THE CHURCH OF LOW FURNESS NEWSLETTER

CHRISTMAS EDITION



NOVEMBER & DECEMBER 2021

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COMMUNITY NEWS

URSWICK POST OFFICE OUTREACH – URSWICK PARISH ROOM

Thank you to everyone who has supported the village Post Office and Coffee Morning. It has been a great success through September and October so we are delighted to confirm that it is continuing on Friday mornings. Come and join us!

Fridays 9.30-11.30am

Christmas Craft Fayre

Saturday 4th December 10am-2pm

Urswick Parish Room

A number of crafters will be attending and there will be craft and bakery items for sale. All are welcome to COME and browse, TRY a new craft and CHAT over tea, Coffee and cake!

Carol Singing

at Gleaston

Outside the Village Hall and followed by Mulled wine and mince pies

Friday 17th December 7pm



LADIES LUNCH GROUP

The Christmas Ladies Lunch will be held at

The Clarke's, Rampside on Monday 6th December at 12.30

Do come and join this friendly group. Please Book with Maggie t. 01229 587369. As it is a Christmas booking there is a £10 non-returnable deposit and menu choice request by 22/11 please (total cost set price £24.95)

CHURCH SERVICES – NOV/DEC 2021

Date	Church	Service	Time
Sunday 7th Nov	St. Mary & St. Michael, Urswick Urswick Parish room	Holy Communion Messy Church	10.30am 2.30pm
Thursday 11th Nov	Dendron War Memorial *	Act of Remembrance	10.50am
Sunday 14th Nov Remembrance Sunday	Holy Trinity Church, Bardsea St. Mary & St. Michael, Urswick St. Cuthbert's, Aldingham	Holy Communion Act of Remembrance and Service of the Word Sung Evening Prayer (BCP)	10.30am 10.45pm 2.30pm
Sunday 21st Nov	Rampside Village Hall	Service of the Word	10.30am
Sunday 28th 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 6pm
Sunday 5th Dec	St. Mary & St. Michael, Urswick Stainton Village Hall Holy Trinity Church, Bardsea	Holy Communion Carol Service Carol Service	10.30am 3pm 6pm
Sunday 12th Dec	St. Mary & St. Michael, Urswick St. Cuthbert's, Aldingham Holy Trinity Church, Bardsea St. Mary & St. Michael, Urswick	Holy Communion (spoken) Carol Service Christingle Service Carol Service	8am 2.30pm 4pm 6pm
Sunday 19th Dec	Holy Trinity Church, Bardsea Rampside Village Hall	Holy Communion Carol Service	10.30am 2.30pm
Tuesday 21st Dec	St. Mary & St. Michael, Urswick	Blue Christmas (Healing Service)	2.30pm
Friday 24th Dec Christmas Eve	St. Mary & St. Michael, Urswick St. Cuthbert's, Aldingham St. Mary & St. Michael, Urswick	Crib Service Holy Communion Holy Communion	3pm 9pm 11.30pm
Saturday 25th Dec Christmas Day	Holy Trinity Church, Bardsea	Family Communion	10.30am
Sunday 26th Dec Boxing Day	St. Mary & St. Michael, Urswick	Holy Communion (spoken)	10.30am
Sunday 2nd Jan	Rampside Village Hall	Holy Communion Bring & Share Lunch	10.30am
Sunday 9th Jan	Holy Trinity Church, Bardsea St. Cuthbert's, Aldingham	Holy Communion Sung Evening Prayer (BCP)	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

(no mid-week Communion on Weds 29th December)

Every Saturday 4pm Compline (Urswick Church)

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

*Please be advised that there is limited access due to road closure and the memorial is at a road junction

