

Heart of Eden The News Magazine of the Benefice

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 firms whose advertisements follow the news items.



August 2022



St. Lawrence, dressed for a wedding (courtesy The Fellside Flower Company)

What's on this month in the Heart of Eden?

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

Date	Time	Place	What?
31 st July	6pm	St.James, Ormside	Taizé
August			
1 st	2pm	Appleby Hub	Bereavement Support Group
1 st	10am – noon	Bennett Room, Hub	Cancer info. & Support
1 st	2 – 4pm	Public Hall Supper Room	Evergreens
2 nd	10 – 12	Temple Sowerby Victory Hall	Coffee Morning
4 th	10am	Warcop Parish Hall	Soup and Pud
6 th /7 th	10:30 – 4:30	The Beeches, Ormside	Ormside Teas
6 th	10am	Warcop Parish Hall	Coffee Morning etc.
6 th	10:30 – 12	Milburn Village Hall	Church coffee morning
6 th	7:30pm	Crosby Garrett Church	Solemn Eucharist for the Transfiguration
7 th	Noon – 5pm	Fellside Flower Co.	Flower Farmers' Big Weekend
9 th	3pm	Asby Hall Mews	Summer Yard Party
9 th	2 – 4pm	Long Marton Village Institute	Carpet Bowls
10 th	10:30 – noon	Sands Methodists	Memory Club
10 th	7:30pm	Dufton village hall	Open Circle
10 th	10:30 – 12	Ormside Village Hall	Coffee Morning
10 th	11am	Trip to Eggleston Hall	Temple Sowerby Gardners
10 th	7pm	St. Lawrence, Appleby	Taizé for St. Lawrence's day
13 th /14 th	10:30 – 4:30	Osmond Green, Ormside	Ormside Teas
15 th	10am – noon	Bennett Room, Hub	Cancer info. & Support
15 th	2 – 4pm	Public Hall Supper Room	Evergreens
16 th	10 – 12	Temple Sowerby Victory Hall	Coffee Morning
17 th	7:30pm	Ormside Village Hall	Craft Evening
20 th /21 st	10:30 – 4:30	Bromley Green Cottage, Ormside	Ormside Teas
20 th	10:30 – 12	Milburn Village Hall	Village coffee morning
21 st		Long Marton	Scarecrow competition, etc.
23 rd	2 – 4pm	Long Marton Village Institute	Carpet Bowls
24 th	10:30 – noon	Sands Methodists	Memory Club
24 th	10:30 – 12	Ormside Village Hall	Coffee Morning
25 th	7pm	St. Anne's Hospital	Compline
25 th	Noon	The Three Greyhounds, Asby	St. Peter's Diners
26 th	7:30pm	Milburn Village Hall	Milburn Film Club
27 th – 29 th	10:30 – 4:30	Bromley Green Cottage, Ormside	Ormside Teas
29 th	2 – 4pm	Public Hall Supper Room	Evergreens
31 st	11 – 4	Morland Recreation Field	See Westmorland Dales Article

plus organ playing by (mostly) enthusiastic amateurs every Tuesday, Thursday and Saturday from 11am to noon for the whole of August

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Thank you and Farewell

Rachel and I arrived in the Eden Valley in late October 2019. We barely had any time free of a concern about the impact of Covid on our communities and churches, immediately after the Appleby floods. My job, almost inevitably, became an interim role between my predecessor Rev Sarah Lunn, and the new incumbent who will follow. We are literally going home - called to Coventry - where we have our own house, and raised our family from the 1980s. Rachel and I start work in our new jobs in the same week in August 2022. I will be available to all churches across the Coventry Diocese in a support and consultancy role; Rachel is supporting refugees again. Living in the Eden Valley, and our home in the beautiful village of Long Marton, has been memorable in so many ways.



We are so grateful for the friendships we have formed, and the opportunity to serve the churches and wider communities - through baptisms, weddings and funerals, with the schools, with the A66 consultation process, and as chaplain to the GRT communities in the context of Appleby Horse Fair. The quality of community facilities like the village halls and Appleby Hub is invaluable. I have a real affection for the village churches, and only wish I had been able to engage better with the life of the villages, including those like Brampton, Crackenthorpe, Colby and Sandford which don't have their own church building. I have enjoyed collaborating with the Mayoral team in Appleby, those involved with Remembrance parades and the TIC all of whom help the community flourish so well.

We do hope to pass through, and even stay a while, in the future. With our very best wishes.

Rev Clive Hicks Rector

Heart of Eden Benefice (the thirteen churches in and around Appleby)

12th July 2022

Our Destiny

Whether we are excited about the discovery of new worlds, tracking down long lost friends or more preoccupied with what we are doing later today, there is a place for us all in God's plan.

The spirit of space discovery

Looking at the amazing new photos from the James Webb telescope today (12th July) revealed the passion with which NASA and scientists continue to probe the origins of stars, and the possibility of there being habitable planets far beyond human vision. Our imaginations are fuelled by Sci-Fi films like *Martian* and *Passengers*, where living somewhere completely different has become a real possibility. Of course blockbusters like *Star Wars* take us even deeper into alternative worlds, just as *2001 A Space Odyssey* did as far back as 1968; only a year after that film we saw the first human landings on the moon.

The spirit of their ancestors

The preference some of us have to imagine the 'unknowable' is matched by the desire others have to probe their pasts, to be enchanted by their personal histories, in the way that the TV series *Who Do You Think You Are?* has achieved in series after series. Although I'm drawn to the drama of someone connecting with royalty in their roots - Josh Widdecombe, with Henry VIII and Mary Boleyn comes to mind, from October 2021 – it was recent episodes where the past was filled with violence, tragedy and social deprivation, like Anna Maxwell Martin's Scottish story, which spoke more profoundly to the darker side of the human condition and suffering in past ages.

The spirit of our compassion

Whether we are drawn to the past, or obsessed with futures unknown, each of us finds ourselves living in the present moments of our lives. This last weekend, in church, we listened again to one of the greatest parables of Jesus – of the 'good' Samaritan, the one who was merciful, broke conventions, to share himself with a victim who was badly wounded, and arguably 'beyond help.' I remember the impact when I understood, as a young man, that Mother Teresa (of Calcutta) lavished her attention and personal resources on the most vulnerable and the dying, while leading a movement from 1950 that eventually spread to more than 100 countries worldwide. This September marks the 25th anniversary of her death. The fourth vow of these sisters 'of mercy' was "*wholehearted free service to the poorest of the poor.*"

Our own destiny

Where are we going? Where have we come from? - both great questions about the world we live in. *What am I doing (with my life)?* Is just as profound a question which might even lead some of us in completely new directions, or simply leave us grateful that we chose to make a difference for another person who needed our help today. For this to fulfil a plan for our lives is something truly wonderful, if we can accept and see where we fit in the grander plan of the universe. As Paul writes to the Ephesians (chapter 1 verse 11) in the Bible's New Testament, "*Through our union with Christ we too have been claimed by God as his own inheritance. Before we were even born, he gave us our destiny; that we would fulfill the plan of God who always accomplishes every purpose and plan in his heart.*"

Rev Clive Hicks

Electronic copy by email is preferred; email address heart-of-eden-editor@hotmail.co.uk - often we are quite busy and don't have time to reply. Please identify the content in the email subject line and in the name of each attachment. Please include some identification (e.g. shoe shop, W.I.) in the subject, and not just "Heart of Eden" - everyone does that! New or changed copy for already-arranged adverts should be sent to the editor as above. It would help if you could please send any payments for advertising in envelopes clearly marked 'Advertising Manager'. Prices on application for commercial advertisements. Note to Advertisers — only adverts which have been paid for in advance will be printed in this newsletter. We are very grateful for the very generous donations made by various groups and individuals towards the running costs of this Newsletter. We welcome articles (and front cover photographs) for this magazine – relevant to the time of year, book reviews, travel articles, etc. Please send them to the editor. 'Small Ads' Section: we will only accept adverts suitable for a Church Magazine, and adverts will cost £5 for up to 40 words. Please write your advert (in block capitals) 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 the advertisement, in the safe. The safe is straight ahead of you as you enter the church. 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 "PCC of Appleby" (2) let the editor know!

