

tion from the council, local voluntary organisations, clubs and associations, buses and trains, events at the villages of the Mid-Eden Valley, and we are partly supported by the advertisements which follow the news items.
at The Sands, Appleby; Great Asby; Warcop; and Dufton with Knock; & The Roman Catholic Church of Our Lady of Appleby. But we also bring informa
ng 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
St. Lawrence, Appleby and St. John, Murton-cum-Hilton; St. James, Ormside; St. Peter, Great Asby; St. Cuthbert, Dufton; St. Margaret & St. James, Lo

Heart of Eden

The News Magazine of the Benefice

September 2026



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

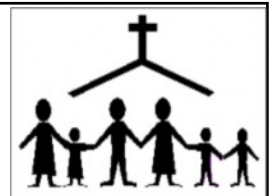
What's on?? What's on?? What's on?? Whats onWhat's on?? ?? What's on?? Wha

Date	Time	Place	Event
1 st	13:30 – 15:00	Sands – Eden Room	Singalonga Sands
1 st	14:30	St. Lawrence's Church	Healing Service
1 st	19:00	Brampton Village Hall	Book Club
1 st	10:00	Appleby Medical Practice	Citizen's Advice Bureau (bookable)
2 nd	19:30	Brampton Village Hall	Brampton Ladies "Lunch"
2 nd	19:00	Duften Village Hall	(Open Circle) Cumbrian gravestones
2 nd	10:30 – noon	Ormside Village Hall	Coffee Morning
3 rd	11:30 – 13:00	Warcop Parish Hall	Soup and Pud
5 th	10:30 – noon	Milburn Village Hall	Village coffee morning
5 th	18:00	St. Michels, Kirkby Thore	Community Concert, see page 14
6 th	18:00	Sands Methodist Church	Celebration
8 th	14:30 – 16:30	St. James, Temple Sowerby	Rainbow Café
9 th	11:00	Public Hall	Appleby Arts– Visionaries of 20 th Century Textile Design
9 th	10:30	Sands Methodist Church	Memory Club
9 th	19:30	The Hollies, Asby	Asby Fellowship – Pat Bevan
9 th	19:00	Brampton Village Hall	Eden Valley Woodturners
12 th	10:30 – 12:30	St. Peter's, Asby	Coffee, Cake and Chat
12 th	17:30	Brampton Village Hall	Harvest Supper
12 th	10:30 – noon	Colby Village Hall	Coffee morning
12 th	19:00	Appleby Public Hall	Lights, Camera, Appleby – "Hamnet"
12 th	10:30 – 13:30	Long Marton Village Hall	Brunch'n'Lunch
12 th	10:00 – 11:30	Warcop Parish Hall	Macmillan Coffee Morning
14 th	19:30	Ormside Village Hall	Country Dancing
15 th	19:00	Brampton Village Hall	Film Night
15 th	10:00	Appleby Medical Practice	Citizen's Advice Bureau (bookable)
15 th	19:30	Ormside Village Hall	Craft Evening
16 th	19:30	Long Marton Village Hall	Local History Group
17 th	evening	Public Hall Supper Room	Appleby-in-Westmorland Society (sorry – that's all I know.Ed.)
17 th	19:30	Warcop Parish Hall	Remote Cinema – Hamnet
19 th /20 th		See council report p.6	Heritage Open Days
19 th	10:30 – noon	Milburn Village Hall	Church coffee morning
19 th	10 – noon	Temple Sowerby Victory Hall	Coffee Morning
23 rd	10:30	Sands Methodist Church	Memory Club
23 rd	19:30	The Hollies, Asby	Asby Fellowship – John Bevan
25 th	19:30	Warcop Parish Hall	Quiz
26 th	All Day	Appleby Public Hall	Northern Crafts Market
28 th	19:30	Ormside Village Hall	Country Dancing
4 th Oct.	15:00	St. Lawrence's Church	Harvest Festival (details later)

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

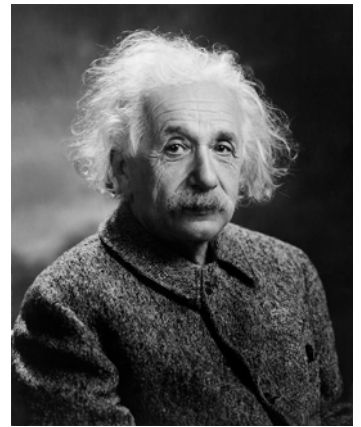


Methodist Minister: Rev Stephen Radford stephen.radford@methodist.org.uk or ☎017683 71202

Roman Catholic Priest (Our Lady of Appleby) **Fr. Stuart Chapple** ☎ 01768 862273

Inspiration!

