

Heart of Eden May 2026

The News Magazine of
the Benefice

7 days to make a difference

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#7DaysToMakeADifference

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

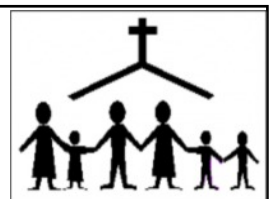
What's on?? What's on?? What's on?? Whats onWhat's on?? ?? What's on?? Wha

Date	Time	Place	Event
2 nd	19:30	Dufton Village Hall	Book Club – “There are Rives in the Sky”
2 nd	10:30 – noon	Milburn Village Hall	Village coffee morning
2 nd /3 rd	10:30 – 16:30	Ormside Village Hall	Ormside Teas
2 nd – 4 th	10:00 – 16:00	Warcop Parish Hall	Art & Craft Exhibition
3 rd	18:00	Sands Methodist Church	Celebration
5 th	14:30	St. Lawrence's Church	Healing Service
5 th	10 – noon	Temple Sowerby Victory Hall	Coffee Morning
5 th	10:00	Appleby Medical Practice	Citizen's Advice Bureau (bookable)
6 th	19:30	Appleby Public Hall	Diyet and the Love Soldiers
6 th	19:30	Brampton Village Hall	Brampton Ladies – Abbi Lawson
6 th	19:00	Dufton Village Hall	(Open Circle) Daily Bread (Acorn Bank Watermill)
6 th	10:30 – noon	Ormside Village Hall	Coffee Morning
6 th	19:30	The Hollies, Asby	Asby Fellowship – Jane Morris
7 th	11:30 – 13:00	Warcop Parish Hall	Soup and Pud
9 th	10:30 – noon	Colby Village Hall	Coffee morning
9 th	9:30 – 11:30	Public Hall Supper Room	Coffee Morning in aid of Liberal Democrats
9 th	10:00 – 11:30	Warcop Parish Hall	Coffee Morning
10 th to 16 th	all day!	All over the place	Christian Aid Week
11 th	14:00 – 16:00	Public Hall Supper Room	Evergreens
12 th	19:00	Brampton Village Hall	Book Club
12 th	14:30 – 16:30	St. James, Temple Sowerby	Rainbow Café
13 th	19:30	Brampton Village Hall	Eden Valley Woodturners
13 th	10:30	Public Hall	Appleby Arts– “Joseph Wright” - Painter of the Industrial Revolution”,
14 th	19:30	Crosby Ravensworth Church	Solemn Eucharist for Ascension Day
15 th /16 th	09:00 – 13:00	St. Lawrence churchyard, Appleby	Plant Sale
16 th	19:00	Appleby Public Hall	Lights, Camera, Appleby – “I Swear”
16 th	10:30 – noon	Milburn Village Hall	Church coffee morning
16 th	9:30 – 11:30	Public Hall Supper Room	Coffee Morning in aid of RBL Ladies Section
16 th	19:30	Sands Methodist Church	Maytime Melodies concert i.a.o.GNAA
17 th	10:00 – 15:00	Colby Village Hall	Table top, crafts and car boot sale
17 th	18:30	St. Peter's, Asby	Café Church – Food for Thought
18 th	15:00	Brampton Village Hall	Film Night
18 th	14:00 – 16:00	Public Hall Supper Room	Evergreens
19 th	19:30	Ormside Village Hall	Craft Evening
19 th	10 – noon	Temple Sowerby Victory Hall	Coffee Morning
19 th	10:00	Appleby Medical Practice	Citizen's Advice Bureau (bookable)
20 th	19:30	The Hollies, Asby	Asby Fellowship – Andrew Burrell
21 st	19:30	Warcop Parish Hall	Remote Cinema – Downton Abbey
23 rd	All Day	Appleby Public Hall	Northern Crafts Market
24 th	19:30	Dufton Village Hall	Highlights – Rube & Rake
27 th	10:30	Sands Methodist Church	Memory Club
30 th	19:00	Brampton Village Hall	Quiz Night
31 st	18:00	St. Lawrence, Appleby	Festal Evensong for Lady Anne

Church of England:

Rector: Rev. Andrew Burrell (☎07778683820)

For (C of E) baptism or wedding bookings contact Sue Wigley, Office Manager, email: applebymc@carlisediocese.org.uk See also article later in newsletter



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

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

The Ascension

40 days after Easter comes Ascension Day. These are the 40 days during which the Risen Christ appeared again and again to His disciples, following His death and resurrection. (Matthew 28; Mark 16; Luke 24; and John 20.)

The Gospels give us little of Christ's teachings and deeds during those 40 days. Jesus was seen by numerous of His disciples: on the road to Emmaus, by the Sea of Galilee, in houses, etc. He strengthened and encouraged His disciples, and at last opened their eyes to all that the Scriptures had promised about the Messiah. Jesus also told them that as the Father had sent Him, He was now going to send them - to all corners of the earth, as His witnesses.



as pictured by Dalí

Surely the most tender, moving 'farewell' in history took place on Ascension Day. Luke records the story with great poignancy: "When Jesus had led them out to the vicinity of Bethany, He lifted up His hands - and blessed them."

