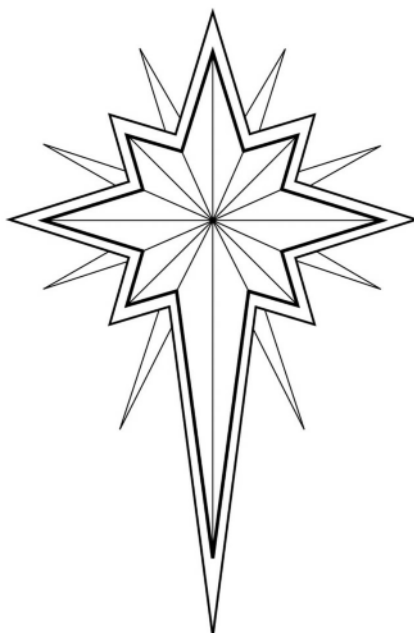


THE CHURCH OF LOW FURNESS NEWSLETTER

ADVENT 2023



NOVEMBER/DECEMBER 2023

Contents:

Church Services	p.2
Deacon's Deliberations	p.3
Church Groups and Events	p.4-6
Advent Course	p.7
Mission and Pioneering	p.8
Webster's Waffle	p.9
Online Links (online/softcopy only)	p.10

Articles / Events / updates for inclusion in the Nov/Dec edition

to the editor Rev. Graham Tate by 11th Dec 23

Email - revdgrahamtate@gmail.com

CHURCH SERVICES

NOVEMBER / DECEMBER

Date	Church	Service	Time
Sunday 5 th Nov	St. Mary & St. Michael, Urswick	Holy Communion	11:00am
Sunday 12 th Nov Remembrance Day	Holy Trinity Church, Bardsea Urswick War Memorial St. Cuthbert's, Aldingham	Holy Communion & AoR Act of Remembrance Sung Evening Prayer (BCP)	10:45am 10:45am 2.30pm
Sunday 19 th Nov	Rampside Village Hall	Holy Communion	11:00am
Sunday 26 th Nov	St. Cuthbert's, Aldingham Holy Trinity Church, Bardsea St. Mary & St. Michael, Urswick	Holy Communion Family Service Healing Service	11:00am 11:00am 6:00pm
Sunday 3 rd Dec	St. Mary & St. Michael, Urswick Stainton Village Hall	Holy Communion Carol Service	11:00am 3:00pm
Sunday 10 th Dec	Holy Trinity Church, Bardsea St. Cuthbert's, Aldingham Rampside Village Hall St. Mary & St. Michael, Urswick	Holy Communion & Baptism Carol Service Carol Service Carols by Candlelight	11:00am 2:30pm 2:30pm 6:00pm
Sunday 17 th Dec	Rampside Village Hall Holy Trinity Church, Bardsea	Holy Communion Carols & Christingle	11:00am 4:00pm
Sunday 24 th Dec	St. Cuthbert's, Aldingham St. Mary & St. Michael, Urswick St. Mary & St. Michael, Urswick	Holy Communion Crib Service Holy Night Communion	11:00am 3:00pm 11:30pm
Monday 25 th Dec	Holy Trinity Church, Bardsea	Holy Communion	10:00am
Sunday 31 st Dec	St. Mary & St. Michael, Urswick	New Year Praise	11:00am

Every Wednesday 10.30am Except 27th Dec

Mid-week Communion service in Urswick Parish Room
Refreshments are served after the service

Morning Prayer

from the Church of Low Furness is posted on our Facebook page every Monday, Tuesday and Thursday at 9:00am when you can join live or watch later.

