

The North Cumbria Pastorate of United Reformed Churches

BRIDGE



September 2018

Bewcastle

Brampton

Carlisle

Contacts and Sunday Service Pattern

THE MINISTER

The Revd Nick Mark
156 Lowry Hill Road

CARLISLE

CA3 0ER

Telephone: 01228 526162

Email: nmark@keme.co.uk

THE KNOWE CHURCH

BEWCASTLE

Services: 2.15pm on the first Sunday in the month

Contact: Mrs Doreen Telford

Telephone: 016977 48248

BRAMPTON UNITED REFORMED CHURCH

13 MAIN STREET

BRAMPTON

Services: 9.30am on the 2nd and 4th Sunday of the month

Contact: Mrs Barbara Laird

Telephone: 016977 2376

ST. GEORGE'S UNITED REFORMED CHURCH

WEST WALLS

CARLISLE

CA3 8UF

www.urccarlisle.org

Services: 11.00am every Sunday

Contact: Mrs Rosalind Fearon

Telephone: 016973 44892

Email: rosrayfearon@talktalk.net

When there is a fifth Sunday in the month

the Service is for the whole Pastorate

Usually at 11.00am at St George's

(Check the North Cumbria Pastorate Services list)

From the Minister

Dear Friends,

I write this on the day when there seems to be a break in the long hot summer which pleases many but causes problems for others. We can certainly give thanks to God in this country that the strange climate changes in the world have not caused the problems that they have in other parts of the world. One needs to think of those in the various parts of the world who have lost loved ones and had their homes damaged or destroyed by wild fires. Then as I serve in an agricultural area we need to think of the issues for our own farmers with reduced harvest yields and the need to be feeding winter feed to the stock because the drought has meant the grass has not grown enough. Our farmers don't yet at least face the issues of Australia where farmers have virtually nothing left to feed their stock and are desperately seeking ways of avoiding having to shoot stock in the interests of animal welfare.

The focus of our services in September leaves studying Paul and returns to Mark's Gospel with an emphasis on discipleship. A big part of discipleship is thinking about others and not just thinking but doing. On the second we look at how we need to be authentic and avoid hypocrisy. We focus on Mark 7 where the Pharisees are concerned about Jesus eating with those who break the food laws. On the ninth we see again in Mark 7 how he heals a Syrophenician who is clearly a gentile. It reminds us to reflect on how much we truly engage with the marginalised. In this healing episode Jesus emphasises that God is for all not, as he first felt, called to serve only the Jewish faith. On the 16th we move on to thinking about the issue of the suffering disciple in Mark 8. The suffering of Jesus is a big issue for many Christians. Peter could not grasp it then and many Christians struggle with it today. Our studies on the 23rd of September focus on priorities in life by looking at Mark 9. There is the issue here of who is greatest. Working together and working in tandem is an issue not just for churches but the world as well. On the 30th we look again at Mark 9 and the concept that disciples cannot and should not put limits on God.

In my time serving in Cumbria visiting not just the four churches I serve but most of the other URC churches, I have never ceased to be astonished at the amazing pool of talent we have which if utilised to the full could not just ease some of the hardships of some of our churches but actually make the whole group more effective disciples in serving the many communities we touch in Cumbria.

On the 19th my colleague Marion Tugwood is coming to a special Area Meeting at Penrith to talk not just to the select few but to all of us who want to listen about Missional Partnerships. The ability to share skills is an art in itself which God grants us but we don't always use it. As Ministry transforms itself in the coming years the kind of thing Mark talks about in our readings in September not only can happen but should happen because if we are true disciples we should not be looking at how our churches can survive. Rather we should be focusing on how we can be disciples in our communities and if we achieve that survival will be on the back burner because we will be seeking to cope with the new people attracted by the message of God's love

With every blessing

Nick Mark

PS: I have received a letter from Rev John Burgess the TLS Co-ordinator not just to thank me for my work with Margaret Jones but to also thank the congregation for facilitating and supporting Margaret in her time with us.

City Centre Churches Away Day Report

Cottage Wood, 3rd July

The following churches were represented: St Aidan's, Cathedral, Church of Scotland, St Cuthbert's, Salvation Army, Tithe Barn Methodists and St George's (by Nick and Ian).

Michael Manley, who led the day, outlined the purpose of the meeting under the heading 'thinking anew' under a series of headings including 'seek unity in purpose not unity in structure', and 'focus on intentional mission'. He said that if at the end of the

day if we came up with one viable mission project then as far as he was concerned we would have achieved our goal.

We were then divided into two groups, clergy and lay. Initially we were given a sheet of the in house activities of each local church based on information previously provided by the individual churches, on which we were given the opportunity to comment. Likewise a sheet on external activities was handed out. It was noted that our monthly dementia services, in conjunction with the Border Kirk, and the self help support group for those with depression and anxiety were not included. With regard to our dementia services Ian pointed out that we are looking for a wider church involvement.

Following lunch, each group was invited to prepare a list of activities carried out within the churches which provided a 'pastoral service' and those which were 'mission intentional'. On the 'mission intentional' side of the list our proposed leaflet drop received warm approval.