Newsletter Delivery As on-line delivery of this newsletter is strictly by the editor's list of email addresses, and as a link from "A Church Near You" (<https://www.achurchnearyou.com/church/12199/>), if you or anyone wishes to read it, please get in touch with the editor for a copy, or follow the link.

Church of England:

Rector: vacant

Retired Priest: Rev. Roger Collinson ☎ 017683.52886

For (C of E) baptism or wedding bookings contact Joyce Keetley, Office Manager, email: applebymc@carlisle-diocese.org.uk

Methodist Minister: Rev. Andrew Sterling: ☎ 017683 51244

Roman Catholic Priest (Our Lady of Appleby) Fr. Peter Houghton ☎ 017683 51474



Church Registers June - July 2022

Baptisms - We welcome into the Lord's Family:

19 th June	Carter Barry Edward Kirkup	St. Lawrence, Appleby
26 th June	Ciara Louise McKessey	St. Lawrence, Appleby
28 th June	Dakota Darcy Wynter Bennett	St. Michael, Kirkby Thore

Marriage - We congratulate

21 st July	Daniel Griffiths & Hannah Mounsey	SS. Margaret & James, Long Marton
23 rd July	Matthew Emmott & Amy Swinbank	Dufton Methodist Chapel
30 th July	Nathan Collins & Chelsi-Lynn Alderson	St. Lawrence, Appleby

Funerals...May they rest in peace and rise in glory:

29 th June	Hazel Irene Laidlaw	SS. Margaret & James, Long Marton
8 th July	Charles Hirst (mayor of Appleby 1972)	Sands Methodist Church

A new course is set to help encourage people explore what lay ministry they may be being called to across Cumbria.

The Discipleship Project is an ecumenical course and will begin in September, with six core sessions to be run over a year from the Diocese of Carlisle's Church House offices in Penrith and other supplementary modules to be run across the county.

It aims to support those people who want to explore what ministry they may be being called to, in or outside of a church context.

The Rev Nicky Smith, Director of Ministry Development for the Diocese of Carlisle and who has developed the course, explained: "What we're offering is something that's really exciting; it's the chance for churches, parishes and mission communities to draw alongside the course to help people explore their calling.

"This is about blessing those people who take part in the course so that, in turn, they can then bless the churches and communities they serve in new ways."

The course sits within the county's ecumenical God for All vision and strategy which has four main themes: Follow Daily, Speak Boldly, Care Deeply and Tread Gently.

As part of the vision, 35 mission communities have been created across the county which are groupings of mutually supportive and mission-minded churches as together Christians look to grow God's Kingdom in Cumbria.

Participants will be encouraged to gain confidence in their personal ministry giftings, grow as disciples, explore new ways of being church and open up new ministry possibilities.

Nicky added: "The course has been very much developed around the sense of vocation, regardless of what context people may find themselves in. Perhaps you work full-time or part-time, perhaps you are retired or supporting your young family. This course offers something for everyone.

"It will be an opportunity for people to journey together and consider missional coaching: how you are mentored and how can you mentor others. We'll consider how we can all live out our faith in an increasingly secular world, looking at how do pray and read the Bible in community. The premise of the course is that we're all called to be disciples of Jesus and this will look different for everyone. I'm excited that this will open up new forms of ministry and witness."

As well as the core module - which costs £15 per person plus ticket fee – those who sign up will also have opportunity to sign up for optional modules including theology, chaplaincy, mental health first aid and pioneer ministry. Again, these modules will cost from £15 plus ticket fee.

The course is not certificated but the hope is that those who complete the modules may then consider exploring ordination, Reader ministry (lay people, called by God, trained and licensed by the Church to preach, teach,

lead worship and assist in pastoral, evangelistic and liturgical work) or new models of ministry.

The Discipleship Project will also see the creation of a network of mentors within local church settings who will offer support to those people who sign up.

"We have intentionally developed this course in such a way that anyone can be actively involved in developing God's church," Nicky added.

"As Christians we are learning and growing all the time. That's very much the ethos of the course and our prayer is that as many people as possible feel called to explore this further."

For more information and to book on to the course visit: <https://godforall.org.uk/the-discipleship-project/>

St. Lawrence, Appleby



Churchwardens: Jean Hutchison
Jo Ayres (☎52017)

Secretary: Jo Ayres

... and from lesser organists, pop into St Lawrence's and hear our wonderful instrument being played by local organists (to whom we are really very grateful for donating their time to do this) Tuesdays, Thursdays and Saturdays from 11 to 12am throughout August and finishing 3rd September.

St. Peter, Asby



Churchwarden: vacant

PCC lay chair: Peter Miller ☎51707

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

Churchwardens:

Mrs. Josie Cannon ☎ 017683.51386

Mr. Lutaf Greenshaw ☎ 07802254982



St. Cuthbert, Milburn



Churchwardens:

Mrs. E. Godfrey ☎ 61007

Mr. Leigh Harding ☎ 0333.014.3944

Secretary: Christine Braithwaite

St. John, Murton cum Hilton



Churchwarden: Jean Hutchison)

Secretary: Jo Ayres ☎ 52017

St. Theobald, Musgrave



Contact: Joyce Keetley
keetleyjd@sky.com

St. Edmund, Newbiggin



Churchwardens:

Mrs. M P. Sawrey-Cookson ☎ 61574

Tim Whittaker

St. James the Less, Ormside



Churchwarden: Margaret Parry

Secretary: Richard Parry

both ☎51043

(Sunday 31st July at 6pm - Taizé)

St. James, Temple Sowerby

Churchwardens:

Angela Cleasby ☎017683.61534

Robin Witchell ☎017683.61193

Secretary:

Anne Farmer ☎017683.61770

St. Columba, Warcop



Contact: Joyce Keetley
keetleyjd@sky.com

Since we have several St. Laurences around here, of different spellings - a word on their patronal festival.

10th August Laurence of Rome - and the gridiron

Laurence was a deacon of the Church in Rome who was martyred in 258. His story is found in the very ancient Depositio Martyrum, which tells us that he was closely associated with Pope Sixtus II, who was martyred just a few days before him during the persecution of the Emperor Valerian. We also know that he was much loved for his almsgiving.

