

. St. Lawrence, Appleby and St. John, Murton-cum-Hilton; St. James, Ormside; St. Peter, Great Asby; St. Cuthbert, Dufton; St. Margaret & St. James, Long Marton; St. Cuthbert, Milburn; St. Columba, Warcop & St. Theobald, Musgrave; St. James, Temple Sowerby; St. Michael, Kirby Thore & St. Edmund Newbiggin. Also with additional information from Methodist Churches at The Sands, Appleby; Great Asby; Warcop; and Dufton with Knock; & The Roman Catholic Church of Our Lady of Appleby. But we also bring information 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.

Heart of Eden

The News Magazine of the Benefice

August 2026



Paris in August – “le mois d’Août” – when everything stops!

Not much to do with Appleby, but a nice summer picture — Ed

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

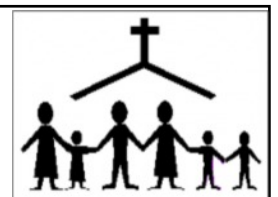
What's on?? What's on?? What's on?? Whats onWhat's on?? ?? What's on?? Wha

Date	Time	Place	Event
1 st	10:30 – noon	Milburn Village Hall	Village coffee morning
1 st	15:00	Ormside Village Hall	Car Treasure Hunt
2 nd	18:00	Sands Methodist Church	Celebration
4 th	10:00	Appleby Medical Practice	Citizen's Advice Bureau drop-in session
4 th	19:00	Brampton Village Hall	Book Club
4 th	10 – noon	Temple Sowerby Victory Hall	Coffee Morning
5 th	12:30	Greystoke Castle	Brampton Ladies' Lunch
5 th	19:00	Duften Village Hall	(Open Circle) G.B.Bakeoff (Abbi Lawson)
5 th	10:30 – noon	Ormside Village Hall	Coffee Morning
5 th	16:00	St. Lawrence's Vestry	Going Deeper
6 th	19:30	Duften Village Hall	Book Club (Mansfield Park / Motherless Land
6 th	19:30	St. Andrew's, Crosby Garrett	Transfiguration Solemn Eucharist
8 th	10:30 – 12:30	St. Peter's Church, Asby	Coffee, Cake & Chat
8 th	10:30 – noon	Colby Village Hall	Coffee morning
8 th	10:00 – 11:30	Warcop Parish Hall	Coffee Morning
11 th		Scoping plan for Westmorland & Furness closes - see Council report p.6	
11 th	14:30 – 16:30	St. James, Temple Sowerby	Rainbow Café
12 th	10:30	Sands Methodist Church	Memory Club
12 th	19:30	Brampton Village Hall	Eden Valley Woodturners
15 th	All day	Appleby Public Hall	Northern Crafts Market
15 th	10:30 – noon	Milburn Village Hall	Church coffee morning
18 th	10:00	Appleby Medical Practice	Citizen's Advice Bureau drop-in session
18 th	19:00	Brampton Village Hall	Film Night
18 th	19:30	Ormside Village Hall	Craft Evening
18 th	10 – noon	Temple Sowerby Victory Hall	Coffee Morning
22 nd	09:30 – 11:30	Public Hall Supper Room	Coffee Morning
30 th	13:00	The Old Rectory, Asby	Asby Summer Fayre
30 th	11:00	St. Theodore, Musgrave	Benefice Communion
1 st Sept.	13:00	St. Lawrence	Welcome Inn & Healing restart
1 st Sept.	13:30 – 15:00	Sands (Eden Room)	Community Sing-a-long

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, or ☎07831 991076



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

Dear Friends,

This month we are saying goodbye to Bradley, our intern with the Heart of Eden and the local Methodist Churches. Bradley has been exploring different kinds of ministry. He's been helping with youth clubs and schools work; you may have seen him at Renew Wellbeing, Sanctuary (The Welcome Inn) or the Memory Club, as well as on Sundays at our different churches across the area. We will miss Bradley and wish him every blessing wherever God leads him in the future.

Bradley wasn't our first intern. Many of you will remember Eve and Nathan, who are both now training for ministry in the Church of England. It's been such a privilege to welcome these young people who are giving up a year of their lives to serve our churches and explore their calling in different ministry contexts. This is a key component of our Growing Younger Strategy.

