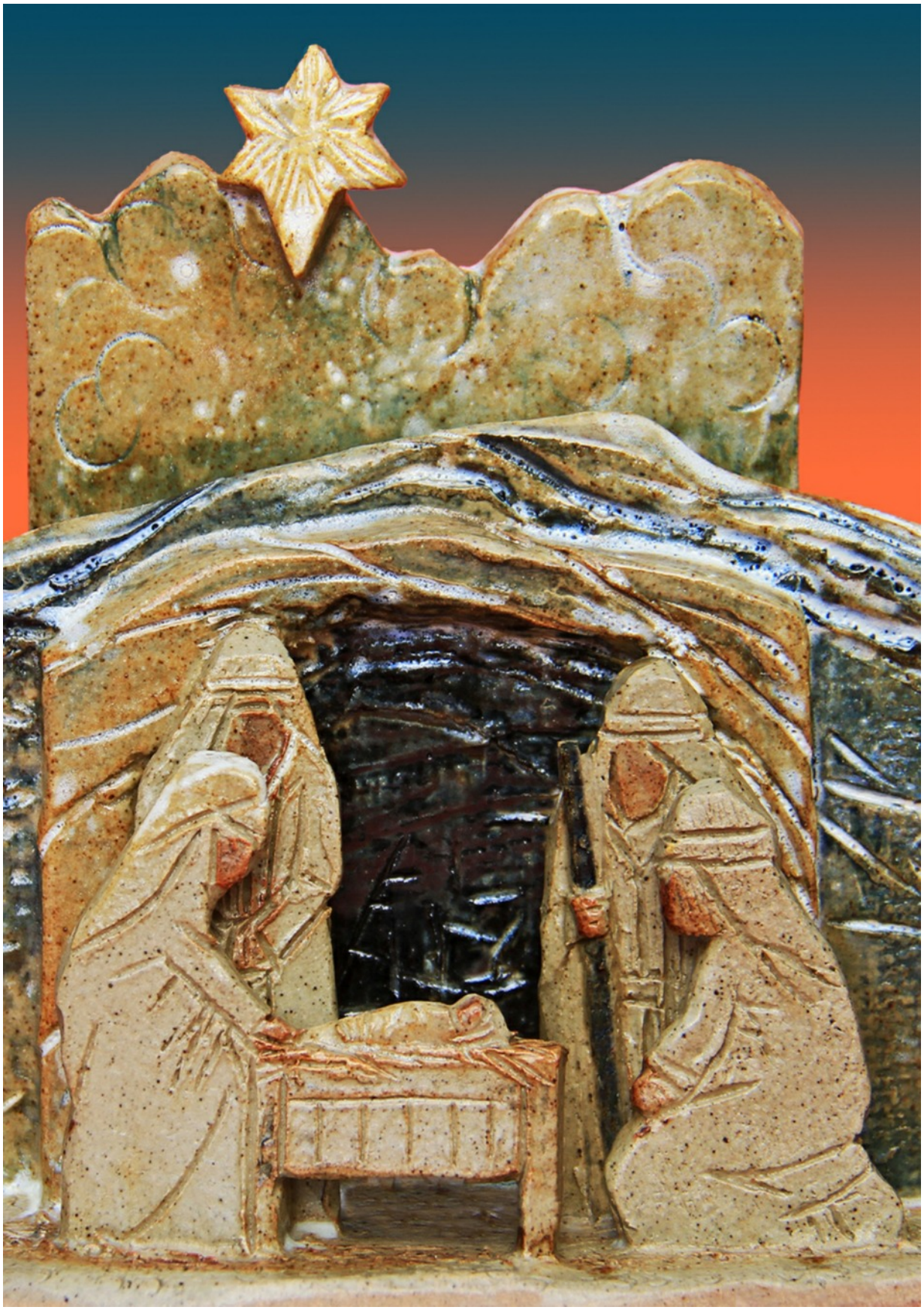
St. Lawrence, Appleby and St. John, Murton-cum-Hilton; St. James, Ormside; St. Peter, Great Asby; St. Cuthbert, Dufton; St. Margaret & St. James, Long Marton; St. Cuthbert, Milburn; St. Columba, Warcop & St. Theobald, Musgrave; St. James, Temple Sowerby; St. Michael, Kirkby Thore & St. Edmund Newbiggin. .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

December/January 2026/27



What's on over Christmas & New Year in the Heart of Eden?

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

Date	Time	Place	Event
27th Nov.	18:15	Temple Sowerby Victory Hall	Movie night – The Greatest Showman
December			
1st`	13:30 – 15:00	Sands – Eden Room	Singalonga Sands
1st	19:00	Brampton Village Hall	Book Club
1st	10:00	Appleby Medical Practice	Citizen's Advice Bureau (bookable)
1st	14:30	St. Lawrence's Church	Healing Service
1st	10 – noon	Temple Sowerby Victory Hall	Coffee Morning
2nd	19:30	The Hollies, Asby	Asby Fellowship – Donald Marston
2nd	12:30	Brampton Village Hall	Brampton Ladies Lunch
2nd	10:30 – noon	Ormside Village Hall	Coffee Morning
3rd	19:00	Dufton Village Hall	Book Club (The Offing by Benjamin Myer)
3rd	11:30 – 13:00	Warcop Parish Hall	Soup and Pud
4th	19:30	Appleby Hub	Highlights – Light in the Darkness
4th	19:30	Ormside Village Hall	Christmas Quiz
4th	19:00	Dufton Village Hall	(EVAN) Neil McHardy & The Rhubarb Thieves
5th	19:30	Appleby Public Hall	Christmas Concert in aid of Hospice at Home
5th	All day	Public Hall Supper Room	Christmas Fair and Coffee Morning
5th	10:30 – noon	Milburn Village Hall	Village coffee morning
6th	12:30	Victory Hall	Temple Sowerby Christmas Lunch
6th	16:15	Sands Methodists Church	Messy Church
6th	17:00	Sands Methodists Church	Café Carols
6th	18:00	Sands Methodist Church	Celebration
8th	14:30 – 16:30	St. James, Temple Sowerby	Rainbow Café
9th	18:00	Royal Oak	Pub Carols
9th	11:00	Appleby Public Hall	Arts Society – How to read the English Church
9th	10:30 – 12:00	Sands Methodist Church	Memory Club
9th	19:00	Brampton Village Hall	Eden Valley Woodturners
10th	19:30	?	Archaeology Group – Ancient Tweedale
10th	14:00	Colby Village Hall	Colby WI
10th	18:30	Ormside Village Hall	Pie & Peas Dinner
10th	19:30	Warcop Parish Hall	Remote Cinema – "Mad about the Boy"
12th	15:00	Temple Sowerby	Christmas Crafts
12th	09:30 – 11:30	Public Hall Supper Room	Coffee Morning
12th	11:00 onwards	Riverside Chippy & elsewhere	Sparkle Day
12th	19:00	Appleby Public Hall	Lights, Camera, – "How the Grinch Stole Christmas"
12th	10:30 – 11:45	Colby Village Hall	Coffee morning
12th	10:00 - 11:30	Warcop Parish Hall	Christmas Coffee Morning
13th	10:30	Warcop VH	C2G Carols Service
13th	14:00	Bleatarn Church	Carol Service
13th	15:00	Dufton	Taizé
13th	17:00	Our Lady of Appleby church	Town Carols
14th	18:30	Chamley Arms, Warcop	Pub Carols
14th	19:00	Brampton Village Hall	Quiz Night
14th	19:30	Ormside Village Hall	Country Dancing
15th	18:30	Temple Sowerby	Pub Carols
15th	19:30	St. Lawrence's, Appleby	Fellside Singers concert
15th	10:00	Appleby Medical Practice	Citizen's Advice Bureau (bookable)
15th	10 – noon	Temple Sowerby Victory Hall	Coffee Morning
16th	19:30	Asby Baptist Church	Candlelit Carols
17th	18:00	Long Marton	Carol Service
17th	19:00	Long Marton	Pub Carols
17th	19:30	Ormside Village Hall	Craft Evening
18th	13:45	St. Peter's, Asby	Asby School Christingles
19th	10:00	Appleby Moot Hall	Carols
19th	09:30 – 11:30	Public Hall Supper Room	Coffee Morning
19th	10:30 – noon	Milburn Village Hall	Church coffee morning
20th	09:30	Ormside Church	Lessons & Carols
20th	14:00	Dufton C of E church	Joint Carol Service
20th	14:00	Musgrave Church	Carol Service
20th	15:00	Murton	Carol Service
20th	16:00	Temple Sowerby	Carol Service
20th	16:00	Kirkby Thore church	Christingles
20th	17:00	Newbiggin Church	Carol Service
20th	18:00	Dufton	Pub Carols
20th	18:30	Asby Church	Café Church
21st	19:00	Asby Green	Carols
22nd	15:00	Milburn Church	Carol Service