The Latin word 'spiro' translates as 'I breathe', and 'spiritus' was the Latin word for 'breath', 'soul' and 'spirit', and it's on the breath that we make sounds that when put together make language. Take a sharp breath in [try it] with an open mouth and you get 'oh', now exhale with open mouth and you get 'ah'. Breathe out with a wide smile and you get 'ee' or 'ay'. If you say 'ah-ow' the second sound almost always goes down. David Abram has suggested that the vocalisation 'ah-ay', the breath out and the breath in, came to form the words 'Yah-weh', and if this is true, a clear connection might have existed in the minds of early humans between the in/out of breath and an understanding of the spirit of some kind of divine presence.



Today we speak about inspiration as one of the factors which produce a beautiful piece of art or music, or, we will say that, for example, an idea was 'inspired' - in both senses we are using the idea of 'spiro' as meaning something was 'breathed into' the work of art, the idea, or the musical work. Related to the perception of something being 'inspired' is the idea that we, individually, can be inspired by something which we see or hear, and out of that comes the feeling of being moved. Because as human beings we can react to stimuli in that way, it seems that many people have no particular difficulty in signing up to a kind of spirituality which they cannot, or are unwilling, to define. Christians, though, view that 'moving' sensation, that 'inspiration', as a manifestation of the person of God in the form of the Holy Spirit, though many times we fail to see it like that. And sometimes that failure to recognise how a situation or a person might be revealing something of the nature of God to us means that we dismiss a new idea, a way of doing something, or sometimes just a way of interacting in a situation.

If there is one thing we have in common it is the fact that we all breathe and we know that breathing exercises can be very beneficial for our health. I used to tell intending primary school student teachers that if the music lesson was just after the lunch break and the children were still wired from being out in the playground to try doing simple breathing exercises with them to help them to relax. I'm sure we should all practise that exercise a bit more, but, let's also remember that what God is doing for us is breathing into us through the Holy Spirit, even if we don't really recognise what is going on all of the time.

Richard McGregor

Recent Church Registers

Baptisms - We welcome into the Lord's Family:

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

Marriage *We congratulate*

25 th July	Philip Westgarth and Victoria Rea	St. Edmund, Newbiggin
14 th Aug	Chris Pears and Kelsey Maughan	St. Peter, Asby
19 th Aug	George Sayers And Zoe Dargue	SS Margaret & James, Long Marton
20 th Aug	Joe Bousfield and Hannah Grimes	St. Columba, Warcop
22 nd Aug	Chris Hodgson and Lizzie Collins	St. Theobald, Musgrave

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)

We will hold our Harvest Festival on Sunday October 4th in the afternoon with a family-friendly lay-led service at 3.15pm, followed by a short concert given by The Fellside Singers and tea. This is a very similar format to last year's Harvest Festival which was really well received and appreciated.

There will be a suggested donation of £5 per adult to cover expenses etc. So please do come along, enjoy the afternoon with us while giving thanks to God for the Harvest.

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



Church



warden 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 Stephen Radford

stephen.radford@methodist.org.uk or ☎017683 71202

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

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.



The Children's Society

Thank you Lorna Atkinson

(Filling Station) Celebration

Meeting at Sands Methodist church at 6pm on the first Sunday of the month - 6th 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. 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 at 2.30pm we also hold a special 'service for healing' which is an opportunity to receive personal prayer for healing, 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 welcomeinnhh@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

SingalongaSands

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.

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

No bookings to date *Ed.*, but 26th all day in main hall - **Northern Crafts Market**

Town Council

Shop Front Grant Scheme

Appleby Council have launched a new grant scheme to help improve the look of Appleby's town centre. The scheme was only established at



the beginning of the year, with support from Appleby Community Enterprises (ACE), a not for profit enterprise, who have worked with Appleby Council and local businesses over the past few years to facilitate various business development initiatives in Appleby. Alan McViety, former Director of ACE commented "When the directors of ACE decided it was time to wind the community business down, the idea of using the reserves to support a shop front grant scheme with Appleby Town Council seemed like the perfect fit. We are absolutely delighted with how popular the scheme has been and the difference it is already making to the town centre."