St Cyprian, the Bishop of Carthage, relates how the Roman authorities had taken to confiscating all the goods of any Christians they discovered, and then putting the Christians to death. And so it was in August of 258, after Sixtus was martyred, that they demanded of Laurence the wealth of the Church in Rome. He asked for three days to gather it together. During that time he worked quickly, to distribute as much of it as possible to the poor in Rome. On the third day, he presented himself to the prefect of Rome, taking along a small delegation of the poor and crippled. He told the prefect that these people were

the true treasures of the Church, and that 'The Church is truly rich, far richer than your emperor.' This did not go down well with the prefect, and Laurence was condemned to a martyr's death.

It was Laurence, of course who is famous for being roasted alive on a gridiron, and for telling his captors to 'turn him over' when he was done on one side. The story has no historic basis, as the weapon of capital punishment at the time was the sword for decapitation. It is thought by many scholars that the roasting on the gridiron story came about because of a simple spelling mistake by a monk in copying the history years later: the accidental omission of the letter 'p' would have been enough. This is because the customary formula for announcing the death of a martyr was 'passus est' (he suffered/was martyred). If you leave off the 'p' you get 'assus est' - he was roasted. Only - he wasn't!

Our Sister Churches

Sands Methodist Church



Rev. Andrew Sterling ☎51244

General Enquiries Linda Taylor
(53448)

Roman Catholic Church of Our Lady of Appleby,



Garheads Road, Appleby

Fr. Peter Houghton (currently on leave)

Mass Sundays at 11am

St Anne's Hospital (aka Lady Anne's



Almshouses) Every Tuesday morning throughout the year there is a short morning service (matins) at 9.15am in the lovely little Chapel in the courtyard where all visitors

are very welcome to join us. Holy Communion is on the first Tuesday of the month.

At 7pm on Thursday 25th August there will be a service of Prayers and Compline held in St Anne's Hospital Chapel, followed by the opportunity to have a natter over some refreshments. (see poster later in this newsletter).

News from the Area

Age UK - Carlisle and Eden

For info. just ring Pat McHugh on ☎07958.936694.

Heart of Westmorland Bereavement Support Group

We meet the 1st Monday of each month at 2pm in The Hub.

For more information please contact: Kevin Robinson – 017683 51569 or Revd Sandy Pearl – 01931 714564

Cancer Information and Support in Eden

"Come for Coffee" drop-in sessions take place in the Bennett Room, Appleby Hub on the 1st and 3rd Mondays of each month (this month 1st and 15th) from 10am to noon (excluding bank holidays). Anyone affected by cancer is welcome (whether patients, relations or carers of any age). In addition to coffee and a chat, there is an optional gentle exercise class from 10.30 to 11.00 If you require any further information regarding the meetings please telephone Rosie on ☎017683 52263 or Jackie on ☎017683 52277.

Memory Club in Appleby

Meetings are held on the 2nd & 4th Wednesdays of each month (this month the 10th and 24th) at Sands Methodist Church Hall 10.30am -12noon. All are welcome, particularly those with memory loss. There will be light refreshments, games, crafts, music and singing.

For further information please contact:-

Anne Crosby ☎017683 51219

Tim Parkin ☎017683 52640

Citizens Advice Carlisle and Eden Volunteers needed

Citizens Advice Carlisle and Eden (CACE) is here to help local people with any problems they may be experiencing. In the last year CACE has provided free, confidential, independent advice and support on matters including employment, debt, benefits, housing, energy and consumer affairs to around 5,000 people.

Locally, we rely on a team of committed volunteers in a number of roles. To support our work we now want to recruit:

Digital Advisers: to work with clients by email and on the phone to provide advice across a wide range of issues.

Energy Advisers: to work with clients on the phone to give information and advice on dealing with problems people are having with their energy suppliers and bills

No special experience is required but volunteers should be good communicators and non-judgemental, be prepared to undertake a rigorous training programme, have good IT skills and able to commit to one day a week of volunteering.

If you are interested full details and how to apply can be found at: <http://www.ca-ce.org.uk/> or email volunteer-recruitment@ca-ce.org.uk with a daytime phone number so we can call you for a chat



Inner Wheel

We have two manual wheelchairs for temporary use by local people. They are kept at my house, 15 Boroughgate, and can be borrowed for a nominal deposit of £10. If the borrower cares to make a donation to Inner Wheel Charities after the loan, that would, of course, be welcomed.

My contact phone number is 017683 53324. Gillian Whiting, Secretary, Appleby Inner Wheel



Please note that 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 10 to 10:30 Tuesdays and , 10 to 10:30 on Fridays

Please don't forget us - needed more than ever!

Upper Eden Food Bank will continue to be there for those who need it, and information can be found in the following ways:

☎: 07596 690 902

f : upperedenfoodbank

Web: www.upperedenfoodbank.org.uk

These 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

Tourist Information Centre (now beautifully done up!)



The **Tourist information Centre** would like to mention:

We are having a lot of visitors who would like to join in with local events, if you send the TIC a poster we will advertise your event on Facebook and put it out on our Aboard. We also have local show schedule for Appleby and Brough if you would like to pick one up.

Mon-Sat 10:00 to 15:00 ☎ 017683 51177 (press 2)

Website: www.visitappleby.co.uk

Facebook: Appleby Tourist Information Centre

Twitter: @applebytown

Appleby Library

Our opening hours are now:

Monday and Friday only

10am to 12:30, and 1:30 to 5pm

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.

Town Council

Heritage Action Zone

The conclusion of the Heritage Action Zone project was celebrated in the refurbished Moot Hall on 6 July. Alan McViety, recently-installed High Sheriff, was in attendance. Charles Smith of Historic England outlined the project's achievements in restoring Appleby's historic buildings, although in some cases the owners had refused help. A buffet lunch was served in the Public Hall, at which the Mayor spoke and every guest received a copy of the excellent new illustrated booklet produced by the Cumbria Vernacular Buildings Group *Step by Step along Boroughgate*, which can be purchased at the Visitor Centre.

The Cloisters

A legacy of the HAZ project is repair of the Cloisters, built to Robert Smirke's design in the early 19th Century. This has entailed the erection of scaffolding and the closure of the exit from Low Wiend into Boroughgate. The road is expected to re-open on 19th August.

New Tenants

The Council-owned premises on the west side of the Cloisters, vacated by the Visitor Centre, which has moved back to the Moot Hall, are now occupied by Appleby Business Centre, formerly in Bridge Street; its enhanced range of services includes graphic design. The premises at the head of the Arcade, previously occupied by the charity Mind, are now tenanted by Happy Paws, a dog-grooming service.

Post-Fair Meeting

The post-Fair meeting in the Public Hall on 7 July heard reports from the Chairman of the Multi-Agency

Strategic Co-ordinating Group (MASCg) and from the Police Gold Commander. The Chair of MASCg announced that, in response to demands that further consideration be given to the possibility of the Fair becoming an event with an organising body making admission charges, MASCg would engage an independent Consultancy to investigate and report on the practicalities and legalities of any such arrangement.

King George V Field

Problems that have beset the football playing ever since the laying of drains following the flooding of December 2015. Despite further work grass has not grown adequately along the drain lines and the playing surface has been uneven. Eden District Council, which owns the field, has engaged new contractors to lay down a superior quality topsoil to help promote healthy growth and restore to our popular and successful club the surface it needs.

