THE CHURCH OF LOW FURNESS NEWSLETTER

AUTUMN EDITION



SEPTEMBER & OCTOBER 2021

Contents:

Community News	p.2
Church Services	p.3
View from the Vicarage	p.4
Church Groups and events	p.5-6
Mission and Pioneering	p.7
Websters Waffle	p.8
What's On? September	p.9
What's On? October	p.10
Online Links (online/softcopy only)	p.11

COMMUNITY NEWS

Urswick Parish Room – Notice to user groups

Urswick Parish Room is now open, we are now taking bookings and beginning a regular pattern of events. While we have, or will be, contacting previous user groups, please do get in touch if the space can support your group or community venture.

For bookings and enquiries please contact Maggie on tel. 01229 587369



URSWICK POST OFFICE OUTREACH – URSWICK PARISH ROOM

Is in need of the community's help. The service is **not** currently supported enough to sustain the weekly service provided by the Post Office. In order to help, a **Coffee morning will recommence offering refreshments** and hopefully home baking, but this will on a trial period for the month of September.

The first coffee morning will be on Friday 3rd Sept 9.30-11.30 am

PLEASE USE THIS SERVICE OR YOU MAY LOSE IT



LADIES LUNCH GROUP

Finally, after a long wait, the Ladies Lunch will be having lunch together again, this time at

The General Burgoyne on Wednesday 27th October at 12 midday.

For further details or if you would like to come along, please contact Maggie or Sonjie 01229 587369

CHURCH SERVICES – SEPT/OCT 2021

Date	Church	Service	Time
Sunday 5th Sept	St. Mary & St. Michael, Urswick St. Cuthbert's, Aldingham	Holy Communion Evening Prayer (BCP)	10.30am 6pm
Sunday 12th Sept	Holy Trinity Church, Bardsea Urswick Churchyard	Holy Communion Wild Church	10.30am 2.30pm
Sunday 19th Sept	St. Mary & St. Michael, Urswick St. Michael's, Rampside	Service of the Word Holy Communion	10.30am 2.30pm
Sunday 26th Sept	St. Cuthbert's, Aldingham Holy Trinity Church, Bardsea Urswick (See notices in village) St. Mary & St. Michael, Urswick	Holy Communion (BCP) Family Service Rushbearing Healing Service	10.30am 10.30am 1pm 6pm
Sunday 3rd Oct	St. Mary & St. Michael, Urswick Rampside Village Hall Stainton Village Hall	Holy Communion Wild Church HARVEST Service	10.30am 12.30pm 3pm
Sunday 10th Oct	Holy Trinity Church, Bardsea St. Cuthbert's, Aldingham	Holy Communion HARVEST Evening Prayer (BCP)	10.30am 2.30pm
Sunday 17th Oct	St. Mary & St. Michael, Urswick St. Michael's, Rampside	Service of the Word FINAL SERVICE	10.30am 2.30pm
Sunday 24th Oct	St. Cuthbert's, Aldingham Holy Trinity Church, Bardsea	Holy Communion (BCP) Family Service	10.30am 10.30am
Sunday 31st Oct	Rampside Village Hall	Service of the Word	10.30am

Every Wednesday 10.30am

Mid-week Communion service resumes in Urswick Church (not the Parish Room)