As Christmas began the story of Jesus' life on earth, so Ascension Day completes it, with His return to His Father in heaven. Jesus' last act on earth was to bless His disciples. He and they had a bond as close as could be: they had just lived through three tumultuous years of public ministry and miracles – persecution and death – and resurrection! Just as we part from our nearest and dearest by still looking at them with love and memories in our eyes, so exactly did Jesus: 'While He was blessing them, He left them and was taken up into heaven.' (Luke 24:50-1) He was not forsaking them, but merely going on ahead to a kingdom which would also be theirs one day: 'I am ascending to my Father and to your Father, to my God and your God...' (John 20:17)

The disciples were surely the most favoured folk in history. Imagine being one of the last few people on earth to be face to face with Jesus, and have Him look on you with love. No wonder then that Luke goes on: 'they worshipped Him - and returned to Jerusalem with great joy. And they stayed continually at the temple, praising God.' (Luke 24:52,53)

No wonder they praised God! They knew they would see Jesus again one day! 'I am going to prepare a place for you... I will come back and take you to be with me that you also may be where I am.' (John 14:2,3) In the meantime, Jesus had work for them to do: to take the Gospel to every nation on earth.

Recent Church Registers

Funerals

28th March

30th March

May they rest in peace and rise in glory

Margaret Taylor

Brenda Milsom

St. Peter, Asby

St. Lawrence, Appleby

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/>),

Christian Aid Week - 10th to 16th May



It's that time of year again - when Christians across the country raise funds for Christian Aid's programmes, which help those suffering poverty and injustice worldwide.

What is Christian Aid Week?

Christian Aid Week is a powerful moment to come together and raise funds that fight global poverty and injustice.

Who will Christian Aid Week support this year?

This Christian Aid Week, your support could help mothers in Nairobi, Kenya, facing the devastating reality of urban poverty and the daily struggle to feed their children. By funding urban farming projects alongside specialist training from our partner Beacon of Hope, we can help parents fight food insecurity, grow fresh vegetables in small city spaces and earn an income to support their families.

What is happening in Appleby?

There will be a stall in the cloisters on Saturday May 16th. We will have information, Kenyan coffee (thanks to Farrah's of Kendal) and Kenyan music.

Growing hope in a small city space

In Nairobi, Fridah is using urban farming to protect her family from hunger and build a more secure future. In the crowded and noisy informal settlement of Dagoretti in Nairobi, many parents wake each morning knowing they must earn money that day. If they do not, their children may not eat that evening. For Fridah Moraa, this pressure is constant. A recently widowed grandmother, she is now the sole provider for her family. 'When I wake up, I have a lot of worries. Sometimes I don't have food. Now I'm responsible for everything.'

Life in Dagoretti

Fridah lives with her children and grandson in a rented corrugated metal shelter. There is no running water, and space is extremely limited. To support her family, Fridah sells vegetables at a market stall. She travels long distances to buy produce, making the journey six days a week. 'Sometimes I don't know how I'll buy food. I don't know how I'll feed my family.'

A small plot with big impact

Fridah's situation began to change when she joined Imarisha Kilimo, an urban farming project run by Christian Aid's partner, Beacon of Hope. Through training, tools and seeds, Fridah began to see what was possible - even in the smallest spaces.. Hidden at the end of a narrow alley, behind a simple gate, Fridah has created something remarkable. In a place where you'd never expect it, vegetables now grow in repurposed containers, and leafy greens climb every available space.

From uncertainty to possibility

Fridah now grows kale, tomatoes and indigenous vegetables. For the first time, she has a more reliable source of income. As she puts it, 'Now I can plan. I can buy this; I can buy that. I can help my family.' Watching her crops grow brings a deep sense of pride: 'When I get money that I have earned - that is what makes me happy.' 'Urban farming has changed my life'

Growing confidence and community

Through Beacon of Hope, Fridah has gained more than practical skills. She's gained confidence.

Before, she struggled to speak to customers. Now, she's building relationships, growing her business and attracting more people to her stall. Belinda is using urban farming to feed her family, earn an income and plan for the future.

Give online via <https://give.christianaid.org.uk/donate/A002958>

Church of England

Ascension Day Service at Crosby Ravensworth

The Appleby Deanery service for Ascension Day will take the form of Solemn Eucharist, and will be held on Thursday May 14th at 7:30pm in St. Lawrence's Church, Crosby Ravensworth.



Revd Andrew Burrell will Preside and our Rural Dean, Rev. Stephen Tudway, will preach. All are welcome to join us for our annual Ascension Day service.

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



Churchwarden and Secretary: Jo Ayres (☎52017)

Thank you to all who made the church windows look beautiful for Easter.

Next - Our Annual Plant Sale Friday & Saturday 15th & 16th May from 9 am to 1 pm. As usual we will be selling a variety of plants. Please bring surplus plants & buy something different to take home. If convenient please bring them to church on Thursday morning (14th).

Spare plant pots? Please leave in the church porch. All proceeds to Church Funds.

Also our on-going fund raising table top sale (in church) needs more small items, such as books, ornaments, knick knacks, etc. Please leave any donations at the back of the church or call 017683.53679

St. Peter, Asby



Churchwarden: vacant

PCC lay chair: Denise Frisby ☎015396.23542

Secretary: Karen Royle ☎ 07966.371044

St. Cuthbert, Dufton



Churchwardens:
Mrs. Gillian Bryan ☎51414
Mrs. Pam Day
Secretary: Mrs. Louise Stewart

St. Michael, Kirkby Thore



Churchwarden:
Margaret Davidson ☎017683.61699
Church Warden and Secretary:
Maeve Moore ☎017683.62005

SS. Margaret & James, Long Marton



Churchwarden:
Mr. Lutaf Greenshaw ☎07802254982

St. Cuthbert, Milburn



Churchwarden:
Mr. Leigh Harding ☎ 0333.014.3944
Secretary: Christine Braithwaite

St. Theobald, Musgrave & St. Columba, Warcop



Churchwarden Mark Blackett-Ord
mblackett-ord@5sblaw.com

St. Edmund, Newbiggin



Churchwarden:
Mrs. M P. Sawrey-Cookson ☎017683.61574
Tim Whittaker

St. James the Less, Ormside



Churchwarden: Margaret Parry ☎0785.042.1343
Secretary: Richard Parry ☎07.401.425.430

St. James, Temple Sowerby



Churchwardens:
Angela Cleasby ☎07947379412
Laura Crackanthorpe ☎07470403623
Secretary: Anne Farmer
☎017683.61770

Methodist Church:

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

Dufton with Knock Methodist Church



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

Sands Methodist Church



General Enquiries Linda Taylor on
email ljtaylor900@gmail.com
or ☎017683.51184

'Maytime Melodies' - Concert in aid of Great North Air Ambulance Service -

Sands Methodist Church are looking forward to featuring the 'Lakeland Larks' at the concert on May 16th at 7:30pm in aid of The Great North Air Ambulance service.