In September, we are hoping to welcome a new intern, Gerli, from Estonia. In order to do this, we need to raise enough money to have her with us. Several parishes have already committed to support this, but we still need to raise £2800. This could come from churches or from individuals. 70 people giving £1 a week for 40 weeks would cover that cost. We will also be having some fundraising events so please do support them.

For example, on Saturday 5th September at 6 pm, Kirkby Thore Folk Club will be hosting a Community Concert at St Michael's Church in Kirkby Thore. This will be an opportunity to meet Gerli and to contribute to a collection to support the project. Please come along to listen, play, sing, recite etc.

Another opportunity to welcome Gerli will be Celebration on Sunday 6th September at the Sands Methodist Church from 6 pm. For people who haven't been to Celebration before, we start with refreshments at 6 pm and begin our informal worship from 6:30 pm. During the service, we will hear a little bit more about Gerli's faith journey.

Revs. Dan and Kristy Pattimore

Church Registers, July 2026

Baptisms - We welcome into the Lord's Family:

12 th July	Stables	St. Peter, Asby
12 th July	Butterworth	St. James, Temple Sowerby

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, 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

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

Dufton 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 ☎07969 555773

A new venture at Sands Methodist Church begins on the first Tuesday of each month - first one on September 1st. We're starting a monthly 'Community Sing-a-long' from 1.30pm to 3pm in the Eden Room with refreshments available at the start. It's designed to be an uplifting singing session and anyone who enjoys a bit of a sing - even if it's only in the shower - is welcome! It's sponsored by the Dementia-friendly Community Musical Charity 'Lost Chord'. For more information, contact Linda Taylor 07969 555773.

**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

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



The Children's Society

(Filling Station) Celebration

Meeting at Sands Methodist church at 6pm on the first Sunday of the month - 2nd August

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 we take a break through August (including the healing service) resuming on Tuesday 1st September

For further information, or for prayer requests, you can email us on welcomenhh@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

Appleby Public Hall Supper Room Saturdays - 9:30am to 11:30am

Date	in aid of
22 nd	not known at this time <i>Ed.</i>

and...

15th all day in main hall - Northern Crafts Market

Town Council

Appleby Carnival



We would like to extend a huge thank you to Appleby Carnival committee for all the hard work they put in behind the scenes and over the weekend to make sure Appleby Carnival 2026 was a success. Their efforts certainly paid off, and it was great to see it return after 7 years.

It was amazing to see how many people attended and supported Appleby's wonderful carnival. So many of the local businesses got involved, decorating windows, donating prizes and helping advertise the event.

Keep your eyes peeled for the 2027 Carnival campaign!

Becoming an Appleby Town Councillor

We have recently welcomed two new Councillors to Appleby Town Council - Cllr Gareth Hayes and Cllr Donna Gates. We are sure they will be a great addition!

We currently have 3 vacant seats on the Bongate Ward. 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?

You don't need any experience or special qualifications. You will be supported by the existing Councillors and can attend training once you're a Councillor, to help you become more experienced and confident. The Full Council meet up every month, usually on the third Wednesday of the month, and the three standing committees meet every month, usually on the second Monday of the month. Any other time commitment is up to individuals, as to what projects they choose to get involved in.

For more information, please visit our website: <https://applebytown.gov.uk/becoming-a-town-councillor/>

Westmorland and Furness Council Local Plan

Westmorland and Furness Council are currently working on a new Local Plan for the Westmorland and Furness area, which will replace all the existing Local Plans adopted by the former Councils.

They would love to hear from as many people as possible who live and work in the Westmorland and Furness planning area about what matters most to them.

The Scoping Consultation will run from 1st July to 11th August 2026.

For more information, and to fill out the online survey, please visit the Westmorland and Furness website: <https://www.westmorlandandfurness.gov.uk/localplan>

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.

The Sunday service which started on 19 July, comprises 3 return journeys between Penrith and Kirkby Stephen; the first service arriving in Penrith at 11.25 and the final departure from Penrith being at 15.54. This service will initially run until November.

