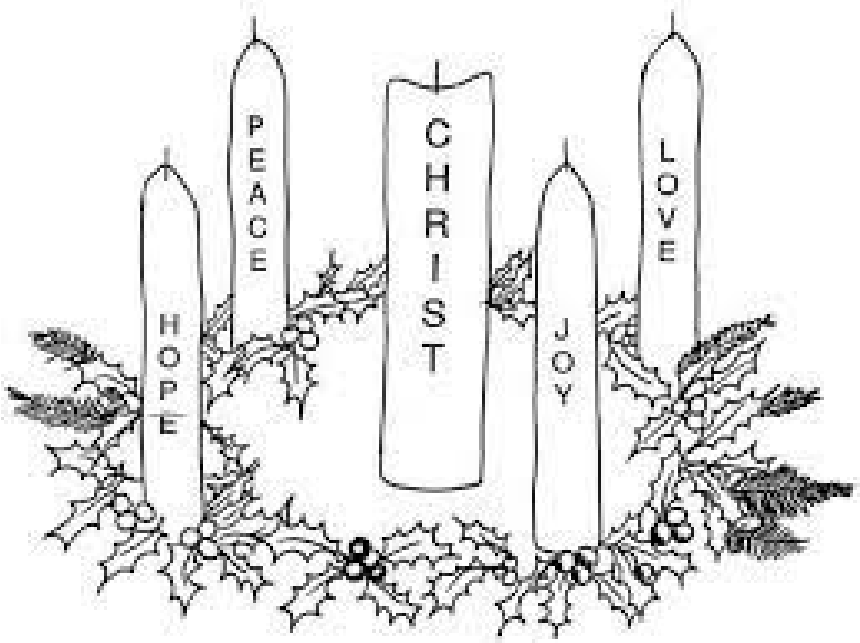
THE CHURCH OF LOW FURNESS NEWSLETTER

NOVEMBER / DECEMBER



ADVENT 2022

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Articles / Events / updates for inclusion in the Christmas edition

to the editor Rev. Graham Tate by 18th Dec

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 7th Nov

Booking Essential 07710254123

Donations please to cover cost of ingredients

No Knead to Chat in Dec followed by 9th Jan 2023



LADIES LUNCH GROUP

The Christmas lunch is fully booked

The next Ladies Lunch will be held in Jan 2023

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.

Booking is Essential as places are limited

CHURCH SERVICES – NOV – DEC 2022

Date	Church	Service	Time
Sunday 6th Nov	St. Mary & St. Michael, Urswick	Holy Communion	10.30am
Friday 11th Nov	Dendron War Memorial	Act of Remembrance	11:00am
Sunday 13th Nov (Remembrance Sunday)	St. Mary & St. Michael, Urswick Holy Trinity Church, Bardsea Rampside Village Hall St. Cuthbert's, Aldingham	Act of Remembrance Holy Communion Service of the Word Sung Even Prayer & AoR	10:45am 10.30am 2.30pm 2.30pm
Sunday 20th Nov	St. Mary & St. Michael, Urswick Rampside Village Hall	Holy Communion (spoken) Holy Communion	8:00am 10.30am
Sunday 27th Nov	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 4th Dec	St. Mary & St. Michael, Urswick St. Cuthbert's, Aldingham Stainton Village Hall Holy Trinity Church, Bardsea	Holy Communion Art Group Carol Service Carol Service	10.30am 2:00pm 3:00pm 6:00pm
Sunday 11th Dec	Rampside Village Hall St. Cuthbert's, Aldingham Holy Trinity Church, Bardsea St. Mary & St. Michael, Urswick	Holy Communion Carol Service Christingle Carol Service	10.30am 2.30pm 4:00pm 6:00pm
Sunday 18th Dec	Holy Trinity Church, Bardsea Rampside Village Hall	Holy Communion Carol Service	10:30am 2:30pm
Tuesday 20th Dec	St. Mary & St. Michael, Urswick	Healing Service (Blue Christmas)	6:00pm
Saturday 24th Dec	St. Cuthbert's, Aldingham Holy Trinity Church, Bardsea St. Mary & St. Michael, Urswick	Holy Communion Holy Communion Crib Service	9:00pm 11:30pm 3:00pm
Sunday 25th Dec	St. Mary & St. Michael, Urswick	Holy Communion	10.30am

Every Wednesday 10.30am (Except 28th Dec)
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.

Evening Prayer - Compline

Every Saturday Evening at St Mary & St Michael's Urswick at 4pm

Healing Service Sunday 27th Nov & 20th Dec at 6pm

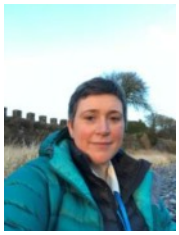
A service of prayer, contemplation, and healing at Urswick Church

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



Our Guest Publication for this edition

DEACON'S DELIBERATIONS

Revd Graham Tate
Tel 07579 798481 email : revdgrahamtate@gmail.com

The time seems to have gone fast this year. Or is it because the Christmas displays are in the shops and we haven't had bonfire night yet! (Or we hadn't when I wrote this.) Although we have had our harvest festivals. The clocks have gone back to GMT but the weather is still quite mild for the time of year, but winter is coming. And it is likely to be a difficult one for many - lingering effects of the Covid pandemic; political and economic turmoil at home with inflation at levels we haven't seen for decades; war still raging in Ukraine and driving up energy and food prices. This going to be a long and hard winter for many, and it may not be the last hard winter or year to come .