Edenside

The Oaklea Trust still seek the finalisation of planning permission for their project to build sheltered housing units on the site of the former retirement home. Developments have to be 'nutrient neutral', meaning that they must demonstrate they will not add pollutants to water courses, leading to an increase in algae. Because of growing concerns about the poor state of British rivers, Natural England has asked Planning Authorities to insist that all developments meet these conditions. Oaklea are working on meeting the criteria.

Appleby Edibles

Come and grow with us!

Who are we?

An inclusive group of gardening and nature enthusiasts who like to grow fruit and veg, socialise, and share skills in pleasant surroundings. Our members are of all ages and abilities, and we are happy to welcome members with health challenges. We enjoy a strong sense of connection with the environment.



Where are we?

At the far end of the former Appleby Heritage Centre site (near the railway station). There is free parking adjacent to the garden.

When are we open?

Please come and visit us Tuesdays and Saturdays 10-12. When you join Appleby Edibles you come up and garden whenever you like.

Are there individual plots?

There are raised beds used on an individual basis, communal growing areas, and a 64-tree cordon of heritage apples. Locked storage is available for tools.

We eagerly accept offers of soil, manure, timber, compost and surplus tools, and we can collect by arrangement.

Come and see if you would like to join us!

Enquiries to Karen West (Chair) 07974 759136, Annie Weir (Secretary) 07919 542143, or email us at applebyedibles@hotmail.com

Appleby Smarter

Some of you will have noticed our voluntary organisation working about town on Monday afternoons tidying up the town

If you want to keep in touch the easiest way is to search Facebook for Heart of Eden

Bus Talk

From Friends of Eden Valley Public Transport, using information from Cumbria County Council



563 Appleby to Penrith (Mon - Fri) service (Stagecoach)

The first departure of the 563, departing from Appleby at 9.51 to Penrith, goes via Brampton, Long Marton, Kirkby Thore Cherry Tree Garage and Temple Sowerby. The last departure of the 563 from Penrith at 13.30 and Bus Station at 13.40 follows the same route in reverse. The other 563 journeys follow the A66 with a detour to Temple Sowerby. All journeys start and finish at Appleby Scattergate.

For details of the 563 timetable, go to www.cumbria.gov.uk/buses

S6 Sedbergh and/or Kirkby Stephen to Brough to Penrith (Tues) service

The S6 service, operated by Western Dales Bus, provides 3 return trips. The first trip towards Penrith now starts at Sedbergh, then onto Kirkby Stephen and the final trip from Penrith now continues from Kirkby Stephen to Sedbergh. All trips call at Warcop and Brough. It does not pick up passengers from Appleby Sands to Penrith on outward trips to Penrith nor drop off passengers in the same section of the route on return trips but can be accessed from the stop opposite the Royal Oak (Appleby) if there are seats free.

For details of the S6 timetable go to www.cumbria.gov.uk/buses

Community Transport

Community Wheels on Fridays - The service into/out of Appleby, supported by Cumbria CC, serves residents of Dufton, Knock, Silverband, Milburn, Barrowmoor, Scattergate, Asby, Ormside, Warcop and Sandford for travel to Appleby, but now not Long Marton nor Brampton (due to the extension of the 563 bus service). Some users may also be able to use the 563 service from the road ends at Barrowmoor and Scattergate, however if you cannot reach the bus stops then you can still use the Community Wheels service.

To join the Community Wheels scheme, please ring 01228 226430. For general information go to www.cumbria.gov.uk/communitywheels

If you would like to join the rota of drivers (with D1 on your licence or a medical which shows the same capabilities) please contact Katy Wood on 07788 396194.

The Voluntary Social Car Scheme covering Appleby, Bolton, Temple Sowerby and Milburn - if you would like to use this service, including to get to a vaccination appointment, please contact Valerie Kendall, Scheme Coordinator, on ☎017683 53159.

For general information about Community Transport, go to www.cumbria.gov.uk/communitytransport

Appleby Clubs, etc.

Appleby-in-Westmorland Society

Next meeting 20th October. We'll remind you in plenty of time!

Appleby Evergreens

Long-established Appleby activity Evergreens has returned to the Public Hall Supper Room from 2 - 4 pm on alternate Mondays, (1st, 15th & 29th [*please check the last one - Ed.*] this month), 2 - 4pm. An afternoon of dominoes and bingo is promised, with tea, biscuits and chat and even small prizes for the winners. The entry fee, which includes a raffle ticket, is £3.00 and all are welcome.

1st Appleby-in-Westmorland Scout Group are recruiting new members



Beavers (6-8yrs), Cubs (8-10½ yrs) & Scouts (10-14yrs)

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:

<https://edenscouts.org.uk>

1stappleby@edenscouts.org.uk

☎ 0845 094 6059

Appleby Hub Patchworkers

We have finished patchwork group for this year now, its been a great first year with attendees from colby, kirkby stephen, Dufton and appleby. We have worked on various projects and shared information about exhibitions and crafts. It has been most enjoyable to meet people and especially as we have shared interests and skills, all very encouraging.

It may be that the group will recommence next year and we will advertise locally. In the meantime from this September we will continue with our knit and natter group at the Hub in Appleby which is held in the cafe 10-12 on Thursdays, its free and everyone is welcome. If anyone has any queries please contact jane.farkins@right2work.org.uk

Lights...Camera...Appleby!

Nothing to my knowledge this month - I'm sure there's a blockbuster for September!

Memory Club in Appleby

Meetings are held on the 2nd & 4th Wednesdays of each month at Sands Methodist Church Hall 10.30am -12noon. All are welcome, particularly those with memory loss. There will be light refreshments, games, crafts, music and singing.

For further information please contact:-

Anne Crosby ☎017683 51219

Tim Parkin ☎017683 52640

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

Westmorland Dales Walks and Activities

Sit back, close your eyes, slow down and experience a sound tour of the Westmorland Dales



through this mosaic of sounds recorded at various locations by sound artist, Dan Fox. A mysterious and evocative medley of traditional music, local voices and sounds of the countryside:

www.friendsofthelakedistrict.org.uk/news/sound-mosaic-westmorland-dales

From the sonorous tones of the St Lawrence Church organ in Crosby Ravensworth, to bird call on the windy upland commons, nostalgic snatches of local poetry read by local farmers, performances from local music groups and the sound of steam trains dashing through the area. Step into a Westmorland Dales farm and

imagine what it would be like to make a living from working the land. Swoop beneath bridges under the M6 where river and farm life meet below the boom of passing motor traffic. Experience the eerie sounds of wind in the railings on Smardale Gill viaduct, lively streams and the buzzing of busy pollinators - but watch out for a low-flying jet coming through!

Family Wild Play Days in the Westmorland Dales with Stomping Ground!

31st August 11am - 4pm, Recreation Field, Morland.

1st September 11am - 4pm, Jubilee Park, Kirkby Stephen.

A day for all the family. Drop in for an hour or stay all day with Stomping Ground. Building dens, crafts, campfire cooking and natural artworks. Playing games, picnics in the meadow, and testing your balance on slacklines or chilling in the hammocks. It all goes on! Can't wait to meet you!

'A Way Through' Exhibition

For thousands of years people and their animals have passed along routes through the Westmorland Dales and they have unsurprisingly left their mark both physically and culturally on the landscape around them. Yorkshire Dales National Park Authority have been researching these routes from the Romans and Drovers to Turnpikes and Railways. A free small exhibition will be celebrating these heritage routes at the Old Courthouse, Shap from 3rd September – 2nd October.