'Lakeland Larks' is the brainchild of Elizabeth Ball, a classical singer who moved to Cumbria with her husband James in 2024 and started this Community Choir initiative. It includes a number of 'fledgling' community choirs in the area, including a children's choir, coming together under the experienced musical direction of Elizabeth, as 'Lakeland Larks'.

As a new choir, the 'Larks' have indeed flown, giving a number of successful concerts in the area, and attracting a loyal following. Their repertoire is everchanging, including musicals, folk songs and swing, so that the audience is constantly engaged. A lovely night in prospect!

Warcop Methodist Church

Secretary: Mrs. Glenda Burton on
email cotehouse@aol.com
or ☎017683.98067

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



Gartheads Road, Appleby

Fr. John Winstanley ☎ 01768 862273

St Anne's Hospital

Single ladies are welcome to apply to the Trustees via our Clerk who can provide further details about eligibility. Please feel free to make contact if you would like to know more, for yourself or a relative.

Please email: - info@thealmshousesappleby.org

News from the Area



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

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

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

The organisations listed overleaf may also be helpful:

Citizens Advice Carlisle & Eden:
03300 563 037, or Facebook

Local Links, Kirkby Stephen: Mon & Wed, 10 - 12, 1-3pm
017683 71775,

Cumbria County Council Community Support:
01228 221100

(Filling Station) Celebration

Meeting at Sands Methodist church at 6pm on the first Sunday of the month - Sunday, 3rd May

Welcome Inn Sanctuary

We meet every Tuesday afternoon, from 1pm to 3pm, in St Lawrence's Church, Appleby as a place of companionship and healing with an opportunity for prayer and connection. We also have a private and confidential space available in our Lady Chapel if you would like to talk or pray with one of our team. We conclude with a short time of prayerful reflection.

On the first Tuesday (5th May) at 2.30pm we also hold a special 'service for healing' which is an opportunity to receive prayer and anointing, for you or for someone you love. All are very welcome! We look forward to seeing you.

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

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

Renew Wellbeing Café

Where it's ok to be not OK. An intentionally calm, shared space Free of charge All Welcome, everyone values Open to people of all faiths and none Each session starts and ends with a 5 - 10 minute meditation and prayer, which we find helps wellbeing. You're welcome to join in or come after the prayer time and leave just before. We look forward to spending time with you. If you fancy it, bring a craft or hobby to do! But this isn't essential, sitting, chatting and listening is just as good. Our main priority is to look after our wellbeing, so do what is most comfortable for you. Come and go as you please. **Now removed to the Public Hall Supper room.** Includes lunch time. Every Friday 9:30 am to 2 pm. Contact Kristy Pattimore kristy@pattimore.com ☎07480.935119 See our ad. page 12



Citizens Advice Sessions at Appleby

These are held the first and third Tuesday of each month, with the next ones being 7th and 21st April (though it might be wise to check whether it's operating on Easter Tuesday *Ed.*)



Advice on issues including benefits, employment, housing, consumer, and family/relationship matters.

Location: Appleby Medical Practice

Bookable appointments from 10 to 11am (phone 03300 563 037 to book)

Drop in session from 11am to 1pm

Volunteers needed

Locally, we rely on a team of committed volunteers in a number of roles. To support our work we now want to recruit: Digital Advisors: 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. Contact Stan Rooke on ☎017683 52864.

Appleby Smarter.

The Appleby Smarter group have spent yet another year meeting once a week for a couple of hours to help keep our lovely town looking nice. We wish to thank Appleby Town Council and Age Concern Appleby for their support again this year.



Appleby Smarter is not purely about 'jobs' though - it's about getting out of the house, companionship and a lot of chatting, with the occasional cuppa at the end of a session. We had a Monday afternoon off in August, taking advantage of fine weather to have a barbecue party instead of work!

Our hard working volunteers have been enjoying a short, well earned winter break and will return to our Monday afternoon jobs sometime in February. We have been delighted to welcome some new volunteers in 2025.

If you want to get out and about, become a bit more active, make some new friends or start volunteering, then here is your opportunity! Ring or email Mike if you would like to know a bit more, on ☎0775 192 4982 or email applebysmarter@gmail.com

Tourist Information Centre

Our summer hours (from now until October) are 10am-3pm Monday to Saturday. Please call in for a browse of local books postcards and beautiful locally made gifts.

Events and other information can be found at www.visitappleby.com for services and other information we provide. Social Media Facebook: Appleby Tourist Information Centre, Twitter/X @applebytown, Instagram @applebytic

Appleby Library

Opening hours now:

Monday, Wednesday and Friday, 9am to 12:30, 1:30 to 5pm **and** Saturdays 10am to 1pm

And don't forget the library app. Try googling <https://www.westmorlandandfurness.gov.uk/news/2024/new-app-library-members-cumbria>

Penrith and District Red Squirrel Group

Your native red squirrels need you! Become a member of Penrith and District Red Squirrel Group for £20 a year. If you see a grey or sickly red please ring Gary Murphy on ☎07974788434

Visit our website at www.penrithredsquirrels.org.uk to donate. If you would like a talk for your club/group we can arrange them. Coffee mornings and other fundraising events would also help. Find us on Facebook.