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 Wheels service

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



... on second thoughts, don't do that – we are no longer Cumberland (yay!), so phone ☎0333.240.6965, then option 2, option 5 between 9am and noon and leave a message for "Rural Wheels"

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.

National Allotment Week - 10th to 16th August

If you like allotments, then this week is for you.



It raises awareness of the very practical good that renting an allotment can do, in both

providing space to grow your own food, but also in encouraging more connectedness with your immediate community.

This year the theme is 'Grow to Learn - Lifelong Lessons from the Allotment'. This highlights how time on the plot acts as a living classroom, teaching vital life skills such as resilience, patience, and creative problem-solving.

The National Allotment Society began in 1901, with the formation of the Agricultural Organisation Society. It grew rapidly, until by the time of WW2, from 1939 to 1945 there were 1.4 million plots supporting the 'Dig for Victory' campaign.

Nowadays there are about 330,000 allotment plots across the UK, managed by hundreds of different local councils and independent societies. The average rent is about £45 a year for a standard 5-pole plot (125 sq. metres).

If you want an allotment, you will have to wait. Demand for plots is currently at an all-time high, making the average wait 37 months. London is averaging 69 months, while in Islington, some people have been on the list for more than a decade.

The best crops for first-time allotmenters? You might want to try potatoes, onions, garlic, runner beans, courgettes, carrots, salad leaves, beetroot or strawberries.

Appleby Clubs, etc.

Appleby Society (formerly Appleby-in-Westmorland Society)

No meeting in August. Watch this space in a month's time!

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.

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

Chair Appleby Friends of Guiding

Appleby Rainbows, Brownies and Guides



JOIN US



Meeting times:

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

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

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

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

Message the group for more information:

kath1nunn@gmail.com



Appleby Rainbows, Brownies and Guides

1st Westmorland Scout group

We're still recruiting:

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

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

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

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 August will be on Wednesday the 12th, at Sands Methodist Church Hall 10.30am -12 noon (an outing is planned for the 26th)

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

Anne ☎017683 51219; Tim ☎017683 52640

Probus Club

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

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

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

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

Appleby Rotary Club

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

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

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



Villages

Asby

Sat.	8 th	10:30 - 12:30	Coffee, Cake and Chat' in St Peter's Church in aid of church funds
Sun.	30 th	13:00	Asby Summer Fayre at The Old Rectory in aid of a homeless charity and St Peter's Church

Brampton Village Hall

Every Monday	19:00	Line Dancing
Every Thursday	18:30	Table Tennis
Tues.	4 th	19:00 Book Club
Wed.	5 th	12:30 Greystoke Castle - Brampton Ladies' Lunch
Wed.	12 th	19:00 Eden Valley Woodturners
Tue.	18 th	19:00 Film Night (note the day)

Colby Village Hall

Sat.	8 th	10:30 - noon	Coffee Morning
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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 (back in September)

Special Events:

Wed.	5 th	19:00	(Open Circle) Great British Bakeoff (Abbi Lawson)
Thurs.	6 th	19:30pm	Book Club (Mansfield Park / Motherless Land)

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

Murton-cum-Hilton Institute

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

Ormside

Sat.	1 st	Car Treasure Hunt
Meet 3pm at the village hall. £10 per car. Follow a series of clues that will lead you back to the hall in about 3 hours. The team with the most correct answers will be crowned Ormside Treasure Hunt Champions!		
Wed.	5 th	10:30 to 12 Coffee Morning
Tue.	18 th	7:30 till 9pm Craft Evening (sorry - got it wrong last month. <i>Ed.</i>)

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

Mondays	6:30 - 8	Table tennis club
Thursdays	9 - 11am	Foyer Café (with Post Office Van 9-10am and butcher)

I don't think soup and pud operates in August - sounds too stodgy!. *Ed.*

Sat. 8 th	10 - 11:30	Coffee morning
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Heart of Eden

Going Deeper

A chance to reflect on your faith within the church, asking questions that are connected to living out our faith in a challenging world.