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

What's on? continued

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

Date	Time	Place	Event
24th	14:00	Warcop church	Crib Service
24th	14:00	Dufton Church	Family Service
24th	15:30	Milburn Church	Crib Service
24th	17:30	St. Lawrence's, Appleby	Christingles
24th	18:30	Asby Church	Carol Service
24th	21:00	Ormside Church	"Midnight" Mass
24th	21:00	Milburn Church	"Midnight" Mass
24th	23:30	St. Lawrence's, Appleby	Midnight Mass
25th	10:45	St. Lawrence's, Appleby	Holy Communion
25th	11:00	Asby Church	Holy Communion
25th	11:00	Dufton Church	Holy Communion
25th	11:00	Kirkby Thore Church	Holy Communion
27th	16:00	Newbiggin Church	Year End Reflection
27th	17:00	Newbiggin Church	Holy Communion
January			
2nd	10:30 – noon	Milburn Village Hall	Village coffee morning
3rd	18:00	Sands Methodist Church	Celebration
5th	13:30 – 15:00	Sands – Eden Room	Singalonga Sands
5th	10:00	Appleby Medical Practice	Citizen's Advice Bureau (bookable)
5th	10 – noon	Temple Sowerby Victory Hall	Coffee Morning
5th	14:30	St. Lawrence's Church	Healing Service
6th	19:00	Dufton Village Hall	Open Circle – Eden River Trust
6th	10:30 – noon	Ormside Village Hall	Coffee Morning
7th	11:30 – 13:00	Warcop Parish Hall	Soup and Pud
8th	19:00	Dufton Village Hall	EVTN Jilly Jarmen
9th	10:30 – 13:30	Long Marton Village Hall	Brunch'n'Lunch
10th	18:30	Ormside Village Hall	Pie & Peas Dinner
11th	19:30	Ormside Village Hall	Country Dancing
12th	14:30 – 16:30	St. James, Temple Sowerby	Rainbow Café
13th	11:00	Appleby Public Hall	Arts Society – Curating the Museum
13th	10:30 – 12:00	Sands Methodist Church	Memory Club
13th	19:00	Brampton Village Hall	Eden Valley Woodturners
14th	19:30	Appleby Public Hall	Archaeology Group – AGM & Members' Night
16th	19:00	Appleby Public Hall	Lights, Camera, Appleby – "One Battle after Another"
16th	10:30 – 11:45	Colby Village Hall	Coffee morning
16th	10:30 – noon	Milburn Village Hall	Church coffee morning
17th	13:30	Appleby Public Hall	Appleby (-in-Westmorland) Society
19th	19:00	Brampton Village Hall	Film Night
19th	19:30	Ormside Village Hall	Craft Evening
19th	10:00	Appleby Medical Practice	Citizen's Advice Bureau (bookable)
19th	10 – noon	Temple Sowerby Victory Hall	Coffee Morning
19th	18:30	Warcop Parish Hall	Coffee Morning
21st	14:00	Colby Village Hall	Colby WI
21st	19:30	Warcop Parish Hall	Remote Cinema – "Midwinter Break"
25th	19:30	Ormside Village Hall	Country Dancing
27th	10:30 – 12:00	Sands Methodist Church	Memory Club
27th	19:30	Warcop Parish Hall	Christmas Bingo
29th	10:30 – 13:30	Long Marton Village Hall	Valuation Morning

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

Heart of Eden

The News Magazine of the Benefice



We are

RELAUNCHING

the Heart of Eden Magazine in

February 2027!

What's inside?

- ☑ News from across the Heart of Eden Benefice
- ☑ Updates from Methodist and Roman Catholic Churches
- ☑ Local council, community groups, clubs and associations
- ☑ Buses, trains and local events in the Mid-Eden Valley

Would you like to receive it?



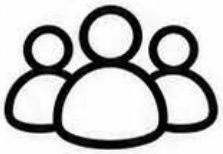
Email us at:

support@heartofeden.org.uk

or let us know if you know someone who might like a copy.



Raise funds
through grants and advertising – to print more copies and in colour.



Raise awareness
and reach more people in our community.



YOU CAN FIND THIS ONLINE AT:
www.heartofeden.org.uk





At this time of year; the nights grow longer, winter wraps around us, and we feel the darkness closing in. This makes the tradition of decorating our homes lights and decorations even more essential. These acts can uplift our spirits.

As we get nearer to Christmas, we find ourselves immersed in the season of feel like a race for all of us in one way or another, with pressure of making important to remind ourselves of the true purpose of Christmas: spending and avoiding the traps of materialism. If we celebrate Christmas properly-by focusing on love, particularly from a Christian perspective, which centres on God's love-we can keep the true meaning of Christmas alive. It can nourish our souls, bring joy to our hearts, and put smiles on our faces.