The scheme has already awarded ten grants to local town centre businesses and because the initial take-up of the grants was so popular, Appleby Town Council approved the continuation of the grant scheme when setting their budgets for this financial year. Councillor Jim Chalmers, Chair of Appleby Town Council Finance Committee commented "Appleby Council are committed to continue the scheme as long as there is a need."

To be eligible for the grant, applicants must be small independent businesses, or owners of retail premises (occupied or unoccupied) and located within Appleby town centre. For more information, an application form and guidelines, please email clerk@applebytown.gov.uk or pop into Appleby Tourist Information Centre.

United Utilities Roadworks - Holme Street and Chapel Street

United Utilities are carrying out work on Holme Street and Chapel Street at the beginning of September, lasting for 8 weeks, during which the road will be closed. This is completely unrelated to the Environment Agency work. Two way traffic lights will be in place on Low Wiend to access Pigneys garage, Leisure Centre and the Doctors. Outside working hours, traffic can use the unrestricted part of Chapel Street and Holme Street.

Heritage Open Days

Heritage Open Weekend is taking place on Saturday 19th and Sunday 20th September, and there is lots going on! The theme this year is all about Everyday Histories and exploring life through the ages. It is presented by leading family history website, Findmypast, the perfect resource to help you research family and local history. There will opportunities throughout the weekend to learn more about how to research your family history.

A total of 10 properties are opening for the weekend, including the Moot Hall Council Chamber, Castle Bank, the Masonic Hall and Kingstone House. On Friday 18th, Music of the Borders with Bill Lloyd is taking place in the Public Hall Supper Room from 7pm. On Saturday, the Public Hall is being taken over by several local societies, each displaying some of their most recent work and finds. There will also be talks in the Supper Room at 11am - 'Who do you think you were?', 1pm 'Genealogy 101', and 2pm 'The Archaeology of Appleby'.

For full details of each property and event please visit the Heritage Open Days website www.heritageopendays.org.uk/, or collect a leaflet from the Tourist Information Centre in September.

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 ☎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.

Appleby Clubs, etc.

Appleby Society (formerly Appleby-in-Westmorland Society)

Something on the 17th, but I'm not sure what. *Ed.*

Appleby Bowling Club

Appleby Bowling Club are looking for new members. The Club has superb green and clubhouse facilities. The Indoor Season starts in mid September, and continues to mid April.



Friendly games take place on most afternoons during the Winter (Indoors) starting at 2pm. There are numerous Internal Club Competitions throughout this time.

Presently an introductory Annual Membership fee for new members is £35.00 for adults.

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

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

Arts Society

Visionaries of 20th Century Textile Design: A Yorkshire Textile Renaissance

Wed. 9th: 11am in Appleby Public Hall.

An inspiring look at Yorkshire designers who revitalized 20th century textile art. Ashley Gray explores how regional craft and innovation merged in patterns, techniques and aesthetic revolutions. After the Second World War, the world of fashion, interiors and modern art fused, with dynamic results. From Matisse and the flamboyant Parisian modernists to the cutting edge of the St Ives School, this lecture considers the role fashion and textiles played in democratising modern art through the eyes of two innovative textile visionaries.

Lights...Camera...Appleby

Hamnet (12A) - Saturday 12th September

HAMNET tells the powerful love story that inspired the creation of Shakespeare's timeless masterpiece, Hamlet. After losing their son Hamnet to plague, Agnes and William Shakespeare grapple with grief in 16th century England. A healer, Agnes must find strength to care for her surviving children whilst processing her devastating loss.

Based on Maggie O'Farrell's novel of the same name, the film stars Jessie Buckley and Paul Mescal. A masterpiece by Academy Award winning writer/director Chloe Zhao.

Low Howgill Butchers & Delicatessen are making: Minced venison pie in peppered gravy, with root veg mash, steamed cabbage and Gravy, or there will be a delicious Cheese and onion pie for the vegetarian option. Pay bar, raffle and interval ice-cream from the Jersey Ice Cream Farm, Melkinton

Please book food tickets well in advance to avoid disappointment. Tickets £13 for food and film. Film only tickets, £4. Doors open 6pm, food served 6.15-6.30pm. Film screening at 7pm. Tickets from Appleby Tourist Information Centre or the Courtyard Gallery, Appleby.

For further information please ring ☎07921489611 or email applebyremotecinema@btconnect.com

Upper Eden Linking Lives.