View from the Vicarage



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

Dear Friends,

Now, I'm not someone who starts to celebrate Christmas far too early. I, like many people I know, feels somewhat irritated at hearing Christmas carols strike up in November in shops and see shelves fill up with Christmas 'special offers' encouraging us to overspend from sometime in mid-Autumn!
At the same time, I find the change of season from Autumn to Winter a little exciting; the clocks go back and daylight hours dwindle, stormy weather gives a great excuse to cosy-up at home and the church season moves from All Saints to All Souls, and Remembrance to Advent. It's a wonderful time to offer us pause for thought, reflection and prayer as we prepare to celebrate the Incarnation at Christmas.
So, it was with some thought that I labelled our bi-monthly newsletter for November and December the 'Christmas Edition'. One way or another we are moving towards this celebration and most people are likely to be caught up in some sort of planning as to where they'll be, what they'll be eating or giving and receiving in a few weeks' time.
Perhaps you will give some time to thinking about where you might worship and what you might be able to give to the Church? The pandemic has been difficult for everyone, and our church congregations have been marvellous in coming back together as we reopened, and others have come to join us. There is always room for more. If you're thinking of coming back to the church for the first time since the pandemic, or the first time in years, then Christmas is a great time to do so. Whether it's an uplifting Carol service or the safe space of the Blue Christmas Healing Service for those who struggle at this time of year, then do think of coming along. Also, do feel free to contact me, our Churchwardens or other members of the Church family is you need support during these months.
With every blessing and prayer for this season,

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

Knead to Chat ?



Bread Therapy Sessions

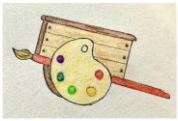
Taster session will be on Monday 8th November and Monday 13th December Urswick Parish Room 10 – 2pm

Knead to Chat is a new scheme available to those who are in need of a safe place and understanding. It will be a small group, where you can chat, will be guided to make and bake bread by hand, then share a simple meal together at the end of the session.
There will be no charge, but donations would be appreciated.

If you would like further information about the benefits of bread therapy or to book a place, please contact
Maggie 587369 or Ramsay 587200 or
Email lowfurnesschurch@gmail.com

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 11th /25th November and 9th December at Urswick Parish Room

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

Messy CHURCH

Sunday 6th November 2.30pm at Urswick Parish Room

Theme 'Remembrance'

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

Healing Service Sunday 28th November 6pm

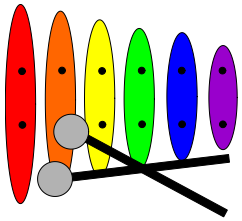
A service of prayer, contemplation, and healing at Urswick Church

Blue Christmas Service

Tuesday 21st December 6pm at Urswick Church

A service of healing, especially for those who are grieving or find Christmas difficult

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:
18th November
2nd December

For more information contact Ramsay Lunn tel. 587200

Christian Fellowship Reading Group

We will be studying the Lord's Prayer using Tom Wright's

The LORD and His PRAYER

Thursdays 11/18/25 Nov, 2/9Dec

7pm – 8.30pm Urswick Parish Room

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

Copies of the book are available to borrow.

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



Graham Tate
Carr Ing
The Crescent
Barrow-in-Furness
01229 833150

Footsteps Forward Oct 21

Since the last newsletter we had been on 2 of our walks in Sept and October.
For our Sept walk we met at Gleaston Water mill. The weather forecast was wet and sure enough as I set of to the meeting point it raining. However, by the time I got to the mill it had stopped raining so off we set. By the time we had got a third of the way round our walk the sun was shining, and the raincoats came off. The rest of the walk was under blue sky and warm sunshine. From Gleaston we followed the paths south towards to coast road, turning off before we reach the coast road to follow the path across the fields to the Leece road then along the bridleway back to Gleaston. We did have to make a detour through a couple of fields at one point as the bridleway was so overgrown as to be impassable – that is without an agricultural hedge chewing machine. Although one of band did make a gallant effort to break through!!
One of the highlights of this walk was timing (timing they say is everything) the blackberries were ripe and there were a fair few sampled on the way back to the Water Mill where we stopped for much needed sustenance as this had been one of longer walks. But very enjoyable all the same.
October we went a different way. Meeting at Conishead Priory we followed the coast path towards Ulverston. As we walked along the path we noticed several yellow flags placed a regular interval on the beach – each with a number on. There was some speculation as to the purpose until we met up with a group of people waiting for the tide to come in. It was a fishing competition. Just before we reach Glaxo I took this picture :



Can anyone else see a giant bottlenose dolphin?
Well, we thought it was



And stopped to admire…
Then back along Sandside through the woods to the Priory. Timing is everything and I got this one wrong. The Priory were holding their Fall Festival that weekend and the café was closed. Shame because they do really nice cakes. So, it was off to Chill & Grill at Bardsea beach for the all important coffee & Cake.
This was planned to be our last walk for 2021 but by popular demand we are going again in November 28th. Still need to plan that one, but I'm aiming for solid paths rather than fields.
Watch the Facebook page <Furness Footsteps> or the church website <www.churchoflowfurness.org.uk for updates in next couple of weeks