The birth of Christ, celebrated during this time, is surrounded by themes of anxiety, the journey of refugees, the violence of a paranoid king, and other negative elements often associated with the Christmas story. However, at its core, this story is about love, life, giving, and God's gift to us.

Christmas offers us an opportunity to look upward-toward God-and to turn away from the things that often weigh down our souls. It's a time to reach out not only to God but also to those around us, extending arms of love, forgiveness, and acceptance-everything we yearn so for deeply.

This Christmas, I encourage you to reflect on the gift of God's love. While the story is nearly 2000 years old, as a believer, I find it vital to remember that God continuously brings love into our world. This love is not confined to a moment in history but is available to us every day.

And then when all the decorations come down, find some time to relax and take a deep breathe! From all our church communities we wish you a wonderful 2027, may to be a year filled with Peace, Love and Justice for all!

Rev. Andrew Burrell

Recent Church Registers

Baptisms	***We welcome into the Lord's Family***	
20th December	George Roger Anthony Armstrong	St. Cuthbert, Milburn
Marriage	***We congratulate***	
14th November	Nelson Woodhouse & Lucy Brown	St. Peter, Asby
9th January (2027)	Peter Frisby and Megan Whitfield	St. Peter, Asby
Funerals	***May they rest in peace and rise in glory***	
2nd November	Rev. Roy McCullough	Eden Valley crematorium
6th November	Gwendoline Wills	Eden Valley crematorium
6th November	Bryan Wharton	Eden Valley crematorium

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/),

Heart of Eden

Dec-26	When	What	Where
Sunday 6th	4:15pm	Messy Church	Appleby Sands Methodist
	5pm	Café Carols	Appleby Sands Methodist
Wednesday 9th	6pm	Pub Carols	Appleby, Royal Oak
Saturday 12th	3pm	Christmas Crafts	Temple Sowerby
Sunday 13th	10:30am	C2G Carol Service	Warcop Parish Hall
	2pm	Carol Service	Bleatarn
	3pm	Taize	Dufton
	5pm	Town Carols	Our Lady's Appleby
Monday 14th	6:30pm	Pub Carols	Warcop
Tuesday 15th	6:30pm	Pub Carols	Temple Sowerby
	7:30pm	Fellside Singers Concert	Appleby St Lawrence's
Thursday 17th	6pm	Carol Service	Long Marton
	7pm	Pub Carols	Long Marton
Saturday 19th	10am	Carols at Moot Hall	Appleby
Sunday 20th	9:30am	Carol Service	Ormside
	2pm	Joint Carol Service	Dufton CofE
	2pm	Carol Service	Musgrave
	3pm	Carol Service	Murton
	4pm	Carol Service	Temple Sowerby
	4pm	Christingle	Kirkby Thore
	5pm	Carol Service	Newbiggin
	6pm	Pub Carols	Dufton
	6:30pm	Café Church	Asby
Monday 21st	7pm	Carols around tree	Asby
Tuesday 22nd	3pm	Carol Service	Milburn
Thursday 24th	2pm	Crib Service	Warcop
Christmas Eve	2pm	Family Service	Dufton
	3:30pm	Crib Service	Milburn
	5:30pm	Christingle	Appleby
	6:30pm	Carol Service	Asby
	9pm	Midnight Mass	Milburn
	9pm	Midnight Mass	Ormside
	11:30pm	Midnight Mass	Appleby
Friday 25th	10:45am	Holy Communion	Appleby
Christmas Day	11am	Holy Communion	Asby
	11am	Holy Communion	Dufton
	11am	Holy Communion	Kirkby Thore
Sunday 27th	4pm	Year End Reflection	Newbiggin
	5pm	Holy Communion	Newbiggin

Please note our normal times for Sunday and weekday services can be found in the Heart of Eden Newsletter or on our website

We wish God's Blessing on all those in our Benefice at this special time

Please email support@heartofeden.org.uk

Church of England

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





Churchwarden and Secretary: Jo Ayres (☎52017)

Fellside Singers Christmas Concert Tuesday 15th December 7.30 pm Admission £6 (refreshments available)

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: Clementa Monedero

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



Churchwardens:

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 John Morton**
johnmorton148@yahoo.co.uk
or ☎07521.684156

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

Sunday 6th December 5pm - Café Carols for all the family
Our Annual Fundraiser for the Children's Hospice 'Jigsaw Appeal. You might say it's a 'Fun' raiser too, as it's preceded at 4.15pm by a seasonal 'Messy Church'. Just the thing to get the whole family into the Christmas spirit!

Teams4u Christmas Shoe Boxes

A very big thank you to everyone who contributed in any way to filling the 112 boxes and for those who gave donations of money, this will help towards the transport. We had a wonderful afternoon of working together, there were people covering boxes, those packing, people dropping off items.
It was a real team effort with people covering boxes in advance, those who have knitted all year, made beautiful pencil cases and notebooks, all the many donations of items given to me or left in the box and those who have bought what we were short of. I was just overwhelmed with the kindness and generosity of you all. Anne Bell

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. Stuart Chapple ☎ 01768 862273
Note Town Carol Service at 5:30pm, Sunday 13th December

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

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

Donations can be made at Appleby and Kirkby Stephen Co-Ops, and K.S. Spar shops during opening hours, also at the wheelie bins outside Sands Methodist Church on Appleby Sands **from 11 to 11:30 on Tuesdays and 10 to 10:30 on Fridays**

Should you know of any person or family in need of the food bank, please do get in touch, contact details below:

☎ : 07596 690 902 or Web:
www.upperedenfoodbank.org.uk

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

The Children's Society

box from the back of St. Lawrence's church, put your name and phone number on a piece of paper, in an envelope marked "The Children's Society", and put it in the safe so that I can contact you.
Thank you Lorna Atkinson

(Filling Station) Celebration

Meeting at Sands Methodist church at 6pm on the first Sunday of the month - 6th December & 3rd January

Welcome Inn Sanctuary

We meet every Tuesday afternoon, from 1pm to 3pm, in St.Lawrence's Church, Appleby as a place of companionshipand healing with an opportunity for prayer and connection.We also have a private and confidential space available inour Lady Chapel if you would like to talk or pray with one ofour team. We conclude with a short time of prayerfulreflection. On the first Tuesday at 2.30pm we also holda special 'service for healing' which is an opportunity toreceive personal prayer for healing, for you or for someoneyou love. All are very welcome! We look forward to seeing you.

Please note the last gathering before Christmas will be on 15th December. We then look forward to welcoming all again on 5th January.

As a church we believe that healing is not just aboutpeople being well; it is about human flourishing and that,whatever the state of our body, mind and spirit, all people arebeloved of God.