This Month Discussing:

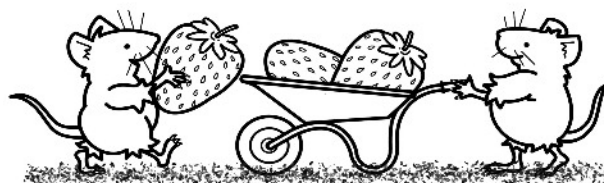
The Old Testament themes continue

 **Wednesday August 5th**
4pm - 5pm

 **The HoE Benefice Office**

 **The Vestry, St Lawrence's, Appleby**

All are welcome!



Bible Bite

A short story from the Bible

It can be read in the Bible in Luke 7:1-10, Matthew 8:5-13

When the Romans invaded Israel, they used soldiers to keep order. For the centurion in Capernaum it was more than just a job...

The centurion had a young servant who was in great pain and dying.



When he heard that Jesus was near, he asked the town leaders to ask Jesus for help.

The leaders told Jesus...



This man deserves your help. He loves our people.

He has even built us a meeting place!



This could have been a tricky situation, for Jews never went into the houses of non-Jews.



I will go and heal the boy.



But Jesus said...

But the centurion knew that, as a Jew, Jesus could not go into the houses of non-Jews so as Jesus got near, he sent some friends to him.



But he says he understands authority and knows you have it. You only have to say so and his servant will be healed.

He says he isn't worthy enough for you to come to his house.



Jesus was amazed!



He said to the friends...



When the friends got to the house they found the servant completely healed!



I have never met anyone in Israel with as much faith.

You may go now, what he has believed has happened.

The TEN YOUNG WOMEN



JESUS OFTEN TOLD STORIES WITH HIDDEN MEANINGS - WE CALL THEM "PARABLES".



JESUS ONCE SPOKE ABOUT TEN YOUNG WOMEN



THEY HAD BEEN INVITED TO A WEDDING - AND THEY WERE WAITING FOR THE BRIDEGROOM.



EACH ONE HAD AN OIL LAMP.



BUT ONLY FIVE OF THEM HAD BROUGHT ALONG SOME SPARE OIL.



LATE AT NIGHT THE BRIDEGROOM ARRIVED



FIVE YOUNG WOMEN COULD LIGHT HIS WAY.



THE OTHER FIVE FELT VERY FOOLISH - THEIR LAMPS HAD RUN OUT OF OIL!



See Matthew 25:1-13

150 years on, Mothers' Union is a "powerhouse" - Archbishop of Canterbury

The Mother's Union is celebrating its 150th anniversary. At a recent service in St Paul's Cathedral, the Archbishop of Canterbury said she had seen first-hand the profound impact of its work in communities around the world, "in family life, healthcare, education, social projects - challenging poverty, injustice and violence. . . In fact, I often say, if I need something doing, ask the Mothers' Union to do it."



Her sermon on Ephesians had asked: "How do we sustain ourselves as we serve? How do we nourish our own spiritual, mental, and physical well-being, whilst we are tending to the needs of others?"

The answer, she suggested, lay in St Paul's words: "I pray that Christ may dwell in your hearts through faith, as you are being rooted and grounded in love. I pray that you may have the power to comprehend, with all the saints, what is the breadth and length and height and depth, and to know the love of Christ that surpasses knowledge, so that you may be filled with all the fullness of God."

She continued. "May you know the depth of God's love in the grass-roots work that you do throughout the world. May you know the breadth of God's love as you strive to serve this global movement.

"You are salt to our world, in the ordinary, everyday ways you make such a difference to the people you serve, and in the fellowship that you offer to one another."

Mouse Makes

1. To which city did God send Jonah? Jonah 1:1-2

2. Where did Paul travel to after seeing a vision? Acts 16:9-10

3. Which sea did Jesus walk beside before he went up on the mountain? Matthew 15:29

4 across After Paul was stoned, where did he travel to with Barnabas? Acts 14:19-20

