THE CHURCH OF LOW FURNESS NEWSLETTER

EARLY SUMMER 2025



MAY / JUNE 2025

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Articles / Events / updates for inclusion in the July / August edition

to the editor Rev. Graham Tate by 21st June 2025

Email - revdgrahamtate@gmail.com

CHURCH SERVICES –

MAY – JUNE 2025

Date	Church	Service	Time
Sunday 4th May 2025	St. Mary & St. Michael, Urswick	Holy Communion	11:00am
Sunday 11th May 2025	Holy Trinity Church, Bardsea St. Cuthbert's, Aldingham	Holy Communion Sung Evening Prayer (BCP)	11:00am 2.30pm
Sunday 18th May 2025	Rampside Village Hall	Holy Communion	11:00am
Sunday 25th May 2025	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 1st June 2025	St. Mary & St. Michael, Urswick	Holy Communion	11:00am
Sunday 8th June 2025 - Pentecost	Holy Trinity Church, Bardsea St. Cuthbert's, Aldingham	Holy Communion Evening Prayer	11:00am 2:30pm
Sunday 15th June 2025	Rampside Village Hall	Holy Communion	11:00am
Sunday 22nd June 2025	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 29th June 2025	Rampside Village Hall	Summer Praise	11:00am
Sunday 6th July 2026	St. Mary & St. Michael, Urswick	Holy Communion	11:00am

Every Wednesday 10.30am
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.

Healing Service 6:00 pm Sunday 25th May & 22nd June 2025

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

Deacon's Deliberations

Saturday 26th May was Pope Francis' funeral in Rome.
There was the gathering of great and powerful at the ceremony with all the pageantry that's traditional on these occasions. But there were many differences too – all specified by Francis himself to reflect his life. Reflect for a few minutes on late Pope's life and what we may take from his example.

When cardinal Jorge Mario Bergoglio was elected Pope he chose Francis as his Papal name in honour of St Francis of Assisi. The mediaeval saint famed for his love of the environment in particular all of God's creatures with who we share this world.
That very much reflects Francis own spirituality. He was the first Jesuit to be elected as Pope.
The Jesuits founded in 1534 by St. Ignatius and known for their missionary work, commitment to education, and focus on "finding God in all things".

His life is well documented – all you have to do is turn to Google.
That will tells us that Francis chose to live in a simple guesthouse rather than the Papal apartment of the Apostolic Palace used by previous popes. In addition, due to both his Jesuit and Ignatian aesthetic, he was known for favouring simpler vestments void of ornamentation, including refusing the traditional papal mozzetta cape upon his election, choosing silver instead of gold for his piscatory ring, and keeping the same pectoral cross he had as cardinal.

A man who despite being elected to the highest office in the Catholic church deliberately remained true to his Jesuit roots. A Pope who lived a life of humanity and humility showing he cared for the disadvantaged by spending time with them. Who does that remind us of.
Sometimes we look at church leaders and only see the trappings of office – occasionally we may see glimpses of the servant leadership that Jesus taught. Not so with Francis – with him we saw the humility and humanity of a servant leader all the time.

In this complex world we could look to Francis' leadership to guide us through the many moral issues that face us in this ever-changing world. Francis spoke truth to power – just as Jesus did 2000 years ago. Something this world desperately needs as the powerful seem to think that what they want is the truth – despite mounting evidence to the contrary.
Maintaining that moral compass in the storms of a complex world does mean challenging powerful self-interested groups.

But as Jesus said :
"*Whoever wants to be my disciple must deny themselves and **take up** their **cross** daily and follow me"*
Luke 9:23
That's what Francis did living as simply as his role allowed, following Jesus teachings, staying true to his roots and Christian faith.

An example to the self-interested powerful, that even in high office a person can act with humanity and humility and still hold the respect of all.

Rest in Peace Francis

COMMUNITY NEWS & GROUPS

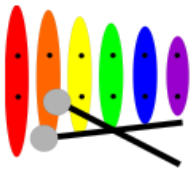
URSWICK POST OFFICE OUTREACH – URSWICK PARISH ROOM

Thank you to everyone who has supported the village Post Office and Coffee Morning. We are grateful for this service which is being used and hopefully will continue with a regular service.

Fridays 9.30-11.30am

Throughout the year the coffee morning offers a **warm friendly space** for fellowship and refreshments

Urswick Toddlers Group



Music and Play for 0-3yrs

Our popular Toddler Group is held on Tuesdays!

