THE CHURCH OF LOW FURNESS NEWSLETTER

JULY / AUGUST



SUMMER 2022

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Articles / Events / updates for inclusion in the Sept / Oct edition

to the editor Rev. Graham Tate by 22nd August

Email - revdgrahamtate@gmail.com

COMMUNITY NEWS

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 (t. 01229 587369) 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.

Kneed to Chat : Monday 10:00am to 2:00pm

Mon 11th July & 1st Aug



LADIES LUNCH GROUP

The next Ladies Lunch will be held at

Stan Laurel Ulverston 12:00 noon 3rd August

Do come and join this friendly group. **Please Book with Maggie t. 01229 587369.** Dietary requirements and menu choice can be submitted as soon as possible please.

CHURCH SERVICES – JULY / AUGUST 2022

Date	Church	Service	Time
Sunday 3rd July	St. Mary & St. Michael, Urswick	Holy Communion	10.30am
Sunday 10th July	Holy Trinity Church, Bardsea Rampside Village Hall	Holy Communion Service of the Word	10.30am 2.30pm
Sunday 17th July	St. Mary & St. Michael, Urswick Rampside Village Hall	Holy Communion (spoken) Holy Communion	8:00am 10.30am
Sunday 24th July	St. Cuthbert's, Aldingham Holy Trinity Church, Bardsea St. Mary & St. Michael, Urswick	Holy Communion (BCP) Family Service Healing Service	10.30am 10.30am 6:00pm
Sunday 31st July	Holy Trinity Church Bardsea	Holy Communion	10:30am
Sunday 7th Aug	St. Mary & St. Michael, Urswick	Holy Communion by Extension	10.30am
Sunday 14th Aug	Holy Trinity Church, Bardsea Rampside Village Hall St. Cuthbert's, Aldingham	Service of the Word Service of the Word Sung Evening Prayer (BCP)	10.30am 2.30pm 6.30pm
Sunday 21st Aug	Rampside Village Hall	Holy Communion	10.30am
Sunday 28th Aug	Holy Trinity Church, Bardsea St. Cuthbert's, Aldingham St. Mary & St. Michael, Urswick	Holy Communion Sea Sunday Healing Service	10.30am 2.30pm 6pm

Every Wednesday 10.30am
Mid-week Communion service in Urswick Church (not the 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.

Evening Prayer - Compline

Every Saturday Evening at St Mary & St Michael's Urswick at 7pm

Healing Service Sunday 24th July & 28th Aug at 6pm

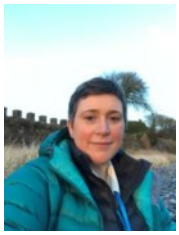
A service of prayer, contemplation, and healing at Urswick Church

Worship at Home

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

View from the Vicarage

Revd Lucie Lunn
The Vicarage, Great Urswick LA12 0TA
tel: 01229 587200 email: revlucielunn@btinternet.com

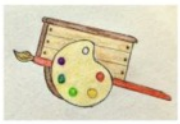


Changing Gear

Dear Friends,
I recently changed my car and was fortunate to be able to get an electric hybrid vehicle to reduce the fuel consumption and environmental impact of the many miles I drive. Being an automatic, my first ever after over thirty years of driving, I've had to learn new a new skill, or at least unlearn the need to change gears! Reflecting on this, and my ever-increasing need for my holiday break in a few weeks' time, I realise we all need to know how to 'change gear' in life, from busyness to still for example, as I plan to do in August when my leave begins. It's not as easy as we sometimes I expect, I know I'm not alone in finding that it takes me a week of holiday just to relax, and so if we don't take enough time off we can be heading back to work before we've felt the benefit of a break. I also know of retired folk who find it difficult to take a break because they feel as if the message of retirement is its meant to be 'one long holiday' that, somehow, has become one long working holiday. Can you justify taking holidays?
Changing gear is not easy, going from work to rest, or stepping back up to busyness after rest or illness, can be daunting. Yet it is an important part of faith practice to take 'sabbath rest' and to work. We see this in Jesus' own ministry in many accounts in the Gospels when Jesus, after speaking with crowds, teaching and healing, goes off to a quiet place to pray.
Back to my new car, what I've noticed most is the need to trust it to change the gears at the appropriate moment, I have to be led by the engine rather than telling it what to do. That, perhaps, might provide us with an analogy for our trust in God to help us know when, and how, to change gear. Having trouble relaxing ion that first week of holiday? Pray. Anxious about returning to work after a period off? Pray.
God Knows our needs and understands our concerns, we can lean on His strength to help us change gear when we need to.
Whatever the summer period brings for you these next moths, may you be blessed and safe.
Yours in Christ,
Lucie
(with apologies to the mechanically minded who find my analogy here doesn't work at all and only evidences how little I know about engines!)

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 7th & 21st July ; 4th & 18th Aug
at Urswick Parish Room

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

God for All

Follow Daily: 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, our monthly family service outdoors,

Wild Church!