Refreshments are served after the service

Note: Masks are still requested to be worn during Church Services

View from the Vicarage

Revd Lucie Lunn

The Vicarage, Great Urswick LA12 0TA

tel: 01229 587200 email: revlucielunn@btinternet.com



Dear Friends,

In recent weeks our Sunday bible readings have been taken from the gospel of John chapter 6 based on one of the 'I Am' sayings of Jesus, "I am the bread of life". It has provided an opportunity to consider how we need nourishment physically, emotionally, and spiritually. We find this in our relationship with Christ and in prayer and practical service.
So, it's exciting to share that a new venture, *Knead to Chat?* starts this month with a taster session (see details below). Kneading bread has been shown to have therapeutic effect and is a good way to switch off and relax. If you or someone you know might benefit from a day learning to bake bread while finding opportunity for sharing, support and fellowship, then do get in touch for a place.
We can all find ways to connect with others, share stories and be nourished; whether by meeting for mid-week communion, coffee mornings, or other community groups, or connecting in prayer and learning. There is plenty on and many ways to come together, even as we continue to find our way cautiously in the 'new normal'.
September is a month when I lead a number of services as Diocesan Chaplain to the Mother's Union, a worldwide organisation which seeks reconciliation and social justice through prayer and practical action and the support of marriage and family life. The MU theme this year is *Rebuilding Hope and Confidence*. I reflect that although that speaks into our personal lives and connections locally and across the world, after a more than a year disrupted by a global and ongoing pandemic, I'm not sure it speaks clearly into, or about, our faith lives. Our hope and confidence are founded on Christ and in in the unchanging nature of God. In Him we can find stability and assurance amid the turbulence of our lives and the world. That is always there, whether we realise it or not, it doesn't need 'rebuilding'.
So, while we take time to connect and reconnect with each other this autumn, remember also to take time to connect with God and find the spiritual nourishment that sustains us and offers hope, confidence and life in all its fullness.

Yours in Christ,
Lucie

Knead to Chat ?



Bread Therapy Sessions

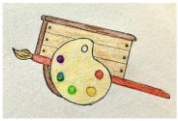
Taster session will be on Monday 13th September in Urswick Parish Room 10 – 2pm

Knead to Chat is a new scheme available to those who are in need of a safe place and understanding. It will be a small group, where you can chat, will be guided to make and bake bread by hand, then share a simple meal together at the end of the session.
There will be no charge, but donations would be appreciated.

If you would like further information about the benefits of bread therapy or to book a place, please contact Maggie 587369 or Ramsay 587200 or Email lowfurnesschurch@gmail.com

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 16/30 September and 14/28 October at Urswick Parish Room

Contact Maggie (587369) or Lucie (t.587200) for more information and to book a place.

God for All

Tread Gently: Outdoor Family Worship

As part of our commitment to the principles of our refreshed Diocesan vision; to Follow Daily, Tread Gently, Care Deeply and Speak Boldly, we are starting a new monthly family service outdoors, exploring God's wonderful creation!

Wild Church!

Our outdoor family services will be held on

Sunday 12th September 2.30pm at Urswick Churchyard
Theme 'I am Unique' with exploring, activities and fun!

Sunday 3rd October 12.30pm at Rampside Village Hall
NOTE EARLIER TIME
Theme 'Picnic and Pilgrimage' including a walk to Roa Island
Bring a picnic lunch and dress for the weather!

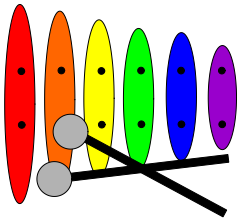
Healing Services

A service of prayer, contemplation, and healing.

Monthly healing services held at Urswick Church on the fourth Sunday of the month at **6pm**

Sunday 26th September & Sunday 24th October

The Children's Gate



Music and Play for 0-3yrs

Our popular Toddler Group is re-opening on Tuesdays!

starting 14th September 9.30-11am

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

+ + + + + + + + _

Post-natal Support Group & Baby Group

Thursdays 10.30am Urswick Parish Room

Support and sharing for parents and carers of little ones 0-18mths

For more information call Lucie Lunn t.01229 587200 or text m.07825241366

Centering Prayer Group

Meets twice monthly in Urswick Parish Room at 1.30pm

Dates for Autumn:

9th & 23rd September

7th & 21st October

For more information contact Ramsay Lunn tel. 587200

Christian Fellowship Reading Group

This Autumn we will be studying the Lord's Prayer using Tom Wright's

The LORD and His PRAYER

as our core text and also incorporating other books and material

Dates to be agreed for this 5 week course running Oct-Nov. If you are interested in joining us please confirm your name to Lucie (t.587200) to be included in planning and further information.