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

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

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

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

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



Memory Club in Appleby

Our meeting dates for September are 9th and 23rd at Sands Church Hall.

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

Wed. 9 th	19:30	The Hollies, Asby - Asby Fellowship - Pat Bevan
Sat. 12 th	10:30 - 12:30	Coffee, Cake and Chat in St Peter's Church in aid of church funds
Wed. 23 rd	19:30	The Hollies, Asby - Asby Fellowship - John Bevan

Brampton Village Hall

Every Monday	19:00	Line Dancing
Every Thursday	18:30	Table Tennis
Tues. 1 st	19:00	Book Club
Wed. 2 nd	19:30	Brampton Ladies' "Lunch"
Wed. 9 th	19:00	Eden Valley Woodturners
Sat. 12 th	17:30	Harvest Supper (eat at 18:00)
Tue. 15 th	19:00	Film Night (note the day)

Colby Village Hall

Sat. 12 th	10:30 - noon	Coffee Morning
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Advance notice for your diaries:

Prize Dominoes Drive:- Wednesday November 25th

Prize Bingo:- Friday November 27th

Duften

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 (term times only)

Special Events:

Wed. 2 nd	19:00	(Open Circle) The meaning, mystery and magic of Cumbrian gravestones (Mark Hutton)
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Long Marton

We now have a lovely warm eco friendly heating system in the downstairs and upstairs rooms. Ideal for starting a new activity, any enquiries please contact Christine at bookingslongmartonvi@gmail.com. Hire rates are from £8 per hour.

Saturday 12th September 10.30am to 1.30pm - Brunch 'n' Lunch.
Please come along to see the newly refurbished hall and to support us with our continuing programme of works.

Wednesday 16th September 7.30pm - Local History Group, speaker TBC. If you would like any details please email Christine at longmartonlocalhistorygroup@gmail.com

Thursday evenings from 7.30pm - Craft and Chat. Details from Nicola on 62301

Milburn

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

Murton-cum-Hilton Institute

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

Ormside

Wed. 2 nd	10:30 to 12	Coffee Morning
Mon. 14 th	7:30 to 9pm	Country Dancing
Tue. 15 th	7:30 to 9pm	Craft Evening
Mon. 28 th	7:30 to 9pm	Country Dancing

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/>

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 (post office 9 to 10)
Thu. 3 rd	11:30 - 13:00	Soup and Pud (£8)
Sat. 12 th	10 - 11:30	Macmillan Coffee morning Drink and cake: £4 - Donations of cakes and raffle prizes can be left at the hall on the morning of Friday 11 th - Thank you. All Proceeds go to Macmillan
Thu. 17 th	19:30	Cinema - Hamnet (12) Doors open: 7.15pm Screening: 7.30pm Tickets on the Door £5 - Refreshments Served (synopsis page 8)
Fri. 25 th	19:30	Quiz - £12 per person Max 6/team & Prizes for top 3 teams Licensed Bar & Raffle To book: Ring Pat on 07936427630 or Caroline on: 07929217082 Or email: caz.cotthouse@yahoo.co.uk by midday on Monday 21st September (meat or vegetarian pies available)

Bible Bite

A short story from the Bible

It can be read in the Bible in
Matthew 12:1-14, Luke 6:1-11

The Pharisees watched Jesus to see if he broke any of God's laws, or the rules they had made up to stop the laws being broken.

Jesus' disciples were hungry so they picked some wheat from a field as they walked.

This was allowed (Deut 23:25) but it was the Sabbath.

The Pharisees said to Jesus

Why are your disciples harvesting on the Sabbath? That is against the rules!

But King David broke the rules when he ate the bread that was only for the priests*

*1 Sam 21:6

And priests are allowed to work in the temple on the Sabbath*

*Num 28:9

Don't you understand when God says 'keeping rules doesn't make up for not having kindness'?

*Hos 6:6

If you understood, you would know my disciples did nothing wrong.

The Pharisees followed Jesus to the meeting place

There was a man with a crippled hand.

The Pharisees wanted to accuse Jesus of breaking rules, so they asked him a trick question.

Is it right to heal someone on the Sabbath?

If your sheep fell into a ditch on the Sabbath you would lift it out.

People are worth far more than sheep, so it is right to do good on the Sabbath

Hold out your hand.

...and it was healed!

The Pharisees left and made plans

We will kill him.

The tale of the Lost Sheep

Baa! Baa!

