

The North Cumbria Pastorate of United Reformed Churches

BRIDGE



June/July 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: 10.45am 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 10.45am at St George's

(Check the North Cumbria Pastorate Services list)

From the Minister

Dear Friends,

Our Lectionary readings this month focus on various aspects of Paul's 2nd Letter to the Corinthians. I often wonder what would I do if I had Paul as my line manager? He demanded a lot of himself and certainly a lot of those who followed him. I like a challenge but the more one studies his letters the more one imagines a man highly focussed on his goal who would not suffer fools easily.

Paul would not easily be distracted from his amazing travels to bring the Gospel message to far flung places. We complain sometimes that we have it hard because there is so much competition for traditional religion. Paul though had similar issues. He was not as would appear sometimes a kind of supreme commander whose orders were never questioned. Instead there was competition from rival ministers who questioned both his relationship with the early Church and even his actual apostleship. Paul never claimed to be perfect and emphasised how God was happy to work with cracked or broken clay pots meaning that God worked well with flawed human beings. Behind those flawed people lay great treasure.

I attended an Ecumenical Officers meeting recently in Ilkley where we studied as part of our remit the rise of the new church movement as opposed to the decline in our style of denomination. Some of this is very good some of it worrying. Worrying in the sense that some of the new churches seem to depend very much on one charismatic leader with everything depending upon them. Paul in contrast wants to emphasise how the Gospel of Christ can and does shine through damaged lives.

The three churches in the North Cumbria Pastorate are very much at a real turning point because after a lot of discussion, debate and reflection Mission Communities are no longer something on a distant horizon. Instead they are beginning to loom much nearer to where we are. This worries many people because of the changed

attitude of mind we are beginning to have to adopt. It was not that many years ago that there was almost competition for new souls among different denominations whereas now we are pooling resources to do effective mission in areas that individual churches might feel ill equipped to cope with.

Paul has to remind the Corinthians that they are all God's servants and co-workers. Sometimes when we look at other churches we struggle to see them as part of the Christian Community. As we reach crucial points in our three Churches in forming Mission communities and accepting Mission community Leaders who are not necessarily from our own denomination we need to remind ourselves that they and the other churches in each Mission community are all God's Servants who can show us new and effective ways of reaching new people.

It is only by trusting in each other as well as trusting in God that we can make the best use of the opportunities that our Ecumenical County is creating not just for us but for thousands who seek spirituality but who cannot find it in the old order.

With every blessing
Nick Mark

From the Churches

Brampton

Services in June and July in Brampton

The Revd Nick Mark will lead our Communion service at 9.30am on 10th June and also our service on 24th June.

He will also lead our services at 9.30am on 8th and 22nd July.

Pastorate Service

The Pastorate Service on 29th July will be at 2.15pm and will take place at The Knowe Church, Bewcastle, led by Revd Nick Mark. Please contact Barbara if you are in need of transport.

Fundraising

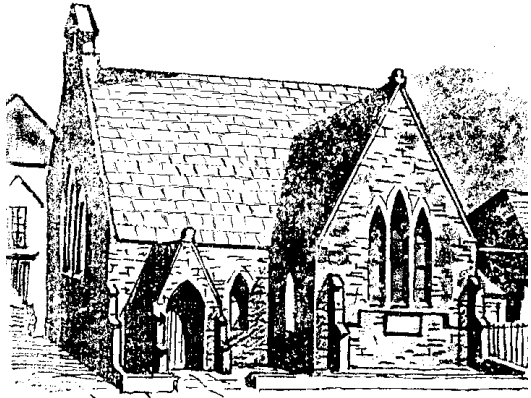
Our monthly Coffee Morning with raffle held on 25th April in church raised £120.

Thanks to all who contributed to, helped or supported in any way.

News of the Fellowship

We wish those in our fellowship whose birthdays are in the month of June, many happy returns of the day.

Florence Scott recently met up in Carlisle with John Geddes, our organist here for many years, who now lives in Carlisle. He was asking about and for our congregation. John has been in hospital but is now mobile again. It was good Florence saw him to have a chat.



