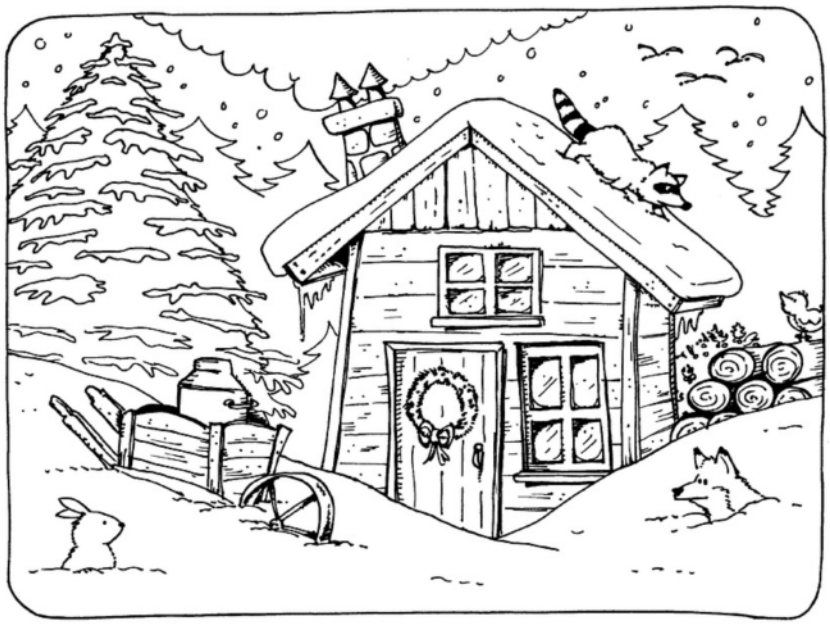
THE CHURCH OF LOW FURNESS NEWSLETTER

WINTER EDITION



JANUARY & FEBRUARY 2022

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Articles / Events / updates for inclusion in the Easter edition

to the editor Rev. Graham Tate by 10th Feb

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 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 Feb ; 21st Feb ; 7th March



LADIES LUNCH GROUP

The next Ladies Lunch will be held at

The Fisherman's Arms, Baycliff on Wednesday 19th January at 12:30pm

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. February date to be confirmed, please ask Maggie for details.

CHURCH SERVICES – JAN/FEB 2022

Date	Church	Service	Time
Sunday 9th Jan	Holy Trinity, Bardsea St. Cuthbert's, Aldingham	Holy Communion Evening Prayer (BCP)	10.30am 2.30pm
Sunday 16th Jan	St. Mary & St. Michael's, Urswick	Holy Communion	10.30am
Sunday 23rd Jan	St. Cuthbert's, Aldingham Holy Trinity, Bardsea St. Mary & St. Michael's, Urswick	Holy Communion (BCP) Family Service Healing Service	10.30am 10.30am 6pm
Sunday 30th Jan	St. Mary & St. Michael's, Urswick Rampside Village hall Urswick Parish Room	Holy Communion (spoken) Holy Communion Messy Church: Christingle	8am 10.30am 2.30pm
Sunday 6th Feb	St. Mary & St. Michael's, Urswick	Holy Communion	10.30am
Sunday 13th Feb	Holy Trinity, Bardsea St. Cuthbert's, Aldingham	Holy Communion Evening Prayer (BCP)	10.30am 2.30pm
Sunday 20th Feb	St. Mary & St. Michael's, Urswick Rampside Village Hall	Holy Communion (spoken) Holy Communion	8am 10.30am
Sunday 27th Feb	St. Cuthbert's, Aldingham Holy Trinity, Bardsea St. Mary & St. Michael's, Urswick	Holy Communion (BCP) Family Service Healing Service	10.30am 10.30am 6pm

Every Wednesday 10.30am
Mid-week Communion service in Urswick Church
Refreshments are served after the service
Every Saturday 4pm Compline (Urswick Church)

Note: Masks are required at law to be worn during all Church Services except with valid exemption

