THE CHURCH OF LOW FURNESS NEWSLETTER

AUTUMN 2023



Harvest Praise 29th Oct at 11:00am

Holy Trinity Bardsea

See page 5

SEPTEMBER / OCTOBER 2023

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

to the editor Rev. Graham Tate by 20th October 23

Email - revdgrahamtate@gmail.com

CHURCH SERVICES – SEPT – OCT 23

Date	Church	Service	Time
Sunday 3rd Sept	St. Mary & St. Michael, Urswick	Holy Communion	11:00am
Sunday 10th Sept	Holy Trinity Church, Bardsea St. Cuthbert's, Aldingham	Holy Communion Sung Evening Prayer (BCP)	11:00am 6.30pm
Sunday 17th Sept	Rampside Village Hall	Holy Communion	11:00am
Sunday 24th Sept	St. Cuthbert's, Aldingham Holy Trinity Church, Bardsea St. Mary & St. Michael, Urswick	Harvest Communion Family Service Healing Service	11:00am 11:00am 6:00pm
Sunday 1st Oct	St. Mary & St. Michael, Urswick Stainton Village Hall	Holy Communion Harvest Festival	11:00am 3:00pm
Sunday 8th Oct	Holy Trinity Church, Bardsea St. Cuthbert's, Aldingham	Holy Communion Sung Evening Prayer (BCP)	11:00am 2.30pm
Sunday 15th Oct	Rampside Village Hall	Holy Communion	11:00am
Sunday 22nd Oct	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 Oct	Holy Trinity Church, Bardsea	Harvest Festival & Baptism	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 24th Sept and 22nd Oct 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

Firstly a snippet of news. We got an email from the Diocesan property department recently to say they had secured a tenant for Urswick vicarage and expect them to be moving in "shortly". So if there is activity around the vicarage in the coming weeks it's not that we have a new vicar – unfortunately. That is still some way off. But at least the Diocese is retaining the vicarage (the only one in Low Furness) so there will be a residence should we get a vicar in the future.

As we move into meteorological autumn I'm still wondering what happened to summer – or was that in May June. We also look at the start of a new academic year. September can be a month of change for many. Students changing classes and in some cases schools or moving on to collage or university, even starting work for the first time. Quite often it's those life events that mark the passing of time. We'll each have our own 'life events' that mark our own journey and those of our friends and families. Some happy and some sad.

For this year the school holidays are over, for those not tied to the school holidays there are a few weeks for some holiday time as we watch the harvest being gathered in before winter really sets in.

It's also the time we start to realise that Christmas is creeping up. Time to start planning the Harvest and Christmas services and Advent reflections.

It's also the time of year when the community in general becomes more engaged with the church. All the traditional services around harvest, remembrance, the carol services and Christmas in general are the only occasions when some in our communities attend a church service. And that's why we will try and maintain these traditional services.

The harvest festival services give us the opportunity to support the Food Bank and Bishop's Harvest appeal. We're already seeing in the media that food banks stocks are running low as a result of increased demand during the school holidays. And the forthcoming winter is likely to be even harder than last for many. Harvest is not only a time of thanksgiving for God's provision but a time for sharing that provision.

Mattthew 25

37 *"Then the righteous will answer him, 'Lord, when did we see you hungry and feed you, or thirsty and give you something to drink?* ***38*** *……..*

40 *"The King will reply, 'Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me.'*

God bless
Graham

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 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 7th Sept at 12:00 noon

Booking Essential - contact Maggie : tel. 07710254123.

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

Booking is Essential as are places limited

The Low Furness Group of Churches
presents

Harvest Praise Worship

on
Sunday, October 29th at 11 a.m.
at
At Holy Trinity Church Bardsea.

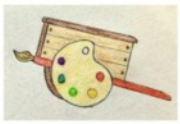
Harvest offerings will be graciously received and can be placed, decoratively, in the church the day before or brought to the Service.



Hymn requests can be made by completion of the slips which are available in the churches and should be returned by Sunday 22nd.

