lady tells me one more time that I am about to find romance with a tall dark lady, while she flutters her eyelashes at me, I swear I shall throttle her with a bell rope. Besides, I already have a beautiful dark lady in my life - and my Labrador is devoted to me.

The only real hiccup came when I bought 12 packets of fudge from Mrs Mashedor to present to our choirboys. Yet again, she had misread salt for sugar in the recipe. After I presented the packets at Mattins the following day, a formal complaint was rapidly made by a parent to the police that the Rector was attempting to poison their son. But as I explained to the officer, if I had intended to poison anyone, I would have done it far more discreetly - and infinitely more efficiently.

Your loving uncle,

Eustace



On a more serious note

Head of the Ukrainian church prays for his people

The Primate of the Orthodox Church of Ukraine (OCU), Metropolitan Epiphany (Dumenko) has declared his horror and disgust at the recent mass attacks that Russia has made on civilian targets across Ukraine. Hypersonic ballistic missiles were used to damage water facilities, markets, schools, blocks of flats and churches.



"May God help us through these terrible days, granting quick recovery to the wounded and rest to the souls of the dead. And may He destroy the evil Russian empire and all who cause suffering by shedding the blood of innocents."

He went on to thank Western allies of Ukraine for their help in "fighting the enemy and defending peace in Europe." He also warned his country's Moscow-linked Orthodox Christians that they risked "tasting blood and ashes on their lips" if they continue to pray for Patriarch Kirill of Moscow as their "lord and father".

Patriarch Kirill has recently urged young military cadets to help to make Russia "invincible" by being ready to die "in the name of the motherland and its people".

Pope Leo XIV has expressed his dismay at the escalating violence: "I follow with concern the war in Ukraine, which has sharply intensified in recent days. I wish to express my closeness to all those suffering because of the recent attacks, including those against civilians."

[Patriarch Kirill

Kirill or Cyril secular name Vladimir Mikhailovich Gundyayev, is a Russian Orthodox bishop. He became Patriarch of Moscow and all Rus' and Primate of the Russian Orthodox Church on 1st February 2009.

Prior to becoming Patriarch, Kirill was Archbishop (later Metropolitan) of Smolensk and Kaliningrad, and also Chairman of the Russian Orthodox Church's Department for External Church Relations. He has been a permanent member of the Holy Synod since 1989.

A close ally of Russian leader Vladimir Putin, Kirill has described Putin's rule as "a miracle of God". According to Putin, Kirill's father baptized him. During his tenure as Patriarch of Moscow and all Rus', Kirill has brought the Russian Orthodox Church closer to the Russian state. Kirill's relationship with Bartholomew I of Constantinople, Ecumenical Patriarch and the spiritual leader of Eastern Orthodox Christians worldwide, has been tense.

Kirill has lauded the Russian invasion of Ukraine, justifying the war as a struggle against "forces of evil". The World Russian People's Council under his leadership described the conflict as a "Holy War". Clergy in other Orthodox Churches have condemned his remarks, with Bartholomew I saying that Kirill's support for Putin and the war were "damaging to the prestige of the whole of Orthodoxy".]



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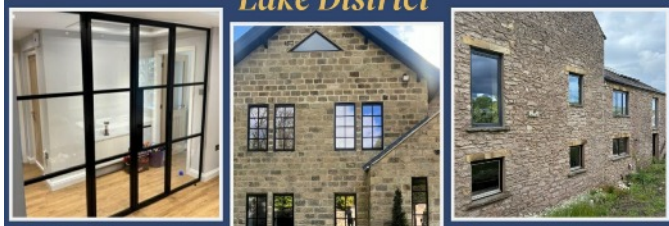


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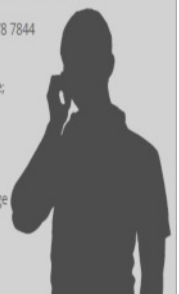
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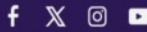
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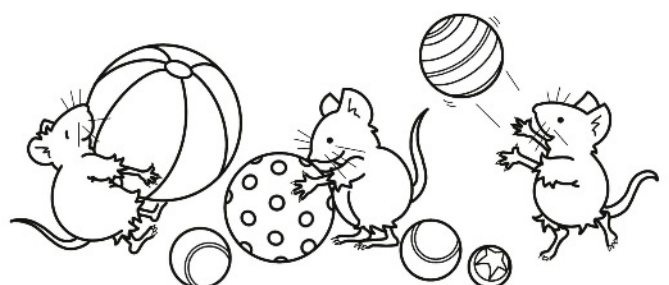
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Church Services for July 2026