We were then invited to dream dreams and list potential new mission activities. Following that, each group was invited to identify their two most viable activities. From these one was chosen. The selected potential activity was a series of coffee events at a Costa coffee shop. A small committee comprising David Pitkeathly, Sarah Mc Dowall and Clare Driffield was appointed to explore the possibilities and report back. It must be pointed out that this initiative is nothing to do with café church, it is rather seen as a way of engaging with the general public. It has worked elsewhere. A 'Big Day Out' in the park was also to be considered.

Carlisle Passion Play Update

13th April 2019. Here is an example of how the Mission community philosophy is working well and it is something our three churches in the Pastorate can all support. The idea came from a member of the Brampton Deanery, Rev Isaac Lawrence, but it has been adopted now by churches across the whole Christian spectrum

within the area the City of Carlisle covers. It will be a wonderful opportunity for us to do what God For All actually wants to achieve in reaching out to those who don't know what it means to be a Christian. There are all sorts of things that we can all do with this opportunity and feel we are a part of it. There will be two performances at 11.00am and 2pm. On the experience of other Cities who have put on these plays before, numbers attending will mean a slick efficient organisation. At the Steering Group meeting on Tuesday 17th July the following opportunities have been created:

- a) Would you like an acting role working alongside some of the professionals? If so contact Irene Roberts:
irenerobertsgreen@gmail.com
- b) Prayer for the event over the coming months. If you want to be part of the team contact Rev Rachel Williams of Brampton Methodist church: revrachelwilliams.ca846@gmail.com
- c) There will be workshops before the event and if you would like to join the story telling team run by "One wish" contact Mark Knight: mark.knight@gbaships.org
- d) Hospitality will be a big part of this and our Salvation Army friends will be serving teas and coffees and cakes and if you want to be part contact Captain Melanie Scoulding:
melanie.scoulding@salvationarmy.org.uk
- e) Stewarding. Here is something all our churches have experience of and if you are interested contact the leader Craig Flebu-Swainson: craigswainson@gmail.com
- f) Welcoming team. Here is something our churches pride themselves on and as yet there is no team leader. Would someone from our pastorate like to take on this role and coordinate the volunteers?
- g) Safe Space team: At any event you need security First Aid, Safeguarding, Lost Children, etc. If you feel this is your calling please contact the team leader: Kathy Howe:
kathyhowe07@gmail.com

Last but not least is the question of funding. So far St George's have donated £200 at this early stage and other churches have raised over £3000 towards the budget of over £15000. Donations can be sent directly to Carlisle Passion Play, Account number 54244888, Sort code 16 52 21.

Over the coming months I will do my best to keep you informed of progress.

Nick Mark

Cumbria Area Meeting

Where? Penrith URC

When? Wednesday 19th September 2018

Time? 6.30 p.m. sandwiches and drinks

7 p.m. start

Missional Partnership

Speakers: Marion Tugwood and Sarah Moore

All are welcome

Churches, please let Pam Dent know anticipated number of attendees by Friday 14th September.

See you there!

Churches Together in Carlisle

Highlights of the Meeting at St Gabriel's Convent 21st June 2018

1. Flood response: The Office in Carlisle to close on 27th July and Paul Hendry to deal with any remaining cases from home. Any surplus of funds will be returned to the Cumbria foundation.
2. Refugees: Most of the men have found employment and nearly all have passed the theory part of the driving test.
3. Passion Play: Rev Isaac Lawrence acknowledged the Tithe Barn Quiz proceeds of £190 and hopes other churches will organise events.
4. Fischy Music: A series of events organised by Rev David Pitkeathly for young people. The schools to be involved on 4th and 5th July at St Aidan's and with a big concert at the Border Kirk on 5th July. Churches were asked if they could send more funds as the event is likely to have a shortfall of around £300.
5. John Street hostel: As a new venture CTIC are putting on a barbeque for the residents on Friday 7th September at 7.00pm. Donations from churches to cover the costs of food were requested and the names of any volunteers to help should go to Deacon Melanie.
6. Interfaith Meal: Last year's event at the Community centre in Harraby is to be repeated at 6pm on Friday 16th November 2018. It will be a bring and share meal with CTIC paying for the hire of the hall.
7. Carol Parade and Hog Roast 13th December 2018: This will take place as normal and negotiations are in hand to make the Christian content more effective as there were too many stops last year and few people heard the readings. There will be no other CTIC Christmas events as the clergy felt churches were no longer the slightest bit interested in community Carol singing and were preoccupied with their own church events.

8. Week of Prayer for Christian Unity 2019: It was unanimously decided that all reps should ask their churches whether or not we should continue with the traditional service. The Salvation Army were not necessarily in a position to host the event due to other commitments and can no longer send reps to CTIC. It was suggested we consider a service nearer to Pentecost. Reps to report in time for the Sept CTIC meeting. The Border Kirk Rep wanted no change in the current procedure but was rather a lone voice. Other suggestions were to get "A Name" to preach at the service but of course this entails expenses.
9. Christian Aid Committee: Nick gave the annual Report
10. Care home services: Louise Dias raised at Rosalind Fearon's request the question of how organised this was and it was agreed CTIC Exec would send out a questionnaire to care homes to see what provision there is and what would they like.
11. New Member Church: Rev Isaac Lawrence applied for Scotby Parish Church to join CTIC. This was unanimously agreed.