4 down Where was Saul travelling to when Jesus appeared to him? Acts 9:3

5. Which town did Naomi and Ruth travel to after leaving Moab? Ruth 1:22

6. Where did Paul and Barnabas go after being persecuted in Antioch? Acts 13:51

7 across Where did the Church in Jerusalem send Barnabas? Acts 11:22

7 down Where did Noah's ark come to rest after its journey? Genesis 8:4

8. To where did Mary and Joseph flee to get away from Herod? Matthew 2:13

9. To which city did Philip travel to proclaim Christ? Acts 8:5

10. To which river did people travel out to to be baptised? Mark 1:5

11. After a five day journey where did Paul arrive? Acts 20:6

12. Which sea did Moses walk through to get away from the Egyptians? Exodus 15:4

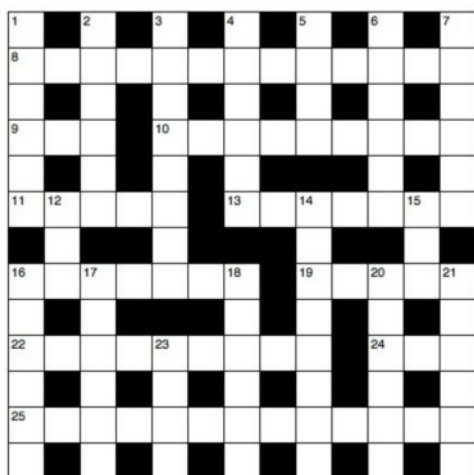
13. Where did Paul travel to after he left Athens? Acts 18:1

BIBLE

JOURNEYS

Aug 26 © Deborah Noble • parishpump.co.uk

This month's crossword (solution p.12)



Across

- 8 One of the titles given to the Messiah in Isaiah's prediction (Isaiah 9:6) (6,2,5)
 9 International Nepal Fellowship (1,1,1)
 10 Single (1 Corinthians 7:27) (9)
 11 Aleksandr Solzhenitsyn's seminal book about Soviet prison camps, The - Archipelago (5)
 13 Treachery (2 Kings 11:14) (7)
 16 Of India (anag.) (2,3,2)
 19 'God has put us apostles on display at the end of the procession, like men condemned to die in the -' (1 Corinthians 4:9) (5)
 22 Follower of a theological system characterized by a strong belief in predestination (9)
 24 'Put these old rags and worn-out clothes under your arms to the ropes' (Jeremiah 38:12) (3)
 25 They brought together all the elders of the Israelites in Egypt (Exodus 4:29) (5,3,5)

Down

- 1 The season when kings 'go off to war' (2 Samuel 11:1) (6)
 2 Simon Peter's response to Jesus by the Sea of Galilee: 'Go away from me, Lord; I am a - man' (Luke 5:8) (6)
 3 Beaten with whips (1 Kings 12:11) (8)
 4 'You shall not - adultery' (Exodus 20:14) (6)
 5 Encourage (Hebrews 10:24) (4)
 6 Service of morning prayer in the Church of England (6)
 7 'Take and eat this in remembrance that Christ died for you, and - him in your heart by faith with thanksgiving' (4,2)
 12 Run (anag.) (3)
 14 Member of 17th-century party that denied the right of autonomy to the Church (8)
 15 'We will triumph with our tongues; we - our lips' (Psalm 12:4) (3)
 16 Earnings (1 Corinthians 16:2) (6)
 17 'I rejoice greatly in the Lord that - you have renewed your concern for me' (Philippians 4:10) (2,4)
 18 How Paul described Philemon (Philemon 1) (6)
 20 Multiple territories under the rule of a single state (Daniel 11:4) (6)
 21 'You have been unfaithful; you have married foreign women, - to Israel's guilt' (Ezra 10:10) (6)
 23 This month (abbrev.) (4)

Fancy a stroll? Try reading this!

Every Pilgrim's Guide to Walking to Santiago de Compostela



By Peter Muller, Angel Fernandez de Aranguiz, & Laurie Bennett, Canterbury Press, £12.99

Every year, some 200,000 people set out on the world's most famous pilgrimage route - 'the Camino', designated a World Heritage Site in 1993. Actually it is a network of paths, with numerous starting places in France and throughout Europe, and all routes converge to lead along Spain's northern coast to Santiago de Compostela. Here the shrine of St James, the patron saint of pilgrimage, was discovered in the 9th century.

Already the preferred guide for German and Spanish pilgrims, this new English edition is co-published with the Confraternity of St James, the UK's leading organisation for promoting pilgrimage to Santiago.

