THE CHURCH OF LOW FURNESS NEWSLETTER

SPRING / EASTER



MARCH APRIL 2022

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

to the editor Rev. Graham Tate by 6th April

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

Please Note there will be no Post Office on Good Friday 15th April



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 in these dark winter months with company, good food (a soup and bread lunch is provided) and some good fun.

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

7th March & 4th April



LADIES LUNCH GROUP

The next Ladies Lunch will be held at

The Fisherman's Arms, Baycliff on Wednesday 9th March at 12:00 midday

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 – MARCH - APRIL

Date	Church	Service	Time
Sunday 6th March	St. Mary & St. Michael, Urswick Urswick Parish room	Holy Communion Wild Church	10.30am 2.30pm
Sunday 13th March	Holy Trinity Church, Bardsea Rampside Village Hall St. Cuthbert's, Aldingham	Holy Communion Service of the Word Sung Evening Prayer (BCP)	10.30am 2.30pm 2.30pm
Sunday 20th March	St. Mary & St. Michael, Urswick Rampside Village Hall	Holy Communion (spoken) Holy Communion	8:00am 10.30am
Sunday 27th March	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 3rd April	Holy Trinity Church, Bardsea	Holy Communion	10.30am
Sunday 10th April Palm Sunday	St. Mary & St. Michael, Urswick Rampside Village Hall St. Cuthbert's, Aldingham	Holy Communion Service of the Word Sung Evening Prayer (BCP)	10.30am 2.30pm 6.30pm
Holy Week Services 11th April – 16th April see page 4			
Sunday 17th April Easter Sunday	Holy Trinity Bardsea St. Mary & St. Michael, Urswick St. Cuthbert's, Aldingham Rampside Village Hall	Holy Communion Holy Communion Holy Communion Service of the Word	9:00am 10.15am 11:30am 2:30pm
Sunday 24th April	Rampside Village Hall (coffee from 10:00 before the Service) Holy Trinity Church, Bardsea St. Mary & St. Michael, Urswick	Holy Communion Family Service Healing Service	10.30am 10.30am 6pm
Sunday 1st May	St. Mary & St. Michael, Urswick Urswick Parish room	Holy Communion Wild Church	10.30am 2.30pm

Every Wednesday 10.30am

Mid-week Communion service in Urswick Church (not the Parish Room)

Refreshments are served after the service

Note: Masks are still requested to be worn during Church Services

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

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

Sunday 27th March and 24th April 6pm at Urswick Church

Worship at Home

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

HOLY WEEK SERVICES

Date	Church	Service	Time
Holy Week Services			
Monday 11th April	St. Mary & St. Michael, Urswick St. Mary & St. Michael, Urswick	Morning Prayer Taize	9:00am 7:00pm
Tuesday 12th April	St. Mary & St. Michael, Urswick	Morning Prayer	9:00am
Wednesday 13th April	St. Mary & St. Michael, Urswick	Holy Communion	10:30am
Thursday 14th April	St. Mary & St. Michael, Urswick Rampside Village Hall	Morning Prayer Maundy Meal	9:00am 7:00pm
Friday 15th April	St. Mary & St. Michael, Urswick Holy Trinity Church, Bardsea	Messy Church Hr @ Cross	10:00am 2:00pm

View from the Vicarage

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



Holy Saturday and Caterpillar Soup

Dear Friends,

Last week I received the programme of meetings and events for the local Mothers Union group where I am a member. It was emblazoned with a picture of a colourful butterfly on the front, to represent the new annual theme: Transformation Now!

I like the theme, I think it is inspiring and I am not surprised that it is being connected to the image of butterflies, that full Imago state, representing life in all its fullness, which Christ came to bring us, in bringing in God's kingdom

That said, I can't think of the life stages of a butterfly without recalling something valuable a friend shared with me some years ago. It was at a time when our family had experienced a number of significant bereavements and I was facing a challenging work situation, I felt low and rather lost. My friend noted that we readily talk about the transformation of caterpillars to butterflies and draw on this transformation as an analogy to our lives, ministries and organisations. But we tend to forget that in between caterpillar and butterfly there is, in the confines of a tightly wrapped cocoon, a period of being caterpillar soup! It is a stage that may be likened to one of feeling trapped, confused or just a mess. It was an image that gave me hope at that time, an permission to know that it was alright for me to feel in a messy place and to trust that I would emerge eventually.