For further information about these projects and events please visit the events page on our website www.thewestmorlanddales.org.uk or email Nicola Estill; nicola-estill@fld.org.uk

Brass, Trains and Drums in the Westmorland Dales

All brass players and drummers and their families are warmly invited to Stainmore Railway Company in Kirkby Stephen on Saturday 24th September from 2pm - 4 pm as part of a project celebrating our Railway Heritage through music. Please come along to a workshop and get involved in making music with brass and drums, take a ride on a steam train and join our celebration picnic on the platform. Instruments provided or bring your own instrument. Visit the Westmorland Dales website to book your place.

This project has been led by Blue Jam, Drum and Brass who would like to thank Kirkby Stephen Silver Band and Training Band, Appleby Town Band and Melody Makers for creating fabulous music!

Villages

Asby

Tues 9th 3 pm Asby Hall Mews
Summer Yard Party

Thurs 25th 12 noon The Three
Greyhounds St Peter's Diners.
Let them know if you intend to come: 2
courses £7.50

Dufton

Dufton Open Circle meets on the second Wednesday of each month at 7.30pm in Dufton Village Hall for a Speaker event and social gathering with brews and raffle. Come and join us for a good evening out. We also have outings and coach trips. Contact Ges Quarmby, Dufton Open Circle Co-ordinator, on Ges789@gmail.com, or ☎017683 52628.

Coffee mornings Mondays at 10:30 at Post Box Pantry

Art Group Tuesdays 10 - noon

Yoga Wednesdays at 10am

Play group Fridays at 10:30

Visit duftonvillagehall.com

Kirkby Thore

St Michael's, Kirkby Thore was packed on Sunday night (17th) for the first of what we hope will be a series of community Musical Evenings.

The event was by George Pattimore (17) as a way of bringing the community together whilst raising money for a local charity, Renew Wellbeing Eden.

People were invited to bring an instrument, sing a song, recite a poem or bake a cake. The result was a very entertaining evening, where people of all ages and abilities performed and enjoyed listening to each other. As well as the anticipated singers, guitarists and pianists, there were violin and accordion duets, tenor horn and harmonica solos, a performance from a team of handbell ringers and, the evening concluded with community singing led by a ukelele.

It was great fun and there was a wonderful sense of community. Everyone agreed that we should do it again!



Long Marton

Residents' Garage/Yard Sales & Scarecrow Festival weekend - Sunday August 21st. Bookings now being taken for Garages/Yards £8. Contact details....Carol ☎61927

Carpet Bowls on alternate Tuesdays 2-4pm, £2 including refreshments. this month - 9th & 23rd. Details from Vicky ☎01931 715810

Craft and chat - Thursdays from 7.30pm. Details from Nicola ☎62301

Long Marton Local History Group. For details contact Christine via

longmartonlocalhistorygroup@gmail.com

To book the Hall please contact

bookingslongmartonvi@gmail.com

Our letting rates are very reasonable and in the case of someone wanting to assess the level of interest, we could waive the booking fees for the first session to assist in trying out new ideas.

We are looking for volunteers to either join our committee, or help us with one off events to suit you; there are vacant positions on the committee for School and Parish councillors too.

Flower Farmers' Big Weekend

Sunday 7th August, noon - 5pm. Wander around the cut flower beds, enjoy fresh air and wide views, meet the flower people of Long Marton, and find out about locally grown flowers.

FREE ENTRY, refreshments served until 4pm, **proceeds to Long Marton parish church**

Follow parking signs - toilets available - dogs on leads - families welcome

The Fellside Flower Company, Long Marton, Appleby, CA16 6BT Tel: 07711 245820

www.flowersfromthefarm.co.uk/event/the-flower-farmers-big-weekend-2022/

Milburn

Village coffee mornings first Saturday of each month. Church coffee mornings third Saturday of each month, both 10:30 to noon (so far as I know. Ed.).

The next meeting of Milburn Film Club is Friday 26th August 7.30pm Milburn Village Hall guests and new members welcome.

Saving Mr. Banks

The film is a biographical drama about the 20 year tussle of Walt Disney to obtain the film rights of Mary Poppins from the author. Their views of a production differ greatly.



Ormside

Village hall coffee mornings are the 2nd and 4th Wednesdays (10th & 24th) of the month from 10.30 till mid day. Craft night is on the third Wednesday (17th) at 7.30 pm.

There is no Ormsiders meeting in August. The next Ormsiders meeting will be the first Tuesday in September (6th) at 7.30 pm and will be a tea tasting session.

Fancy a game of Ping Pong?! We have a brand new table tennis table at Ormside Village Hall. Its 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



Oops! I nearly forgot the famous Ormside summer teas

They will be held throughout August, 10:30 to 4:30, Saturdays, Sundays and bank holiday Monday

6th & 7th at The Beeches

13th & 14th at Osmond Green

20th & 21st at Bromley Green Cottage, and

27th to 29th also Bromley Green Cottage

Temple Sowerby

The majority of the Temple Sowerby Village Clubs and Activities have restarted. These include:

Wednesday 10th August, 11am, the Gardeners have a visit to Eggleston Hall Gardens & Nursery. For enquiries about the programme or membership, contact Jenny or Angela on ☎017683.62985 or 077669.35854 or email at

templesowerbygardeners@gmail.com

or other clubs and activities see

<https://templesowerby.org.uk>

Other delights include a Coffee Morning in the Victory Hall 10 till 12 on the 1st and 3rd Tuesdays, Ladies Supper Club, a New Exercise Class and more. For details please check out the Village Website at <https://templesowerby.org.uk/>

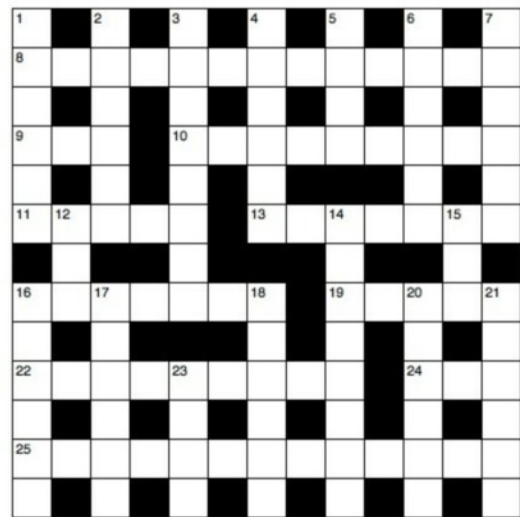
Warcop - Parish Hall

Monday evenings, 6:30 - 8 pm table tennis club

Saturday 6th 10am: Coffee Morning and Air Ambulance bag collection.