There will be no Morning Prayer between Christmas and New Year

Resuming 2nd Jan 2024

Healing Service 6:00 pm Sunday 26th Nov 2023

A service of prayer, contemplation, and healing at Urswick Church

Worship at Home

Worship at Home podcast (see links page 9) and supplementary material by email

Deacon's Deliberations

Revd Graham Tate

tel: 07579 798481 email: revdgrahamtate@gmail.com

Deacons Deliberations Advent 23

We're well into Harvest season. Low Furness School had their Harvest Festival early in October and provided over 200 meals for the Foodbank. Well done to all. Our church Harvest is later this week as I Write this and again the Foodbank and Bishop's Harvest Appeal will be supported. Harvest is a time to be thankful for what we have – not just the food on the table but all the blessing we receive throughout the year.

As I write this it's 2 months to Christmas Day. When the Christian world celebrates the birth of Jesus – hailed as the prince of peace. But this coming Christmas there is a very real prospect of the war around Gaza erupting into full scale war in the Holy Land. Not forgetting that war continues in Ukraine, Yemon and the armed conflicts in many other places around the world.

How then are we to celebrate the birth of the Prince of Peace when for much of the world there is war, people suffering oppression and depravation and here in the UK desperation for many as the cost of living continues to rise at a rate we have not seen for decades. For many there will not be much cheer this Christmas.

In late October exceptional rainfall cause havoc across many parts of the UK, leaving a trail of destruction behind that will have destroyed the Christmas plans for those affected.

No doubt there will be much feasting and drinking over the Christmas holidays and plenty of fireworks to usher in the new year. For some if not for all.

In darker moment we can be forgiven for thinking the world is broken and asking where is God? Not a new question just read some of the Psalms. But there is also hope in there too.

Psalms 85 written about 2500 years ago, in my Bible is titled "A Prayer for the Restoration of God's Favour". Verses 8 and 9

*⁸ I will listen to what God the LORD says;
he promises peace to his people, his faithful servants—
but let them not turn to folly.*

*⁹ Surely his salvation is near those who fear him,
that his glory may dwell in our land.*

Perhaps that should be our prayer for this Christmas.

I know it's early but this is the last newsletter for 2023 so :-

Christmas Blessing to you, those you love and those for whom you pray

Graham

COMMUNITY NEWS & GROUPS



URSWICK POST OFFICE OUTREACH – URSWICK PARISH ROOM

Thank you to everyone who has supported the village Post Office and Coffee Morning. We are grateful that this service is now under new PO Outreach management and will continue with a regular service.

Fridays 9.30-11.30am

Knead to Chat?



Please contact Maggie for details of our Bread Therapy sessions.

These take place once a month and are a safe and peaceful space for those who are experiencing isolation, bereavement, stress or any struggle.

A great way to spend a few hours with company, good food (a soup and bread lunch is provided) and some good fun.

Urswick Parish Room

Booking essential Contact Maggie 835606

Donations (£4) please to cover cost of ingredients and heating



LADIES LUNCH GROUP

The Ladies Lunch at Stan Laurel 8th Dec at 12:00 noon

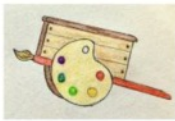
Booking Essential - contact Maggie : tel. 07710254123.

Dietary requirements and menu choice can be submitted as soon as possible please.

Fully Booked

CHURCH GROUPS AND EVENTS

CCArtT



Cumbria Craft & Art Therapy

Cumbria Craft & Art Therapy is open to individuals with any mental health or fellowship need, including those affected by bereavement and loss, stress and anxiety or isolation and loneliness. Meeting and working together, we use a variety of crafts and art to offer a safe space and understanding

1-4pm Thurs 2nd; 16th and 30th Nov 14th Dec at Urswick Parish Room

Contact Lynda 07856107256 for more information and to book a place.



What about a walk in the countryside?

What do you see?

Maybe there's more than meets the eye

Join us on the 4th Sunday of each month

Contact Graham

Revdgrahamtate@gmail.com

Or

07579 798481

Next Meeting 26th Nov 2023

Greenodd Car Park - for details ring Graham

please contact Graham; FB page or website

Mental Health Fellowship Group

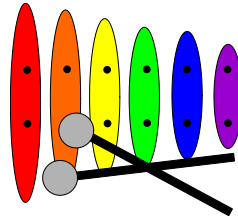
Essential to know who intends to come along **before** the date, please ring Sonjie 07710254123

Meeting in the Urswick Parish room. A time to chat, seek advice, advocacy or help with form filling are all available. This will be a safe space for anyone who attends.