JESUS OFTEN TOLD STORIES WITH HIDDEN MEANINGS

ONE STORY WAS ALL ABOUT A GOOD SHEPHERD.

WHO TOOK GREAT CARE OF ALL HIS SHEEP

THE SHEPHERD WOULD ALWAYS MAKE SURE EACH SHEEP WAS SAFE.

HE WOULD COUNT THEM AT THE END OF EVERY DAY

BUT ONE NIGHT HE REALIZED A SHEEP HAD GONE MISSING

THE SHEPHERD SET OUT TO SEARCH FOR THE LOST SHEEP

HE SEARCHED HIGH AND LOW

AT LAST THE LOST SHEEP WAS FOUND!

THE SHEPHERD COULD NOT HAVE BEEN HAPPIER!

JESUS EXPLAINED THAT GOD LOVES US IN THE SAME WAY THAT THE GOOD SHEPHERD LOVES HIS SHEEP.



Hornby trains and Dinky toys

It was also 90 years ago, on 21st September 1936, that Frank Hornby, the British inventor, died. He is remembered for the immensely popular Meccano, Hornby Model Railways and Dinky Toys.

Hornby was born into a Liverpool working-class family and was said to have been inspired by the industry in the city. He was brought up as a Methodist and was interested in music, having a strong tenor voice. He met his future wife, Clara, when they were members of the Liverpool Philharmonic Society choir: they married in 1887 and had three children.

To amuse his two sons he constructed a model crane using perforated strips of metal held together with nuts and bolts. It could be dismantled and the parts used to build other things: this formed the basis of Meccano, which when refined proved hugely popular.

After the first world war he turned his attention to the construction of toy trains, powered by clockwork. At first these were made from kits, but it was not long before they were sold as ready-made train sets - a perfect children's toy. Dinky toys started as an accessory but soon developed into big-sellers in their own right.

Later Hornby, who was described as polite and a "keen observer of morality", became a Conservative MP for Everton. In his youth he joined the anti-alcohol Band of Hope and set up a number of groups and clubs dedicated to the improvement of society. He was a great believer in determination and the ability to overcome setbacks.

This enabled him to become not only a visionary but a practical creator in toy development and production. His persistence in adapting his original ideas and making them workable brought him deserved success in producing three of the most popular lines of toys in the 20th century.

Mouse Makes

READ John 15:1-17

How many times does Jesus use the word FRUIT?

What does Jesus command? To one another. John 15:12,17

What happens to the branches that do not remain in the vine? Thrown into the and

How many times does Jesus command us to LOVE one another? John 15:6

Who is the vine? John 15:1

What does Jesus ask us to do? "Go and bear"

John 15:16

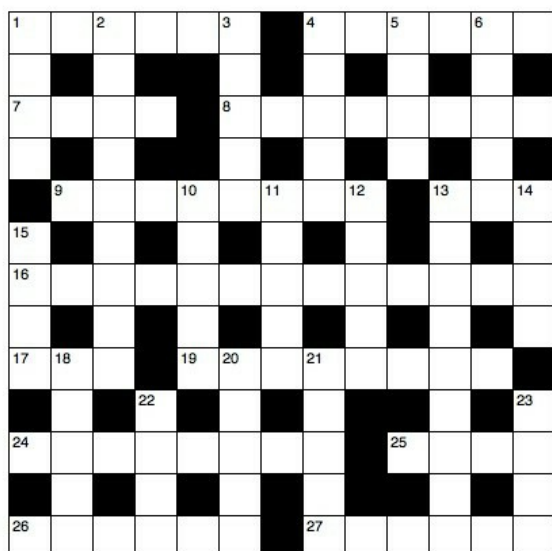
John 15:6

HTHROWN AWAY
IRABIDEWISB
DUFRIITFULU
NERAJSIAMJR
CVUNFCUTVPN
LJICWITHERS
EOTHOPJESUS
AYVWRLCRONV
NGARDENEREI
OSFJESISWSN
EREMAINFIRE

JESUS • I AM • TRUE • VINE • FATHER
GARDENER • FRUIT • FRUITFUL
BRANCH • PRUNES • CUT • WITHERS
CLEAN • THROWN AWAY • FIRE • BURNS
REMAIN • ABIDE • DISCIPLES • JOY

Sep 26 © Deborah Noble • parishpump.co.uk

This month's crossword (solution p.12)



New report explores young adult journeys to faith in the Church of England

Young adults are coming to faith in a range of different ways, some very different from previous generations, according to a new report.

