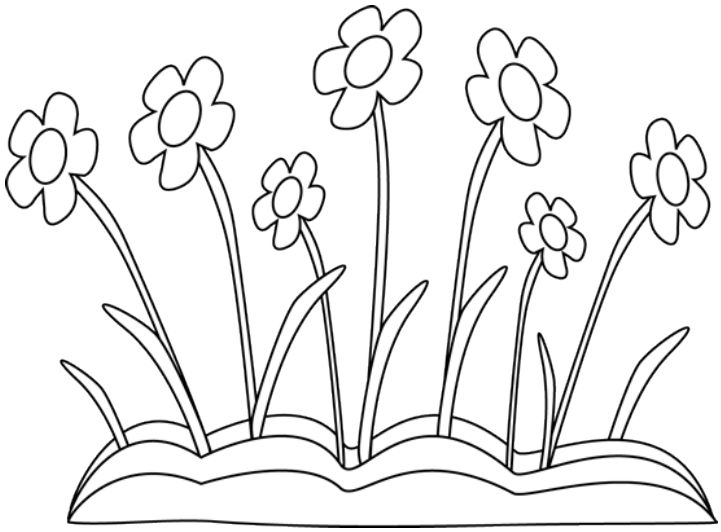
THE CHURCH OF LOW FURNESS NEWSLETTER

MARCH / APRIL 2023



Please note the new Service Schedule p3

Lent Reflection Group - see page 6 for details

LENT & EASTER 2023

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

to the editor Rev. Graham Tate by 17th April 23

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 835606) 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 is suspended till after Easter due to illness

Hopefully it will restart in May

Watch for next newsletter



LADIES LUNCH GROUP

The Ladies Lunch will be held at

King Alfred, Walney at 12:00 noon Thursday 23rd March

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 places are limited

CHURCH SERVICES

MARCH – APRIL 2023

Date	Church	Service	Time
Sunday 5th March	St. Mary & St. Michael, Urswick	Holy Communion	11:00am
Sunday 12th March	Rampside Village Hall St. Cuthbert's, Aldingham	Holy Communion (By extension) Sung Evening Prayer (BCP)	11:00am 2.30pm
Sunday 19th March Mothering Sun	Holy Trinity Church, Bardsea	Holy Communion (by Extension)	11:00am
Sunday 26th March	Holy Trinity Church, Bardsea St. Mary & St. Michael, Urswick	Family Service Healing Service	11:00am 6:00pm
Sunday 2nd April Palm Sunday	St. Mary & St. Michael, Urswick	Holy Communion	11:00am
Sunday 9th April Easter Day	Holy Trinity Church, Bardsea St. Cuthbert's, Aldingham	Holy Communion (by Extension) Sung Morning Prayer (BCP)	11:00am 11:00am
Sunday 16th April	Rampside Village Hall	Holy Communion	11:00am
Sunday 23rd April	St. Cuthbert's, Aldingham Holy Trinity Church, Bardsea St. Mary & St. Michael, Urswick	Holy Communion (BCP) Family Service Healing Service	11:00am 11:00am 6pm
Sunday 30th April	Holy Trinity Church, Bardsea	Holy Communion	11:00am

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.

Evening Prayer - Compline

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

Healing Service 6:00 pm Sunday 26th March & 23rd April 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

Beauty from Brokenness

Have you ever watched 'Repair Shop' on TV – where skilled crafts people repair broken items of sentimental value. Often not of great intrinsic value but a part of a person's or beloved relative's life journey There have been some real tear jerkers at times, and they usually leave some of the wear & tear in the repaired item to show the journey.

Reminiscent of Kintsugi which is the Japanese art of repairing broken pottery with gold infill. If a bowl is broken, rather than discarding the pieces, the fragments are put back together with a glue-like tree sap and the cracks are adorned with gold. It makes no attempt to hide the damage, instead, it is highlighted. A new and beautiful piece is created from the wreckage of the broken item.

There is a lesson for us about accepting fragility, building strength and resilience, and taking pride in the imperfect. Things can and do fall apart. Of course, we know that uninvited challenges and mistakes are how we grow, learn, and change, but that truth still doesn't make them any easier.

Kintsugi means "golden joinery"

Kintsugi may have originated in a different and largely non-Christian culture but there is a spirituality of healing that links kintsugi with God who mends the broken hearted.