Nick Mark

Food Bank News

Donations continue to increase, both food and monetary, which is great. Stock levels are good at the moment and we are extremely grateful for this. A big thank you to St Edmunds Church for their kind donation. Also to St Georges Church for their continued support.

In a recent week we received 40 cooked meals from Botcherby and 16 donations from individuals and groups.

Bags given out were

Monday - Adult 23, Children 8, Pet 2

Wednesday - Adult 33, Children 24, Pet 3

Friday - Adult 43, Children 9, Pet 4

Olive Cronie

From the Churches

Bewcastle

Many thanks from all of us at The Knowe for making the July Pastorate Service such a success. It was really good to have so many folk there to share in fellowship.

We have our normal Monthly Service on the 2nd of September at 2.15pm and it will include the Sacrament of Holy Communion.

In addition September signals the start in the Pastorate of Harvest services and our Harvest Service will be on Sunday 16th September at 2.15pm followed by one of the legendary harvest teas at Roadhead Hall. If you are coming from Brampton URC or St George's URC please make sure you let your Church Secretary, ie Barbara or Rosalind, know so that they can tell Doreen for catering purposes.



Nick Mark

Brampton

Services in September in Brampton

Our Quarterly Communion Service at 9.30am on the 9th will be led by Revd Sarah Moore.

Our Morning Service at 9.30am on the 23rd will be led by Revd Nick Mark.

Harvest Service in Bewcastle

This will be at 2.15pm on the 16th and led by Revd Nick Mark. The Service will be followed by tea at Roadhead Hall. If you need transport please contact Barbara Laird.

Pastorate Service at St George's

This will be at 11.00am on the 30th and led by Revd Nick Mark. Again, If you need transport please contact Barbara Laird.

Fund Raising

Our coffee morning in church on 25th July raised £115 for church funds. Many thanks to all who helped in any way.

Our next coffee morning in church will be at 9.30am on the 26th of September.

In our thoughts and prayers

We remember those who are not so well, those who are anxious or sad at this time, and those not able to get out and about so easily.



Stewarding and Flowers in September

Stewarding: Martin Baker & Don Hill

Flowers: Isobel Hill

Barbara Laird

Carlisle

St George's Services

Sept 2nd	11.00am	(Stuart Wilkinson)
Sept 9th	11.00am	(Rosalind Fearon)
Sept 16th	11.00am	(Revd Iain Mackenzie)
Sept 23rd	11.00am	Communion (NM)
Sept 30th	11.00am	Pastorate Service at St George's (NM)
Oct 7th	10.45am	At the Tithe Barn
Oct 14th	11.00am	Harvest (NM)

Readers

Sept 2nd	John Ware
Sept 9th	Maureen Bewley
Sept 16th	Elizabeth Mackenzie
Sept 23rd	Olive Cronie
Sept 30th	Pamela Martin
Oct 7th	Vacant

Duty Rota

Sept 2nd
 Sept 9th
 Sept 16th
 Sept 23rd
 Sept 30th
 Oct 7th

Elder

Tony Wiseman
 Trevor Irwin
 Moira Wales
 Olive Cronie
 Marjorie Lawson
 Ian Moonie

Steward

Pamela Martin
 Jessie Overs
 Deborah Usher
 Kathleen Harris
 Valerie Barlow
 Pamela Martin

Flowers

Sept 2nd
 Sept 9th
 Sept 16th
 Sept 23rd
 Sept 30th
 Oct 7th

Vacant
 Jessie & Michael Overs
 Vacant
 Ivy Irving
 Jean Frizell & Deborah Usher
 At the Tithe Barn

Saturday Coffee Morning

Sept 1st
 Sept 8th
 Sept 15th
 Sept 22nd
 Sept 29th

Kathleen Harris & Moira Wales
 Elizabeth & Iain Mackenzie
 Mavis Hall & Rosalind Fearon
 Valerie Barlow & Pamela Martin
 Operation Christmas Child

Cleaning - Week Commencing Dates

Sept 7th
 Sept 14th
 Sept 21st
 Sept 28th

Elizabeth & Iain Mackenzie
 Jessie & Michael Overs
 Valerie Barlow & Pamela Martin
 Elizabeth & Iain Mackenzie

Please note that from the beginning of October, we will be employing a professional cleaning company to clean the church premises, weekly, on a Friday morning.

Communion Duty

Sept 23rd

Preparation

Rosalind Fearon

Serving

John Ware
 Tony Wiseman

October Edition Magazine Photocopying and Collation

Week commencing

Monday 24th September
 Pamela Martin & Jessie Overs

From St George's Secretary

News of Members

This month I suspect that I am not the best qualified to convey news of members since I have been rather out of touch for the past few weeks. August is the month when our grandchildren visit and as I write this I can hear their high voices in the background. We are so fortunate that our children trust us to look after them and that we are still fit enough to do so. They are all delightful to be with and I know their parents appreciate having a few days to themselves.