The book offers a mix of practical information and spiritual inspiration for walkers, a stage-by-stage guide pointing out places of interest along the way; practical tips for walkers; prayers, blessings and spiritual exercises to nourish the pilgrim spirit and deepen the pilgrimage experience. It is illustrated throughout with maps and photographs, and conveniently pocket sized.



...Rodney, I've been meaning to have a word with you about your carbon footprint!

Not thinking of anyone in particular! Ed.

Crossword Solution

S		S		S		C		S		M		F
P	R	I	N	C	E	O	F	P	E	A	C	E
R		N		O		M		U		T		E
I	N	F		U	N	M	A	R	R	I	E	D
N		U		R		I				N		O
G	U	L	A	G		T	R	E	A	S	O	N
	R			E				R			W	
I	N	A	I	D	O	F		A	R	E	N	A
N		T				R		S		M		D
C	A	L	V	I	N	I	S	T		P	A	D
O		A		N		E		I		I		I
M	O	S	E	S	A	N	D	A	A	R	O	N
E		T		T		D		N		E		G

Appleby Deanery
St Andrew's Church
Crosby Garrett



**Solemn Eucharist
for
The Feast of
The Transfiguration
of our Lord**



**Thursday,
August 6th
7.30pm**

Revd Charles Cowling will Preside
Revd Raewynne Whiteley will Preach

6th August The Transfiguration - a glimpse of Jesus' future glory

The story is told in Matthew (17:1-9), Mark (9:1-9) and Luke (9:28-36).

It was a time when Jesus' ministry was popular, when people were seeking Him out. But on this day, He made time to take Peter, James and John, His closest disciples, up a high mountain. In the fourth century, Cyrillic of Jerusalem identified it as Mount Tabor (and there is a great church up there today), but others believe it more likely to have been one of the three spurs of Mount Hermon, which rises to about 9,000 feet, and overlooks Caesarea Philippi.

High up on the mountain, Jesus was suddenly transfigured before His friends. His face began to shine as the sun, His garments became white and dazzling. Elijah and Moses, of all people, suddenly appeared, and talked with Him. A bright cloud overshadowed the disciples.

Peter was staggered, but, enthusiast that he was - immediately suggested building three tabernacles on that holy place, one for Jesus, one for Moses, and one for Elijah. But God's 'tabernacling', God's dwelling with mankind, does not any longer depend upon building a shrine. It depends on the presence of Jesus, instead. And so a cloud covered them, and a Voice spoke out of the cloud, saying that Jesus was His beloved Son, whom the disciple should 'hear'. God's dwelling with mankind depends upon our listening to Jesus.

Then, just as suddenly, it is all over. What did it mean? Why Moses and Elijah? Well, these two men represent the Law and the Prophets of the Old Covenant, or Old Testament. But now they are handing on the baton, if you like: for both the Law and the Prophets found their true and final fulfilment in Jesus, the Messiah.

Why on top of a mountain? In Exodus we read that Moses went up Mount Sinai to receive the sacred covenant from Yahweh in the form of the Ten Commandments. Now Jesus goes up and is told about the 'sealing' of the New Covenant, or New Testament of God with man, which will be accomplished by His coming death in Jerusalem.

That day made a lifelong impact on the disciples. Peter mentions it in his second letter, 2 Peter 1:16 - 19 - invariably the reading for this day.

The Eastern Churches have long held the Transfiguration as a feast as important as Christmas, Epiphany, Ascension and Pentecost. But it took a long time for the West to observe the Transfiguration. The feast starts appearing from the 11th and 12th centuries, and the Prayer Book included it among the calendar dates, but there was no liturgical provision for it until the 19th century.

7th August - John Mason Neale, hymn writer and re-writer

If you are the sort of person who looks at the small print beside hymns in the hymnal, then you may recognise the name J. M. Neale. For not only did he write some of our most beloved hymns, but he also translated many dozens more from the Latin, old German, or old French. J. M. Neale was so prolific, in fact, that fully one-tenth of the hymns in our English Hymnal are his.