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



Our hard working volunteers like a challenge and to see the difference made in a 2 hour session with all hands on deck! They also enjoy the aspect of meeting up and chatting with like minded friends. We tidy / brush / cut back / clean / paint all while chatting!

We would like to thank Age Concern Appleby for their support, which enables us to cover our costs, including buying tools etc.

Think you might like to join us? Get out and about? Become a bit more active? Make some new friends? Start volunteering? … then here is your opportunity!Ring or email Mike for a chat -0775 192 4982

SingalongaSands

Lots of folk still enjoying this great chance to have a hearty sing and feel really uplifted. The inspirational Liz Ball heads it up with a swing and great enthusiasm and a good time is had by all. Come along at 1.30pm for a cuppa and a chat.
Next Sessions Tuesdays 1st December & 5th January.

Tourist Information Centre

It is no longer summer, and the gritter has shown its grim face in our streets!

Our hours (until spring) are 10am-**2pm** 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

This library is closed on public and bank holidays.

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

December

5th All day Christmas Fair & Coffee Morning

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

December

12th ???

19th ???

January Nothing known at this time

Town Council

Christmas Lights & Sparkle Day

The Christmas Light Switch-on is taking place on Friday 27th November, countdown at 6pm. The Primary School choir will be singing from 5.30pm and Appleby Town Band will be playing after the lights have been switched on. The Crown and Cushion are kindly offering refreshments, and a number of shops will be open for late night shopping.

Sparkle Day is taking place on Saturday 12th December, starting with Santa's Parade at 11am from the Riverside Chip Shop. The Public Hall will be open for Elf School with arts & crafts from 11am - 3pm. There is also a bouncy castle, and there will be Christmas stalls and performances from local organisations throughout the day. Taylor's Fun Fair will be in the market square in front of the Moot Hall. The Christmas Cinema is showing 'How the Grinch Stole Christmas' from 5.30pm. It is sure to be a day of festive fun!

Council & TIC Christmas Opening Times

The Clerk's Office and Tourist Information Centre will be closed from Wednesday 23rd December at 2pm for staff holidays. The TIC will re-open on Saturday 2nd January at 10am and the Clerk's Office will return on Monday 4th January at 10am.

During this time, the Voluntary Car Scheme will be unavailable. If you have an appointment over the Christmas and New Year period, please ensure you book it in before we close.

Westmorland and Furness Council

are currently trialling a new way of working through its 'Test, Learn and Grow' Social Isolation Warm and Well Project. The pilot aims to test proactive, integrated approaches to customer engagement and partnership working to identify hidden need, reduce social isolation, and connect residents to wellbeing, social and financial support before problems escalate.

As part of the pilot, applicants to the Winter Fuel Payment Element of the Crisis and Resilience Fund in rural Eden will be offered additional support from a Health and Wellbeing Coach. Financial pressures can have a significant impact on wider wellbeing, and coaching support can help individuals reduce social isolation, connect with local services and activities, and build resilience during periods of financial hardship.

This additional offer aims to support residents not only with immediate financial hardship, but also with their longer-term health and wellbeing, helping to prevent needs from escalating into crisis'.

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. There may be some minor changes to the Monday - Friday service from January; more information is awaited.

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 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.

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

Extra Mile Bus Service

This bus service started in September, covering an area based on Penrith and extending as far as Appleby, and is designed primarily - but not only - to transport people from locations not served by public transport to their nearest town.

It is a flexible and bookable service which is operated using minibuses by Westmorland and Furness Council. The service runs Monday to Saturday 7am to 7pm and Sundays 10am to 4pm. Each request will be matched up with similar requests from other people in the area. Pick up or drop off times will be offered plus the option to add a return journey. The single fare is £5; return fare £8; and is half price with concessionary passes.

More information is available from Appleby TIC and online - go to westmorlandandfurness.gov.uk and search for **The Extra Mile** under Parking, Streets and Transport

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.. But s**ee the Council Report regarding Christmas arrangements**

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-in-Westmorland Society

No meeting in December, but January 17th at 1.30pm in Appleby Public Hall Supper Room - Local Social History found in printed material skullduggery, tragedy, amusements and other tales gleaned from the printed ephemera of Appleby

Appleby Archaeology Group

Thurs. 10th December: 7:30pm venue uncertain.
A lecture on Ancient Tweedale, but that's all I know.
Thurs. 14th January: 7:30pm in the Public Hall.
Annual General Meeting and Members' Night

Arts Society

Wed. 9th December : 11am in Appleby Public Hall.
Lecturer: Nicholas Henderson
How to "read" the English Country Church.

It is possible to 'read' the passage of time, movements, cultures and peoples in the architecture and art forms evident in many of our English country churches. We will look at overarching eras from the pre-Christian era, through the arrival of the Romans, the Anglo-Saxons, the Normans and onwards to the 16th century and the epoch changing Tudors. Beyond the Tudors we move into the establishment of a new Protestant England. Later the profoundly destructive changes of the 17thcentury Commonwealth era are followed by restoration and

liturgical change. The largely forgotten Georgian period of church architecture is examined as church architecture that the Victorians forgot. In turn the great period of church building and gothic revival of the Victorians and the associated innovations of the Oxford and Cambridge movements are examined in detail. Finally, there is a brief look at contemporary changes that have influenced and altered church buildings as the English country church continues to reflect the passing of the ages.
A graduate of Selwyn College, Cambridge, Nicholas trained for the Anglican ministry at Ripon Hall, Oxford. Inspired by a period working on the staff of Coventry Cathedral he has gained a wide experience of international matters. He was formerly Bishop-elect for the Diocese of Lake Malawi in Central Africa (2005-2009) and undertook his doctorate on Lay Anglican Ecclesiology - a study in five countries, with the University of Wales. Nicholas has a particular interest in the period of the English Reformation and the associated cultural, architectural and social changes it has produced. He lectures regularly and assists as a priest in London.

Wed. 13th January : 11am in Appleby Public Hall.
Lecturer: Anna Bianco
Behind the Scenes - Curating the Museum
How long does it take to create a major exhibition—and who decides what is shown? This lecture offers a fascinating behind-the-scenes look at the complex process of curating a 'blockbuster' exhibition. From the first spark of an idea to the excitement of opening night, Anna Bianco explores the many stages involved: selecting themes, securing loans, negotiating with institutions, and shaping the final display. Drawing on her experiences at leading organisations such as the Wallace Collection and the British Museum, she shares the challenges, unexpected hurdles and occasional drama that arise along the way. The lecture also highlights the key differences between curating temporary exhibitions and permanent displays, offering insight into the creative and practical decisions that bring great exhibitions to life.