Stewarding and Flowers in June and July

Stewarding:	June	Don Hill & Martin Baker
	July	Barbara Laird
Flowers:	June	Barbara Laird
	July	TBA

Dates for your Diary

10th June	9.30am	Communion Service (Brampton URC)
27th June	9.30am	Coffee Morning in Church (Brampton)
25th July	9.30am	Coffee Morning in Church (Brampton)

Shirley Brown

Carlisle

St George's Services

June	3rd	10.45am	(Revd Iain Mackenzie)
June	10th	10.45am	(NM)
June	17th	10.45am	(Rosalind Fearon)
June	24th	10.45am	Communion (NM)
July	1st	10.45am	(Revd David Whiteman)
July	8th	10.45am	(NM)
July	15th	10.45am	(Revd Bruce McNicol)
July	22nd	10.45am	Communion (NM)
July	29th	2.15pm	Pastorate Service at Bewcastle (NM)
Aug	5th	10.45am	Tithe Barn join us (Revd Iain Mackenzie)

Readers

June	3rd	Elizabeth Mackenzie
June	10th	Trevor Irwin
June	17th	John Salton
June	24th	Olive Cronie
July	1st	Peter Day
July	8th	Vacant
July	15th	Elizabeth Mackenzie
July	22nd	Olive Cronie
July	29th	Moira Wales
Aug	5th	Elizabeth Mackenzie

Duty Rota

	<u>Elder</u>	<u>Steward</u>	
June	3rd	George Murrin	Deborah Usher
June	10th	Tony Wiseman	Kathleen Harris
June	17th	Trevor Irwin	Valerie Barlow
June	24th	Moira Wales	Pamela Martin
July	1st	Marjorie Lawson	Jessie Overs
July	8th	Ian Moonie	Deborah Usher
July	15th	George Murrin	Kathleen Harris
July	22nd	Tony Wiseman	Valerie Barlow
July	29th	Trevor Irwin	Pamela Martin
Aug	5th	Moira Wales	Jessie Overs

Flowers

June	3rd	Elizabeth & Iain Mackenzie
June	10th	Kathleen Milroy
June	17th	Vacant
June	24th	Lorna Scott
July	1st	Moira Wales
July	8th	Vacant
July	15th	Vacant
July	22nd	Jessie & Michael Overs
July	29th	Vacant
Aug	5th	Brian Walker

Saturday Coffee Morning

June	2nd	Valerie Barlow & Pamela Martin
June	9th	Jessie & Michael Overs
June	16th	Kathleen Harris & Moira Wales
June	23rd	Elizabeth & Iain Mackenzie
June	30th	Operation Christmas Child
July	7th	Mavis Hall & Rosalind Fearon
July	14th	Valerie Barlow & Pamela Martin
July	21st	Jessie & Michael Overs
July	28th	Kathleen Harris & Moira Wales
Aug	4th	Elizabeth & Iain Mackenzie

Cleaning - Week Commencing Dates

June	1st	Valerie Barlow & Pamela Martin
June	8th	Jessie & Michael Overs
June	15th	TBA
June	22nd	Elizabeth & Iain Mackenzie
June	29th	Jessie & Michael Overs
July	6th	TBA
July	13th	Valerie Barlow & Pamela Martin
July	20th	Jessie & Michael Overs
July	27th	TBA
Aug	3rd	Elizabeth & Iain Mackenzie

Communion Duty

June 24th

Preparation

Olive Cronie

Serving

Rosalind Fearon

Ian Moonie

July 22nd

Peter Day

George Murrin

Marjorie Lawson

August Edition Magazine Photocopying and Collation

Week commencing

Monday 23rd July

Pamela Martin & Jessie Overs

St George's Secretarial Notes

News of Members

It was with deep regret that we learned of the death on 7th May of Bill MacDonald at the age of 100 years and 10 months. Bill was an elder and for many years a member of St George's. Our love and Sympathy go out to Sarah and Bill's wider family.

We still pray for those who are unable to join us and we remember Muriel Drinkall, Alan and Jennifer Burgess, Betty and Ronald Anderson, Irene Paterson, Brian Walker, David Bewley, Margaret Bell, Jean Frizell and Ann Harvey. Kathleen Harris is very much better after recent severe back pains. Sue Day is making progress but some days are much worse than others.

Faith Lunch

The Faith Lunch on 29th April was a great success. It was a very enjoyable social occasion and of course there was the usual abundance of tasty food. Thanks to Val and all of those involved!!

Spring Fayre

The Spring Fayre was not well attended due to a number of factors not least of which is the closure of West Walls at the Viaduct. Valerie writes: "The Fund-Raising Committee were delighted that it raised the magnificent sum of £670 for church funds and would like to thank all those who worked so hard in setting up the event and clearing away afterwards, also those members and friends who came along to support it and enjoyed fellowship during the morning."

Lettings

Trevor reported to the Elders a substantial list of lettings of our Church. It is good that the building is being used by other groups. We are grateful to Trevor for keeping on top of these bookings, for not only does it entail a lot of paper work but he is frequently in the building showing people round or checking that the premises have been left in good order after an event.

Dementia Services

'Amy's Care' Have confirmed that they will be able to attend services on the third Tuesday in the month for the rest of the year.