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 Sunday 23rd Jan & 27th Feb 6pm

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

Sunday 23rd January and Sunday 27th February

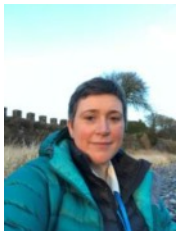
6pm at Urswick Church

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



Dear Friends,

It may seem obvious start my letter wishing you all a Happy New Year…but I find the words sticking in my throat! Somehow it seems trite to begin with wishing anyone be, simply, 'happy' at a time when I can never remember starting a year in my lifetime with such uncertainty and concern about the weeks and months ahead.

I do hope and pray that you have enjoyed a Christmas season with, at least some, peace and joy. I know I have been grateful for time spent with family, hearing the brass band in church at the annual WI concert and singing favourite carols…even if it has felt a snatched opportunity as we take cautious steps ahead amid rising numbers of Coronovirus and concern for our medics and hospital systems again. I am deeply grateful to all those who have helped facilitate such meaningful worship, especially those who go quietly about sharing their time and gifts in ways many don't realise, cleaning, decorating and tidying up. Thank you for your care and ministry.

Part of my uncertainty is knowing what to expect in the coming months, and feeling the ability to plan has been curtailed after two years of constant change and rearranging. I have not forgotten my parish letter of January 2020 which suggested that the year's theme would be 'buildings' and that I hoped to encourage consultation, visiting and gifting to all our church buildings in the course of that year. How God must have chuckled at my expectations!

That, at the heart of this, is what affects how we often cope with change or the things life throws at us…our expectations. Jesus taught that although we can expect much from God and of ourselves in relation to our relationship with God, there was no promise that faith would make life easy, fair or predictable.

I have been grateful to stumble across a new Year Blessing written by Nadia Bolz-Weber, which counteracts some of the messaging about new year in our popular press; to make resolutions, make this year you 'write that novel' or 'get that job promotion…

Nadia reminds us that "The is no resolution that, if kept, will make you more worthy of love… So this year, may you skip the part where you resolve to do better and…give yourself the gift of really, really low expectations…May you expect to get so little out of 2022 that you can celebrate every single thing it offers you, however small."

You can read of hear Nadia's full blessing at www.thecorners.substack.com/p/a-voice-memo-blessing-for-a-new-year

So I wish you all and each the gift and blessing of low expectations this new year, that you know real joy in many moments, hope in the most unexpected ways and God's peace to uphold and protect you throughout the weeks and months to come.

Yours in Christ,
Lucie

Finally, beloved, whatever is true, whatever is honourable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence and if there is anything worthy of praise, think about these things.

Philippians 4:8

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 13th & 27th January, 10th & 24th February at Urswick Parish Room

Contact Maggie (t. 587369) or Lucie (t.587200) for more

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, is moving indoors for the winter months as Messy Church.

Messy CHURCH

Sunday 30th January 2.30pm at Urswick Parish Room

Theme 'Messy Christingle'

Activities, a short act of worship and refreshments including soup and a roll

Spirituality Day

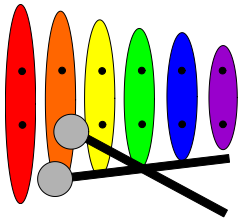
With Rev Cameron Butland

Saturday 26th Feb 2022 10:00am to 4:00pm at Urswick Church

Contact Rev Graham Tate for details

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

Centering Prayer Group

Meets about twice monthly
in Urswick Parish Room
at 1.30pm

Dates for Winter:

For more information
contact Ramsay Lunn
tel. 587200

Christian Fellowship Reading Group

Will be sharing a bible study during Lent

Starting
Thursday 3rd March

7pm – 8.30pm Urswick Parish Room

More details next issue

If you are interested in joining us please confirm your name to Lucie (t.587200).