9:30 - 11:30

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

Contact Julie Charnley on 07709341047

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

CHURCH GROUPS AND EVENTS

Plant Sale



Come for coffee / cake and go home with some plants

10:00 - 2::00 Monday 5th May 2025

Urswick Women's Institute
Empowered Women
Together



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

Fortnightly 1-4pm Thurs at Urswick Parish Room

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

FURNESS FOOTSTEPS
Stepping Beyond the View

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 mob : 07579 798481

Next Meeting 10:00am May 25th at Abbey Amphitheatre carpark

please contact Graham; FB page or website



LADIES LUNCH GROUP

The Ladies Lunch

contact Maggie for details

Booking Essential - contact Maggie : tel. 0 7592 312015

Churchyard maintenance

Summer is approaching , when we see new growth and an increase in costs that the churches will incur in maintaining the churchyards.

Any one who would like to make a contribution to the churchyard fund can leave a donation at the church.

All contributions are greatly appreciated.

Webster's Waffle

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I'm not sure why, but I nearly missed Easter. We had a good Lent Course that was well attended with some fascinating discussion. But then I got ridiculously busy.

Yes, spring can be busy, ideally grass is growing and we're starting to turn cattle out and there's all that sort of work to do. But I was also dragged into other stuff. I do a bit for FCN or the Farming Community Network. And this got busy as well.

I was asked to help somebody having problems with one inspectorate. Now the problem was, the farmer had made mistakes. So there would be penalties. But the inspectorate did want things to be proportionate, so they tried to contact him.

Now then, we have the issue of stress. Now the standard reactions to stress are, 'Fight, flight, freeze, and fawn.' Fight means the person retaliates, rarely with violence, but they can get rude and swear at you. Flight when you're dealing with farmers doesn't mean they run away. It tends to mean they cannot cope with the situation and stop answering emails and phone calls, instead they throw themselves into work outside. They'll put in ridiculous hours even by farming standards. Freeze means the person is trapped 'like a rabbit in the headlights.' They struggle to do anything trapped by worry about what is stressing them out. Fawn is where the person just says anything, promises anything, just to get the person out of the yard.

Anyway the person I was trying to help had dropped into flight mode. The inspectorate couldn't help because they couldn't reach the person. But then the farmer finally decided something had to be done, and contacted FCN. When I contacted the inspectorate they were great. They talked to the farmer and worked out what money he had coming from them, and what money he had to pay back, and scheduled the repayments over a sensible period so he wasn't left destitute. The inspectorate has a policy of not merely working with FCN, but of recommending farmers approach FCN.

Then I had to step in to help somebody who was getting repeated visits from a different inspectorate. Because of the stress the farmer 'froze.' He just about kept going with routine, but so much of his time was taken up worrying about the problem he couldn't solve it. Now this inspectorate has a policy of not mentioning FCN to farmers and certainly not referring farmers to FCN.

So in this case inspectors were making repeated visits, could see they were doing no good, were getting more and more frustrated and irritated, and were starting to see that they were part of the problem.

So what has to happen? Somebody with some clout has to quietly ensure that that inspectorate steps back and makes space for a volunteer to just go in and quietly help the farmer solve the problems, one by one. And each success, each little victory, means the farmer 'unfreezes' a bit. The stress starts reducing and he is once more back on a more even keel.

Now you might ask, where's the biblical link to this? Well Paul in Romans 7 says "For I have the desire to do what is good, but I cannot carry it out. For I do not do the good I want to do, but the evil I do not want to do—this I keep on doing."

The increasingly frustrated inspectorate brought this point home to me. We can be trapped, by unwritten conventions, by organisational habits, into making things worse, with the best of intentions. It is a trap that it's possible to break out of, but the first thing is to realise what is happening. It's not a deeply spiritual solution, but it is a solution.

CHURCH OF LOW FURNESS ONLINE

Date	Platform	Service	Time
Every Mon/Tues/Thurs	Facebook Live	Morning Prayer	9:00am

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 pubic 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/

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.carlislediocese.org.uk/news-and-events/

Contacts

Rev Graham Tate : revdgrahamtate@gmail.com

Rev Martin Williams : sweccsuper@outlook.com

Urswick Parish Room booking : Mrs L Armstrong : armstronglinda680@gmail.com

Safeguarding : Mrs L Armstrong : safeguarding@churchoflowfurness.org.uk