Data Protection

The Elders have opted to use a simplified form for this. There are more details on pages 15 and 16.

Christmas Angels

Distribution of these, to members of the Public will now take place during the Carol Parade at Christmas.

Rosalind, Ray and William

Our thoughts and prayers are with you all as you get used to the new arrangements. Above all we hope that William will be happy in his new accommodation.

Church Rotas *(Jessie Overs & Pamela Martin)*

Mavis Hall and Maureen Bewley have decided to discontinue church cleaning. We send sincere thanks to Mavis and Maureen for all the hard work, time and commitment they have dedicated to helping with the cleaning of the church over many years.

If any Members might be willing to offer their time to assist with one or more of the following Rotas this would be much appreciated.

- Coffee
- Cleaning
- Bridge Photocopying and Collation

If you are able to help, please have a word with Jessie or Pamela to run through details.

Tony Wiseman

Amy Lambert

I am truly indebted to my Elders and members of the congregation that I serve at St George's for much of the information in this address prepared for the funeral of Mrs Amy Lambert at Carlisle Crematorium on Friday 27th April 2018.

When I turned up six years ago at St George's church then sited in Warwick Road Carlisle I can remember on Saturday when we had our regular coffee morning downstairs there was always a wonderful character present who was always cheerful and that was Amy. She was gregarious and welcomed the stranger as well as friend. One of the central topics of her conversation was her long connection with St George's.

The URC was only formed in 1972 and so St George's prior to that was a bastion of Presbyterianism in Carlisle. The Congregationalists in contrast being round the corner in Lowther Street. Amy was absolutely correct about her family connection with the Church. Her Grandfather Isaac joined St George's in 1891. He became the caretaker in 1894 and died in 1910 at the young age of 53. He left a son David who became a church member in 1915 and in 1922 he became a Deacon which equates in modern terminology to being a manager. In 1923 David married Amy Riley and the marriage was blessed with two daughters namely the Amy whose life we celebrate today and Joyce. In 1928 David left the Deacon's Court as it was called to be elected as a full Elder of the Church. Amy was very proud of her father and mother and often spoke fondly of them to me. The family lived then at 6 Quebec Avenue Carlisle. Amy often told me how much she felt a part of the furniture at St George's for she was baptised there, became a member and then was married there in 1963 to Joseph Rustin Lambert. Amy and her husband were blessed with one son Ian who survives her and works in the National Health Service. Amy was to lose her father when he died in 1975.

Amy's employment was with one of the largest printer and Stationer's in Carlisle, Thurnams. She worked in the Printing Department and I can recall her sharing with me both her pride and enjoyment of her work.

Very sadly Amy's husband Joseph was not a well man and Amy took leave of absence from Church for a long time to nurse him until his premature death.

Her faith meant a lot to her. Amy followed in her father's footsteps into becoming a Sunday school Teacher. Her Father David was for a long time Sunday School Superintendent. Some of our members can remember Amy as one of their Sunday school teachers when she taught at Howie Boyd Hall in Beaconsfield Street, which was a Presbyterian Mission Hall, closely connected to St George's. Amy knew what spreading God's gospel was about for she was a keen leader in the Brownie movement attaining the respected position of Brown Owl. Sometimes people make fun of such organisations like the Brownies catering for girls but they have been responsible like the Cubs have for males in shaping the lives of young people so that they can have a meaningful future in life.

One of the great features of St George's in Warwick Road was its dedication to Music. Apart from the impressive Pipe organ and the later electronic Organ one of the great features that attracted me to come as minister was that it had an active choir. Until age and disability took its toll on Amy she was an enthusiastic member of the choir. She told me that she got great reward from being part of that important ministry of the church.

It wasn't long after my arrival at St George's that Amy began to struggle with the problems of ageing and in her case dementia and other illnesses took their toll. I visited her in the Infirmary where she was in for a long time and the work they did helped her greatly and she came out a new woman it seemed when Janet and I visited her when she was convalescing at a nice facility in Longtown.

I would certainly want to pay tribute to both Social Services and to the carers who have helped Amy in her wish to remain at home rather than stay in permanent care. Amy didn't achieve her hope to visit the new St George's in West Walls but she achieved a lot else in life. Our readings reflect today a person of true faith who put her trust in God and did her best to be like Christ in her dealings with the world. It cannot have been easy for her trying to care for a sick husband and bring up a young son at the same time. I will always remember Amy for her cheerful friendly disposition and she was a good ambassador for the church. Here then was a life to be truly celebrated.

Nick Mark

Bill MacDonald

From the address prepared for the funeral of Bill MacDonald at Carlisle Crematorium on Thursday 17th May 2018.