Anna Bianco is a freelance curator, writer, lecturer and art historian. She has been an accredited lecturer of The Arts Society for 14 years and holds degrees from the Courtauld Institute of Art. Anna has curated exhibitions at major institutions including the Wallace Collection and the British Museum, and has held roles such as Director of the Tryon St. Gallery and Senior Curator at Auckland Castle. She is an experienced lecturer and guide, with a particular passion for bringing artworks to life through storytelling.

Appleby Bowling Club

Appleby Bowling Club are looking for new members, The Club has superb green and clubhouse facilities. The Indoor Season 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 Chair Appleby Friends of Guiding



1st Westmorland Scout group

We're still recruiting:

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

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

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

Appleby Christmas Concert

in aid of Hospice at Home

7:30pm, Saturday 5th December in Appleby Public Hall, featuring Appleby Town Band, the Sun Singers, and Mark Stivvy Stephenson.
Tickets £10 (school children £1) includes wine and mince pies. - Tickets from the Tourist Information Centre or pay at the door
Enquiries ☎017683.51177 - see also poster on page 14

Lights…Camera…Appleby

Saturday 12th December 2026

How The Grinch Stole Christmas (PG)



For Appleby's Sparkle Day, in conjunction with ACAT (Appleby Community Acting Together) we present the classic live action adaptation of the beloved children's story by Dr. Seuss. The reclusive Grinch is brilliantly played as bitter and spiteful but with a vulnerable core by the energetic, rubber-faced actor Jim Carrey. The Grinch sets out to ruin Christmas for the Who's in Whoville but realises the real meaning of Christmas is not in the trees and presents he has stolen, it goes much deeper than that.

The ACAT team will be serving hot chocolate, popcorn and creating such a cosy atmosphere, you might like to come in your jimjams! Doors open 5.30pm.

Family tickets £10 (up to five people). Tickets from Julie Jackson. Tel: 07545527118.

Saturday 16th January 2027

One Battle After Another (15)



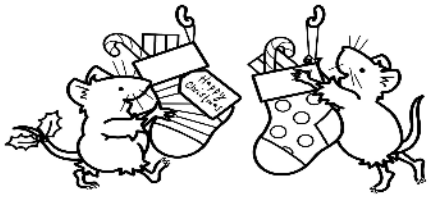
This American action thriller and dark comedy stars Leonardo DiCaprio as Bob Ferguson, a washed-up former revolutionary living in a state of stoned paranoia, off-grid. He's forced out of hiding when his ruthless nemesis, Colonel Steven J. Lockjaw played by Sean Penn, resurfaces sixteen years later and Bob's teenage daughter, Willa goes missing

We will serve a delicious chilli con carne with rice and salad. Vegetarian option will be available.

Please book food tickets well in advance to avoid disappointment.

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

Tickets from Appleby Tourist Information Centre or the Courtyard Gallery, Appleby. For further information please tel. 07921489611 or email applebyremotecinema@btconnect.com



Highlights presents:



Light in the Darkness : Tatie Pot Collective…. this delightful show embraces the wildness of winter with spine-tingling music and spell-binding wintery tales. Cumbrian group, Tatie Pot Collective present a thoroughly heart warming antidote to the pre Christmas circus. This is not one to miss!

at Appleby Hub on Friday 4th December 7.30pm

Tickets www.highlightsnorth.co.uk / ☎07305029911

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 only meeting date for December is on Wed.the 9th at Sands Church Hall. But in the new year there will be meetings on the 13th and 27th January.

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

Anne ☎017683 51219; Tim ☎017683 52640

Meetings 10:30 to noon

Appleby Probus Club

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

A Probus club is an association of retired individuals that meets monthly for lunch in local restaurants. It is strictly non-political, non-denominational, gender-neutral, and does not raise funds. It is currently seeking new members!

You might like to know that the club also runs occasional trips to the theatre and local attractions. As an example, we recently visited the Threlkeld Mining 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

The Rotary Club's bookshop in The Hub will be holding a half-price sale throughout December to make room for a vast influx of new – and exciting – stock to be shelved in the early new year.

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. 2nd	19:30	The Hollies, Asby Marston	Asby Fellowship - Donald
Wed. 16th	19:30	Baptist Chapel	Candlelit Carols
Fri. 18th	13:45	St. Peter's Church	Asby School Christingle
Mon. 21st	19:00	Asby Green	Carols on the Green

(but see church notices penultimate page)

Brampton Village Hall

Every Monday	19:00	Line Dancing
Every Thursday	18:30	Table Tennis

December

Tues. 1st	19:00	Book Club
Wed. 2nd	12:30	Brampton Ladies
Wed. 9th	19:00	Eden Valley Woodturners

January

t.b.a.		Brampton Ladies
Wed. 13th	19:00	Eden Valley Woodturners
Tue. 19th	19:00	Film Night

Colby Village Hall

December

Thu.	10th	14:00	Colby WI
Sat.	12th	10:30 - 12:00	Coffee Morning
Mon.	14th	19:30	Carol Concert. An informal evening of carols and readings, a produce stall, mulled wine and mince pies. All money raised to be donated to (Penrith) Talking Newspapers

January

Sat.	16th	10:30 - noon	Coffee Morning
Thu.	21st	14:00	Colby WI

Dufton

Village Hall Regular Weekly Events:

Mondays	10.45 - 12.30	Coffee Club
Fridays	9.30 - 11.30	Playgroup (term times only)

Special Events, December:

Thu.	3rd	19:30	Book Club (The Offing By Benjamin Myer)
Fri.	4th	19:00	(EVAN) Neil McHardy & The Rhubarb Thieves

Special Events, January:

Wed.	6th	19:00	(Open Circle) Eden River Trust Anna Holliday (Conservation Manager)
Fri.	8th	19:00	(EVAN) Jilly Jarmen

Long Marton

Come and use our village hall in 2027 now there is lovely warm eco friendly heating. Ideal for starting a new activity, any enquiries please contact Christine at bookingslongmartonvi@gmail.com. Hire rates are from £8 per hour.

Saturday 9th January10.30am to 1.30pm - Brunch 'n' Lunch.

Friday 29th January 10:30 to 13:30 Valuation Morning from WeBuyVintage

No meeting of the Local History Group until February. 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

See poster page 12 about our bottomless brunch! All profits to the church.

Milburn

Village coffee mornings first Saturday of each month (5th Dec., 2nd Jan.). Church coffee mornings third Saturday of each month (19th Dec., 16th Jan.), both 10:30 to noon.