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 14th & 28th September and 5th & 19th October at Urswick Parish Room

Contact Lynda 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

07579 798481

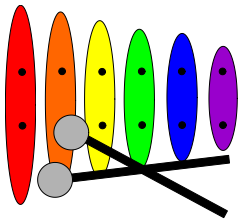
Next Meeting

Swarthmoor Hall on 24th Sept at 10:00am

please contact Graham; FB page or website

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

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.

MISSION AND PIONEERING



Rev Graham Tate

Email : revdgrahamtate@gmail.com

Mob : 07579 798481

Furness Footsteps

For our July Walk we met at the 'Chill & Grill' on Bardsea beach. On only a few occasions have we been rained off completely! The last one was from Bardsea beach too a couple of years ago. Although to be fair to Bardsea we have managed a few good walks in fine weather from there too.

A few of our band did meet but we were faced with a choice - get very wet or adjourn to an indoor coffee shop. Unanimous vote for the latter! So off we went to Flours cafe at Gleaston Water Mill. I have to admit that that is becoming one of out favourite haunts. Good coffee, good cakes with the option of lunch too if we stay long enough. Food and fellowship one of the staples of the early church that is still relevant today.

August's meeting happened without me. I had a prior engagement over the other side of the Pennines. But the weather was OK so Fiona aided by JJ (her little dog) led the walk. So thanks to Fiona and JJ. I'm assuming they availed themselves of the refreshment facilities at the Priory after. It would be a first if they hadn't!

Our next meeting will be at Swarthmoor Hall now the cafe has reopened. It will be the first time from there, but it is on the Cistercian Way that wends its way through Furness. We have walked several parts of the route before, but this will be new. I'll need to do a recce to try out the coffee and cakes!

Mission

We're heading into the churches busy season with harvest, remembrance, carol services and Christmas on the horizon. It's the only occasion when some in the community engage with the church so it's important that we provide those services and make people welcome. You can already see the Harvest Festival services in the service schedule on page 2.

Webster's Waffle



I remember a comment from an old chap, when I was in my twenties. "You're a long time dead, do it then." What he meant by this was that the job I was contemplating wasn't a priority. In fact in his eyes it was pretty much a waste of time.

The problem is that we can drift into being busy. People create jobs for themselves. Indeed after a while you get the feeling that civilisation is in danger of collapse if this or that job isn't done immediately. Yet if you stop and look at the particular task, just how important is it? Is it important because it needs to be done, or is it important because, by doing it, it gives your life a sense of purpose?

There is one observation on life which always struck me as wise, "No one is going to stand up at your funeral and say, "She had a really expensive couch and great shoes." When you go are they going to panic at your funeral about who is going to do this or that job. Indeed if you didn't do it, would anybody else? If they didn't would it matter? I know one person who was reputedly replaced by turning a small bookcase at 90 degrees to its original position with a note telling the congregation to put their own hymn books away.

At the moment we're running without a vicar. It's all hands to the pumps, with Martin covering most of the services, Graham acting as almost a vicar, and others working their socks off to keep the show on the road. What we're doing now is possible because we are having one 'vicar led' service a week in each church. On top of that there are some lay led services scattered about as well. Now if you look around the congregation at our 'main' Sunday service, we're getting over twenty in most of them. Indeed in Rampside we got twenty even with the Ladies football match as competition. But if you look at these congregations, they are very much benefice congregations. People from all our churches. This makes for a good service, with people chatting over coffee and feeling part of a community.

But if we get a new incumbent, even if they have time to do it, could we go back to having three or four services a Sunday. All we would do is split our benefice service up and be left with an isolated scatter of small congregations that wouldn't be viable. Indeed worse than that, they could be dispiritingly small. I think Colin, and then Alex, and then finally Lucie, have put us on the only path which will give us any hope of growing and moving forward.

And if anybody has looked at what they're doing and wondered if it is worthwhile, all they have to do is ask, "is it growing the church? Is it building up the people of God?" Because that's the job that really matters.

We have to keep a sense of perspective. There's the joke about the Pope, sitting in his office in the Vatican when a cardinal runs in. "Holy Father, Christ has come again. He's down in St Peter's Square. He's healing the sick, raising the dead, the blind can see. What do we do?"
The Pope just looked at him. "Look Busy."

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 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/

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.carlislediocese.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