New research commissioned by the Church of England uncovers how growing spiritual curiosity among young adults has led to a range of unexpected routes by which they are discovering Christian faith and finding community in Church of England churches.

'Understanding Young Adult Journeys to Faith in the Church of England' draws on in-depth interviews with 30 young adults aged 18 to 30 who began attending Church of England churches for the first time within the five years following the Covid-19 pandemic.

Conducted by Theos think tank and recently published, the research explores how Generation Z is engaging with Christianity in new ways amongst a changing cultural context.

The report identifies several recurring themes in their paths to interaction with faith and the Church of England.

Social media often served as an initial point of contact, introducing young adults to Christian ideas through podcasts, testimonies, debates, influencers and online content.

For many, this led to deeper exploration through reading the Bible, engaging with theology and asking wider questions about meaning, purpose and truth, often before attending church for the first time.

Personal relationships were consistently found to play a significant role, with encouragement, invitations or stories from teachers, chaplains, friends, partners, clergy and church members often helping young people move from curiosity to attending church.

Community and a sense of belonging also emerged as a common experience of church, with many participants citing this as one of the reasons they continued attending and became more involved.

Young people interviewed as part of the research were drawn to a wide range of Anglican traditions, including cathedrals, Anglo-Catholic and contemporary evangelical churches.

Across traditions, they reported being engaged by the "authenticity" and "seriousness" of worship, and valuing "confidence, consistency and depth" in the churches they had chosen to attend.

Across

- 1 'Unless the Lord builds the house, its builders - in vain' (Psalm 127:1) (6)
- 4 Season of the year (Psalm 84:6) (6)
- 7 'My soul is overwhelmed with sorrow to the point of death. - here and keep watch with me' (Matthew 26:38) (4)
- 8 It came over the whole land from the sixth to the ninth hour on the first Good Friday (Luke 23:44) (8)
- 9 Paul invariably did this in the synagogues he visited on his missionary journeys (Acts 17:2) (8)
- 13 'It is God who works in you to will and to - according to his good purpose' (Philippians 2:13) (3)
- 16 Members of the Church of Scotland (13)
- 17 'Now when he saw the crowds, he went up on a mountain side and - down' (Matthew 5:1) (3)
- 19 Mock (Luke 14:29) (8)
- 24 Disgrace (Psalm 44:13) (8)
- 25 First month of the Hebrew calendar (Exodus 13:4) (4)
- 26 Christianity of the Britons before Augustine arrived from Rome (6)
- 27 Mean (Numbers 35:23) (6)

Down

- 1 'Whoever finds his life will - it' (Matthew 10:39) (4)
- 2 'My lord the king, let the - - on me and on my father's family, and let the king and his throne be without guilt' (2 Samuel 14:9) (5,4)
- 3 O raid (anag.) (5)
- 4 'If two of you on earth - about anything you ask for, it will be done for you by my Father in heaven' (Matthew 18:19) (5)
- 5 Take care of (1 Samuel 17:15) (4)
- 6 What the older son heard as he came near the house the day his prodigal brother came home (Luke 15:25) (5)
- 10 'Do not think of yourself more highly than you ought, but rather think of yourself with - judgment' (Romans 12:3) (5)
- 11 Do ten (anag.) (5)
- 12 Architectural style first used in Greek temples in the sixth century BC (5)
- 13 Capable of being used (1 Kings 7:36) (9)
- 14 'Each one should - his own actions' (Galatians 6:4) (4)
- 15 Among the items imported by Solomon's fleet of trading ships (1 Kings 10:22) (4)
- 18 'But I am afraid that just -- was deceived by the serpent's cunning, your minds may somehow be led astray' (2 Corinthians 11:3) (2,3)
- 20 Outstanding 18th-century hymn writer, - Watts (5)
- 21 One of the four sons of Asher (Genesis 46:17) (5)
- 22 Be distressed (Proverbs 24:19) (4)
- 23 He was the father of Gaal, who threatened rebellion against Abimelech (Judges 9:28) (4)



Crossword Solution

L	A	B	O	U	R		A	U	T	U	M	N
O		L				A		G	E		U	
S	T	A	Y			D	A	R	K	N	E	S
E		M				I		E		D		I
	R	E	A	S	O	N	E	D			A	C
A		R		O		O		O		V		E
P	R	E	S	B	Y	T	E	R	I	A	N	S
E		S			E		E		I		I	T
S	A	T		R	I	D	I	C	U	L	E	
	S		F		S		S			A		E
R	E	P	R	O	A	C	H			A	B	I
	V		E		A		V			L		E
C	E	L	T	I	C			I	N	T	E	N

The 25th Anniversary of 9/11

25 years ago, on 11th September 2001, the terrorist attacks on America took place.