At a symposium I recently attended on 'Faith, Trauma and Shame' I made a connection between this and Holy Saturday, that day of mourning and waiting between the grief of Good Friday and celebration of the risen Christ on Easter Sunday. The concept of transformation and freedom from shame and trauma was likened to the journey of Holy Week; we move from mourning and loss, to the depth of the tomb (on Holy Saturday), to emerging to life in all its fullness as we celebrate the resurrection . One delegate asked the question 'But what if someone gets stuck in Holy Saturday?' To which the speaker responded that, 'theologically that doesn't matter'. God is still there in Holy Saturday.

I have reflected on this since, and see that it is not our task to force people to transform or move on to celebrate the resurrection, when in fact they may need to be in a cocooned space, represented better by an analogy to Christ in the tomb, than Christ resurrected. What is important to recognise is that God is in that space too, and we can be there also, accepting that there are always times in our lives when we feel we are caterpillar soup, and we can offer empathy and understanding for people in that place.

Change is difficult and, it would seem, more difficult for some than others. Change can also be seen as a transition and transformation, and it is something we all need to be aware of as the events of the last two years have brought significances to our patterns of life, worship and fellowship.

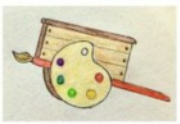
I hope and pray that this Easter we will be inspired towards flourishing and transformation in our lives and in our Church. That we will be able to embrace change in a positive way that reflects God's kingdom in our midst. But that is not to force a sense of celebration, transformation or movement on everyone. As individuals, there will be some who are living in the space of Holy Saturday, needing the safety of the cocoon and needing only to know that God, like our prayers, are with them in that place.

I hold you all in my thoughts and prayers,

Lucie

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 March : 7th & 28th April
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!

Sunday 6th March 2.30pm at Aldingham Church
Theme : Rainbows

Sunday 15th April 10:00am at Urswick Parish Room
Theme : Messy Good Friday

Activities, a short act of worship and refreshments

Lent Course 2022

This year's Lent Course will start on 3rd March

Meeting at Urswick Parish room at 7:00pm till 9:00pm

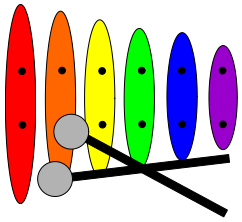
We will be following the Lent Course 'Spot the Difference' by Nick Fawcett

It is in 6 sessions every Thursday evening through Lent.

For more details contact Rev. Graham Tate

Email : revdgrahamtate@gmail.com Mob : 07579 798481

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

Thursdays 10.30am 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

??? QUIZ NIGHT ???

Our next popular Quiz Night including Pie & Peas will be

Sat 9th April at 6:30pm in Urswick Parish Room

Booking is essential please contact Maggie Turbitt on tel. 01229 587369

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

Spring Craft Fair

Spring Craft Fayre in Parish Room, Saturday May 7th 10.30-3pm, cake stall, crafts and have a go!

Platinum Jubilee Celebration - Flower Festival

We are planning a flower festival in celebration of the Queens platinum Jubilee in June, if anyone has memorabilia/photos that could be loaned to display during the festival it would be appreciated,
Contact : Maggie or Sonjie on 01229587369

Mental Health Fellowship Group

We are planning a new Mental Health Fellowship Group meeting in the Urswick Parish room after Easter. 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.

Sea Sunday

A celebration of all things nautical

Aldingham Church Sunday 10th July at 2:30pm

MISSION AND PIONEERING



Rev Graham Tate

Email : revdgrahamtate@gmail.com

Mob : 07579 798481

Footsteps forward

A walk in late February was always going to be interesting weather wise, and so it proved. In the days preceding our walk the UK had been battered by 2 named storms in rapid succession (Dudley and Eunice) with a third (Franklin) in the space of a week barrelling in from the Atlantic and due to hit later on our walk day.
Not that that would deter Furness Footstep. We met our usual 10:00 this time at Urswick and set off. Before we got to the Recreation Hall the rain had started. Only one thing to do detour into the Rec for coffee, cake and in one case bacon butty. By the time we were refreshed the rain had stopped so off we went round the lanes. The fields were far too muddy to contemplate any off road paths. It was a little breezy in places but no rain - just a few spots occasionally till we got almost back to church when the rain caught up with us. I think we managed to find the only hour long weather window in the whole weekend.