Murton-cum-Hilton Institute

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

Ormside

December

Wed.	2nd	10:30 to 12	Coffee Morning
Sat.	4th	19:30	Christmas Quiz
Mon.	14th	7:30 to 9pm	Country Dancing
Tue.	17th	7:30 to 9pm	Craft Evening

January

Wed.	6th	10:30 to 12	Coffee Morning
Mon.	11th	7:30 to 9pm	Country Dancing
Mon.	25th	7:30 to 9pm	Country Dancing
Tue.	19th	7:30 to 9pm	Craft Evening

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/



Movie Night, if you get this in time, is 27th November from 18:15 to 21:30 - The Greatest Showman, which celebrates the birth of show business and tells of a visionary who rose from nothing to create a spectacle that became a worldwide sensation.

Christmas Lunch is 12:30 - 14:00 on Sunday 6th December, in the Victory Hall

Coffee Morning is 10am - noon on the 1st and 3rd Tuesdays of the month in 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 (8th Dec., 12th Jan.)

Warcop - Parish Hall

18th Dec. Some sort of Xmas concert at the church

Mondays 6:30 - 8 Table tennis club
Thursdays 9 - 11am Foyer Café (post office 9 to 10)
Thu. 3rd 11:30 - 13:00 Soup and Pud
Thu. 10th 7:15 for 7:30 Film Night
Bridget Jones: Mad About the Boy (12)
Tickets on the Door £5
Refreshments Served
Sat. 12th 10:00 - 11:30 Christmas Coffee Morning

January

Thu. 7th 11:30 - 13:00 Soup and Pud
Sat. 19h 10:00 - 11:30 Coffee Morning
Thu. 21st 7:15 for 7:30 Film Night
Midwinter Break (12)
Tickets on the Door £5
Refreshments Served

New General Synod reminded of crumbling church buildings

There is an alarming amount of church buildings which need more help than their PCCs can afford.


The Church roof was a matter of urgent concern

And so a plea was made at the new Synod, for a new national plan to tackle the problem. The call was to create a "national strategy for the preservation, maintenance, and development of our buildings".

The Revd Dr Tom Woolford of Blackburn argued that as many PCCs cannot raise the funds to bring their ageing buildings back into good repair, the church itself is "a significant burden, rather than an asset which is readily usable for mission and ministry".

The secretary general of the Synod, William Nye, noted that an estimate in 2020 put the total repair bill for the C of E at £1 billion, which is likely to be an underestimate.

But the national C of E money directly given in grants for building repairs has amounted to only £2.7 million in the past three years. The situation has grown worse since the Government scrapped a longstanding scheme to refund the VAT on repairs to listed churches.



That coin in your Christmas pudding



There is a tradition, which dates from the Middle Ages, of putting silver coins into Christmas puddings. The first coins used were a silver farthing or penny. After World War One, it became a threepenny bit and then a sixpence. Finding one was supposed to bring you good fortune, but probably more likely to break a tooth as you bit into the pudding.

We now pay for most things with plastic or by tapping a mobile telephone. In future will people put old credit cards or phones into their Christmas pudding? Hope not.

Other coins 'appear' at this time of year. Chocolate coins are traditionally given to children at Christmas time, and in Jewish tradition during Hanukkah. It is said that one night Saint Nicholas climbed on a roof and threw a purse of money down a chimney, which landed in a pair of stockings that a little girl had hung up to dry. Good throw!

How Father Christmas got where he is today



One person you are bound to run into this Christmas season is Father Christmas. These days he seems to frequent shopping malls and garden centres. If he looks tired, just remember that he has been around a long time and gone through a lot of transformations.

Father Christmas wasn't always the red-suited, white-bearded star of the retail trade that he is today. He began life as Nicholas, born way back about AD260 in Patara, an important port on the southern coast of what is now Turkey. When his parents died and left him a fortune, Nicholas gave it away to the poor. He became a bishop of the nearby city of Myra, where he almost certainly suffered persecution and imprisonment at the hand of the Roman Emperor Diocletian.

Nicholas was a serious theologian: he was a participant at the First Council of Nicaea, which formulated the Creed which we still say today. He even, reportedly, slapped another bishop in a squabble over the exact nature of the Trinity.

Nicholas died in Myra about AD343, but the stories of his generosity and kindness were just beginning. One enduring tale tells of the three girls whom he rescued from certain prostitution by giving them gold for their dowries. When the father confronted him to thank him, Nicholas said he should thank God alone.

In the UK, Nicholas became the basis for Father Christmas, who emerged in Victorian times as a jolly-faced bearded character. Meanwhile, Dutch and German settlers had taken him to America with them as Sinter Klaas and Sankt Nicklas.

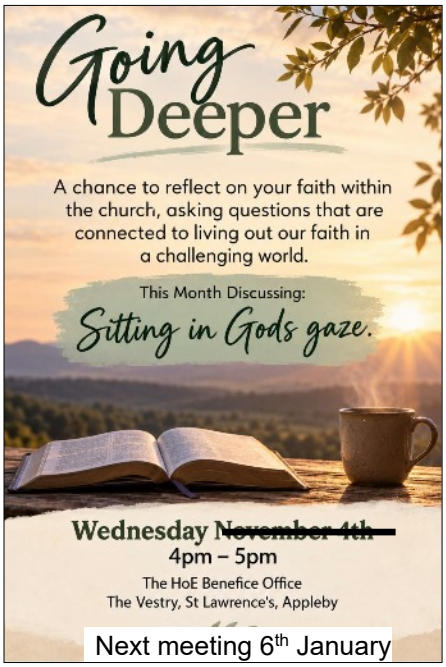
It was in America that Nicholas received his final two great breaks into real stardom. The first was when the Rev Clement C Moore, a New York Episcopal minister, turned from his life-work of writing a Hebrew/English lexicon, to write a fun poem for his children one Christmas. His 'The Visit of St Nicholas' is now universally known by its first line: 'T'was the Night Before Christmas'.

From Clement Moore we discovered that St Nicholas is round and pink-cheeked and white-bearded, and that he travels at night with sleigh, reindeer and a sack of toys on his back. It was Clement Moore who also revealed that St Nicholas enters houses down chimneys and fills children's stockings with toys and sweets.



So how did we find out that Father Christmas wears red? That was the US Coca-Cola advertising campaign of 1931, who finally released the latest, up-to-date pictures of Father Christmas: wearing a bright red, fur-trimmed coat and a large belt.