As a result my news of members is a bit sketchy - I do know that Moira's son in Australia is making a good recovery from a serious operation. I am also pleased to hear that Peter is on the mend and gradually easing his way back into things. It was a considerable achievement on his part to even compile the 'abridged' August Bridge. Thank you Peter, we are very grateful. Thanks also go to Pamela and Jessie for printing it a week later than normal.

More than welcome

I know some of you still wonder why we bother to have refreshments after services. As far as I am concerned it is always about welcoming the stranger, perhaps someone who visits us for the very first time. Granted these are rare events, but I believe we should always live in hope and with hope, especially when we start distributing our 'welcome cards'. Here is an article I found on the Livability website which is written from the point of view of someone who is searching for a church where disabled people feel welcome:

A house move that started a search

My story begins with my parents' house move a few years back. As active members of various churches for all of their married life, regular worship was a central part of each week. Life was also changing as my father's disability progressed and simple pleasures and familiar patterns became increasingly important.

Church has always been important for my father. His quiet faith was inherited from my grandparents 'hands-on' approach to Methodism, growing up in Lancashire. We still have 'the pledge' of sobriety my grandfather signed as a young man. I'm sure my father isn't the only one who describes himself as a drinking Methodist. As my father's disability has progressed, I've seen him draw from the patterns and traditions he grew up with. Hymns and prayers offer a chance to connect and the physical space of church with others offers comfort. When the house move was complete, and the boxes were unpacked, a key priority was finding a church.

Church and accessibility

Church number one didn't fare too well. It was a modern building, but it was unclear where a wheelchair might fit. The welcome team seemed unaware as my mother started to shift obstacles to find a spot for my father. It wasn't clear where a wheelchair should go. Not a great start, but they gave it a few weeks before they left.

I asked my mother why they'd moved on. 'We just didn't feel welcome.' I wondered what would've helped. Her response: 'Simple things, really. If somebody on the welcome team had been briefed to look out for people who might need extra assistance that would have helped us to know we were welcome. Also, it's pretty clear that we have a lot to manage - a conversation from the minister to actively welcome us would have helped too. We don't expect hands-on help, but it really helps you feel supported when the person in leadership takes time with you.'

Fixed pews and tricky parking

Would church number two fare any better? A smaller, older church with fixed pews, it didn't look great from the outside. The car parking was tricky without obvious access from car to building. After the previous experience, we were all nervous of how it would play out. However, the outcome was very different.

My mother was enthusiastic: 'From the moment we came in the door, we were made to feel extremely welcome. We were shown exactly where we could sit - they'd chosen to remove the front row of pews to make room,

so there was no confusion. After the service a member of the congregation made an extra effort to help us gain access to the hall for coffee.' The welcome continued. Even though there is no full time minister, the congregation has been proactive in offering support, and from the beginning it seemed there was a willingness to understand the challenges they faced.

Attitude is everything in creating welcome

In a small congregation such as this, expectations have needed to change concerning pastoral support. My mother is realistic: 'I'm aware we can no longer expect regular pastoral care from a minister - they're just doing too much in leading other churches. Instead, I'd encourage every church to think about how they can build a team to check in on those who might have extra challenges. A monthly phone call or a visit would make a huge difference, particularly when we can't get to church.'

The battle of time

It's clear that the biggest barrier to creating a welcome is time. Churches and their leaders have many competing priorities, and exclusion is usually unintentional. Yet it is important we spend the time considering 'what makes a welcome?' if we expect to see our congregations reflect our communities. Every experience of disability is individual, and requires an individual conversation. But asking 'How can we help you to be fully part of church?' is a great start.