Public Hall Coffee Mornings

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

Date	In aid of
9 th	Liberal democrats
16 th	Royal British Legion Ladies Section



and 23rd all day in main hall - Northern Crafts Market

Town Council

Cherry Trees planted in memory of Councillor John Pape



A beautiful row of 10 cherry trees has been planted between the river and football pitch on George V playing fields, by the Environment Agency and Volkerstevin, as part of their replacement tree promise. This was something the late Cllr John Pape was very passionate about, and on Tuesday 31st March 2026 at 1.30pm, a plaque was unveiled by Jennifer Pape, John's wife, in his honour. John had been a Councillor for 32 years and was Mayor of Appleby in 2016.

His son, Robert, thanked the Council, and said his dad would have been honoured to receive a plaque beside the cherry trees he was so looking forward to. John's wife of 65 years, Jennifer, said that John would be so happy to see the trees planted.

Precept for 2026-2027

Appleby Town Council have spent a significant amount of staff resources and money over the past year carrying out essential works and improving their properties and other community assets, including significant improvements to the Public Hall. They will continue with this programme of work for this financial year, which will include repainting of the Moot Hall.

The Council have worked hard to manage their finances within budget and are pleased to report that there will be no increase in the Parish Council Tax for Appleby residents for this year.

Changes to Garden Waste Collections

From 1st April 2026, residents across Westmorland and Furness who wish to continue receiving garden waste collections - or who would like to begin using the service - must subscribe at a cost of £60 per bin per year. From 29th June, only bins displaying a valid subscription sticker will be collected. General household waste and recycling services remain unaffected.

Residents signing up for the first time (and currently without a garden waste bin) will receive their first bin free of charge. Additional bins can be purchased for a one-off fee of £25 each, and every bin - including the first - requires an annual subscription.

The easiest and quickest way for residents to subscribe is online via the Council's website at: westmorlandandfurness.gov.uk/gardenwaste

For residents without internet access, subscriptions can also be made by calling the Council on 0300 373 3300.

Once a subscription is completed, a sticker will be posted out for residents to attach to their bin. Bins without a sticker will not be collected after 28 June. Any additional bins ordered will be delivered after sign-up is complete.

Bus Talk

563 Penrith to Kirkby Stephen Bus Service



The expanded 563 bus service now operated by Stagecoach between Penrith and Kirkby Stephen, runs from early morning to early evening Monday to Friday, with four journeys to and from Kirkby Stephen and six to and from Appleby.

The first weekday journey now arrives in Penrith before 8.30 and there is now a late afternoon departure at 16.10 and a final departure at 17.40 from Penrith. The four return journeys on Saturday between Penrith and Kirkby Stephen have not been changed.

Timetables for the 563 service are available from Appleby TIC or online at

westmorlandandfurness.gov.uk/buses/service/563

It is rumoured the service may be extended to Sundays! *Ed.*

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 will be eligible, the £3 fare cap will not, and normal ticket fares apply for anyone travelling without a permit.

Timetables for the 561 service are available from Appleby TIC or online at

westmorlandandfurness.gov.uk/buses/service/561

Community Transport

(Supported by Westmorland and Furness Council)

Community Wheels service

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



Voluntary Social Car Scheme

This Scheme offers transport for a small charge to anyone in the community of Appleby and District who needs it (under 18s must be accompanied).



Appleby Council are currently coordinating the scheme, and new enquiries for transport can be made by phoning ☎017683.51177 Ex. 3 or by popping into the Tourist Information Centre in the Moot Hall.

The Voluntary Social Car Scheme for Appleby and District has over 160 potential users on its books, of whom at least 50 are active at any one time. But currently we can count the number of available drivers on the fingers of one hand and more are urgently needed. Please ring the number above for more information on how to join this valuable service to the people of Appleby and district.

Appleby Edibles

Come and grow with us!

Who are we?

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

Where are we?

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

When are we open?

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

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

Appleby Clubs, etc.

Appleby Arts Society

On Wednesday 13th May in the morning (not sure what time *Ed.*) in the Public Hall, we have a lecture titled: "Joseph Wright" - Painter of the Industrial Revolution", presented by Dr. Scott Anderson

Joseph Wright (1734-1797), an English landscape and portrait painter, was commonly called "Wright of Derby" because he resided in Derby, England. Wright was the first artist to capture the awe and wonder inspired by inventions and technology of the Industrial Revolution. He is best known for his artistic techniques using chiaroscuro, and various lighting in his works. Joseph Wright was an artist whose style and technique challenged the somewhat rigidly formulated painting genres.

Appleby Bowling Club

Appleby Bowling Club are looking for new members, The Club has superb green and clubhouse facilities. The Summer Outdoor Season has now started, and continues to mid September. The Winter Indoor Season meanwhile starts in mid September and continues to the following April.



Regular Free Taster Sessions are held on all Tuesday Evenings from the beginning of May until the end of August from 6.30pm until 8.30pm for you to try out the sport. Any flat soled shoes will suffice, and bowls will be provided.

Presently we are offering a special discounted first Annual Membership fee of £35.00 for adults (free for 19 year olds and under).

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

Appleby Evergreens

2 - 4 pm 11th and 18th April in the public hall Supper Room

Appleby Rainbows, Brownies and Guides

Our team at Appleby Friends of Guiding and our leaders make everything run really smoothly. However, we are in need of more volunteers to help with our thriving units.