MISSION AND PIONEERING



Graham Tate
Carr Ing
The Crescent
Barrow-in-Furness
01229 833150

Congratulations!

to the Reverend Graham Tate

on the event of his Ordination

on Saturday 4th September

Join us Sunday 5th September 10.30am at Urswick Church for a service of Holy Communion and Celebration

We are delighted that Graham will be serving as Curate in the Furness Mission Community and will continue his work as Pioneer Minister in Low Furness, including leading our popular Fresh Expression of Church:

Furness Footsteps

Which meets next on **Sunday 26th September at 10am**

Meeting at Gleaston Watermill

For further details see our website:
www.churchoflowfurness.org.uk

Webster's Waffle

Editor. Jim
Page Bank,
Rampside
01229 821561



Time moves on. The world changes, and we do things differently. One example is where Jesus says, "No man, having put his hand to the plough, and looking back, is fit for the kingdom of God." We plough differently now. In most of history, from long before Jesus preached, right up until my father learned to plough, the plough moved at walking speed. The horse or oxen would pull it and the ploughman would walk behind. It was hard work, you wrestled the plough through the ground, constantly pushing or pulling on the handles to make sure the furrow stayed the same width and depth. There was no point at all in looking back, you risked spoiling the job.

The ploughman on the tractor, pulling the plough, has to look back. He'll be constantly adjusting lift and bite to make sure each furrow is the same width and depth. But he also has to keep looking forward because you want to stay straight.

But there are other parables Jesus told that would probably happen differently now. Think of the five foolish virgins who never took oil for their lamps. In the parable, they have to go off to find somebody to sell them oil, and by the time they return, the bridegroom has arrived and the door is closed on them. Over the years, I've heard various people preach and some point out that we're supposed to be prepared, whilst others have commented unfavourably about the five wise virgins who wouldn't share their oil. A great deal of theological controversy can be avoided if the parable is brought into the twenty-first century. Here the foolish virgins just get on their phones to Mum and Dad and then sit there painting their nails whilst their parents rush round getting the oil to them.

But scripture is 'the living word'. The text stays the same, but it speaks to each generation, meeting them where they are. Yet the message imparted to each generation remains the same. 'Love your neighbour as yourself' hasn't changed. And the Church does the same. Our normal Sunday service looks nothing like what the Church did 1,900 years ago, or a thousand years ago, or even two centuries ago. But the Church hasn't changed. The Church is still the bride of Christ. The Church still has to reach out to help people find Jesus. The Church has always changed whilst remaining the same at heart.

There is still a role for small groups of predominantly older people meeting in a draughty building on a Sunday morning. It's to pray for those who are out in the world doing their best to build the church. That's where we want people now. If a priest appears in church, it should be to reassure a stalwart group of prayer warriors that they're appreciated, and to update them on the works that their prayers are supporting.

WHAT'S ON - SEPTEMBER

DATE	TIME	EVENT
Weds 1st Sept	10.30am	Mid-week Communion (Celtic) and coffee Urswick Church
Thurs 2nd Sept	10-11.30am	The Children's Gate – Baby Group Urswick Parish Room (UPR)
Thurs 2nd Sept	1-4pm	Cumbria Craft and Art Therapy Group (CCArtT) UPR
Fri 3rd Sept	9.30-11.30am	Post Office and Coffee Morning UPR
Tues 7th Sept	10-11.30am	Community Coffee Morning Rampside Village Hall
Weds 8th Sept	10.30am	Mid-week Communion and coffee Urswick Church
Thurs 9th Sept	10-11.30am	The Children's Gate: Baby Group UPR
Thurs 9th Sept	1.30pm	Centering Prayer Group UPR
Fri 10th Sept	9.30-11.30am	Post Office and Coffee Morning UPR
Sun 12th Sept	2.30pm	Wild Church Urswick Churchyard
Mon 13th Sept	10am- 2pm	Knead to Chat? Taster session UPR (please book p.4)
Mon 13th Sept	12midday	Stainton Friendship Lunch Stainton Village Hall (please book)
Tues 14th Sept	9.30-11am	The Children's Gate: Toddler Group UPR
Tues 14th Sept	10-11.30am	Community Coffee Morning Rampside Village Hall
Thurs 16th Sept	10-11.30am	The Children's Gate: Baby Group UPR
Thurs 16th Sept	1-4pm	Cumbria Craft and Art Therapy Group (CCArtT) UPR
Fri 17th Sept	9.30-11.30am	Post Office and Coffee Morning UPR
Sun 19th Sept	10.30am	Sunday worship with Anna Chaplaincy Commissioning - Urswick
Tues 21st Sept	9.30-11am	The Children's Gate: Toddler Group UPR
Tues 21st Sept	10-11.30am	Community Coffee Morning Rampside Village Hall
Thurs 23rd Sept	10-11.30am	The Children's Gate: Baby Group UPR
Thurs 23rd Sept	1.30pm	Centering Prayer Group UPR
Fri 24th Sept	9.30-11.30am	Post Office and Coffee Morning UPR
Sun 26th Sept	10am	Furness Footsteps – see p.7 for details
Sun 26th Sept	1pm	Urswick Rushbearing – separate notices to follow
Tues 28th Sept	9.30-11am	The Children's Gate: Toddler Group UPR
Tues 28th Sept	10-11.30am	Community Coffee Morning Rampside Village Hall
Thurs 30th Sept	10-11.30am	The Children's Gate: Baby Group UPR
Thurs 30th Sept	1-4pm	Cumbria Craft and Art Therapy Group (CCArtT) UPR