The monthly Soup and Pud: Thursday 4th, 11.30am - 1pm

To find out more and to express an interest, or to book Warcop Parish Hall, please contact our Booking Secretary Sue Fell on 017683 41259 or mobile 07741 464 921. To see what events we currently run, go to www.warcop.org.uk

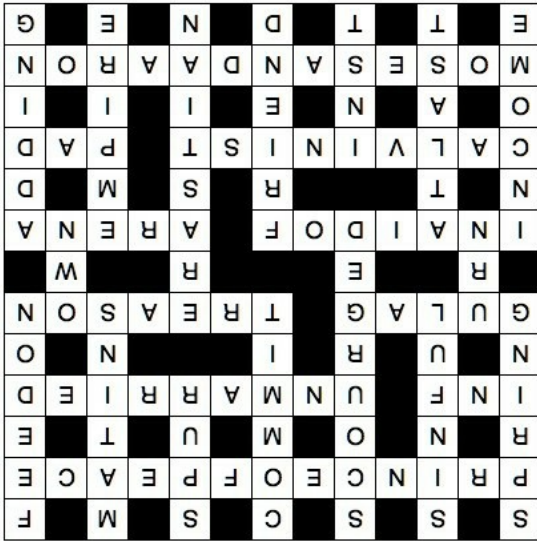


Across

- 8 One of the titles given to the Messiah in Isaiah's prediction (Isaiah 9:6) (6,2,5)
- 9 International Nepal Fellowship (1,1,1)
- 10 Single(1Corinthians7:27)(9)
- 11 Aleksandr Solzhenitsyn's seminal book about Soviet prison camps, The — Archipelago (5)
- 13 Treachery(2Kings11:14)(7)
- 16 Of India(anag.)(2,3,2)
- 19 'God has put us apostles on display at the end of the procession,like men condemned to die in the — ' (1 Corinthians 4:9) (5)
- 22 Follower of a theological system characterized by a strong belief in predestination (9)
- 24 'Put these old rags and worn-out clothes under your arms to— the ropes' (Jeremiah 38:12) (3)
- 25 They brought together all the elders of the Israelites in Egypt (Exodus 4:29) (5,3,5)

Down

- 1 The season when kings 'go off to war' (2 Samuel 11:1) (6)
- 2 Simon Peter's response to Jesus by the Sea of Galilee: 'Go away from me, Lord; I am a — man' (Luke 5:8) (6)
- 3 Beaten with whips (1 Kings12:11) (8)
- 4 'You shall not — adultery' (Exodus 20:14) (6)
- 5 Encourage (Hebrews 10:24) (4)
- 6 Service of morning prayer in the Church of England (6)
- 7 'Take and eat this in remembrance that Christ died for you, and — him in your heart by faith with thanksgiving' (4,2)
- 12 Run(anag.)(3)
- 14 Member of 17th-century party that denied the right of autonomy to the Church (8)
- 15 'We will triumph with our tongues; we—our lips'(Psalm12:4) (3)
- 16 Earnings(1Corinthians16:2)(6)
- 17 'I rejoice greatly in the Lord that—you have renewed your concern for me' (Philippians 4:10) (2,4)
- 18 How Paul described Philemon (Philemon 1)(6)
- 20 Multiple territories under the rule of a single state(Daniel11:4)(6)
- 21 'You have been unfaithful; you have married foreign women,—to Israel's guilt' (Ezra 10:10) (6)
- 23 This month(abbrev.)(4)



JONAH'S JOURNEY

Which city did God tell Jonah to go to? **JOPPA**

and why? **Jonah 1:12**

Where did Jonah try to go instead? _____

What did he travel in? _____

Jonah 1:3

What did God send to stop him? A great _____

What did Jonah tell the sailors to do to make the sea calm? _____

him into the sea **Jonah 1:4-16**

What swallowed Jonah? A big _____

How long was he there? three _____ and three _____

Jonah 1:17

What did Jonah do? _____

then what did the fish do? _____

Jonah 2:1-10

SWALLOWED HIS MESSAGE

CREATED A SAILBOAT

CALM DOWN

LYING

OSPRAY

TARSHISH

HTBNFORTYSA

NINEVEHSHIP

When Jonah reached Nineveh he proclaimed God's message... the city would be overthrown in _____ days

Jonah 2:1-10

What did the people do? _____

What did they put on? _____

Jonah 3:1-9

What did God do? _____

R _____

Jonah 3:10

READ the full story in the book of Jonah

Mouse Makes

DID YOU KNOW? In Bible times wearing itchy sackcloth made from goat's hair was a sign of grief and repentance

Find the missing words. Look up the Bible references then look for them and the words on this page in bold in the word search

the PARABLE of the SOWER

JESUS OFTEN TOLD STORIES WITH HIDDEN MEANINGS

ONE WAS ABOUT A FARMER WHO SOWED SOME SEEDS

MOST FARMERS DIDN'T BURY THEIR SEEDS IN THE GROUND. INSTEAD THEY THREW THEM IN THE AIR!

THE FARMER HOPED THEY WOULD TAKE ROOT JUST WHERE THEY LANDED

SOME SEED FELL ON ROCKS, BUT THE PLANTS DIED WHEN THE HOT SUN SHONE DOWN

OTHER SEEDS TOOK ROOT, BUT WERE QUICKLY STRANGLER BY WEEDS

BUT SOME SEED WAS EATEN BY BIRDS!

SOON THERE WAS A FINE FIELD OF WHEAT!

JESUS EXPLAINED THAT THE SEED ARE 'WORD OF GOD' AND WE SHOULD LET THAT WORD GROW IN OUR HEARTS, JUST LIKE SEEDS IN GOOD SOIL.

SOME SEED FELL ON GOOD SOIL. IT TOOK ROOT AND GREW AND GREW!

Bible Bite

A short story from the Bible

It can be read in the Bible in Genesis chapter 6:9 to 9:17.

Everywhere God looked, people were hurting others, fighting, lying, cheating and stealing. Only Noah was good.

I'm going to send a flood to get rid of the bad people

You must build a big life raft

So Noah built the life raft to God's plan - a huge box with a roof and a door

He got the animals ready to go on board with all their food

All the animals, all the food and all Noah's family were packed on board...

The rain began to fall for 40 days and nights

..and God closed the door.

The flood continued for 150 days

The life raft grounded near Mount Ararat

but the life raft floated.

then began to go down

Noah sent a raven to look for dry land, but it came back

The second time it came back with a leaf

I am your God and you are My people.

so he sent a dove to look

Trees are growing again - we can get out!

This parable was read at the first and last assemblies of each term. Chants of something like "We want the sower" could be heard. **Ed.**

Bishops' letter to The Times on the Rwanda asylum policy

All of the current Lords Spiritual have recently signed a letter to The Times voicing alarm about the Government's plan to send asylum seekers to Rwanda.

The Bishops wrote in their letter that "this policy should shame us as a nation."

They went on: "Our Christian heritage should inspire us to treat asylum seekers with compassion, fairness and justice, as we have for centuries. Those to be deported to Rwanda have had no chance to appeal, or reunite with family in Britain. They have had no consideration of their asylum claim, recognition of their medical or other needs, or any attempt to understand their predicament.

"Many are desperate people fleeing unspeakable horrors. Many are Iranians, Eritreans and Sudanese citizens, who have an asylum grant rate of at least 88 per cent. These are people Jesus had in mind as He said when we offer hospitality to a stranger, we do it for Him. They are the vulnerable that the Old Testament calls us to value. We cannot offer asylum to everyone, but we must not outsource our ethical responsibilities, or discard international law — which protects the right to claim asylum."

DEC Ukraine Humanitarian Appeal

In this month of holidays and summer travel, it is awful to think that the crisis in Ukraine simply goes on. More than 13 million people have fled their homes. Millions of families have been separated, people have been injured and killed, and their homes blown up. Critical infrastructure such as health facilities, water supplies and schools have been damaged or destroyed.