Wild Church will join with Teddy Bears Picnic

10th July at 12:30pm at Low Furness School

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

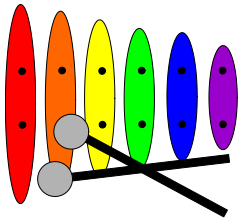
Or

07579 798481

July 24th meeting at Bardsea Leisure Park car park

Aug 28th meeting at TBD - contact Graham

The Children's Gate



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

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Post-natal Support Group & Baby Group

Term Time Thursdays 10.30 -11:30am Urswick Parish Room

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

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

Urswick Parish Room – Room Hire

Urswick Parish Room is open and taking bookings. While we have been contacting previous user groups, 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 Maggie on tel. 01229 587369

Jubilee Flower Festival

Over the Platinum Jubilee holiday St Mary & St Michael's church in Urswick held a celebration flower festival in the church. Alongside the many floral art arrangements were some memorabilia from the Queen's coronation and reign.








Many Thanks to all those who decorated the church, loaned memorabilia, came to visit and donated to the cost

Forthcoming Events



Teddy Bears Picnic

Sunday July 10th at 12:30pm at Low Furness School

Bring a picnic and your family

Games; activities and jelly & ice cream provided

International Sea Sunday

A celebration of all things nautical at Aldingham Church at 2:30pm Sunday 28th Aug

Followed by Refreshments and Strawberry Tea

Mental Health Fellowship Group

We are planning a new Mental Health Fellowship Group 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 : 01229587369 for further details.

MISSION AND PIONEERING



Rev Graham Tate

Email : revdgrahamtate@gmail.com

Mob : 07579 798481

Furness Footsteps May walk saw 8 of us meeting on Birkrigg and following the 'Cherry Tree Walk'. So named because at the right time of year the cherry trees in the woods are in bloom. We missed that spectacle though. May be Next Year! For once we didn't' finish at a local watering hole. Instead we stopped at Cumbrian Cow for ice cream or coffee. It was ice cream for me. We do seem to be blessed with a goodly number of really good ice cream outlets in Furness.

Wild Church later that day really was wild. Also on Birkrigg – one of those British summer days that felt more like late winter than summer. Have you ever tried playing snow ball fights (with spouge balls) in the wind? Well it was advertised as 'Wild Church'.

Furness Footsteps June walk started at Gleaston café and headed of round the back of the hill that is front of the café. The path clearly marked on the OS map and the stiles are there, but like many of our local paths the foliage, especially the brambles have encroached on the path slowing progress. But we persevered and soon got in the clear fields and back to the café where we met up with some more of our friends for coffee and lunch.

I'll share this with you – Kath posted it on the church Facebook page in late June and the words resonate with my personal spirituality, and that behind Furness Footsteps. Do explore the link to the video.

Look at the world. Everything all around us
Look at the world. And marvel every day
Look at the world. So many joys and wonders
So many miracles. Along our way

Look at the earth, Bringing forth fruit and flowers
Look at the sky. The sunshine and the rain
Look at the hills. Look at the trees and mountains
Valley and flowing river. Field and plain

Think of the spring. Think of the warmth of summer
Bringing the harvest. Before the winter's cold
Everything grows. Everything has a season
Till it is gathered to the fathers fold

Every good gift. All that we need and cherish
Comes from the Lord. In token of his love
We are his hands. Stewards of all his bounty
His is the earth and his the heavens above

Praise to the O Lord for all creation
Give us thankful hearts that we may see
All the gifts we share and every blessing
All things come of thee
John Rutter - Listen to it sung at : https://www.youtube.com/watch?v=T4k8oVf9v78

God bless
Graham

Webster's Waffle

Editor. Jim
Page Bank,
Rampside
01229 821561



I remember reading that on the floor of one church there is a gravestone with the inscription "Here lie I at the Chancel door. Here lie I because I'm poor. The further in, the more you pay, Yet here lie I, as warm as they."

Obviously I don't know if the inscription does exist, but given the long and somewhat disreputable history of the Church of England, it's entirely possible. We will have had clergy who would have approved of such an inscription. Indeed, it can be difficult for the church to be disreputable enough, considering that we follow somebody who ate and drank with prostitutes and tax collectors.

I suppose the easy way of bringing the church into disrepute would be to pander to those who consider themselves a cut about the rest, to be better than others. As Paul himself said, "There is no longer Jew or Greek, there is no longer slave or free, there is no longer male and female; for all of you are one in Christ Jesus."

A lot of people have trouble coping with this. They seem to struggle with the fact that, in reality, they're not innately superior. As the chap in the paper shop commented this morning, "They may have more money, but they're not better people, they just have more money."

Or like another friend of mine commented yesterday, "I hate those people who suck up to me, but treat my staff like dirt."

I was at a gathering of Christians a week or two back now. One lady gave a talk, a good talk, which opened up some of the issues she had had to deal with in recent times. It was inspired, it allowed so many other people to tell their stories and see their problems in perspective. As one person commented afterward, "Aren't we a broken bunch, and haven't we grown because of it."

It's a fair point. When you know to the core of your being that you are not 'holier than thou', you struggle to adopt a holier than thou attitude without just adding hypocrisy to the problems you struggle with. As another friend of mine once said, "I decided to stay honest, I haven't got a good enough memory to invent the perfect past for myself."

But surely, if a church is worth anything, this is getting to the core of why it exists. The church isn't about your past. That's done. "The Moving Finger writes; and, having writ, Moves on: nor all thy Piety nor Wit, Shall lure it back to cancel half a Line, Nor all thy Tears wash out a Word ..."

The church is about your future. And it's Christ, not your bank balance that determines that.

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.

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/