So, who was he? Born in London in 1818, educated Trinity College Cambridge, and ordained in 1841, he was aiming for the parish of Crawley. But chronic ill health left him too weak for parish life, and so he was appointed warden of an alms-house in East Grinstead, where he lived and worked for the rest of his life.

Neale used the peace and quiet of his job to good effect: producing All glory laud and honour, Jerusalem the golden, O happy band of pilgrims, The Day of Resurrection, O come, O come Emmanuel, and Christ is made the sure foundation, among many many others.

But Neale's writing of hymns was only part of his wider passion for the worship and liturgical practices of the Early Church. At a time when Anglo-Catholics were 'in fashion', Neale provided an important balance by reminding the Church of its largely forgotten Eastern heritage.



Renew Wellbeing Cafe

Appleby Supper Room
(Above the Market Hall)

Fridays, 9.30am-2pm

Soup & Sandwich Lunch
Tea/Coffee/Biscuits

Free - donations welcome

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Fun Dance & Movement

Crafts

Chat

Community Choir

Come and go as you please

Renew Wellbeing Eden on Facebook

Contact: Kristy Pattimore
kristy@pattimore.com
Tel. 07480 935119

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Wed	Yoga	Duften	10am - 11.45am
Thur	Yoga	Appleby	7pm - 8.45pm
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Wellbeing Wednesdays

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Kirkby Thore Memorial Hall
Every Wednesday
Between 2 and 4pm

Refreshments provided

Drop in free cafe

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Games, crafts, chat followed by soup

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Market Hall

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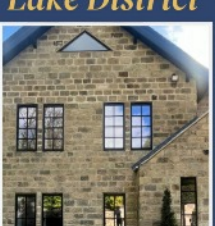
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ORGANIC

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12.30 – 2pm
Memorial Hall
Kirkby Thore

We also have a light lunch together
Everyone is welcome

Do you need help with small jobs around your home?

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

- Changing a lightbulb
- Putting up shelving
- Hanging curtains
- Installing handrails
- 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

You can also call the Housing Standards Team on 01539 793161, email 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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Contact: Pam Sharples - Pam.sharples@outlook.com 0756234560
or Kathryn Nunn kath1nunn@gmail.com 07717841723

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

EAT

If you enjoy a good meal and conversation you might like to consider joining Appleby Probus.

A Probus club is a local association of retired and semi-retired professional and business people that meets monthly for lunch and fellowship. The Appleby Club is strictly non-political and gender-neutral. It is currently seeking new members!

If you think that any of this might interest you, please drop a line to Phil Harbot at philharbot@gmail.com.

TALK

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

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(Includes Entry) £37

Friday 21st August
SOUTHPORT FLOWER SHOW
(Coach Only)

More details or to book, please ring:

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(NBM Travel is a trading name of NBM Hire Ltd)

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



Coronavirus has made life hard for many people. Citizens Advice Carlisle & Eden is here to help.

If you need help with benefits, work, debt and money, housing, or more, please get in touch or look at useful information available at www.citizensadvice.org.uk.

For Debt/Money advice or Foodbank referrals: 03300 563037

For help claiming Universal Credit: 0800 1448 444

For all other enquiries: 0808 278 7844

Email Advice:
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www.ca-ce.org.uk

Webchat Advice
www.citizensadvice.org.uk

Check out our social media page
Twitter & Facebook;
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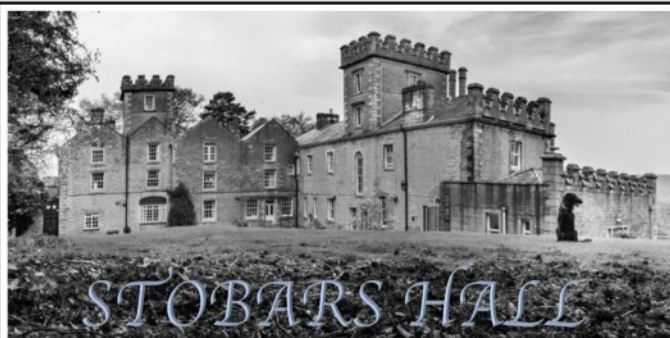
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Day Trips by Coach offered by NBM Travel