Al-Qaeda terrorists hijacked four planes and crashed them into the World Trade Center's Twin Towers in New York, into the Pentagon, and into a field in Pennsylvania (following a passenger revolt - the intended target was Washington DC). 2,973 people were killed.



This year major national institutions in the US will mark the anniversary of that terrible day. In New York, a good number of Christian churches and interfaith groups are planning special services and memorial events.

This will include hourly musical offerings at St Paul's Chapel in New York City, in honour of the chapel's role as a refuge for the first responders.

Other events include a digital experience at the 9/11 Memorial & Museum, and various events by the New York City Fire Department, who lost 343 members that day, as well as the 400 members who have since died from World Trade Center-related illnesses.

There will also be the iconic reading of the names of those who died, and the annual Tribute in Light installation, held at Ground Zero.

In the UK, the 25th anniversary of 9/11 will be remembered by a Memorial Concert held on Friday, 11th September at Southwark Cathedral (7:30 pm to 9:30 pm). A special guest performance by The Outcry Ensemble will present a programme of American and British music reflecting on loss, memory and the human cost of violence.

How can a Christian be a scientist?

I used to ask this question as a student. I wondered what it was like to have a career in science, and how being a Christian might make a difference. Eventually I met a good number of successful scientists who were sincere Christians, and I learned that science and faith are a great combination. Dr Francis Collins, former Director of the project to decode the whole of human DNA, wrote that it is "possible for the scientist-believer to be intellectually fulfilled and spiritually alive, both worshipping God and using the tools of science to uncover some of the awesome mysteries of His creation." So, what do people like this make of the opportunities and challenges of a life in science?



Although our beliefs may affect what we notice about the world and how we interpret our data, they don't affect the outcome of the experiments themselves. If a Muslim and a Christian drop the same ball from the same height under identical conditions, it will fall at the same speed. This means that a scientist can be respected by her colleagues for doing good work, regardless of what she believes and what her colleagues think of her worldview.

Science is an exercise in observing and measuring things, and coming up with general principles about the way things are. The world has been declared by God to be 'very good' (see chapter one and two of Genesis), and exploring it is a way to express our gratitude to Him. Scientific discoveries can also bring a sense of awe and wonder that feeds into our worship.

Some people don't want to get involved in certain lines of research because of ethical concerns. On the other hand, there are many issues that make Christians want to get stuck into new research that will help care for people and the rest of creation, such as medical research, ecology or developing appropriate technologies.

Organisations such as Christians in Science and the Faraday Institute gather together scientists who are also people of faith, and others who are interested in the subject. They come from a wide range of backgrounds, and express their beliefs in a variety of different ways. What they have in common is the conviction that you don't have to choose between science and God. As the young people in our churches prepare to return to their studies, online if not in person, let's encourage them that science (along with many other fields) is a great way to serve God.



Renew Wellbeing Cafe

Appleby Supper Room
(Above the Market Hall)

Fridays, 9.30am-2pm

Soup & Sandwich Lunch
Tea/Coffee/Biscuits

Free - donations welcome

Board Games & Jigsaws

Quiet reflective space

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

Yoga & Mindfulness classes - Suitable for all abilities			
Tue	Yoga	The Hub, Appleby	7pm – 8.45pm
Thur	Yoga	The Hub, Appleby	7pm – 8.45pm
Fri	Gentle Yoga & Mindfulness	The Hub, Appleby	10 – 11.30am
Sun	Mindfulness Based Living Course	4 – 5.30pm	9 week course Begins 4 th October in Dufton

Interested in workshops and weekend retreats?
Please contact me for info and to book:
Jo Chapman 07902718957
Email: jodufton@hotmail.com www.cumbriayoga.co.uk

Wellbeing Wednesdays

An opportunity to meet with others and share your interests

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Every Wednesday
Between 2 and 4pm

Refreshments provided

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in Supper Room
Market Hall

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..I take it our local supermarket has a rather good offer on tinned peas at the moment!