Church of England

Appleby, St. Lawrence,

Fri.	3 rd	10:00	Holy Communion
Sun.	5 th	08:30	Holy Communion
Sun.	5 th	10:45	Morning Worship
Fri.	10 th	10:00	Holy Communion
Sun.	12 th	10:45	Holy Communion
Fri.	17 th	10:00	Holy Communion
Sun.	19 th	10:45	Holy Communion
Fri.	24 th	10:00	Holy Communion
Sun.	26 th	10:45	Holy Communion
Fri.	31 st	10:00	Holy Communion

Asby, St. Peter

Sun.	5 th	18:30	Holy Communion
Sun.	12 th	11:00	United Service at Baptists
Sun.	19 th	11:00	Baptists' Anniversary
Sun.	19 th	18:30	Café Church
Sun.	26 th	15:00	Service in Mask Wood

Boroughgate, St. Anne

Thu.	2 nd	09:00	Holy Communion
Thu.	9 th	09:00	Matins
Thu.	16 th	09:00	Matins
Thu.	23 rd	09:00	Matins

Dufton St. Cuthbert

Mon.	6 th	19:00	Compline
Sun.	12 th	15:00	Service of the Word
Mon.	20 th	19:00	Compline
Thu.	23 rd	19:00	Taizé Service for S. John Boste Day
Sun.	26 th	11:00	Holy Communion

Kirkby Thore, St. Michael

Sun.	5 th	10:00	Breakfast Church
Sun.	12 th	11:00	Morning Prayer
Sun.	19 th	10:00	Breakfast Church
Sun.	26 th	11:00	Holy Communion

Long Marton, SS. Margaret & James

Sun.	12 th	09:30	Holy Communion
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Milburn, St. Cuthbert

Sun.	5 th	10:45	Holy Communion
Sun.	12 th	10:45	Holy Communion
Sun.	19 th	10:45	Holy Communion
Sun.	26 th	18:30	Evening Prayer

Murton, St. John

Sun.	19 th	18:00	Holy Communion
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Musgrave, St. Theobald

Sat.	4 th	14:00	Rushbearing Service
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Newbiggin, St. Edmund

Sun.	5 th	11:30	Holy Communion
Sun.	26 th	18:30	Evening Prayer

Ormside, St. James

Sun.	5 th	09:30	DIY
Sun.	12 th	09:30	Holy Communion
Sun.	19 th	09:30	Matins
Sun.	26 th	09:30	Holy Communion (1662)

Temple Sowerby, St. James

Sun.	19 th	09:30	Holy Communion
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Warcop, St. Columba

Sun.	5 th	09:30	Holy Communion
Sun.	12 th	10:30	Songs of Praise Open Air Churches Together
Sun.	19 th	09:30	Holy Communion
Sun.	26 th	09:30	Morning Prayer

Methodists

Sun.	12th	18:30	Connexion Service at Kirkby Stephen
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Sands, Appleby

Sun.	5 th	10:30	Songs of Praise
Sun.	12 th	10:30	Mrs. Joyce Worsfold
Sun.	19 th	10:30	Rev. Paul Dunstan
Sun.	26 th	10:30	Rev. Alex Dunstan

Dufton with Knock

Sun.	5 th	10:45	Mrs. Jackie Ousby
Sun.	12 th	10:45	Mrs. Penny Hilland
Sun.	19 th	10:45	Harry Hutchinson
Sun.	26 th	10:45	Mr. S. Woof

Warcop

Sun.	5 th	10:30	Mrs. Pam Carter
Sun.	12 th	10:30	Songs of Praise on Village Green (see C of E)
Sun.	19 th	10:30	Richard McGregor
Sun.	26 th	18:30	Rev. David Newlove (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)