We particularly need volunteers for Rainbows on Thursday 5:00 - 6:15pm and Brownies Wednesday from 5:00 - 6:15pm. We are looking for people who could help either on a weekly basis or regularly on a rota basis.

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

Chair Appleby Friends of Guiding



Appleby Rainbows, Brownies and Guides



JOIN US



Meeting times:

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

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

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

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

Message the group for more information:

kath1nunn@gmail.com

or  Appleby Rainbows, Brownies and Guides

1st Westmorland Scout group

We're still recruiting:

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

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

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



Highlights North presents:

on Wed.6th May at 7.30pm

Diyet and the Love Soldiers



Alternative country, folk, roots and traditional music with catchy melodies and stories deeply rooted in Diyet's indigenous world view and northern life. Born in a tent and raised in a cabin on the shores of a glacial lake in Canada's Yukon Territory, Diyet has a musical presence as diverse as her heritage.

Appleby Public Hall

Tickets: ☎017683 52902 or Appleby TIC, or www.highlightsnorth.co.uk

Lights...Camera...Appleby

Saturday 16th May 2026 I Swear (15)

Based on a true story, I Swear is the British drama set in Glasgow about activist and campaigner John Davidson who was diagnosed with Tourette's syndrome at the age of 15. Moving, funny and impactful the film stars Robert Aramayo, Maxine Peake, Shirley Henderson and Peter Mullan. Robert Aramayo, a British star beat Hollywood A-listers DiCaprio and Chalamet in the Bafta's for the best leading actor. Aramayo got the top acting award along with the Rising Star Bafta. Please be prepared to hear some colourful language, no holds barred!



We will be serving a Scottish themed Chicken and Haggis Pie in a Whisky Sauce, served with mashed potatoes, swede, peas and gravy, from Appleby's Low Howgill Butchers and Delicatessen. 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 email applebyremotecinema@btconnect.com or ☎07921489611

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

Meetings are normally held on the 2nd & 4th Wednesdays of each month at Sands Methodist Church Hall 10.30am -12 noon, but on 13th May the Club has an outing, so the only meeting in May will be on the 27th. All are welcome, particularly those with memory loss. There will be light refreshments, games, crafts, music and singing. For further information please contact:-

Anne ☎017683 51219; Tim ☎017683 52640

Probus Club

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

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

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

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

Appleby Rotary Club

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

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

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

Villages

Asby

Wed. 6 th	7:30 pm	The Hollies	Asby Fellowship - Jane Morris
Wed. 20 th	7:30 pm	The Hollies	Asby Fellowship - Andrew Burrell

Brampton Village Hall

Wed. 6 th	7:30pm	B'ton Ladies - Abbi Lawson
Tue. 12 th	7:00pm	Book Club
Wed. 13 th	7:00pm	Eden Valley Woodturners
Mon. 18 th	7:00pm	Film Night
Sat. 30 th	7:00pm	Quiz Night

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

Colby Village Hall

Sat. 9 th	10:30 - noon	Coffee Morning
Sun. 17 th	10 - 3pm	Table Top, Crafts and Car Boot Sale. Refreshments available

Dufton

Village Hall Regular Weekly Events:

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

Fridays 9.30am - 11.30 Playgroup (in term time)

Special Events:

Wed. 6th 7.00pm (Open Circle) Daily Bread (Acorn Bank Watermill)

Fri. 15th 6:30 for 7 Bingo with good prizes, in aid of St Cuthbert's Church.

Sun. 24th 7pm Highlights presents: **Rube and Rake**

An award winning folk music duo based in St Johns, Newfoundland. Josh Sandu and Andrew Laite sing about a 21st century Canadian experience, unconfined by a single region or musical style.



Tickets : www.highlightnorth.co.uk / ☎017683 52902

Long Marton

The refurbishment of the hall is well underway, however due to extra work being required the hall will re-open in June. Any enquiries if you are thinking of setting up a new activity, please contact Christine at bookingslongmartonvi@gmail.com. Hire rates are from £7 per hour.

Milburn

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

Murton-cum-Hilton Institute

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

Ormside

Sat/Sun. 2nd/3rd 10:30 -4:30 Ormside Teas in the Village Hall

Mon. 6th 10:30 to 12 Coffee Morning

Tue. 19th 7:30 till 9pm Craft Evening

Country Dancing is now finished until the autumn.

A BIG thank you to all the wonderful volunteers that came to help with the litter pick today! We are so very grateful and we are glad we could pay you in tea, cake and sausage rolls! Along with the many, many bags of rubbish, we also found a pair of football boots, an unopened pack of cider and an armchair! Strange!



We'll plan another one towards the end of the year!

Fancy a game of Ping Pong?! We have a table tennis table at Ormside Village Hall. It's available to hire, at £6 per hour, including use of the hall for an hour, 4 bats and balls or BYO equipment. To book ring ☎07759011555

Temple Sowerby

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

Coffee Morning is 10am - noon on the 1st and 3rd Tuesdays of the month at the Victory Hall. All are welcome

Rainbow Cafe is held on the second Tuesday of every month in Temple Sowerby Church from 2.30 to 4.30 pm

The Reading Group has its monthly meetings in the Kings Arms Pub. Formed in Spring 2012, we have read a variety of titles chosen from the Cumbria Library Service's list of 600 books available to reading groups. We are a friendly Group and everyone can

contribute as much or as little as they wish. Anyone interested please email Angela at neilandangela@live.co.uk.