There are times when we all feel broken maybe our body is broken, our spirit depressed or our heart is in pieces. God can mend them put them back together with all the skill of a kintsugi artist not exactly the same, but with a new beauty. He promises us that He "is close to the brokenhearted and saves those who are crushed in spirit" (Psalm 34:18).

Every one of us has some sort of brokenness in our past or recent life journey. Perhaps we have grieved from a broken heart, complicated situations, loss of health, or relationships. Whether it's from choices we have made or circumstances beyond our control, sometimes we find ourselves so profoundly broken that we don't know how things could *ever* be restored.

Have you ever tried putting yourself back together when you're falling apart? When your life is crashing toward the floor, and you have no way to catch it, what do you do? What *can* you do? We can't put ourselves back together. Every time we try to glue the pieces into place, we spring a leak. We cannot repair ourselves any more than a shattered bowl can repair itself. That's why we need a saviour! Just like the people who take treasured heirloom to the Repair Shop. We need to go to God - for Him to scoop up the pieces, and put us back together. Only God can restore us to wholeness of body mind and spirit. He is the only one who has the power and know-how to fix what is broken.

We'll still bear the scars of the brokenness be it physical, mental or spiritual but God can restore us to wholeness and beauty again. Like a Kintsugi dish.

It doesn't matter what you've done, what lies hidden in your past, or how unworthy you think you are. You can choose to let God pick up your pieces and make you whole again.

God bless

Graham

News & Future

Much has happen since our last newsletter before Christmas.



We have lost our vicar as Lucie and her family move to pastures new in Blackburn Diocese. We bid her an emotional farewell at her last service as our vicar at Rampside on 19th Feb. Where we presented her with a cheque from the collection we had been secretly organising for the previous few weeks, and a candle stand which Graham had made from wood from trees in the churchyard. That was followed by a bring and share lunch shared by many from our congregation. Farwell Lucie and God's blessing on you in your new parishes.

Mid-January saw two other events of note



The Lancashire Bellringers association has donated a bench to the Urswick bell tower in memory of our late Tower Captain Tom Metcalf. So, our bell ringers have somewhere to sit apart from the floor. The occasion was attended by not only our ringing team but members of the Lancashire association bellringers from Barrow and Tom's family. After much bellringing Graham dedicated the bench to Tom's memory and we all adjourned to the kitchen for tea coffee and biscuits.



The other notable event took place at the Clergy Development Day in Penrith when Graham received his licence from Bishop James. Now officially no longer 'in training' but an 'Assistant Curate – Pioneer Minister'. It doesn't change what I do but opportune as my training minister (Lucie) has now left for pastures new.

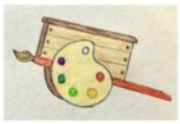
So what of the future?

When you look at the service schedule you will see fewer services than we have held in the past. Simply the result of losing a full-time minister, on top of the others that have departed the Deanery over the last year. As I said in the last newsletter we have dropped from 5 full-time plus 2 part-time to one full-time and the 2 part-time posts. The good news is that the vacancies at Dalton and Broughton are now advertised with the hope of being filled – provided there are suitable applicants. So do please pray for that. If both can be filled that will ease the shortage of priests. Our thanks go to Martin Williams who has volunteered to fill the empty slots in his diary by officiating at some Eucharist services in the Benefice. That will still leave some as Communion by Extension.
We are moving into uncharted waters and things may well evolve in response to external circumstance. But there is a communion service in one of our churches every Sunday and the mid-week informal communion at Urswick Parish Room.
The Leadership team, myself and those supporting the services do ask for your support and prayers as we navigate the future.

Thank you and God bless
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 Thurs 9th & 23rd March & 6th & 20th april
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 will resume with an Easter egg hunt and quiz on Good Friday morning 10:00am at Urswick church

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

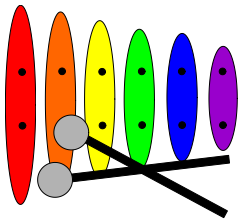
Next Meeting

March 26th 10:00am Venue TBA

please contact Graham; FB page or website

Events

The Children's Gate

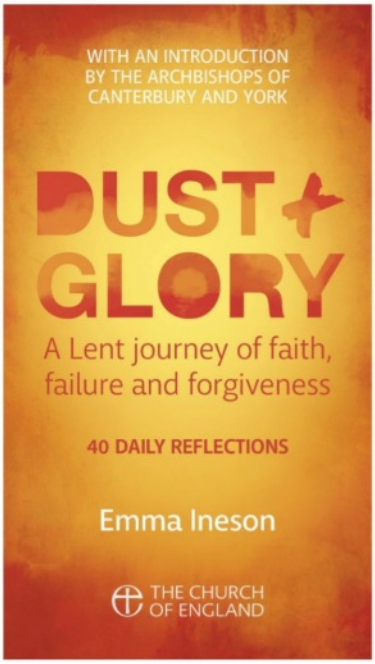


Music and Play for 0-3yrs

Our popular Toddler Group is held on Tuesdays!