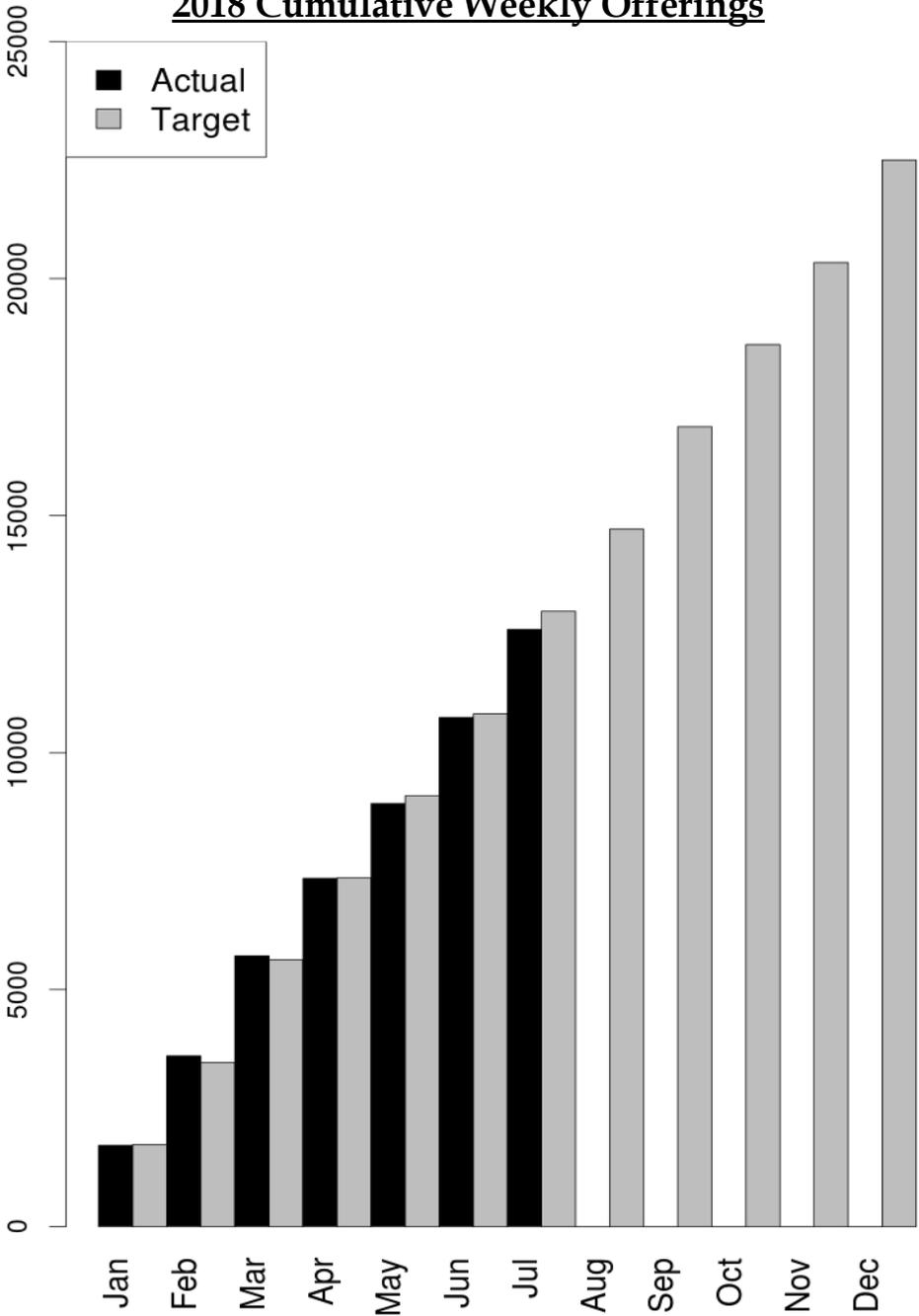
A small effort seemed to go a long way for my parents to feel fully part of this worshipping community. There's no guarantee that Dad won't nod off during the sermon, but there's every chance he'll be singing along with Wesley's hymns as long as he's able.

Livability has produced a new resource guide for churches entitled 'More than Welcome' and I have sent for a free copy. Local comment is that we might feel it more welcoming to make provision for wheelchair users in the midst of the congregation rather than set them apart in front of it.