Our next walk will be 27th March meeting at 10:00 at Conishead Priory.

Wild Church

In January became Messy Christingle held at Urswick on Candlemas. We all know that to make a Christingle you need an orange. What you might not know is that the trees in Urswick churchyard grow oranges in January. At least they did this year. It was a case of first find your orange, somewhere in the churchyard. The idea was everyone finds an orange, brings it back to church and makes a Christingle. That's fine till one enthusiastic young person didn't quite get the 'one orange each' message and collected all the ones he could find. So he had to go and hide them again. Not to worry everything worked out fine in the end. After making the Christingles we had a short service then retired to the Parish Room for soup, rolls and lots of chat.
Wild Church is an occasion for families to come, have fun, get involved in activities and enjoy fellowship over refreshments.

Next Wild Church is 6th March meeting at Aldingham at 2:30pm.

God bless

Graham

Webster's Waffle

Editor. Jim
Page Bank,
Rampside
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A Calvinist arrived at the Gates of Heaven. He sees that there are two lines going in. One has a sign that reads "predestined," and the other, "free will". He naturally heads to the predestined line. While he's waiting, an angel with a clipboard walks past and asks him "Why are you in this line?"
He replies, "Because I chose it."
The angel looks surprised, "Well, if you 'chose' it, then you should be in the free will line."
So our Calvinist, now slightly miffed, obediently wanders over to the free will line. Again, after a few minutes, another angel with a clipboard asks him, "Why are you in this line?"
He sullenly replies, "Someone made me come here."
Some years ago, I was in a bar acting as back-up and security to a wandering evangelist. A lady asked our evangelist, "Why does God let my Dad smoke."
Now to be fair, this was a lot less emotionally charged that the usual, "Why does God allow war, murder, or a whole host of other things. But it's the same answer, 'free will'.
Thinking about it, have you ever noticed that people want God to stop other people doing things? When was the last time you heard somebody say, "Why doesn't God stop me. Whether it's adultery, or just being cantankerous and argumentative, why doesn't God put his foot down and just make me behave?
I think that we have trouble with free will. Or rather we have trouble with just who God grants free will to. Yes, obviously we can cope with free will, but why on earth has he given it to 'those lesser breeds without the law.'
I mean, obviously I can be trusted to do the right thing, but I have my doubts about some of the others. Really it's probably lucky for us that God gives free will to all the oiks and sundry undesirables as well. After all, if those scruffy and disreputable types behaved perfectly, with God keeping a firm hand on the tiller, we'd start looking bad. We'd have to pull our socks up and start living the Christian life properly.
Perhaps God has another world where he's not installed free will. Perhaps on that world everybody behaves immaculately. Perhaps he keeps us as the control so he can point out to angels just how bad things can get if he isn't in moment by moment control of the life of every individual. The problem with that world is that nobody would love. Well obviously if they were instructed to they would.
But when considering free will, obviously we're stuck with it. But look on the bright side. If we're not happy with us, we have free will. We can ask God to help. I wonder if he'll be more impressed with our prayers if we're asking him to help us change, rather than asking him to change everybody else?
Worth a try?

CHURCH OF LOW FURNESS ONLINE

Date	Church	Service	Time
Every Mon/Tue/Thur	Facebook Live	Morning Prayer	9am
Every Saturday	Request Zoom link to join the in person service at Urswick Church	Compline	4pm
Every Sunday	Worship at Home podcast and supplementary material by email		
Facebook Live services are also uploaded to our YouTube Channel, details are below. *We will be continuing all our current online and email service provision for the foreseeable future for those remaining at home.* *If you need and further information of help in accessing this provision please get in touch.*			

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/