9.30-11am

Come and join us for play, snacks, and singing at Urswick Parish Room



Lent Reflection Group

Every Thursday during Lent

23rd March to 6th April 7:30pm

Refreshments from 7:00pm

Urswick Parish room

Using Church of England Lent Journey Dust & Glory

Follow on-line daily on smart phone or tablet by downloading the app.

Search 'church of england dust and glory app'

Mental Health Fellowship Group

Suspended due to illness - Hopefully restarting in May

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

One of our outreach family services is the Christmas Eve Crib Service. 2022 was the first time in 3 years we have been able to hold the service in church – the past 2 have been outside in the churchyard. It was well attended with lots of excited children. As we have become accustomed to Lucie's three children orchestrated the 'Round the Back' story with placards and two of the younger children led the actions. Including stomping up and down the pulpit steps. What of this coming Christmas – Well Lucie had a spare copy of the book which she has left so all I have to do is make the placards and find three willing (or otherwise) volunteers.
We're into Lent already it will soon be Holy Week and Easter and time to celebrate our Lord's resurrection.
Spring is coming the snowdrops are out and before long the weather should warm and we will see the trees come into leaf as creation renews itself for another year.
As the weather improves (hopefully) we can resume our outdoor activities. By the time you read this Furness Footsteps will have been on the first walk of 2023. I would report the event but I'm writing this before the walk – so next issue.

Webster's Waffle

Editor. Jim
Page Bank,
Rampside
01229 821561



March April 2023

Spring, Lent and Easter. So as we go into this season, what's it all really about? A few months ago I was suddenly reminded of how ephemeral the things we do are. My lady wife had commented about an elderly man she knew of and wondered what he'd done in the past. Now being local I remembered some of his achievements, and as I was sitting at the computer, I typed his name into Google. This, I felt, would bring up the things he'd done. So what did we get?

Frankly, virtually nothing. Then it struck me, given his age, most of the stuff he'd done was in the 'pre-internet era'. The triumphs, the glorious successes, the towering achievements, weren't there. Yes he'll remember them and if you ask he'll doubtless tell you about them. But otherwise they're gone, 'like tears in rain.'

Oh they're probably recorded in dusty and rarely visited archives. There might even be yellowing newspaper cuttings which will one day doubtless grace the bottom of the litter tray. All those achievements, all that glory, faded away. At this point I was reminded of the hymn, "Glorious things of you are spoken." There are two lines which sum up the situation beautifully. "Fading are the world's vain pleasures, all their boasted pomp and show." But then the hymn finishes on a positive note, "Solid joys and lasting treasures none but Zion's children know."

Now it wasn't just John Newton the hymn writer who came up with this. The Apostle Paul, in his letter to the Philippians, said much the same thing. He goes through his 'achievements'. "If someone else thinks they have reasons to put confidence in the flesh, I have more: circumcised on the eighth day, of the people of Israel, of the tribe of Benjamin, a Hebrew of Hebrews; in regard to the law, a Pharisee; as for zeal, persecuting the church; as for righteousness based on the law, faultless." And then he looks at this and says, and I paraphrase, "But compared to the joy of knowing Christ and following Christ, it's worthless." Actually he doesn't say 'worthless.' In some of the politer translations he calls it garbage. In the King James Version, it's 'dung'.

The theme of the transient as compared to the eternal runs through the New Testament. Paul in Corinthians says, "Everyone who competes in the games goes into strict training. They do it to get a crown that will not last; but we do it to get a crown that will last for ever." Jesus says, in the Gospel of John, "You did not choose me, but I chose you and appointed you so that you might go and bear fruit – fruit that will last."

And as we go into Lent, we get a chance to think about our lives and what we've really achieved. What you have to ask is, 'Was Paul right?' Is the stuff I'm so proud of going to be eternally significant, or has it already been forgotten, garbage, tears in rain? Is it a springboard to propel me forward or am I like Marley's Ghost, dragging this stuff around behind me. Is it holding me back?

And then we have Easter, and Christ risen, triumphing over death and sin. What really matters?

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 new 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