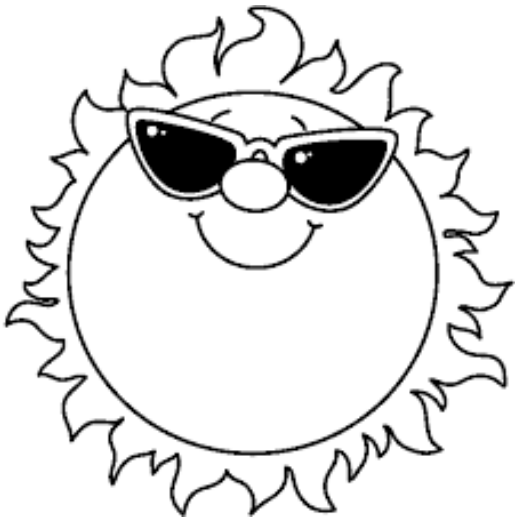
THE CHURCH OF LOW FURNESS NEWSLETTER

SUMMER 2023



JULY / AUGUST 2023

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

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

Email - revdgrahamtate@gmail.com

Church Services – July – August 2023

Date	Church	Service	Time
Sunday 2nd July	St. Mary & St. Michael, Urswick	Holy Communion	11:00am
Sunday 9th July	Holy Trinity Church, Bardsea St. Cuthbert's, Aldingham	Holy Communion Sung Evening Prayer (BCP)	11:00am 6.30pm
Sunday 16th July	Rampside Village Hall	Holy Communion	11:00am
Sunday 23rd July	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 30th July	Rampside Village Hall	Songs of Praise	11:00am
Sunday 6th Aug	St. Mary & St. Michael, Urswick	Holy Communion	11:00am
Sunday 13th Aug	Holy Trinity Church, Bardsea St. Cuthbert's, Aldingham	Holy Communion Sung Evening Prayer (BCP)	11:00am 6.30pm
Sunday 20th Aug	Rampside Village Hall	Holy Communion	11:00am
Sunday 27th Aug	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

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 23rd July and 27th Aug 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

"Where do we go to meet God?"
A first reaction is probably "to church". Church being that big building with the spire or tower that is sited in a prominent position in the village or town. Well, I do hope we can meet God there.
But an alternative question might be "Where might we encounter God?"
A couple of things in the last week have prompted a train of thought. One was a post on Facebook group (British Celtic Christian group) the other a conversation when I was lamenting the difficult situations we face. During that conversation my friend asked "And where is God in all this?"
As individuals and a society – both nationally and internationally we are in uncharted territory. And indeed we have been for the last few years with the Corvid pandemic. Followed by the war in Ukraine disrupting food and energy supplies with the resulting impact on rocketing prices.
Then there are our own individual concerns for ourselves – family members our friends and our fellowship.
As if we were surrounded by forests and mountains of uncertainty – forests and mountains can be daunting and dangerous places especially if you are feeling lost.
But they can also be places of great beauty and peace. I often feel closer to God on the countryside or on the fells than in the concrete jungle – and it has nothing to do with altitude. It's about finding those thin places where you can sense God's presence. Those thin places are rarely fixed – we can find them in different places at different times. It could be majestic mountains – the sound of the wind – even the rain - a gentle stream – the chirping of birdsong – or delicate flower.
I think William Wordsworth found such a place when he wrote his famous poem 'I wandered lonely as a cloud'
Maybe we can't express the feeling as eloquently as Wordsworth – but when and where we find those places there is peace just 'being' not having to do anything just experiencing a touch of the divine. It's in those thin places that we can find a sense of inner peace – that peace that comes from God – that is beyond our understanding – peace in the heart of the storm. Peace when we need it most and maybe when we least expect it.
A Peace that brings hope. A place to stop doing – to just stay and be. In the words of a song we often sing 'Be still and know that I am God' – a place to be still and receive – A place where words are superfluous. But when we leave we are refreshed by the touch of God.
The Facebook post I mentioned is this blessing posted by Tim John on the 'British Celtic Christian Tradition' Facebook page. It's part of the 'journeying' series and is titled 'Mountains' it comes from the 'The Little Book of Celtic Blessings' by Ian Tweedale.

May the mountain be a thin place for you
Where heaven and earth are near
May your climbs be short
And may the right path become clear
As the obscuring mist rolls away
To reveal new perspective on this beautiful day

Iain Tweedale "The Little Book of Celtic Blessings"

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.

Monday 14th August 10am-2pm

Urswick Parish Room

Booking essential Contact Maggie 835606

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



LADIES LUNCH GROUP

The Ladies Lunch will be held at

Flours Cafe (Gleaston Water Mill) at 2:30pm 27th July

Please Book by 18th July with Maggie : tel. 07710254123.

Dietary requirements and menu choice can be submitted as soon as possible please.
smaller afternoon tea £15 'normal' size £19.95

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 13th & 20th July and 3rd; 17th & 31st Aug at Urswick Parish Room

Contact Maggie (tel. 835606) for more information and to book a place.