If you feel that this would be beneficial to yourself or someone you know please contact Community Pastor : Sonjie Marshall Tel :07710254123 for further details.

CHURCH GROUPS AND EVENTS

Urswick Toddlers Group



Music and Play for 0-3yrs

Our popular Toddler Group is held on Tuesdays!

9.30-11am

Come and join us for play, snacks, and singing at Urswick Parish Room

Contact Julie Charnley on 07709341047

**Duggie Dug Dug's
Awesome
BUBBLE
Show!**



Booking preferable, but no one is welcome!

Baby area available. Refreshments served.

Saturday 4th November
10 - 11.30am
Ulverston Parish Church
£3 suggested donation / £10 family of 4+

Songs - Puppets - Dancing - Thousands of bubbles!

Doug Horley is passionate about children meeting with Jesus in a real and profound way and having a bunch of fun en route!

For more info or to book, email Hannah@children@ulverstonparishchurch.org



**CAROL
CONCERT**

7:30PM ON WEDNESDAY

13

DECEMBER, 2023

Let's celebrate with Ulverston Town Band,
Homemade Mince Pies & Mulled Wine!
@ Urswick Parish Church

Tickets £10 available at
the door or contact
Rachael 869643
Inez 869400



CHURCH GROUPS AND EVENTS

2023 Advent Course

Every Thurs Starting Thurs 23rd Nov 23

7:30pm Urswick Parish Room

7:00pm for refreshments

For 5 weeks

Contact Rev Graham for details and booklet



Journeying through Advent

with **New Daylight**

MISSION AND PIONEERING



Rev Graham Tate

Email : revdgrahamtate@gmail.com

Mob : 07579 798481

Mission Advent 23

Furness Footsteps

September we met at Swarthmoor Hall. When we arranged the meeting place the café was open. However during the run up to the time of the meeting it had closed again. Not to worry there are many cafes in Ulverston w could go to after the walk. However when we arrived it had all changed again. There was a vintage car rally in the grounds and the café was open for the day. We did manage a walk and there was the added bonus for petrol head Graham of looking over the old cars. A wide range of motors too ranging from a Mk1 Fiesta to a vintage Bentley. We did, a long time ago have a Mk1 Fiesta. And we did have time for coffee and cake after Jim dragged me away from the cars!

October we met at Conishead Priory. With the amount of rain we have had in October the fields and country paths were probably going to be too wet and muddy so as it was low tide on the Sunday morning a walk along the beach seemed the best plan. On the day the weather was really good. Blue sky, sun and virtually no wind. It being low tide we could walk on the sand rather than having to scramble over the rocks. We got as far as Bardsea and the temptation of bacon buns at Chill and Grill were just much so coffee and bacon or sausage buns sat outside in sun. Then a gentle stroll back to the Priory where we had parked. Yes the café at the Priory was open and quite busy – they don't serve bacon buns!

Our next and final walk for 2023 is 26th Nov meeting at Greenodd. In the car park off the dual carriageway going towards Ulverston. If you need now details ring Graham

Low Furness School

The school held their Harvest Festival in church on 4th October. The alter steps were covered in tins, packets of pasta and toiletries. The children in year groups all took part in the service sharing the work they had done in school about harvest and looking after the world. Year 6 lead the prayers.

After the service Alison (one of the Foundation Governors) and I took 2 car loads of offerings to the foodbank in Barrow. The offerings totalled over 200 meals. Well done everyone.

