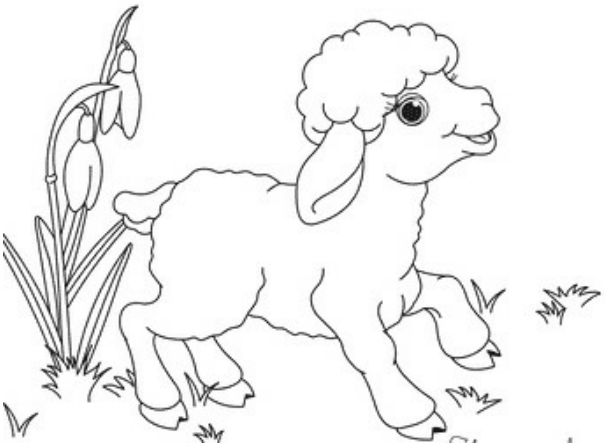
THE CHURCH OF LOW FURNESS NEWSLETTER

MAY / JUNE 2023



Please note the new Service Schedule p2

MAY / JUNE 2023

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Articles / Events / updates for inclusion in the May/June edition

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

Email - revdgrahamtate@gmail.com

CHURCH SERVICES – MAY – JUNE 2023

Date	Church	Service	Time
Sunday 7th May 2023	St. Mary & St. Michael, Urswick	Holy Communion	11:00am
Sunday 14th May 2023	Holy Trinity Church, Bardsea St. Cuthbert's, Aldingham	Holy Communion Sung Evening Prayer (BCP)	11:00am 6.30pm
Sunday 21st May 2023	Rampside Village Hall	Holy Communion	11:00am
Sunday 28th May 2023	St. Cuthbert's, Aldingham Holy Trinity Church, Bardsea St. Mary & St. Michael, Urswick	Holy Communion (BCP) Family Service Healing Service	11:00am 11:00am 6:00pm
Sunday 4th June 2023	St. Mary & St. Michael, Urswick	Holy Communion	11:00am
Sunday 11th June 2023	Holy Trinity Church, Bardsea St. Cuthbert's, Aldingham	Holy Communion Sung Evening Prayer (BCP)	11:00am 6.30pm
Sunday 18th June 2023	Rampside Village Hall	Holy Communion	11:00am
Sunday 25th June 2023	St. Cuthbert's, Aldingham Holy Trinity Church, Bardsea St. Mary & St. Michael, Urswick	Holy Communion (BCP) Family Service Healing Service	11:00am 11:00am 6:00pm

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.

Healing Service 6:00 pm Sunday 28th May & 25th June 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

Reflection Based on Matthew 6 : 25-27 and 11 : 8

We've all been through trying times lately. Be it Covid; legacy effects of lockdowns; family tensions (may be exaggerated by lockdowns); work; unwanted changes in social and church environment, relationships, fear of the future or any other of the myriad of events and feelings that beset us daily. Things going wrong – at least according to our plan - Worry & stress accumulating very quickly.

Where do we turn? In our reading Jesus tells us not to worry. Good end of sermon – if only it was that easy. When life is crowding in and things are not going to plan it's easy to become overwhelmed and start to feel as if the world is falling apart. It can feel like things are failing and we become part of that failure.

It does seem as if the series of Lent reflection – Dust & Glory which looked at failure and sin are well timed. Brought home the reality of life and our relationships with each other and God. It's been challenging facing up to some of the issues raised when we truly reflect on ourselves and the world around us.

The series of reflections have also looked at how we as Christians should deal with those failures – either our own or the consequences of other people's failure, our failing health – or indeed the failures in socio-economic systems in which we live. Maybe we can try and put right our own shortcomings. But it's generally not possible to fix other peoples mistakes, failures and damaging actions or words. We as individuals end up living with the consequences of other people's failures, mistakes and downright sins. That's when as Christians we can turn to God and

Let Go And Let God

Let God deal with the stuff we find too hard.

His response is as Psalm 46:10 tells us,

"Be still, and know that I am God."

Or Isaiah 26:3 talking about God

– *You will keep in perfect peace those whose minds are steadfast, because they trust in you.*

Let go Let God is easy to say but hard to actually do. As humans we are fated by that thing called memory. Sometimes it works - sometimes it doesn't like when we forget the shopping list or what we came into the room for. But we do have a tendency to remember those things that hurt or upset us. Those memories linger long. Those are often memories that we wish we could forget but linger and in doing so perpetuate the hurt – be it physical or emotional.

The Lord's prayer has a line

As we forgive those who have sinned against us.

Again easy to say – we say it regularly – we know the prayer by heart but not so easy to actually do. The memory may be persistent – it's there all the time or may be dormant – in which case it doesn't take much of a trigger for that dormant memory spring back and reminds us of the hurt. Just as physical trauma leaves scars so do emotional and spiritual trauma. The latter sometimes not as obvious to those around us.

Letting go is hard and in all probability not a single event – more likely to be a process over time. But as Christians we do have Jesus to turn to for help and healing.

Remember the words in Isaiah – *You will keep in perfect peace those whose minds are steadfast, because they trust in you.*

Be still and know that I am God.