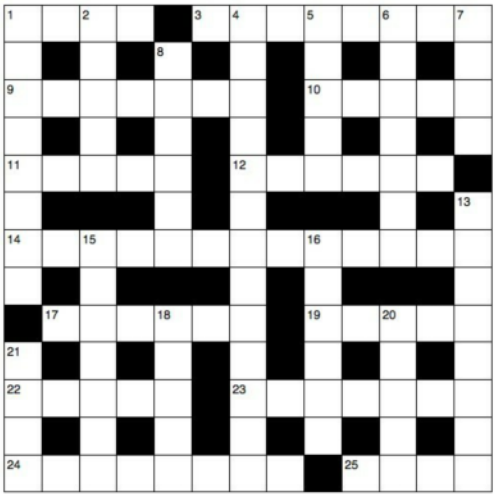
These days, it is good that Father Christmas uses reindeer and doesn't have to pay for petrol. In order to get round all the children in the world on Christmas Eve, he will have to travel 221 million miles at an average speed of 1279 miles a second, 6,395 times the speed of sound. For all those of us who are already exhausted just rushing around getting ready for Christmas, that is a sobering thought







Monthly Crossword



Across

1 'How long will you — your face from me?' (Psalm 13:1) (4)

3 'Let us, then, go to him outside the camp, bearing the — he bore'(Hebrews 13:13) (8)

9 Posh sin (anag.) (Romans 8:15) (7)

10 Solemn pledges (Matthew 5:33) (5)

11 Italian term for full orchestra (5)

12 'For he who avenges blood remembers; he does not — the cry of the afflicted' (Psalm 9:12) (6)

14 Prescience (1 Peter 1:2) (13)

17 Where a Hindu holy man lives (6)

19 'If he found any... who belonged to the Way, whether — — women, he might take them as prisoners' (Acts 9:3) (3,2)

22 Fragrance (2 Corinthians 2:15) (5)

23 Vine hen (anag.) (Jonah 1:2) (7)

24 Precious stone decorating the twelfth foundation of the New Jerusalem (Revelation 21:20) (8)

25 'Will you keep to the old path that evil men have — ?' (Job 22:15) (4)

Down

1 'Then Moses raised his arm and struck the rock twice with — — ' (Numbers 20:11) (3,5)

2 'You have heard that it was said to the people long ago, " — — murder"' (Matthew 5:21) (2,3)

4 One of Paul's many hardships endured as a servant of God (2 Corinthians 6:5) (13)

5 'We ourselves, who have the firstfruits of the Spirit, — inwardly' (Romans 8:23) (5)

6 Changed (Daniel 6:8) (7)

7 'My yoke is — and my burden is light' (Matthew 11:30) (4)

8 Recoil (Revelation 12:11) (6)

13 'O Lord, you have — me and you know me' (Psalm 139:1) (8)

15 ' — to me the joy of your salvation' (Psalm 51:12) (7)

16 Express sorrow (Isaiah 16:7) (6)

18 'Then he said to Thomas, " — out your hand and put it into my side"' (John 20:27) (5)

20 'God has said, " — will I leave you; — will I forsake you"' (Hebrews 13:5) (5)

21 Son of Onam and brother of Shammai (1 Chronicles 2:28) (4)

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**	**10 – 11.30am**

Weekend Wellbeing Residential Retreat
Gentle Yoga & Mindfulness Fri 4th to Sun 6th June 2027 in the Scottish Borders. No experience is necessary. Please contact me for info and to book: Jo Chapman 07902718957

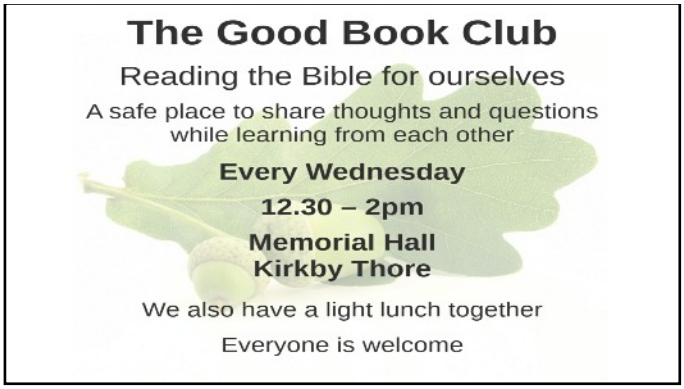
jodufton@hotmail.com/wwww.cumbriayoga.co.uk











APPLEBY CHRISTMAS CONCERT

In aid of

Hospice at Home
CARLISLE & NORTH LAKELAND

Saturday 5th December 2026
7.30pm
Appleby Public Hall

Featuring:
Appleby Town Band,
Sun Singers, Mark Stivvy Stephenson

Ticket price £10
Includes wine and mince pies
(£1 for school children)

Tickets available from:
Appleby Tourist Information Centre or pay on the door
Tel: 017683 51177

Hospice at Home
CARLISLE & NORTH LAKELAND
Valley Court, Barras Lane, Dalston, Cumbria, CA5 7NY
Tel. 01228 475025
Website: www.hospiceathome.co.uk
Email: admin@hospiceathome.co.uk
Registered as a charity in England and Wales (1095708)

www.helmwindcycles.co.uk

HELMWIND Cycles
(next to Appleby train station)

Cycle Servicing

Road, Gravel,
MTB & E-Bikes



citizens advice Carlisle & Eden

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

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

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

For Debt/Money advice or Foodbank referrals: 03300 563037

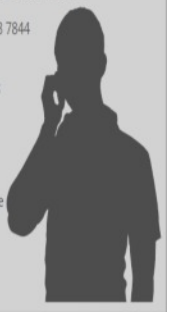
For help claiming Universal Credit: 0800 1448 444

For all other enquiries: 0808 278 7844

Email Advice:
Via Contact Us form on website;
www.ca-ce.org.uk

Webchat Advice
www.citizensadvice.org.uk

Check out our social media page
Twitter & Facebook;
@CarlisleEdenCA



Appleby Guide Hut

For Hire

Girlguiding

£12 per hour

Suitable for: one off events or regular meetings e.g. children's birthday parties, workshops, day and evening courses.
Facilities: Clean, bright, warm hall with toilets, fully equipped kitchen, stage, disabled access and toilet.
Contact: Pam Sharples - Pam.sharples@outlook.com 0756234560
or Kathryn Nunn kath1nunn@gmail.com 07717841723
All hire fees go towards supporting Appleby Rainbows, Brownies and Guides

Crossword Solution





Mike Addison FBDO CL
OPTICIAN

Mike Addison Optician
The Shire Hall, The Sands,
Appleby-in-Westmorland CA16 6XN

"Providing eye care for all the family"

Over 60's and under 16's receive FREE eye examinations.

Private & NHS patients welcome.