Rosalind Fearon

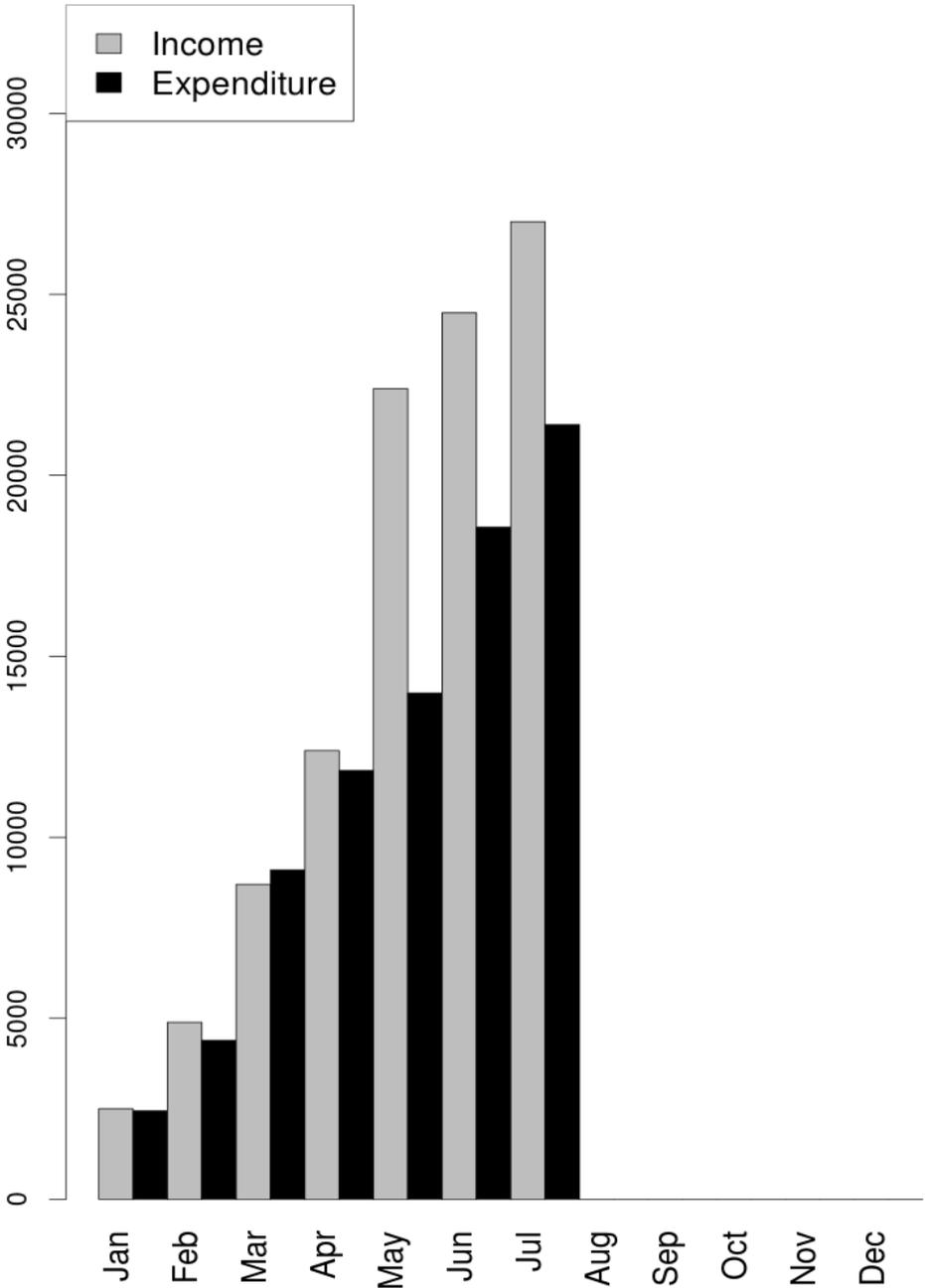
St George's URC Carlisle

2018 Cumulative Weekly Offerings



St George's URC Carlisle

2018 Cumulative Total Income/Expenditure



St George's Notes

Operation Christmas Child *(Sandra Foster)*

The Coffee Morning for Operation Christmas at St George's URC on Saturday 30th June raised a wonderful £157.30. Superb!

From a letter from Commitment for Life

Thank you so much for your kind donation of £87 to Commitment for Life and for the time and effort given by your church in supporting the programme. This brings your total giving for the year to £236. Your continued generosity towards our support for Christian Aid's work in our four partner areas and for campaigns led by Global Justice Now is much appreciated. We are indebted to you for your involvement and prayers for Commitment for Life.

Church Cleaning *(Valerie Barlow)*

It has been agreed that, as from the beginning of October, we will be employing a professional cleaning company to clean the church premises, weekly, on a Friday morning. This has become necessary because fewer and fewer church members are now able to do the work involved. The Company involved also have cleaning contracts with other churches and buildings in the city, including St. Cuthbert's and the Tithe Barn so they are very familiar with what is required.

The Finance and Property Committee would like to thank the large group of church members who, over many years, worked so hard to keep the church premises clean and tidy, not an easy task, especially when we were at Warwick Road.

Harvest Supper

Monday 15th October at 6.00pm. Tickets £7 are available now from members of the Fund-Raising Committee (Val Barlow, Mavis Hall, Kathleen Harris, Marjorie Lawson). Please come and support this fund-raising event.

Autumn Gift Day *(Pamela Martin)*

I hope Members may once again feel able to support our Autumn Gift Day, which this year will take place on Sunday 30th

September. Envelopes are enclosed for contributions, and if those Members who are registered under the Gift Aid Scheme could donate by cheque, this would be greatly appreciated. We look forward to a successful fund-raising occasion.

Special Service Dates

Dementia Tea Service: 18th September at 2.00pm

Croftfield: 24th September at 2.30pm

Dementia Tea Service: 16th October at 2.00pm

Croftfield: 22nd October at 2.30pm

St George's Women's Guild Programme

3rd September

Blue Watch

A talk on HEARTSTART and a
Demonstration on the use of a defibrillator.

I'm sure this will be of interest to
other than Guild members.

1st October

Fiona Hodgson
'Colour Analysis'

Tuesday 6th November

Capt. Mel. Scoulding of the Salvation Army
'My time in the Treasury'

Elizabeth Mackenzie



Olive Walls Obituary

Olive was known to me as a very quiet retiring lady who was a member of and attended the old St George's church in Warwick Road but eventually stopped attending because simply of the onset of the difficulties of coping with age and infirmity. Following her passing though through the helpful research of a number of ladies I have come to realise what an amazing person she was and how much she achieved in her 98 years of life. This was in the case of Olive 'still waters run deep'.

Olive was the only child her parents were blessed with being born on the 11th of April 1920 in Dumfries. She attended the Dumfries Academy.