THE FILLING STATION

Filling Station
Celebration

Sands Methodist Church Appleby
6pm
Every First Sunday
Worshipping in Spirit and in Truth

ORGANIC

The Good Book Club

Reading the Bible for ourselves
A safe place to share thoughts and questions while learning from each other

Every Wednesday
12.30 – 2pm
Memorial Hall
Kirkby Thore

We also have a light lunch together
Everyone is welcome

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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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.citizensadvice.org.uk

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Late Summer Community Concert

Saturday 5th September
6pm

St. Michael's Church
Kirkby Thore

*Come along and join in:
play an instrument,
sing, recite poetry, etc.
Or just come to listen and enjoy.*

Admission free

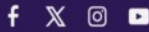
(Donations welcome to support our intern)

Contact Dan on 07973406022 for more details
(There will be a decent keyboard available)



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Do you care about Youth?

WE NEED VOLUNTEERS! (but not every week!)

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

If you feel you could volunteer once a month, we would love to hear from you. Contact Leagh Wilkinson on ☎07934 609472 or ksatyouth@gmail.com

Church Services for September 2026

Church of England

St. Lawrence, Appleby

Every Friday	10:00	Holy Communion
Sun. 6 th	08:30	Holy Communion
Sun. 6 th	10:45	Morning Worship
Sun. 13 th	10:45	Holy Communion
Sun. 20 th	10:45	Holy Communion
Sun. 27 th	10:45	Holy Communion

St. Peter, Asby

Sun. 6 th	11:00	Harvest @ Baptist Chapel
Sun. 13 th	11:00	United Service @ Baptist Chapel
Sun. 20 th	18:30	Holy Communion
Sun. 27 th	18:30	Café Church

Boroughgate, St. Anne

Thu. 3 rd	09:00	Holy Communion
Thu. 10 th	09:00	Matins
Thu. 17 th	09:00	Matins
Thu. 24 th	09:00	Matins

Dufton St. Cuthbert

Mon. 7 th	19:00	Compline
Sun. 13 th	15:00	Evening Prayer
Mon. 21 st	19:00	Compline
Sun. 27 th	11:00	Holy Communion

Kirkby Thore St. Peter

Sun. 6 th	10:00	Breakfast Church
Sun. 13 th	11:00	Morning Prayer
Sun. 20 th	10:00	Breakfast Church
Sun. 27 th	11:00	Holy Communion

Long Marton SS. Margaret & James

Sun. 13 th	09:30	Holy Communion
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Milburn, St. Cuthbert

Sun. 6 th	10:45	Holy Communion
Sun. 13 th	10:45	Holy Communion
Sun. 20 th	10:45	Holy Communion
Sun. 27 th	18:30	Evening Prayer

Murton, St. John

Sun. 27 th	18:00	Holy Communion
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Newbiggin, St. Edmund

Sun. 6 th	11:00	Holy Communion
Sun. 27 th	18:30	Evening Prayer

Ormside, St. James

Sun. 6 th	09:30	Matins
Sun. 13 th	09:30	DIY
Sun. 20 th	09:30	Holy Communion
Sun. 27 th	09:30	Holy Communion (1662)

Temple Sowerby, St. James

Sun. 20 th	09:30	Holy Communion
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Warcop, St. Columba

Sun. 6 th	09:30	Holy Communion
Sun. 13 th	09:30	Churches together Harvest
Sun. 20 th	09:30	Holy Communion
Sun. 27 th	09:30	Morning Prayer

Methodists

Sun 27 th	16:00	All chapels. Circuit Service 4pm at Keswick
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Sands, Appleby

Sun. 6 th	10:30	Rev. Paul Dunstan
Sun. 6 th	15:00	<i>Lego Church</i>
Sun. 13 th	10:30	Richard McGregor (Holy Communion)
Sun. 20 th	10:30	Rev. John Morton
Sun. 27 th	10:30	Ian Stewart

Dufton with Knock

Sun. 6 th	10:45	Rev. J. Betts
Sun. 13 th	10:45	Rev. Phil Jackson - Sanctuary and Soul
Sun. 20 th	10:45	Informal Service
Sun. 27 th	10:30	Rev. Stephen Radford

Warcop

Sun. 6 th	10:30	Mrs. Joyce Worsfold
Sun. 13 th	09:30	Churches together Harvest @ Parish Church
Sun. 20 th	10:30	Informal Service

Roman Catholic Church of Our Lady of Appleby

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

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