The UN estimates over five million people have now fled Ukraine. The refugees have fled to Poland, Romania, Hungary and Moldova, often arriving with only what they could carry.

Another eight million people are displaced within the country. Many older people, and those with disabilities, have no option but to remain in their homes. They are now isolated, unable to access food and basic necessities.

In such a crisis, the DEC charities in Ukraine and neighbouring countries are working hard to meet the needs of people affected by the conflict. They say:

£30 could provide essential hygiene supplies for three people for one month

£50 could provide blankets for four families

£100 could provide emergency food for two families for one month

If you can help, please go to: www.dec.org.uk

The Ukrainian Church and Moscow

Who is leading the Ukrainian Orthodox Church (UOC)? It depends on who you talk to.

The Moscow Patriarchate has recently reaffirmed its jurisdiction over the UOC, denying claims that the Church has severed its ties with Moscow. The Russian Holy Synod said: "We note with regret the continuing pressure on the Ukrainian Orthodox Church from the Ukrainian state authorities and extremist part of Ukrainian society."

On the other hand, the governing council of the UOC has not only expressed disagreement with Patriarch Kirill over his support for President Putin's invasion, but has passed a resolution declaring its 'full independence' from Moscow.

Meanwhile, the Primate of the Greek Catholic Church in Ukraine, Major Archbishop Sviatoslav Shevchuk, has warned that because the Russian blockade of Odessa and other ports has stopped the export of Ukrainian grain, the worldwide food crisis will only get worse.

Edinburgh Festival - 5th - 28th August

This year marks 75 years of the Edinburgh International Festival.

It was in 1947 that the first Edinburgh Festival was held. It was the idea of the then General Manager of Glyndebourne Opera, Henry Harvey Wood, as well as the Head of the British Council in Scotland and leaders from the City of Edinburgh. Their aim was to establish "a world class cultural event" that would bring together audiences and artistes from around the world. Over the past 70 years, it has done just that, featuring performers from the worlds of dance, opera, music and theatre.

If you would like to see this year's programme, please go to: <https://www.eif.co.uk>

Hunger forces Ethiopian girls into marriage

A prolonged drought in Ethiopia has killed untold numbers of livestock and brought millions of people to the brink of famine. And as the crisis escalates, more and more girls are at risk of child marriage.

Tearfund has warned that Ethiopia now has one of the highest rates of child marriage in the world, with an estimated 40 per cent of girls marrying before the age of 18.

It happens because in areas where families don't have enough food or water for their children, they may resort to marrying their daughters off to wealthier families.

Simba Nyamarezi, who oversees Tearfund's work in Ethiopia, explains: "They often believe their daughters will have better chances of survival this way, and they can also use the money from the daughter's dowry to feed their other children."

Sabine Nkusi, who leads Tearfund's gender unit, explains that as girls must walk farther and farther each day to find water, they are dropping out of school. "And again, they immediately become more vulnerable to child marriage."

In an effort to help, Tearfund has supported the construction of more than ten water pumps in and

around schools. Its local partners have also dug wells in drought-affected areas.

"Your organisation came to us with compassion and provided us with water," says Liya, a local woman, whose life has been transformed by the new well. "Before, I spent all my time carrying water. The river is a seven hour walk away from my village."

If you can help people such as Liya to gain access to closer clean water, please go to: <https://www.tearfund.org>

The story of the yellow ribbons

One of the greatest doctrines in the Bible is the love of God for His people. Both Old Testament and New Testament tell us what God said to His people through Jeremiah: "I have loved you with an everlasting love" (31:3).

It was that love that moved the Father to send His Son into the world (John 3:16). Paul writes glowingly of "that great love with which He loved us" (Ephesians 2:4). John emphasises the same great truth in a magnificent creed of just three words: 'God is love' (1 John 4:8). Quite simply there is nothing in all creation more reassuring, more comforting, more encouraging, more uplifting than to know that God loves us. And we can even put it in personal terms as Paul did. 'He loved me and gave Himself for me' (Galatians 2:21).

The following true story, from the life and ministry of John Wilbur Chapman, is a good illustration of such love.

Back in 1893, Chapman was a Presbyterian minister from Richmond, Indiana, who had moved into full-time evangelistic ministry. Chapman told of how one evening he was travelling by train in a rural part of the state of Kansas. The only other passenger in the carriage was a young man and Chapman noticed that he was becoming very agitated. He kept glancing out of the window and then covering his face with his hands. Finally, Chapman asked if he could help.

The young man was a bit reluctant, but finally opened up. Many years before he had run away from home and 'sown his wild oats.' He had not contacted his parents for many years and now he was afraid they wouldn't want him back. He had written home some weeks before and told them he would be travelling on this train. At a certain point it passed very close to his home. In the letter he had begged his parents' forgiveness and asked if they wanted him to come home. If so, they were to tie a yellow ribbon on the old apple tree that grew right beside the railway lines.

"Sir," he said to Chapman, "the train will soon pass my home but I'm afraid to look. If there's a yellow ribbon on the tree, I'll get off at the next station and go home. If there's no ribbon, I'll just travel on. But I'm too afraid to look out for the tree." So Chapman offered to look for him. The young man hid his eyes and Chapman kept watch.



"You can open your eyes now," he said a few minutes later. The returning prodigal looked at Chapman with tears and quivering lips. "All is well," said the evangelist. "There is a yellow ribbon on the apple tree. In fact, there's far more than one. Every branch is hanging with yellow ribbons, scores and scores of them. Your parents love you so much and want you to come home."

If parents can love their wayward children like that, how much greater is the love of God! Truly, we are loved with everlasting love.

Keeping Calm in the Storm

One of the most famous stories about Jesus is the calming of the storm (Luke 8:22-25). Of course, anyone could say that the wind stopped suddenly of its own accord, but the disciples were not fooled. They had seen a number of these 'coincidences' in Jesus' ministry, and they weren't about to ignore this one. Jesus had calmed the waves with only His words. Wasn't this an act of God? Who else could be in complete control of creation?

Jesus dealt graciously with the very pressing and practical issue of the raging storm before He did a bit of teaching, asking His followers "Where is your faith?" It's not surprising that they were scared, given the circumstances, but clearly Jesus expected better of them. He had already been teaching them for some time, and clearly knew they were ready to trust Him.

In similar circumstances, Christians often do several things in quick succession. We start by panicking and being afraid. After a while we might remember what we know about God's character and pray for help, trusting that whatever happens He will help us to handle it. Most often, we don't get the storm-calming effect when we ask for it, but battling on with faith and God's help is much easier than trying to keep going in a panic.

'Peace' in this kind of situation is a very active holding on to what we know about God. The difference between trusting and not trusting can be like night and day in terms of stress levels. I have found that it can make the difference between unmanageable stress and something that stretches me and teaches me something new.

Knowing some science can help us to trust God. A Being who created the whole

universe, sustaining the wonderfully creative processes that produced diverse life on earth, must be both extremely powerful and extremely wise. The God who can both calm the waves and walk on them must be in complete control of the things He made. When this knowledge goes hand in hand with experience of God's intimate love for us and care for us in every situation that we find ourselves in, I am reassured that He's got things in hand. I will always need help from others to pray faithfully in stormy situations, but hopefully I've seen enough now not to panic for too long.

Time (and my closest friends) will tell!