Olive was of course old enough to serve her country in the Second World war and she was called up to work for the National Fire Service and served at Stanwix on Fire Watch duties. She formed a lifelong friendship with another firewatcher Brenda Kendall. Brenda remembered they reported to the local station in premises behind Stanwix garage on Scotland Road. They wore uniforms and did a weekly turn of duty. 12 hours staying overnight, sleeping in bunks. They had to learn the various ranks of firemen, and details of hoses used. They both enjoyed a game of table tennis in the evening in between taking telephone messages. We would smile today at the wages, 15 bob a night or 75 pence to the youngsters here. Olive was a guest at Brenda's wedding to Arnold Middleton in March 1946 and attended the diamond wedding celebration in 2006. Olive sent presents to the Middleton family over many years.

Olive's working life was as a civilian working for the Royal Air Force No 14 Maintenance Unit in Carlisle. To avoid being made redundant at a difficult time in life Olive had the courage to transfer to Chester still working for the RAF but on retirement she returned to her hometown of choice Carlisle.

Outside of her work apart from Church attendance Olive had a number of interests. The most important in her life was her

voluntary service for The Red Cross. She became a Commandant with over 50 years service. She worked in the Local Red Cross Shop at the Cumberland Infirmary until compulsorily retired at 70. This involved taking the trolley of sweets etc round the wards. Retirement from the shop didn't stop her because she was an outstanding door to door collector for which she received a 50 year service award. She was local centre treasurer for a time and a Red Cross trainer. She was involved in many Fund-raising activities for the Red Cross.

Olive was a volunteer helper at the Barn Close Care Home and with another helper was noted for doing crosswords with the residents. She called out the clues and asked for the answers.

Olive also had time for animals being a lifetime supporter of The animal refuge Wetheral Shields.

This was a strongly independent lady who even when she had a fall and broke her hip refused assistance. Eventually though she had to give up independent living and finished her life at Parkfield Care Home. The staff there gave her excellent care and improved her quality of life in her twilight years.

It goes almost without saying that Olive was a devout Christian who practised her faith in her daily life. The reading at her funeral at Carlisle Crematorium in July seemed very appropriate in the way the Apostle Paul talks about not losing heart but keeping the faith in your daily dealings and looking forward to eternal life in the place we call heaven.

Olive was to many of us a dark horse quietly beavering away using her God given skills in being a Christian and not seeking reward or praise. Instead she had the satisfaction of serving God to the best of her ability. Here is a life to be truly celebrated.

Nick Mark

I have received a letter from the Red Cross to acknowledge safe receipt of £62 from the retiring collection at Olive's funeral.

Commitment for Life

Prayer Partners

September

In 2014, it was a privilege to visit El Salvador with a group from Christian Aid and Commitment for Life. We saw many interesting activities, but one fact which struck me was the number of murders (especially femicide) and those working to improve the situation. In January 2017, the following headline appeared on the BBC News website:



“El Salvador: No murders reported for 24 hours”
<http://bbc.in/2gwpV4X>

Prayer

God of compassion, we pray for all who work to help improve the lives of peoples in Central America, especially in El Salvador. We give thanks for all who work to reconcile communities, working with the existing gang culture to help move the country forward from acceptance of the high murder rate to one where all lives are valued and protected. We give thanks for those who speak out to their peers, despite the risk to themselves.

We pray for women in this area and across the world for whom violence and death is a daily threat, and give thanks for groups who work tirelessly to help educate peoples in your way of love and sharing together, moving away from violence as the preferred solution.

Strengthen the work of Christian Aid in this area, some of which relies on all within our Churches who support Commitment for Life. Amen

©The Revd Alan McGougan

Cumbria Ecumenical Prayer Discussion Day

Saturday 29th September
Penrith Quaker Meeting House
The day begins at 10am and finishes at 4pm.

Are you thirsty for prayer?

Do you need nourishment in prayer?

**Do you need 'God for Me'
to encourage 'God for All'?**

The aim of the day is to bring together those who wish to discuss praying: for the county, for leaders in the churches and for one another.

This day is in response to several requests for a simple 'rule of prayer' to root the activity of the ecumenical 'God for All' strategy in ongoing prayer. The recognition of the need to encourage 'spiritual resilience', as well as asking, how can we link into other pre-existing prayer networks?

The day is open to anyone and will reflect upon these various issues.

Booking is essential for the day, as places are limited. Please contact Cameron Butland on cdsa03@gmail.com to book your place by 20th September.

The day is free but please bring your own packed lunch. Other refreshments will be provided.

1950's Quiz Answers

1. The King and I
2. Skateboard
3. Diners Club
4. Roger Bannister
5. Hasbro's Mr Potato Head
6. Eagle
7. Rosa Parks
8. Frank Sinatra, Dean Martin, Sammy Davis Jr, Joey Bishop
& Peter Lawford
9. Les Paul
10. Humphrey Bogart
11. Barbie
12. Ken Dodd
13. Ben Hurt
14. Frontierland, Adventureland, Fantasyland & Tomorrowland
15. Ava Gardner
16. Patrick Troughton
17. Berry Gordy
18. Sputnik 1
19. Hula-Hoop
20. Val Doonican
21. Seeburg
22. Heartbreak Hotel in 1956
23. Roger Whittaker
24. Matt Monro
25. Gigi
26. Velcro
27. Everest
28. The Jordanaires
29. Louis Armstrong (Satchmo)
30. Wendy Richard

The Quiz raised £39 and the £10 winner was George Murrin.