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

MISSION AND PIONEERING



Rev Graham Tate

Email : revdgrahamtate@gmail.com

Mob : 07579 798481

Furness Footsteps

By popular demand we organised a walk in November. Given the wet weather we were enduring, solid paths were the order of the day. So Walney nature reserve it was. I've always hope to find a walk that is accessible to mobility scooters and I had hopes for this one – that's until I went to try out the walk the week before. One of the past storms had reduced the width of the beach path from several feet to several inches. It was only just passable on two feet. (Anybody got an prospective accessible walks please let me know) It was fairly chilly – but what does one expect at the end of November, we were well wrapped up for the conditions. Being a 'nature' walk Rob arrived with his camera and a lens to rival the Hubble telescope. By November most of the wildlife had done the sensible thing and migrated to warmer climates. But he did manage to catch a few shots.



December and January are our winter break but we plan to start walking again in February this year. Our first meet is at **Urswick church on 20th Feb at 10:00am.** Where we go will depend very much on the weather between now and then. Walking is fine wadding ankle deep in muddy fields is not anyone's' idea of fun.

Wild / Messy Church

November also saw our Messy Church – themed on Remembrance – in Urswick Parish room. That was very well attended with lots of children and parents busy making things and enjoying refreshments and drinks and singing.

The next Messy Church is again indoors in Urswick Parish Room on Jan 30th at 2:30pm. It's actually Messy Christingle. That means sweets – I wonder how many will make it to the Christingles and how many to young tummies!!

Like everyone else we're making plans for 2022 in the hopes that more will come to fruition than in the last two years.

Until next time

God bless
Graham

Webster's Waffle

Editor. Jim
Page Bank,
Rampside
01229 821561



Pride comes before a fall. I went into the kitchen feeling pretty proud of myself. After all, for once I'd done as I was told. I half expected praise. But my lady wife stared at me in disbelief and cried, "You're shirtless and also covered in oil!"
I chuckled proudly, "Well, you're always saying I never glisten!"
She screamed, "LISTEN! You never listen."
To be fair the bible isn't impressed with the proud. From Proverbs we have, "When pride comes, then comes disgrace, but with humility comes wisdom." Also, "Pride goes before destruction, a haughty spirit before a fall."
Jesus wasn't too impressed with those who thought too highly of themselves. "Two men went up to the temple to pray, one a Pharisee and the other a tax collector. The Pharisee stood by himself and prayed: 'God, I thank you that I am not like other people—robbers, evildoers, adulterers—or even like this tax collector. I fast twice a week and give a tenth of all I get.'
"But the tax collector stood at a distance. He would not even look up to heaven, but beat his breast and said, 'God, have mercy on me, a sinner.'"
"I tell you that this man, rather than the other, went home justified before God. For all those who exalt themselves will be humbled, and those who humble themselves will be exalted."
The problem with pride is that it evaporates so fast. Doing interments of ashes, I'll often find myself reading the gravestones nearby. "Never Forgotten." Well they haven't remembered to cut the grass for the last forty years. I often look at a gravestone and wonder what the person did. They're gone, and forgotten. It's like the great Norse warrior, Harald Hardrada. Tostig asked what his brother Harold would be willing to give Hardrada to buy him off. Harold replied "Seven feet of English ground, as he is taller than other men." None of us get much more.
It's interesting that others have spoken harshly of pride. Sophocles said, "All men make mistakes, but a good man yields when he knows his course is wrong, and repairs the evil. The only crime is pride." Mind you the quote I liked best was from an American write, Richelle E. Goodrich. "A session of boasting won't attract any real friends. It will set you up on a pedestal, however, making you a clearer target."
Jesus was clear about the fact that he was leading his followers into a 'servant ministry.' He said, "The greatest among you will be your servant." Similarly he said, "Truly I tell you, anyone who will not receive the kingdom of God like a little child will never enter it." But then what else would you expect from somebody who, "took off his outer clothing, and wrapped a towel around his waist. After that, he poured water into a basin and began to wash his disciples' feet, drying them with the towel that was wrapped around him."

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/