Warcop - Parish Hall

Mondays 6:30 - 8 Table tennis club

Thursdays 9 - 11am Foyer Café (Inc. Post Office till 10am)

Sat.. 2nd to Mon. 4th Art and Craft Exhibition, 10am - 4pm

Thu. 7th 11:30 - 1pm Soup and Pud (£8)

Sat. 9th 11:30 - 1 Coffee morning

Thu. 21st 7:30pm Cinema
Downton Abbey: Grand Finale (PG)
Doors open: 7.15pm Screening: 7.30pm
Tickets on the Door £5 - Refreshments Served

Sun. 31st Dog Show - Entries from 12noon, Judging from 1pm

Too many happenings to show here, but follow the link:

<https://warcopparishhall.co.uk/art-craft-exhibition/>

John & Charles Wesley, evangelists & hymn-writers

John and Charles Wesley were the founders of Methodism. Two of 19 children born to Samuel and Susannah Wesley of Epworth Rectory in Lincolnshire in 1703 and 1707, their father was the local rector, while their mother was a spiritual inspiration to her many children.



Both John and Charles went to Christ Church, Oxford (1720 and 1726). John was ordained, and Charles and some friends formed a 'Holy Club' while still at college. It consisted of men who dedicated themselves to Bible study, prayer, fasting and good works. Such regular disciplines soon earned Charles the nickname 'Methodist'. The name stuck.

Both Charles and John felt called to the mission field, and so in 1735 they sailed to Georgia. Their time among Indians in America was not a success - they struggled for any real spiritual authority in their ministries. Feeling failures, they returned to England in some depression. John summed it up: "I went to America to convert the Indians; but, oh, who shall convert me?"

Then the Wesleys made friends with some Moravians. They stressed that salvation cannot be earned, but must be received by grace through faith in Christ. Charles was the first to experience this 'true' conversion, when on Pentecost Sunday, 21st May 1738, he wrote that the Spirit of God 'chased away the darkness of my unbelief.'

Only three days later, on 24th May, 1738, it was John's turn. As he wrote in his journal:

"In the evening I went very unwillingly to a society in Aldersgate Street, where one was reading Luther's preface to the Epistle to the Romans. About a quarter before nine, while he was describing the change which God works in the heart through faith in Christ, I felt my heart strangely warmed."

John and Charles Wesley then devoted the rest of their lives to sharing the Good News of Jesus Christ. In doing so, they turned England upside-down. When the established Church threw John out, he took to the fields, preaching to coal miners and commoners.

His itinerant evangelism took him 250,000 miles on horseback and to preach over 40,000 sermons. His small 'societies' attracted some 120,000 followers by the time of his death.

Charles became the most prolific and skilled hymn-writer in English history, writing hymns that are sung widely today, such as 'Love Divine, All Loves Excelling.' In all, he wrote more than 6,000 hymns.

The legacy of the two brothers lives on. As well as Methodism, their teaching has widely impacted the holiness movement, the Pentecostal movement, and the charismatic movement.

Lady Anne Clifford and Oak Apple Day

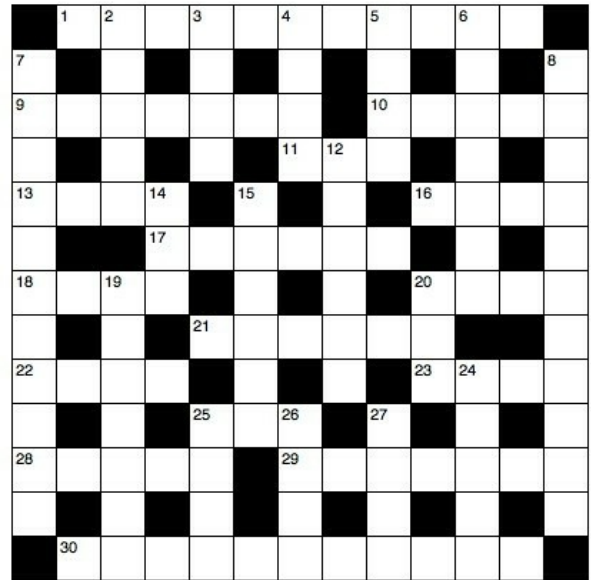
In celebration of the anniversary of Lady Anne Clifford's death in 1676 and Oak Apple Day, Kendal Community Theatre and 'The Clifford Consort' present two Festival weekends, one each in Kendal and Appleby.

On Sunday May 31st there will be a performance and a procession in Appleby starting at 3pm, from Lady Anne's Almshouses down to the church where there will be another performance, ending with Festival Evensong in St Lawrence Church where Lady Anne and her mother are buried led by Rev'd Dr Chris Taylor.

Lady Anne Clifford, the Sheriff of Westmorland is known for her fight to regain her lands. She stood up to her uncle, her cousin, her first husband, and James VI of Scotland & I of England. When, in 1643, she triumphed, she commemorated by commissioning a family portrait, to be seen in Abbot Hall Art Gallery, Kendal.

But Lady Anne was a staunch royalist, and threw a massive party for Charles II's accession to the throne on 29th of May 1660. The day became known as Oak Apple Day,

Monthly Crossword



Across

- 1 Overpowered (Deuteronomy 11:4) (11)
- 9 'The — are mantled with corn' (Psalm 65:13) (7)
- 10 'Each man—a sword to his side' (Exodus 32:27) (5)
- 11 On the death of Jesus the curtain in the temple was torn from—to bottom (Matthew 27:51) (3)
- 13 Stagger (Isaiah 28:7) (4)
- 16 'Anyone, then, who knows the good he ought—and doesn't do it, sins' (James 4:17) (2,2)
- 17 Stir up or provoke (Acts 13:50) (6)
- 18 Burden (Luke 11:46) (4)
- 20 'As far as the east is from the—, so far has he removed our transgressions from us' (Psalm 103:12) (4)
- 21 Sign (Luke 23:38) (6)
- 22 'After that, Jesus poured water into a basin and began to—his disciples' feet' (John 13:5) (4)
- 23 The nature of the seven ears of corn which swallowed up the good ears in Pharaoh's dream (Genesis 41:23) (4)
- 25 Has (anag.) (3)
- 28 'This is the account of Shem, Ham and Japheth, —sons' (Genesis 10:1) (5)
- 29 'I will...make them drunk, so that they...sleep for—and— awake' (Jeremiah 51:39) (4,3)
- 30 Paul said of him, 'he often refreshes me and is not ashamed of my chains' (2 Timothy 1:16) (11)