Deborah Usher

Trefoil Guild Quiz

Thank you to all who generously supported this. The total amount raised for our 75th Anniversary charity on behalf of 'Riding for the Disabled' is £93

Answers

Association of states or businesses for mutual support and benefit
Confederation

Chief city of Mongolia Ulan Bator

From the Formula One racing calendar Monte Carlo

Raising agent in baking Bicarbonate of Soda

Youngest branch of Girlguiding Rainbows

Myanmar's largest river Irrawaddy

Our nearest galaxy Andromeda

Rupert Bear lives here Nutwood

First World Chief Guide: Lady ----- Baden Powell Olave

South Africa is known as the Rainbow Nation

World's highest lake Titicaca

Gory end for hitman initially - what a gas Hydrogen

Cave Dweller Troglodyte

Gildenstern's mate Rosencrantz

55th Wedding Anniversary Emerald

Floral plea to my sweetheart Forget me not

1968 Oscar winner for best picture Oliver

India's one - another country Indonesia

The 'Beloved Physician' Luke

Jupiter's largest moon Ganymede

Hesitation in shortened underwear for her - if it rains Umbrellas

Chemical element 53 Iodine

Winner of 2018 Britain's Got Talent Lee Ridley

Cranefly's other name Daddy Long Legs

Cumbria North Trefoil Guild

Six correct entries were returned and the winner drawn by lot is Rosalind Fearon who receives a Book Token.

Olive E. Cronie

WERS Volunteer Project

Support, Empowerment, Community

For the second year running, WERS' volunteers worked alongside local volunteers at the Haltwhistle Plant Festival held in May. It was a great occasion and WERS' hardship fund benefitted to the tune of £1000. Fantastic! Very many thanks to the wonderful ladies who helped so willingly in the café and the kitchen - it was great to have them!

WERS' volunteers, currently numbering 50 and representing 13 different nationalities, come from a variety of backgrounds and experiences - local people, refugees, asylum seekers and students. All of them share a desire to give something back to the community and this they continue to do - in spades!



Volunteering provides an opportunity to make a significant difference to the lives of those seeking sanctuary and

enjoy the hugely fulfilling opportunities for personal development and learning. At WERS, local people volunteer as befrienders, support workers and help out in the clothing store.

For our clients, many of whom are not allowed to undertake paid work, volunteering provides welcome opportunities to use their skills and gain valuable experience of team-working in a variety of different settings.

A skills and interests audit carried out at WERS in 2017 revealed an extraordinary wealth of untapped skills amongst its clients.

Asylum seekers are frustrated not to be allowed to provide for self and family and this can have a devastating impact on their mental health. Clients have repeatedly told WERS that volunteering has a most beneficial effect on their overall health and also improves their English language skills.

Libby

(Haltwhistle Plant Festival organiser and WERS volunteer)



West End Refugee Service
strength through support

To find out more about
Volunteering and Befriending go to

www.wers.org.uk/wp-content/uploads/2018/07/Issue-74-July-2018.pdf

Dates for your Diary

September

3rd	2.00pm	St George's Women's Guild (see page 19)
17th	2.00pm	St George's Elders Meeting
18th	2.00pm	Dementia Tea Service at St George's
19th	6.30pm	Area Meeting (see page 7)
24th	2.30pm	Croftfield Service
26th	9.30am	Coffee Morning in Brampton URC
29th	10.00am	Ecumenical Prayer Discussion Day (see page 23)
30th	11.00am	Pastorate Service & St George's Autumn Gift Day

October

1st	2.00pm	St George's Women's Guild (see page 19)
9th	9.30am	Quarterly Communion at Brampton URC
15th	6.00pm	St George's Harvest Supper (see page 18)
16th	2.00pm	Dementia Tea Service at St George's
22nd	2.30pm	Croftfield Service
24th	2.30pm	St George's Church Meeting

North Cumbria Pastorate Services

The Knowe Church, Bewcastle

Sept 2nd	2.15pm	(NM)
Sept 16th	2.15pm	Harvest (NM)
Sept 30th	11.00am	Pastorate Service at St George's (NM)
Oct 7th	2.15pm	(NM)

Brampton URC, Main Street, Brampton

Sept 9th	9.30am	Communion (Revd Sarah Moore)
Sept 23rd	9.30am	(NM)
Sept 30th	11.00am	Pastorate Service at St George's (NM)
Oct 14th	9.30am	Harvest (NM)

St George's URC, West Walls, Carlisle

Sept 2nd	11.00am	(Stuart Wilkinson)
Sept 9th	11.00am	(Rosalind Fearon)
Sept 16th	11.00am	(Revd Iain Mackenzie)
Sept 23rd	11.00am	Communion (NM)
Sept 30th	11.00am	Pastorate Service at St George's (NM)
Oct 7th	10.45am	At the Tithe Barn
Oct 14th	11.00am	Harvest (NM)

Bridge

Please note that material for the October issue of Bridge should be in the hands of the editor by

Sunday 16th September

Articles may be handed or sent by post, telephone or email to

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