Graham

WEBSTER'S WAFFLE

**Editor. Jim
Page Bank,
Rampside
01229 821561**



One thing you notice when you read about Jesus is that he was compassionate. It's one of the things about him that keeps cropping up. So in Matthew 9 we read, "When he saw the crowds, he had compassion on them, because they were harassed and helpless, like sheep without a shepherd." In Matthew, before the feeding of the five thousand we read, "And Jesus went forth, and saw a great multitude, and was moved with compassion toward them, and he healed their sick." Apparently in the 33 miracles of Jesus, in at least six, it's specifically mentioned that Jesus had compassion on the person he was with. Be they a leper, a widow whose son had died, or a person possessed by demons, it was Jesus's compassion which drove him.

Indeed if you read Paul in his letter to the Colossians, Compassion is one of the things that defines a Christian. "Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience."

This is in chapter 3 of Colossians. It's often overlooked because it follows the bit where Paul tells people to (in the words of the King James) 'Mortify therefore your members which are upon the earth; fornication, uncleanness, inordinate affection, evil concupiscence, and covetousness, which is idolatry.' Admit it, if you've got to preach on Colossians it's far more fun to get stuck in to that, pounding the pulpit and demanding your congregation give up on their fornication and inordinate affection than it is to suggest they might just try being nice to each other. It's the same with the latter half of Chapter 3 of Colossians. This is the bit about keeping order in households and everybody submitting. It allows people to be controversial and be the centre of attention. This means that the important bit, the bit that is really difficulty, that means you have to get out there and put in the effort, they can somehow overlook.

When you look at the list, compassion, kindness, humility, gentleness and patience; compassion is the source of them all. If you have compassion, then kindness, gentleness and patience come more easily. Humility is harder to link to compassion, but look at its opposite, pride. In Proverbs 16 it says, 'Pride goes before destruction, a haughty spirit before a fall.' Or as Jesus said in Luke 14, "For everyone who exalts himself will be humbled, and he who humbles himself will be exalted."

Pride struts and preens, telling the world how important it is. Pride hasn't time to help others, except incidentally if it makes the proud look better. Humility listens. Thus with patience and kindness, gently it can reach out with compassion.

Now it's important to remember that we're talking about compassion, not just sympathy. Somebody once said to me, 'Sympathy sends a card, Compassion turns up in person bringing cake.' I don't know whether this is theologically exact, but compassion isn't compassion unless it does something.

Jim

CHURCH OF LOW FURNESS ONLINE

Date	Church	Service	Time
Every Mon/Tues/Thurs	Facebook Live	Morning Prayer	9:00am
Every Sunday	Worship at Home podcast and supplementary material by email		

ONLINE LINKS AND RESOURCES

The Church of Low Furness is the collective name for the churches serving the parishes of Aldingham, Dendron, Rampside and Urswick with Bardsea, a Church of England united benefice in the Diocese of Carlisle.

Please see our **Church of Low Furness website** for up to date information about our services and news: <http://churchoflowfurness.org.uk/>

Minutes of public domain meetings can be accessed via our website
<http://www.churchoflowfurness.org.uk/meetingminutes.html>

We deliver regular live weekday services and prayer sessions on Facebook. Live on our **Facebook group**, the **Church of Low Furness**:
<https://www.facebook.com/groups/578956609372390/about/>

Worship at Home material is produced every week for Sunday. This can be accessed via the podcasts directly at **Anchor with Spotify**:
<https://anchor.fm/lucie-lunn>

You can find the Common Worship Liturgy we use on the **Church of England website**, along with many other resources including information on weddings, baptisms and funerals:
<https://www.churchofengland.org/prayer-and-worship/join-us-service-daily-prayer>

The **God for All** website has news from churches around the County of Cumbria and many faith resources:

<https://www.godforall.org.uk/>

You can also sign up for a regular news bulletin from Carlisle Diocese:

<https://www.carlisle-diocese.org.uk/news-and-events/>

Urswick Parish Room – Room Hire

Urswick Parish Room is open and taking bookings.

Please do get in touch if the space can support your group or community venture.

The hall includes toilet and full kitchen facilities. Heating by meter. For bookings and enquiries please contact Linda on

armstronglinda680@gmail.com

tel. 07856107256