Down

- 2 Worth (Matthew 13:46) (5)
- 3 'A bruised — He will not break' (Matthew 12:20) (4)
- 4 'Suddenly a great company of the heavenly — appeared with the angel' (Luke 2:13) (4)
- 5 Slip (anag.) (4)
- 6 'Take an awl and push it through his — — into the door, and he will become your servant for life' (Deuteronomy 15:17) (3,4)
- 7 Bountiful (2 Corinthians 8:2) (11)
- 8 'Therefore, as we have —, let us do good to all people' (Galatians 6:10) (11)
- 12 Acquire (2 Timothy 2:10) (6)
- 14 Container cover (Numbers 19:15) (3)
- 15 'He...became obedient to death, even death on——!' (Philippians 2:8) (1,5)
- 19 Refrain (1 Peter 2:11) (7)
- 20 'She began to—his feet with her tears' (Luke 7:38) (3)
- 24 One who worships Brahma, Vishnu or Shiva (5)
- 25 'Give to everyone who—you' (Luke 6:30) (4)
- 26 'I lift up my eyes to the hills; where does my—come from?' (Psalm 121:1) (4)
- 27 One of those whom the Lord said would be taken from Jerusalem and Judah as judgment on them (Isaiah 3:2) (4)

**St Lawrence's Church
Appleby-in-
Westmorland**



**Festival
Choral Evensong
for the
350th Anniversary
of
Lady Anne Clifford**



**Sunday May 31st
at 6.00pm**

Rev'd Dr Chris Taylor will Preach
Geoff Gordon (Director of Music)
Leigh Harding (Organist)



Crossword Solution

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

National Biscuit Day - 29th May



Did you know that Britain is the country with the highest biscuit consumption in the world?

According to industry research, we each eat about 500 biscuits a year. And the great biscuit dunking debate - over which biscuit holds up best when dipped in tea - can spark surprisingly passionate discussion.

Biscuits have been part of our daily lives for centuries. Their dose of sweet, tasty comfort is loved by 2-year-olds and 90-year-olds, and every age in between.

And so National Biscuit Day is held each year to honour this beloved snack. Our national favourite seems to be the chocolate digestive, followed by shortbread and chocolate fingers. But don't underestimate the appeal of custard creams, hobnobs, chocolate chip and oatmeal cookies!

The McVitie's Digestive, first produced in 1892, is one of the most iconic biscuits in British history. Today, it remains a bestseller alongside other classics like the Rich Tea, the Bourbon, and the Jammie Dodger.

The word 'biscuit' comes from the Latin panis biscotus, meaning 'twice-cooked bread'. In Roman times, flour-based provisions were baked twice, to remove moisture, making them durable enough for long journeys. Ancient Egyptian sailors and Roman soldiers relied on these early biscuits as a portable, long-lasting food source.

The transformation from practical sustenance to sweet treat began around the seventh century, when Persian bakers added eggs, butter, cream, and eventually sugar and honey to their recipes, creating some of the earliest cookies in history. By the Middle Ages, biscuits had spread across Europe, with each region developing its own favourite.

The Industrial Revolution brought mass production to the biscuit world. British firms like McVitie's, Huntley and Palmers, and Carr's produced biscuits on an unprecedented scale. In 1831, Huntley and Palmers even invented the decorative biscuit tin, which not only kept biscuits fresh but also made them an attractive gift item.

Do you need help with small jobs around your home?

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

- Changing a lightbulb
- Putting up shelving
- Hanging curtains
- Installing handrails
- Small repairs, such as unblocking sinks or replacing a washer on a tap
- Fitting of minor security measures such as door and window locks

All work is carried out **free of charge** – you just provide the materials.

Assistance is available to over-65s, people who have a disability or are vulnerable who meet the eligibility criteria.

For more details about eligibility and how to request a job, scan the QR code or visit the website:

www.westmorlandandfurness.gov.uk/housing/handy-person-scheme

You can also call the Housing Standards Team on 01539 793161, email housingstandards@westmorlandandfurness.gov.uk, or write to:

Housing Standards Team, Westmorland and Furness Council, South Lakeland House Lowther Street, Kendal LA9 4DQ



Bible Bite A short story from the Bible

It can be read in the Bible in Samuel 8:1-10:1, 17-24

Samuel had been a good leader of Israel but he was now old. The leaders of the twelve tribes came to talk to him...

We want a king like all the other countries

God told Samuel It's not you they are rejecting but Me

If you have a king, he will take your sons to be his army and your daughters to work in his palace.

He will take the best of your land, your crops and your animals

Samuel sent them home.

Saul and his servant were looking for some donkeys that had run off.

We still want a king.

I was hoping he would choose me..

They decided to ask Samuel to ask God where the donkeys were

God told Samuel that Saul was to be the king

Samuel called everyone to a meeting and told them that God had chosen a king.

God told them that Saul was to be their king...

He's behind the luggage.

The people cheered! Long live the King!

but Saul was hiding.

and they found Saul.



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Due to the nutrient pollution of river catchments in Cumbria, we are replacing septic tanks with modern treatment plants that cut down on phosphates.