I am the Lord that healeth thee

In Thee, O Lord, do I put my trust

God bless

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 22nd May

Urswick Parish Room

Booking essential - donations please to cover cost of ingredients and heating

Contact Maggie 07710 254123



LADIES LUNCH GROUP

The Ladies Lunch will be held at

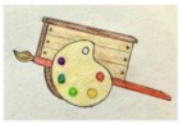
Orangery St. Mary's Hospice at 12:00 noon Friday 12th May

Do come and join this friendly group. **Please Book with Maggie : tel. 07710254123.**
Dietary requirements and menu choice can be submitted as soon as possible please.

Booking is Essential as are places limited

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 4th; 18th May : 1st; 15th 29th June
at Urswick Parish Room

Contact Maggie (tel. 835606) 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 in June

Date time and place TBA

Please see Website

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

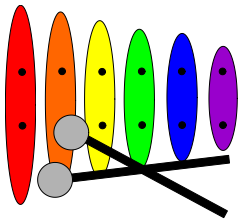
Next Meeting

May 28th at Furness Abbey Amphitheatre car park

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 17th May 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

In the last two months Furness Footsteps have met on 2 occasions for a walk and reflection through the lovely countryside in which we live. The first back in late March we stayed clear of the fields and country paths due the state pf the ground. We would have been wading through mud most of the time due the wet spring we had. So we met at Conishead Priory and walked alone the beach to Baycliffe and back. Then coffee and cake at the priory café.

Things were drying up a bit by late April so it was back to a more usual route using the country pathways that crisscross the Furness peninsula. This time we met at Scales



just as we turned off the road onto the path
OK people which way are we going - hope you brought a packed lunch!!

Well neither really – we went for a couple of miles around the path to the north of Scales.

The weather was a little dull as we set off but go out really sunny during the walk.



The views over Urswick and beyond to the Lakeland hills were quite spectacular.
It remained sunny as we enjoyed sitting outside Flours café at Gleason Water Mill for coffee and cake. We did catch the best of the weather that day as it started raining as we left.

Details of the next walk in May are in this newsletter – watch the website and Facebook page for details of the June walk.

Wild Church – Easter Egg Hunt

Good Friday morning Wild Church met for an Easter Egg hunt at Urswick. 40 chocolate eggs were hidden around the church yard – only 37 made it back to church! The children had fun searching for the eggs followed by a short service in church – complete with action song.
What happened to the other 3 chocolate eggs I don't know! But if you do find a stray Easter egg in Urswick churchyard !!!

Graham

Webster's Waffle

Editor. Jim
Page Bank,
Rampside
01229 821561



The year rolls onwards, we've had Easter, and now we have Pentecost, a feast that seems to have fallen in importance. Traditionally it was one of the great religious and civil dates. Medieval monarchs used to have formal crown-wearing occasions. William I wore his crown three times a year as a re-enactment of the coronation, usually at Easter in Winchester, at Whitsuntide in Westminster, and at Christmas in Gloucester. Edward II wore his at four principal feasts, those of Easter Day, Whitsunday, All Saint's Day and Christmas Day. So at the very least Pentecost or Whitsunday was as important as Christmas and Easter. And so it should be, it is the day that commemorates the birth of the church.

Unfortunately a lot of people have a problem with the Holy Spirit. What on earth is it, or more accurately, who on earth is he? The traditional answer, that he is "the third person of the Trinity, a Triune God manifested as God the Father, God the Son, and God the Holy Spirit, each person itself being God," does not really help.

Jesus said, "But the Helper, the Holy Spirit, whom the Father will send in my name, he will teach you all things and bring to your remembrance all that I have said to you." Along similar lines, Paul wrote, "Likewise the Spirit helps us in our weakness. For we do not know what to pray for as we ought, but the Spirit himself intercedes for us with groanings too deep for words."

Paul also showed how we could recognise the Holy Spirit at work in somebody. "But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law."

So how do you get the Holy Spirit? Well Jesus answered that as well. "If you then, who are evil, know how to give good gifts to your children, how much more will the heavenly Father give the Holy Spirit to those who ask him?" So the answer's simple, just ask.

So what does it mean for us sitting in Church? Well I remember Penny Driver, a previous Archdeacon, commenting about people who were churchgoers but not, apparently, Christians. She was happy to see them in church because, "They have put themselves at risk of God." Turn up, parrot your way through the liturgy, ask the Holy Spirit enter your life, and he might just take your request seriously.

But what can you do? Well firstly, when somebody gets up to give the talk in church, say a little prayer for them. Ask that the Holy Spirit will use them. They won't mind (and frankly if they did, it would be a reason to pray harder).

Then as they start speaking, ask the Holy Spirit to help you take from the talk what you need from the talk.

Finally, because you've put yourself at risk of God, it's only fair that you pray that everybody in the congregation has the Holy Spirit live in them and produces in you all the fruit of the Spirit. Love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. Now that sounds like a congregation everybody would want to be a member of.

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/

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 Maggie on tel. 01229 835606