You will have guessed with a surname like his and our entry music that Bill was a Scotsman. Born 100 years and 10 months ago in Annan, he was the youngest of the 8 children his mother and Father were blessed with. He was the last survivor of that generation his five sisters and 2 brothers all having predeceased him. The family moved to Eastriggs and Bill was sadly to lose his father in 1937 when Bill was just 20. Bill began his working life as a mechanic with Corrie's garage in Annan.

He then did his duty and served his country in World War II. His service was with the RAF and his war turned out very differently to expectations. He had been expecting to serve in the defence of Greece but the ship taking him was diverted when Greece fell so quickly to the advancing German forces. Bill spent his war serving in Canada and can remember sending food parcels back to his family in Eastriggs because life cannot have been easy for his widowed mother.

Bill, as those of us who know him know, had a folklore of stories. His wartime one was of going on leave with other service personnel to celebrate St Patrick's Day in New York. His best mate and he failed to meet up with two charming ladies but his mate didn't give up, found his lady, married her and absconded from the services, and for a while the couple who crossed the religious divide then ie Protestant and Catholic lived on making blood donations.

Before marriage Bill shared a car with one of his brothers. He was to meet the love of his life Pat Teasdale at a dinner dance. Pat worked for her father in a warehouse business. Bill had requested that he be sat next to an attractive young lady. He liked the selection made for him and his future father in law got just a little tired of being asked by Bill whether or not Pat was attending such and such a function that he eventually said go ask her yourself Bill. Bill listened and he and Pat married at St Michael's Church Stanwix on the 5th of April 1962. That day marked the start of 53 years of happy marriage ending only with the death of Pat in 2015. Bill and Pat were blessed with the birth of one daughter Sarah and as time went on Sarah married Alan. Pat and Bill cared very much for their daughter and Son in Law. That care was more than amply returned because Sarah and Alan's help in later years helped Bill look after his ailing wife in her latter years of life. It was only after a series of falls that Bill realised independent life at home was coming to an end and went into Croftfield Care Home, Cotehill. Sarah, Alan and Bill's friends would all want to thank the staff at Croftfield for the real care they gave Bill in his last few years. They gave him a quality of life.

But back to happier times. Bill didn't stay a mechanic all his life but instead became a Refuge Assurance Rep when he and pat moved to Carlisle. Then came another major change and that was when Bill and Pat purchased a guest house in Hartington Place Carlisle. Nothing phased them even when the devious vendors removed the fixtures and fittings included in the Sale price and replaced them with a load of old tat. Bill and Pat kept the business successfully going for many years until they decided to give that up.

It was not though giving up for retirement but instead to care for Elderly relatives living with them.

Outside of a very busy family life Pat and Bill were very active in the Church. Bill served as an Elder both in the church of Scotland and in the United Reformed Church and before he became a non-serving elder due to infirmity Bill had notched up some 56 years as a serving Elder in the two denominations. For those of you who don't understand the role of elder it is far more than just being elected to service in office for you are ordained for life as a mark of the esteem in which the congregation hold you. He couldn't have achieved it without Pat's tireless support. I remember Bill telling me how one of his tasks allotted to him by Pat was to deliver meals that Pat had prepared for people she just thought might need them.

Bill's sense of humour and his enjoyment of being a true raconteur are better known to many of you than to me and I could tell you the story of the Bull but I expect you know it better.

Sarah was telling last week of the happy holidays she had with Bill in India, Bali, Thailand and Hong Kong.

Our Bible Reading from Ecclesiastes seemed to sum up well a man who wanted to serve God well in the time given to him on earth. A faithful loyal husband and Father and a tireless servant for God in his work for others and for his church. Running a guest house is about caring for strangers and showing God's love to them and to elderly relatives as well as close family.

I know Pat and Bill could not have expressed greater thanks than they did to Sarah and Alan for their caring personalities.

The reading seemed so appropriate as Bill had a grit determination to make 100 which he did and it is only in the last few months that he has really realised that his earthly life was drawing to a close. Here then is a life to truly celebrate with happy memories of a man who brought laughter and life to so many people.

Nick Mark

Data Protection Regulations

This is really not a heading or subject that should appear in any church newsletter. However, our chosen legislators know better. We have to apologise for the enactment and promulgation of law that, if not bad, is at best ill thought-out!

There has been much in the news lately about misuse of personal information by multi-national businesses. On the "sledge-hammer and nut" principle, these new EU regulations came into force in May. No organisation can function without some personal information about its members. The legislators were obviously not aware of the maxim propounded by Archbishop William Temple that "The Church is the only society on earth that exists for the benefit of non-members".