Where do we look for hope? Where are those in real difficulty looking for help? They may be looking to the government but any help is likely to be slow arriving given the political and financial turmoil. People are more likely (out of necessity) to turn to local charities like the Salvation Army, local foodbanks and similar charities. As people struggle to heat homes they may turn to 'warm hubs' being set up in community centres and other places as a respite from unheated homes. All these have something in common - they are local community run enterprises. Relying on local people to support, resource and staff.

In an ideal world, foodbanks and the like would not be needed but in the current state of the nation they may be some peoples' only hope.

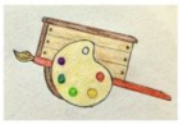
What greater gift can we give but hope? That's what God gave the world on the first Christmas – if only the world could recognise it.

My prayers for you all this Advent

Graham

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 10th & 24th Nov & 8th Dec
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 will resume in the New Year

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

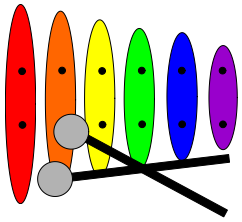
Or

07579 798481

Nov meeting 27th at Canal Foot Ulverston

Feb 26th Venue TBA

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

+ + + + + + + + +

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

Forthcoming Events

Bishop James Teaching Day 2022

'What is the Holy Spirit?'

Venues and dates Saturdays

26th Nov St Andrew's Penrith; 3rd Dec St James Carlisle; 10th Dec St Thomas's Kendal

Programme Details on Diocesan Website

Urswick Christmas Craft Fayre

Urswick Parish Room

Sat 3rd Dec 2022 10am - 2pm

local crafters, refreshments, cakes and maybe some Christmas presents to buy!

Advent Journey

Travelling Light - a Journey Through Advent

Thursday 7:00pm - 9:00pm 1st; 8th; 15th & 22nd Dec

Urswick Parish room

Meditation Meeting

20 mins of guided silent meditation

Urswick church

Mental Health Fellowship Group

Wednesday 30th Nov 2022 1:00pm - 3:00pm
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

Footsteps met as usual on the 4th Sundays of both September and October.



September 9 of us met at Canal Foot in Ulverston. From there we walked along the coast path to Plumpton Hall and then headed inland through the fields. There is a really good view of Hoad Hill and the John Barrow monument if you have a long telephoto lens. The weather forecast had been a bit wet but we only saw few drops of rain coming through the fields Then it was back to the Bay Horse for coffee and chat.

October's walk was little more on the damp side! We met at Leece duck pond and headed south before cutting back along Bracken Bed Lane and back to Leece. It wasn't proper Cumbrian rain – just enough to get a little damp but not wet enough to prevent us adjourning to the café at Gleaston Water Mill.

Our next meeting is on 27th Nov - the last in 2022 - at Canal Foot again. On the grounds that if the fields are wet (and they are heading that way) we can navigate the canal path and back for more coffee at the Bay Horse!

Our 2023 season starts on 26th Feb – I'll see what the weather forecast is like a bit nearer the time before planning a venue.

Webster's Waffle

Editor. Jim
Page Bank,
Rampside
01229 821561



A few years back now I was walking down the corridor in Furness General. Ahead of me was an old Lady (she'd abandoned being merely 'elderly' some time back) being towed in a wheelchair by two slightly younger ladies who could be siblings, friends or even daughters. Anyway the best estimate is that between the three of them they've clocked up something like two hundred and forty years.

As I caught up with them, the old Lady saw me and made eye contact. I touched the brim of my cap at her in greeting, she gave me a smile. A smile so full of fun and mischief that seventy years ago she'd have broken hearts. Even thirty years ago it would be a smile to give a respectably married man palpitations. One of the ladies pulling glanced down at the passenger and said "I hope you're behaving yourself when we cannot keep an eye on you."

By now I was almost level so I commented, "Well she keeps making eyes at me."

The lady just looked down at her passenger. "Well if you've pulled make sure he's got a friend for me." She paused and then said, "Who am I trying to kid, ask if he's got a widowed father."

Isn't self-knowledge a wonderful thing?

We're going into Advent. In the church's year this is described as a time of expectant waiting and preparation. It looks back to the first coming of Christ, born as a baby in Bethlehem. But it also looks forward to when Christ will come again. Then, in the space between these two events, we find the meaning for our life as a Christian.

The problem with self-examination is that it's often uncomfortable. We follow somebody who was born in humble circumstances, spent his later years as a penniless wandering preacher, ate and drank with the sort of people we'll not admit knowing, and was finally judicially murdered because it was politically expedient.

To make it even more difficult he preached servant ministry, washed his followers' feet and pointed out how difficult it was for the rich to enter the Kingdom of Heaven. He also told us to 'love our enemies.' No political party in the UK could endorse that platform.

Just between ourselves, you can see why the world has decided that it doesn't need Advent, so instead has turned the twelve days of Christmas into a six week long Consumerfest. You can tell when Christmas starts, the coffee shops switch from Pumpkin Spice Latte to Toblerone Latte. I suspect that Remembrance Day is the one thing that stops Christmas sliding back into October.

When Christmas finally arrives, for most it's a long boring holiday in front of the telly until you eventually drift back to work. Virtually everywhere shuts. My father used to say that if we couldn't get hold of a supplier between Christmas and New Year we didn't need them the rest of the year. On top of that, apparently this holiday, a celebration of hope, love and joy, is one of the most stressful times of year with an increase in divorces. Strikes me that people are doing it wrong. Perhaps Advent is more important then Consumerfest when it comes to enjoying Christmas?

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/