Wednesday 1 st July	Sunday 2 nd August
MYSTERY TRIP (includes hot drink) £22	WHITBY Traction Rally (Includes Entry) £37
Sunday 19 th July	Friday 21 st August
BLACKPOOL (Town or Zoo) (Coach Only) £22	SOUTHPORT FLOWER SHOW (Coach Only) £24

For more details, the pickup points, or to make a reservation. ring: 07344 765 463 (NBM Travel is a trading name of NBM Hire Ltd)

Church Services for August 2026

Church of England

Appleby, St. Lawrence,

Sun.	2 nd	08:30	Holy Communion
Sun.	2 nd	10:45	Morning Worship
Fri.	7 th	10:00	Holy Communion
Sun.	9 th	10:45	St. Lawrence patronal festival (HC)
Fri.	14 th	10:00	Holy Communion
Sun.	16 th	10:45	Holy Communion
Fri.	21 st	10:00	Holy Communion
Sun.	23 rd	10:45	Holy Communion
Fri.	28 th	10:00	Holy Communion

Asby, St. Peter

Sun.	2 nd	18:30	Holy Communion
Sun.	9 th	11:00	United Service
Sun.	16 th	18:30	Café Church
Sun.	23 rd	11:00	Morning Prayer

Boroughgate, St. Anne

Thu.	6 th	09:00	Holy Communion
Thu.	13 th	09:00	Matins
Thu.	20 th	09:00	Matins
Thu.	27 th	09:00	Matins

Dufton St. Cuthbert

Mon.	3 rd	19:00	Compline
Sun.	9 th	15:00	Taizé
Mon.	17 th	19:00	Compline
Sun.	23 rd	11:00	Holy Communion

Kirkby Thore, St. Michael

Sun.	2 nd	10:00	Breakfast Church
Sun.	9 th	10:30	Morning Prayer
Sun.	16 th	10:00	Breakfast Church
Sun.	23 rd	11:00	Holy Communion

Long Marton, SS. Margaret & James

Sun.	9 th	09:30	Morning Prayer
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Milburn, St. Cuthbert

Sun.	2 nd	10:45	Holy Communion
Sun.	9 th	10:45	Holy Communion
Sun.	16 th	10:45	Holy Communion
Sun.	30 th	18:30	Evening Prayer

Murton, St. John

Sun.	23 rd	18:00	Evening Prayer
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Musgrave, St. Theobald Benefice Service

Sun. 30th 11:00 Holy Communion

Newbiggin, St. Edmund

Sun.	2 nd	11:00	Holy Communion
Sun.	23 rd	18:30	Evening Prayer

Ormside, St. James

Sun.	2 nd	09:30	Matins
Sun.	9 th	09:30	Holy Communion (Common Worship)
Sun.	16 th	09:30	DIY
Sun.	23 rd	09:30	Holy Communion (1662)

Temple Sowerby, St. James

Sun.	16 th	09:30	Service of the Word
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Warcop, St. Columba

Sun.	2 nd	09:30	Holy Communion
Sun.	9 th	09:30	DIY
Sun.	16 th	09:30	Holy Communion
Sun.	30 th	09:30	Morning Prayer

Methodists

Sands, Appleby

Sun.	2 nd	10:30	Mrs. Heather Radford
Sun.	9 th	10:30	Rev. Jackie Betts (Holy Communion)
Sun.	16 th	10:30	Local Arrangement
Sun.	23 rd	10:30	Mrs. Carolyn Dickinson
Sun.	30 th	10:30	Rev. Ros. Watson

Dufton with Knock

Sun.	2 nd	10:45	Mr. Richard McGregor
Sun.	9 th	10:45	Rev. Alex Dunstan
Sun.	16 th	10:45	Mrs. Pam Carter
Sun.	23 rd	10:45	Rev. Paul Dunstan
Sun.	30 th	10:45	I. Newton

Warcop

Sun.	2 nd	10:30	Mrs. Penny Hilland
Sun.	9 th	10:30	Local Arrangement
Sun.	16 th	10:30	Mr. W. Ousby
Sun.	23 rd	18:30	I. Newton
Sun.	30 th	18:30	Preacher t.b.c.

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)