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Register your interest online today!



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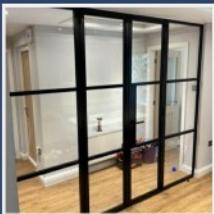
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Email: jodufton@hotmail.com

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Every Wednesday

12.30 – 2pm

Memorial Hall
Kirkby Thore

We also have a light lunch together

Everyone is welcome

Appleby Deanery
St Lawrence's Church
Crosby Ravensworth



SOLEMN EUCHARIST FOR ASCENSION DAY

Revd Andrew Burrell will Preside
Revd Stephen Tudway will Preach

Thursday May 14th at 7.30pm

Everyone is welcome to join us

Renew Wellbeing Cafe

Appleby Supper Room
(Above the Market Hall)

Fridays, 9.30am-2pm

Soup & Sandwich Lunch
Tea/Coffee/Biscuits

Free - donations welcome

- Board Games & Jigsaws
- Crafts
- Quiet reflective space
- Fun Dance & Movement
- Community Choir
- Chat

Come and go as you please

Renew Wellbeing Eden on Facebook

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

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

citizens advice 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

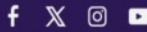
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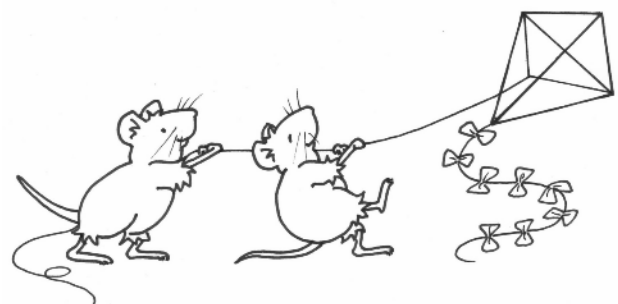
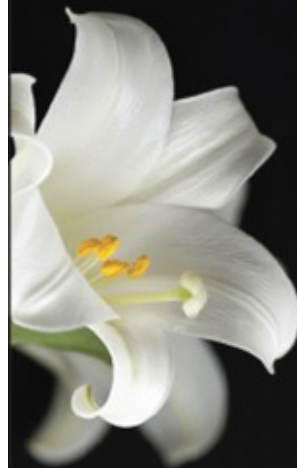
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Appleby-in-Westmorland
Telephone : 017683 51569



Church Services for May 2026

Church of England

St. Lawrence, Appleby

Fri.	1 st	10:00	Holy Communion
Sun.	3 rd	08:30	Holy Communion
Sun.	3 rd	10:45	Morning Prayer
Fri.	8 th	10:00	Holy Communion
Sun.	11 th	10:45	Holy Communion
Fri.	15 th	10:00	Holy Communion
Sun.	17 th	10:45	Civic Service
Fri.	22 nd	10:00	Holy Communion
Sun.	24 th	10:45	Holy Communion
Fri.	29 th	10:00	Holy Communion
Sun.	31 st	18:00	Choral Evensong

St. Peter, Asby

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

Boroughgate, St. Anne

Thu.	7 th	09:00	Holy Communion
Thu.	14 th	09:00	to be confirmed
Thu.	21 st	09:00	to be confirmed
Thu.	28 th	09:00	to be confirmed

Dufton St. Cuthbert

Mon.	4 th	19:00	Compline
Sun.	10 th	15:00	Evening Prayer
Mon.	18 th	19:00	Compline
Thurs.	24 th	11:00	Holy Communion

Kirkby Thore, St. Michael

Sun.	3 rd	10:00	Breakfast Church
Sun.	10 th	10:30	Morning Prayer
Sun.	17 th	10:00	Breakfast Church
Sun.	24 th	10:30	Holy Communion

Long Marton SS. Margaret & James

Sun.	10 th	09:30	Morning Prayer
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Milburn, St. Cuthbert

Sun.	3 rd	10:45	Holy Communion
Sun.	10 th	10:45	Holy Communion
Sun.	17 th	10:45	Holy Communion
Sun.	24 th	18:30	Evening Prayer

Murton, St. John

Sun.	24 th	18:00	Holy Communion
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Musgrave, St. Theobald

Sun.	3 rd	15:00	Blessing of Lambs
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Newbiggin, St. Edmund

Sun.	3 rd	11:00	Holy Communion
Sun.	24 th	18:30	Evening Prayer

Ormside, St. James

Sun.	3 rd	09:30	Morning Prayer
Sun.	10 th	09:30	Holy Communion
Sun.	17 th	09:00	DIY
Sun.	24 th	18:00	Evensong

Temple Sowerby, St. James

Sun.	17 th	09:30	Holy Communion
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Warcop, St. Columba

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

Methodists

Sands, Appleby

Sun.	3 rd	10:30	Informal service
Sun.	10 th	10:30	Rev. Paul Dunstan
Sun.	17 th	10:30	Rev. Ros Watson (chapel anniversary)
Sun.	24 th	10:30	Rev. Alex Dunstan
Sun.	31 st	10:30	Matt McVoy

Dufton with Knock

Sun.	3 rd	10:45	Celia Ramnath
Sun.	10 th	10:45	Informal Service
Sun.	17 th	10:45	Matt McVoy
Sun.	24 th	10:45	Celia Ramnath
Sun.	31 st	10:45	Rev. Jackie Betts

Warcop

Sun.	3 rd	10:30	Informal Service
Sun.	10 th	10:30	Celia Ramnath
Sun.	17 th	10:30	Rev. Tony Taylor
Sun.	24 th	18:30	Rev. Julia Reid
Sun.	31 st	18:30	Rev. Anne-Marie Kent

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)