The church, any church, could not really be a church without some data about its members and others who attend services and events and each church is to have a data/privacy policy. The stark truth maybe that without each person in a membership or pastoral relationship with the church signing consent, the church would be unable to have contact details and thereby unable to perform our calling as so succinctly expressed by Temple.

This Newsletter contains a form of consent overleaf, which we ask you to sign and return to the Secretary, relating to the data, names, address, telephone number, e-mail address etc, that the church holds in relation to you. As so held such information is then under the restrictions of the Regulations as to its proper handling and use.

Names only are included in duty lists and for pastoral care in the Newsletter and this is accessible on the church website. The last tick box on the form is for those who are prepared to have their other details also included for contact purposes.

Financial arrangements between individuals and the church are handled in confidence only by those church officers directly charged with managing the church's financial matters.

St George's United Reformed Church
West Walls, Carlisle, CA3 8UF

To All Church Members & Non-Members.

The new General Data Protection Regulation, which came into operation in May 2018, requires informed consent.

Please return this form as soon as possible either by post or by hand to The Church Secretary.

Your name:

Your address:

I agree that the Church may hold the following personal details (please mark for Yes, for No):

Name and address
Telephone number
Mobile number
E Mail address

I agree that I may be contacted by:

Telephone
Mobile
E mail
Post

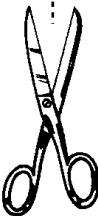
I agree that my details may be included in the Annual Reports & Accounts & Directory

I agree as a Contact Person that my details may be included in the Newsletter and Website

I understand that none of the information given on this form will be shared with any other organisation.

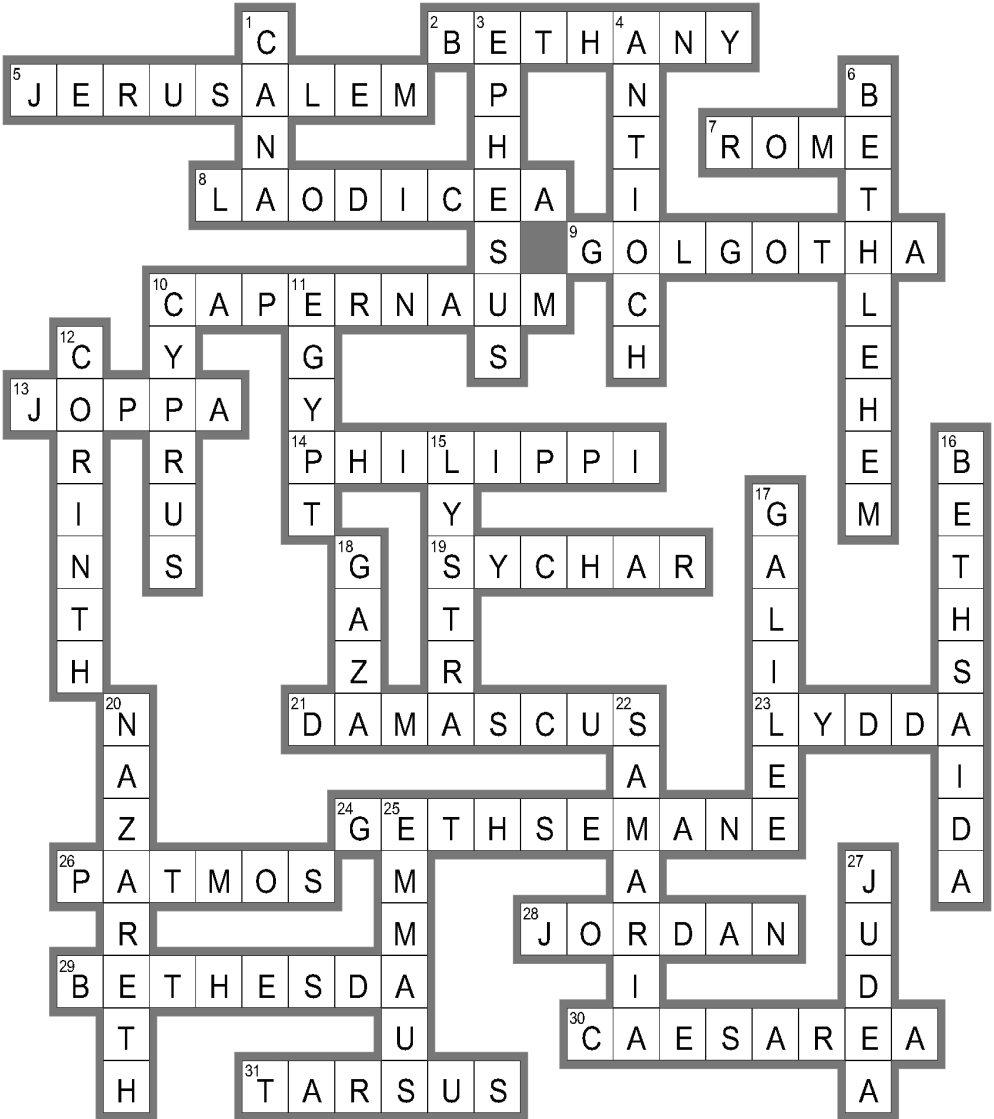
Signed:

Date:



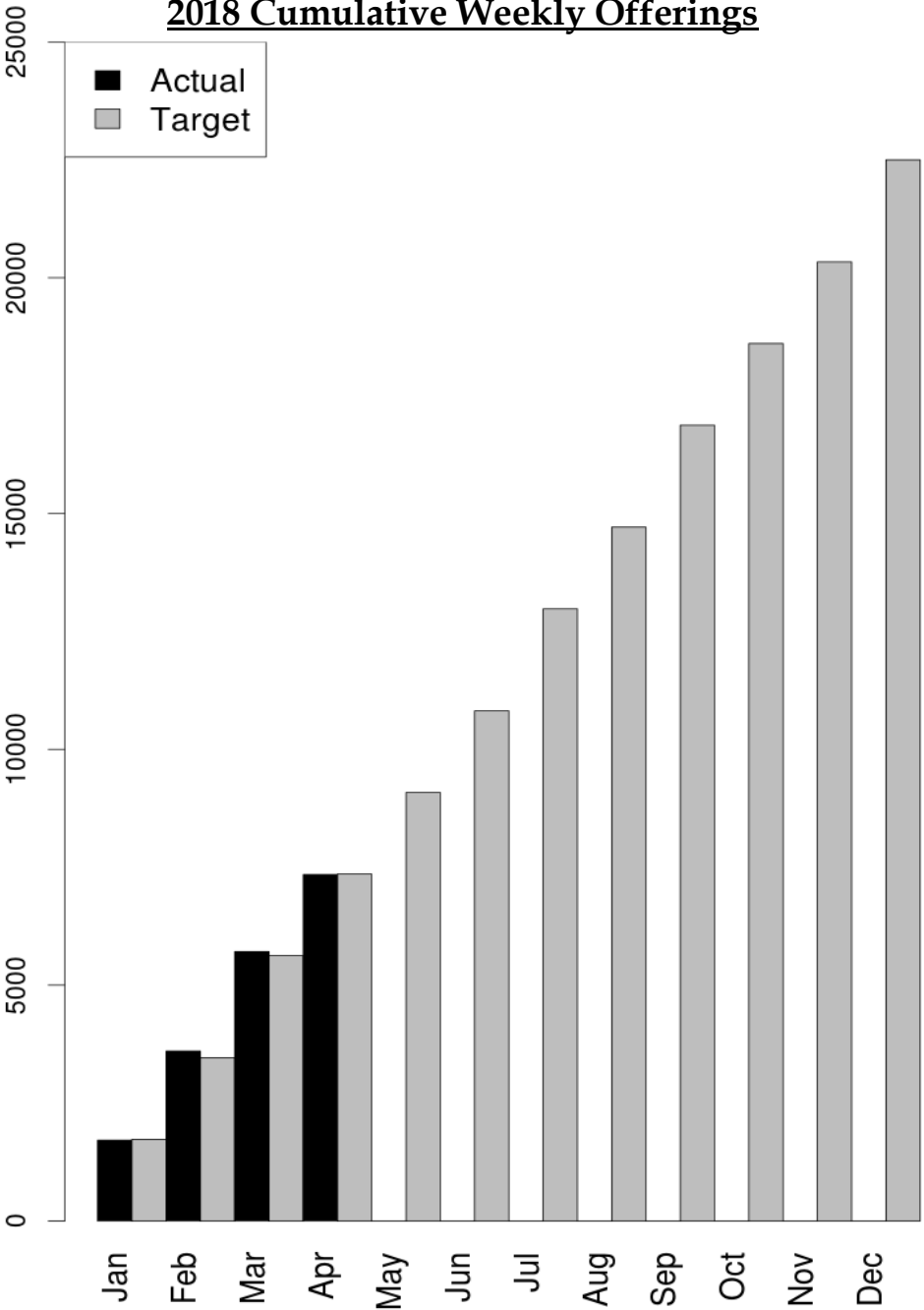
Locations in the New Testament

Answers to Last Month's Crossword



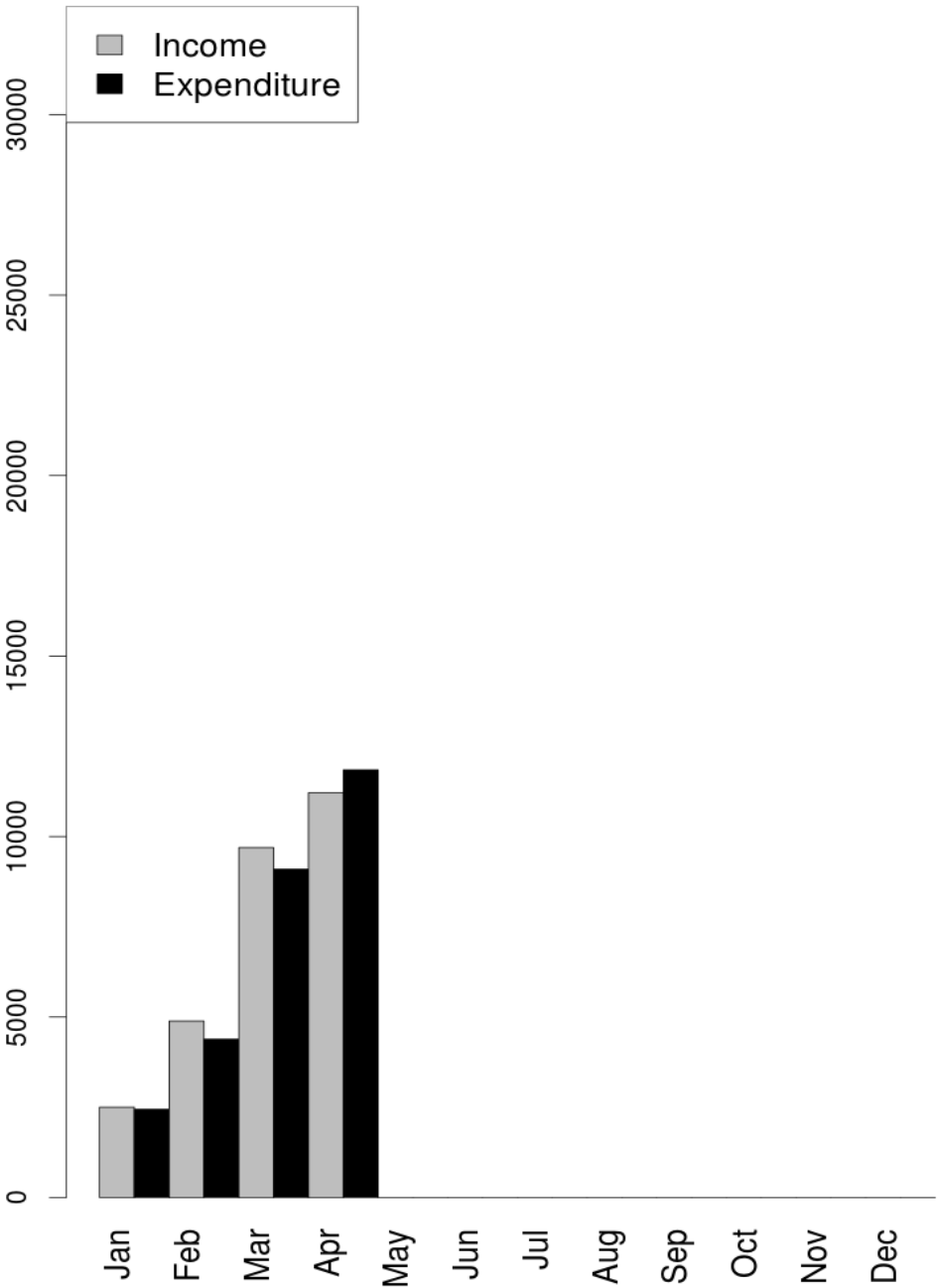
St George's URC Carlisle

2018 Cumulative Weekly Offerings



St George's URC Carlisle

2018 Cumulative Total Income/Expenditure



Commitment for Life

Prayer Partners - June and July

God of the land, we pray for Zimbabwe, and for all its people, for those who live in dry remote areas, and for those in urban hopelessness. For those who experience drought, and for those who can now pump water. We pray for those for whom Empire still haunts and for those who struggle in independence and for those who have improved their life and for those still in need of support.

God of the people, we pray for Zimbabwe, for the faithful working to bring confidence and status to women at home and in society. We pray for pastors struggling to cope whilst caring for those who cannot give any more. We pray for family living apart because of poverty and for those who take on the head of households at tender ages. Let grace abound and understanding grow.

God of the educators, we pray for those who show the face of Jesus every day and for those who bring expertise and hope where it is needed. We pray for those who cannot access education because of cost. Inspire us to walk alongside our brothers and sisters in Christ as they live out a gospel of hope and forgiveness.