This WHAT'S ON? page has been designed as an easy reference to local community and church events. If you would like us to include any events in the villages, school and communities of the Low Furness area, please get in touch with details (date/time/description including venue) at churchoflowfurness@gmail.com

What's on – October

Fri 1st Oct TBC	9.30-11.30am	Post Office and Coffee Morning UPR (subsequent weeks also TBC)
Sun 3rd Oct	12.30pm	Wild Church – Picnic and Pilgrimage RVH (see notice p.5)
Sun 3rd Oct	3pm	Stainton Harvest Service Stainton Village Hall
Tues 5th Oct	9.30-11am	The Children's Gate: Toddler Group UPR
Tues 5th Oct	10-11.30am	Community Coffee Morning Rampside Village Hall
Thurs 7th Oct	10-11.30am	The Children's Gate: Baby Group UPR
Thurs 7th Oct	1.30pm	Centering Prayer Group UPR
Tues 12th Oct	9.30-11am	The Children's Gate: Toddler Group UPR
Tues 12th Oct	10-11.30am	Community Coffee Morning Rampside Village Hall
Thurs 14th Oct	10-11.30am	The Children's Gate: Baby Group UPR
Thurs 14th Oct	1-4pm	Cumbria Craft and Art Therapy Group (CCArtT) UPR
Sunday 17th Oct	2.30pm	St. Michael's Church, Rampside Final Service in Church
Tues 19th Oct	9.30-11am	The Children's Gate: Toddler Group UPR
Tues 19th Oct	10-11.30am	Community Coffee Morning Rampside Village Hall
Thurs 21st Oct	10-11.30am	The Children's Gate: Baby Group UPR
Thurs 21st Oct	1.30pm	Centering Prayer Group UPR
Sun 24th Oct	10am	Furness Footsteps – see website for details
Tues 26th Oct	n/a	NO TODDLER GROUP - HALF TERM HOLIDAY
Weds 27th Oct	10.30am	Mid-week Communion and coffee Urswick Church
Thurs 28th Oct	n/a	NO BABY GROUP – HALF TERM HOLIDAY
Thurs 28th Oct	1-4pm	Cumbria Craft and Art Therapy Group (CCArtT) UPR

This What's on? page has been designed as an easy reference to local community and church events. If you would like us to include any events in the villages, school and communities of the Low Furness area, please get in touch with details (date/time/description including venue) at churchoflowfurness@gmail.com

Church of Low Furness Online

Date	Church	Service	Time
Every Mon/Tue/Thur	Facebook Live	Morning Prayer	9am
Every Thursday	Online Prayer and meditation (see details on Facebook of podcasts and FB Live)	Centering Prayer Meditation/Lectio Divina	10am
Every Saturday	Request Zoom link to join the in person service at Urswick Church	Compline	8pm
Every Sunday	Worship at Home podcast and supplementary material by email		
Facebook Live services are also uploaded to our YouTube Channel, details are below. We will be continuing all our current online and email service provision for the foreseeable future for those remaining at home. If you need and further information of help in accessing this provision please get in touch.			

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.

Working as part of the ecumenical county of Cumbria, we are also part of the developing Furness Mission Community and Churches Together in Cumbria.

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

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/

Additionally, these are uploaded to our **YouTube Channel**:
https://www.youtube.com/channel/UCEiGPcDStf4AQE4E_wKV-Kg/videos

Worship at Home material is produced every week for Sunday. This is available via our Facebook group posts, or you can access 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 new bulletin from Carlisle Diocese:
https://www.carlislediocese.org.uk/news-and-events/