God for All

Teddy Bears Picnic with Games and Activities

16th July 2023 1:00-2:30pm

Low Furness School

Bring your own picnic - Drinks; Ice cream and Jelly provided

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

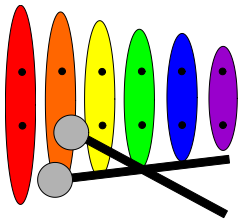
Next Meeting

July 23rd Meeting at Chill & Grill (Bardsea beach) at 10:00am

please contact Graham; FB page or website

Events

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

Mental Health Fellowship Group

Wednesday 16th August 2-4pm

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

May

Our merry band met up at Furness Abbey on a warm sunny day at the end of May. Well most of May was warm and sunny. We went on the 'Red River Walk' which pretty much follows the stream from the Abbey towards Roose. Why is it called the 'Red River Walk' - I'm not sure – the social club at Roose is called the Red River Club, but I suspect that is named after the stream. Which by the way isn't red at all. At least not now – it may have been in days gone by with all the iron ore in the area - a lot of things are red, including the soil in many places. The walk is paved all the way from the Abbey to Roose so the going was easy. No big hills either. The path takes you from the Abbey though Park Farm and onto the new housing developments at Riverside. There and back to join friends who had arrived at the Abbey Mill café for coffee and cake.

June

Late June we met at Gleaston and headed off down the lane heading south from the village. The plan was the follow the byway to Deep Meadow Beck cut across the field and pick up the byway that leads back to the village. Best laid plans and all that. This year the fields along the beck have been planted with wheat – right to the edge of the field - Detour number one – follow the byway cut across the fields in the other direction and pick up Bracken Bed Lane back to the village.
Its the time of year when the farmers put the cattle out to grass. Including the young bullocks. They may not be fully grown bulls BUT they are still quite a weight and being young are a) curious and b) associate 2 legged animals with food. Result at the sight of a human the whole herd will coming scampering across the field. Not good. This I know, and discretion is the better part of valour so a safe policy is to avoid the fields with cattle – especially the young ones. There was one field that didn't have any cattle so we had a safe crossing to the lane. Then Jim remembered that the north end of Bracken Bed Lane although a byway is now so over grown with brambles as to be impassible. So we retraced our steps – back the way we can. The bit that did go the plan was coffee and cake at Flours café.

July its meet at Chill & Grill and walk up to Birkrigg!

Graham

Webster's Waffle

Editor. Jim
Page Bank,
Rampside
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The other Sunday I was the one who read the Gospel in our church service. It was Matthew 10, where Jesus sends out the twelve. He follows it up by telling them the price that has to be paid for following him. "I am sending you out like sheep among wolves. Therefore be as shrewd as snakes and as innocent as doves. Be on your guard; you will be handed over to the local councils and be flogged in the synagogues."

Jesus isn't preaching a 'prosperity gospel', he's telling people that following him can get you into trouble. The 'great' and the 'good' don't like people rocking the boat by pointing out that our Lord expects humility; that he expects those who claim to follow him to be servants of others, not to lord it over them. By publically following Jesus you are pointing out to the world that the things the world holds dear aren't all that important.

So what's it all about then? What is important? Is it the cavorting of political pygmies on the banks of the Thames? Getting your name in the paper? Making a lot of money? I was talking to a lady who had been watching the news and saw a picture of a Ukrainian tank crew. Some of them looked distinctly grey haired and grizzled. A lot of them won't see fifty again. She commented that when the war broke out in the Ukraine she tried to imagine how she would feel if it happened here and her sons were called up. But then she realised that, actually, her husband would be called up as well.

Now you might wonder if I've got my months confused and this is the piece I'd written for Remembrance Sunday. But in reality, Remembrance doesn't work like that. A photo from the paper can remind a married lady how precious her sons and husband are to her and how easily they could be snatched away. I know people who dread certain dates because it's the day their husband died. Our worlds are fragile. Just one phone call and everything can collapse. So what is important? Awards, honours, promotion? Sic transit gloria mundi. Or in translation, "Thus passes the glory of the world."

On the other hand, what's the option? We know that Jesus came so "that whoever believes in Him shall not perish, but have eternal life."
The wording is carefully chosen. You just have to believe. There's no insistence on understanding the detail, you're not going to have to submit a degree level paper on the nature of the Trinity to earn salvation. But if you believe in somebody or something, it does have an impact on how you act. If you believe in Jesus it's inevitable that you're going to try and follow him and to do what he asks.

And what does the Lord require. Micah 6:8 sums it up well. "He has shown you, O mortal, what is good. And what does the Lord require of you? To act justly and to love mercy and to walk humbly with your God."

I once asked somebody whose opinion I valued what 'walking humbly with God' actually meant. I was told. "It's to remind you that you are not God. A lot of people forget this."

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 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 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