New OCT technology for more detailed eye examinations

Tel: Appleby: 017683.53199
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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 December 2026

Church of England

St. Lawrence, Appleby

Every Tuesday	08:30	Morning Prayer (except 29th 08:00)
Every Friday	10:00	Holy Communion
Sun. 6th	08:30	Holy Communion
Sun. 6th	10:45	Morning Worship
Wed. 9th	18:00	Pub Carols @ Royal Oak
Sun. 13th	10:45	Holy Communion
Sun. 16th	14:00	School Christmas
Sat. 19th	10:00	Moot Hall Carols
Sun. 20th	10:45	Holy Communion
Thu. 24th	17:30	Christingle Service
Thu. 24th	23:30	Midnight Mass

St. Peter, Asby

Sun. 6th	18:30	Holy Communion
Sun. 13th	11:00	United Service (at St. Peter's)
Fri. 18th	13:45	Asby School Christingles
Sun. 20th	18:30	Café Church
Mon. 21st	19:00	Carols around on the Green
Thu. 24th	18:30	Village Carol Service
Fri. 25th	11:00	Holy Communion

Boroughgate, St. Anne

Thu. 3rd	09:00	Holy Communion
Mon. 7th	19:00	Compline
Thu. 10th	09:00	Matins
Thu. 17th	09:00	Matins
Mon. 21st	19:00	Compline

Dufton St. Cuthbert

Sun. 13th	15:00	Taizé
Sun. 20th	14:00	Joint Carol Service
Sun. 20th	18:00	Pub Carols
Thu. 24th	14:00	Nativity Service. Children welcome to come dressed up.
Fri. 25th	11:00	Holy Communion

Kirkby Thore St. Peter

Sun. 6th	10:00	Breakfast Church
Sun. 13th	11:00	Morning Prayer
Sun. 20th	10:00	Breakfast Church
Sun. 20th	16:00	Christingles
Fri. 25th	11:00	Christmas Holy Communion

Long Marton SS. Margaret & James

Sun. 13th	09:30	Holy Communion

Milburn, St. Cuthbert

Sun. 6th	10:45	Holy Communion
Sun. 13th	10:45	Holy Communion
Sun. 20th	10:45	Holy Communion
Fri. 22nd	15:00	Carol Service
Thu. 24th	15:30	Crib Service
Thu. 24th	21:00	Midnight Mass

Murton, St. John

Sun. 20th	15:00	Carol Service

Musgrave, St. Theobald

Sun. 20th	14:00	Holy Communion & Carols

Newbiggin, St. Edmund

Sun. 6th	11:00	Holy Communion
Sun. 20th	17:00	Carol Service
Sun. 27th	16:00	Year end Reflection
Sun. 27th	17:00	Celtic Holy Communion

Ormside, St. James

Sun. 6th	09:30	Matins
Sun. 13th	09:30	Holy Communion
Sun. 20th	09:30	Carol Service (DIY)
Thurs. 24th	21:00	Holy Communion

Temple Sowerby, St.James

Tue. 15th	18:30	Pub Carols
Thu. 17th	14:00	School Christmas Service
Sun. 20th	16:00	Carol Service

Warcop, St. Columba

Sun. 6th	09:30	Holy Communion
Fri. 11th	14:15	School Christmas Service
Sun. 13th	10:30	Churches Together Carols - Parish Hall
Sun. 13th	**14:00**	**Bleatarn Carol Service**
Mon. 14th	18:30	Community Carols Chamley Arms
Sun. 24th	14:00	Crib Service

Methodists

Appleby Section Services

Christmas Day		10:30 Rev. John Morton
Sun 27th	10:30	Mrs. Pam Carter

Sands, Appleby

Sun. 6th	10:30	Rev. Alex Dunstan
	16:15	Messy Church, followed by
	17:00	Family Café Carols
Sun. 13th	10:30	Richard McGregor
Sun. 20th	10:30	Mr. Ian Newton

Dufton with Knock

Sun. 6th	10:45	Informal Service
Sun. 13th	10:45	Rev. John Morton
Sun. 20th	**14:00**	Carol Service **at Parish Church**

Warcop (at village hall)

Sun. 13th	10:30	Carol Service **at Village Hall**

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)

Sun. 13th 17:00 Town Carol Service

Church Services for January 2027

Church of England

St. Lawrence, Appleby

Every Tuesday 08:30 Morning Prayer
Every Friday 10:00 Holy Communion

Sun.	3rd	08:30	Holy Communion
Sun.	3rd	10:30	See Sands
Sun.	10th	10:45	Holy Communion
Sun.	17th	10:45	Holy Communion
Mon.	18th	19:00	Compline
Sun.	24th	10:45	Holy Communion
Sun.	31st	11:00	See Dufton

St. Peter, Asby

Sun.	3rd	18:30	Holy Communion
Sun.	10th	11:00	United Service @ Baptists
Sun.	17th	18:30	Café Church
Sun.	24th	11:00	Morning Prayer

Boroughgate, St. Anne

Thu.	7th	09:00	Holy Communion
Thu.	14th	09:00	Morning Prayer
Thu.	21st	09:00	Morning Prayer
Thu.	28th	09:00	Morning Prayer

Dufton St. Cuthbert

Sun.	10th	15:00	Evening Prayer
Sun.	24th	11:00	Holy Communion
Sun.	**31st**	**11:00**	**Benefice Service**

Kirkby Thore, St. Michael

Sun.	3rd	10:00	Breakfast Church
Sun.	10th	11:00	Morning Prayer
Sun.	17th	10:00	Breakfast Church
Sun.	24th	10:45	Holy Communion

Long Marton SS. Margaret & James

Sun.	10th	09:30	Morning Prayer

Milburn, St. Cuthbert

Sun.	3rd	10:45	Holy Communion
Sun.	10th	10:45	Holy Communion
Sun.	17th	10:45	Holy Communion
Sun.	24th	10:45	Holy Communion

Murton, St. John

Sun.	24th	15:00	Holy Communion

Musgrave, St. Theobald

Sun.	24th	14:00	Evening Prayer

Newbiggin, St. Edmund

Sun.	3rd	11:00	Holy Communion
Sun.	24th	16:00	Evening Prayer

Ormside, St. James

Sun.	3rd	09:30	Morning Prayer
Sun.	10th	09:30	Holy Communion
Sun.	17th	09:30	DIY
Sun.	24th	09:30	Holy Communion

Temple Sowerby, St.James

Sun.	17th	09:30	Holy Communion

Warcop, St. Columba

Sun.	3rd	09:30	Holy Communion
Sun.	10th	10:30	Morning Prayer
Sun.	17th	09:30	Holy Communion

Methodists

Sands, Appleby

Sun.	3rd	10:30	Rev. John Morton (United Covenant Service)
Sun.	10th	10:30	Rev. Mike Harrison
Sun.	17th	10:30	Rev. David Wood
Sun.	24th	10:30	Rev. Paul Dunstan
Sun.	31st	10:30	Mrs. Heather Radford

Dufton with Knock

Sun.	3rd	10:45	Informal Service
Sun.	10th	10:45	Mrs. Pam Carter
Sun.	17th	10:45	Revs. P & A Dunstan
Sun.	24th	10:45	Rev. John Morton (United Covenant Service & Holy Communion)
Sun.	31st	**10:30**	**at Kings' Meaburn**

Warcop (at village hall)

Sun.	24th	**10:30**	United Covenant 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)