St Lawrence's Church
Appleby-in-Westmorland

Taizé Worship for St Lawrence's Day

Wednesday
August 10th at 7.00pm



All are welcome
to join us
for our service of
Prayer and
Contemplation



6th August: The Transfiguration of Jesus

It's an unusual story. One day, Jesus is with three disciples on a high mountain in Galilee, when His appearance dramatically changes. Also, Moses and Elijah suddenly appear, and from a cloud comes the voice of God. What is this all about?



This event was witnessed by James, Peter, and John. They were close friends of Jesus. In the future, they were to become prominent leaders in the Early Church. They needed to see something special that would help them remember Jesus in the difficult years ahead. They had a glimpse of Christ in His divine glory. His face shone like the sun and His clothes turned white as light.

While this was an extraordinary sight for the disciples, it served to encourage Jesus who once had glory and majesty in Heaven. One day He would have it again. But firstly, He had to fulfil His mission: to suffer on the cross and die.

Why were Moses and Elijah standing with Jesus? Moses was the giver of the Law and Elijah represented all the prophets. They had pointed people to the promised Messiah. Jesus was about to complete God's plan of salvation.

God's voice was heard to remind Peter there was no need to build shelters. They were not going to stay on the mountain. God spoke to get the disciples to fix their attention of Jesus. The wonder of the Transfiguration was a short interlude before Jesus had to return to His work and subsequent death on the cross.

This story is a reminder that our times of spiritual blessing have to be followed by down-to-earth commitments and responsibilities. In the same way that Jesus gave His friends a glimpse of His awesome glory, to help them face challenging and traumatic times ahead, our special times in His presence are provided to encourage us and equip us for the trials we may have to face.

Our journey through life may sometimes rise to the peaks but we can't stay on a 'high' all the time – no matter how much we want it! We have to descend to face everyday challenges if we are to fulfil our calling in Christ. From *our* mountain-top experiences we all need to find a balance between times alone with God and serving Him in the company of others.

St Andrew's Church
Crosby Garrett

Solemn Eucharist for The Feast of The Transfiguration of our Lord



Saturday
August 6th
7.30pm
Bishop Peter Ramsden
will Preside
Rev'd Richard Hall
will Preach

**Looking for
Spiritual Food?**

Live at Appleby Hub
Second Thursday of each
month 7.30 – 9.30pm




Appleby Guide Hut



For Hire

£10 per hour, newly refurbished

Suitable for: one off events or regular meetings e.g. birthday parties, workshops, day and evening courses.

Facilities: toilets, disabled toilet, kitchen, stage, stereo

Contact Pam: Pam.marie@icloud.com or 07885640142



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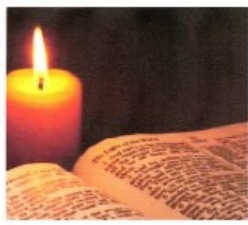
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Vue
Road,
Appleby
CA16
6TY
Home visits



**St Anne's Hospital Chapel
Appleby-in-Westmorland**




**Join us
for
Compline
at
7pm**

**Thursday
August 25th**

*Guide us waking, O Lord,
and guard us sleeping,
that awake we may watch
with Christ,
and asleep we may rest
in peace.*

*Antiphon from
Compline*



Flower Farmers' Big Weekend

SUNDAY 7TH AUGUST 12-5pm
THE FELLSIDE FLOWER COMPANY
LONG MARTON, APPLEBY



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



**Carlisle
& 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




Renew Wellbeing Cafe

...where it's ok to not be ok.



An intentionally calm, shared space.



Free of charge. All Welcome, everyone valued.

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!

**APPLEBY CRICKET CLUB
EVERY FRIDAY
9.30AM - 11.30AM**

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

Come and go as you please.



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- Do you know someone who is socially isolated?
- Do you know of someone whose family has moved away?
- Do you know of someone who just needs a friend?
- Do you want to volunteer or find out more?

WHO ARE WE?

- Linking Lives brings people together to support socially isolated people through home visits, telephone calls and engagement in social events and activities in the community.
- We make weekly visits or phone calls to enable volunteers to make a significant difference to the lives of people.
- We receive referrals from local organisations, friends and family members. Volunteers are fully vetted, interviewed, trained and linked up with someone matching their interests and personality.

For more information, to volunteer or to refer someone please email
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Church Services for August 2022

Church of England

Benefice

Sunday 14th 15:00 at St. Cuthbert, Dufton

Appleby, St. Lawrence

Fridays (except 5th) Holy Communion at 10am

Sunday 7 th	10:45	Lay led MP
Sunday 21 st	10:45	Lay led MP
Sunday 28 th	10:45	H. C. followed by baptism

Asby, St. Peter

Sunday 7 th	18:30	Holy Communion
Sunday 14 th	11:00	United (Methodists)
Sunday 21 st	18:30	Evening Prayer
Sunday 28 th	11:00	Baptist Chapel (anniversary)

Boroughgate, St. Anne's Hospital

Tuesdays 09:15 Matins ,
except first Tuesday Holy Communion

Thursday 25th 19:00 Compline

Dufton, St. Cuthbert

Monday 1st 19:00 Compline

Sunday 14th 15:00 Hosting Benefice Service - family communion & baptism

Monday 15th 19:00 Compline

Sunday 28th 15:00 Holy Communion

Kirkby Thore, St. Michael

Sunday 7 th	10:00	Breakfast Church
Sunday 14 th	10:00	Morning Prayer
Sunday 28 th	10:30	Holy Communion

Long Marton, SS. Margaret & James

Sunday 21st 15:00 Lay led service

Milburn, St. Cuthbert

Sunday 7 th	10:30	Holy Communion
Sunday 21 st	10:30	Holy Communion
Sunday 28 th	18:30	Evensong, lay led

Murton, St. John

(sadly) no service

Musgrave, St. Theobald

Sunday 28th 10:00 Holy Communion

Newbiggin, St. Edmund

Sunday 7 th	09:00	Holy Communion
Sunday 28 th	18:30	Evensong

Ormside, St. James

Sunday 7 th	09:15	Morning Prayer
Sunday 14 th	10:00	Holy Communion
Sunday 21 st	10:00	DIY
Sunday 28 th	18:00	lay led evensong

Temple Sowerby, St. James

Sunday 21st 10:30 Morning Prayer

Warcop, St. Columba

Sunday 7 th	10:45	Holy Communion
Sunday 21 st	10:45	Holy Communion

Methodist Church

The Sands, Appleby

Sunday 7 th	10:30	Mr. David Askew
Sunday 14 th	10:30	Local Arrangement
Sunday 21 st	10:30	Revs. J & L Riley
Sunday 28 th	10:30	Local Arrangement

Dufton with Knock

Sunday 7 th	10:45	Mrs. Sue Thackray
Sunday 14 th	10:45	Local Arrangement
Sunday 21 st	10:45	Rev. S. Radford
Sunday 28 th	10:45	Rev. J. Betts

Warcop

Sunday 7 th	10:30	Local Arrangement
Sunday 14 th	10:30	Mrs. Heather Radford
Sunday 21 st	10:30	Local Arrangement
Sunday 28 th	18:30	Mr. Donald Marston

Sunday 14th 18:30 Connexion Service at Appleby

Church of Our Lady of Appleby

Mass every Sunday at 11:00, so far as known at time of going to press

H.C. = Holy Communion

M.P = Morning Prayer