God of justice, we pray for Zimbabwe, with an elderly President and no opposition voice. We pray for those who speak up for its people and for those that seek to silence. We pray that none of us will take our freedom to vote, or speak freely, lightly, nor our responsibility to those who see the effects of our living, in changing weather. We pray for those who have the courage to tell a different story, for lawyers who defend workers' rights and agriculturalists who conserve.

God of compassion, we see and hear the need. Inspire us to action so dreams can be fulfilled and love abound.

God of all peoples, we pray for understanding and reconciliation in the troubled land of your birth. We pray that when challenges are too great, strength may be found to continue. We pray that people of vision will dare to imagine a land where all are equal and respected. We pray for love reborn and hope restored.

From a Letter of Thanks

Remittance from St George's Carlisle - 02|04

Thank you so much for your kind donation of £149 to Commitment for Life and for the time and effort given by your church in supporting the programme. 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.

In Zimbabwe, Commitment for Life continues to work with partners through the present political and economic uncertainty. Please remember them as they approach elections in 2018. Prayers are also needed for the continuing situation in Gaza and increased restrictions in the West Bank. Violence and gender issues continue to cause concern in Central America, whilst Bangladesh is going through a time of change, because of more violent weather patterns and political unrest against minorities.



In a society, suspicious of fundraisers, please be assured that your contributions make a real difference to our partner communities, by providing hope where there is often none. Thank you for all you do to encourage giving in your church, alongside campaigning and praying for a fairer world.

With grateful thanks
Linda Mead

You can read some stories from partner countries by visiting

*[https://www.urc.org.uk/commitment-for-life/
stories-from-partner-countries.html](https://www.urc.org.uk/commitment-for-life/stories-from-partner-countries.html)*

Back by Popular Demand

Hospitality by the Staff of the Combined Court, Carlisle

Picnic Booking Form

*On Thursday 28th June 2018 at 6.30pm
in the grounds of St Cuthbert's Church (inside if
wet) there will be a picnic with music provided by*

The Border Concert Band

and

The Cartmell Shepherd Choir

to raise money for

Carlisle Food Bank

*Providing food for people in a crisis
and*

Carlisle Key

Helping young people move to independent living

3 Course Picnic - £30 for two

Including soft drink and tea or coffee. Alcohol available for purchase.

All the food donated by local businesses. Bring your own rug. Raffle

*Please book with Rev. Teasdale as soon as possible
on 01228 521982 if you would like to attend*

.....
Name..... Email address.....

Number of picnics for 2 Payment enclosed.....

Number of Gluten free picnics required.....

Number of Vegetarian picnics required.....

Other Dietary requirements.....

Dates for your Diary

June

10th	9.30am	Communion Service at Brampton URC
11th	2.30pm	Croftfield Service
14th	7.30pm	Carlisle One World Centre AGM (see below)
19th	2.00pm	Dementia Tea Service at St George's
27th	9.30am	Coffee Morning in Brampton URC
28th	6.30pm	Picnic at St Cuthbert's (see opposite)

July

17th	2.00pm	Dementia Tea Service at St George's
25th	9.30am	Coffee Morning in Brampton URC
25th	2.30pm	St George's Church Meeting
29th	2.15pm	Pastorate Service at Bewcastle

Carlisle One World Centre AGM 2018

14th June 7.30m - 9.30pm

An evening to review the achievements of Carlisle One World Centre, Carlisle Refugee Action Group and the Carlisle Fairtrade Group. We will also have presentations on our theme for 2018 - 2019: Climate Change - The Human Impact.

All welcome (Free)

Bridge

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

Sunday 15th July

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

**Peter Day, 30 Naworth Drive
CARLISLE, Cumbria, CA3 0DD**

Telephone: 01228 818392

Email: deeptray@btinternet.com

North Cumbria Pastorate Services

The Knowe Church, Bewcastle

June	3rd	2.15pm	(NM)
July	1st	2.15pm	(NM)
July	29th	2.15pm	Pastorate Service at Bewcastle (NM)
Aug	5th	2.15pm	(NM)

Brampton URC, Main Street, Brampton

June	10th	9.30am	(NM)
June	24th	9.30am	(NM)
July	8th	9.30am	(NM)
July	22nd	9.30am	(NM)
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St George's URC, West Walls, Carlisle

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Aug	5th	10.45am	Tithe Barn join us (Revd Iain Mackenzie)

Carlisle Foodbank Items in Short Supply

Long-life milk (full fat or semi-skimmed)

Tinned Tuna

Pasta Sauces

Cereals

Rice pudding

Custard

Tinned fruit