In the meantime, God bless, Graham

Webster's Waffle

Editor. Jim
Page Bank,
Rampside
01229 821561



A friend of mine was on a church trip. At the time she was 'a worship leader' because she plays an inordinate number of instruments. She was sitting on her own in the bus but behind her, two ladies were talking loudly enough for her to have trouble ignoring them. It appears that another church in the town had got a new vicar, and these two were discussing moving to the new church because they'd heard such wonderful things about the new person. As she told me after, "That was answered prayer and really made my whole day."

I remember hearing about a time when the C of E, the Baptists and the Methodists in a certain town got together to work for mission. At the end of the period they had a meeting to discuss how things had gone. The Baptists commented that it had been a big success, they had gained three families. The Methodists also felt it was a success, they'd gained two families. The C of E were over the moon, as they said, "We've lost our five biggest trouble makers."

This all does rather beg the question, what is a congregation? What do you join a congregation for? Why are you sitting in that pew on a Sunday morning? (Or Wednesday morning if it's the Urswick midweek service.)

One definition is that the congregation is a worshipping community. Whilst we could discuss whether this definition is right, there is one thing that a congregation isn't. It isn't an 'audience.' Being part of a congregation means that you are participating in the life and worship of the church. Not just filling in a Sunday morning whilst the roast cooks. Being a member of that worshipping community means you have voluntarily decided build bridges between you and the other members of that community. You meet in the presence of God to both worship him and learn more about him, together.

I remember Bishop James speaking during one of his teaching days. His daughter and her family had moved and were looking at churches to see which suited them. She discussed the situation with her father. The thing was that this church was really good with children (important when you have a young family) but that church had amazing worship, and a third church was really friendly and they already liked a lot of people there. All three churches could offer so much. Bishop James turned things around and asked her, "What can you bring to a church?"

Obviously some get up on their hind legs and do stuff up at the front. But in reality, a person who just sits quietly and will listen, in absolute confidence, to somebody pour out their heart, is a real treasure. So is the person who quietly encourages, or smiles and cheers people up. After a while you realise that the work of the church is done by the members of the congregation and the way they try to live their lives when they're not at church.

What's On - November

DATE	TIME	EVENT
Weds 3rd Nov	10.30am	Mid-week Communion (Celtic) and coffee Urswick Church
Thurs 4th Nov	10-11.30am	The Children's Gate – Baby Group Urswick Parish Room (UPR)
Fri 5th Nov	9.30-11.30am	Post Office and Coffee Morning UPR
Sun 7th Nov	2.30-4pm	Messy Church – Urswick Parish Room
Mon 8th Nov	10am-2pm	Knead to Chat? Bread Therapy Session UPR (please book, see p.4)
Tues 9th Nov	9.30am	The Children's Gate – Toddler Group Urswick Parish Room (UPR)
Tues 9th Nov	10-11.30am	Community Coffee Morning Rampside Village Hall
Weds 10th Nov	10.30am	Mid-week Communion and coffee Urswick Church
Thurs 11th Nov	10-11.30am	The Children's Gate: Baby Group UPR
Thurs 11th Nov	10.50am	Act of Remembrance – Dendron War Memorial
Thurs 11th Nov	1-4pm	Cumbria Craft and Art Therapy Group (CCArtT) UPR
Thurs 11th Nov	7-8.30pm	Christian Fellowship Reading Group UPR
Fri 12th Nov	9.30-11.30am	Post Office and Coffee Morning UPR
Tues 16th Nov	9.30-11am	The Children's Gate: Toddler Group UPR
Tues 16th Nov	10-11.30am	Community Coffee Morning Rampside Village Hall
Weds 17th Nov	10.30am	Mid-week Communion and coffee Urswick Church
Thurs 18th Nov	10-11.30am	The Children's Gate: Baby Group UPR
Thurs 18th Nov	1.30pm	Centering Prayer Group UPR
Thurs 18th Nov	7-8.30pm	Christian Fellowship Reading Group UPR
Fri 19th Nov	9.30-11.30am	Post Office and Coffee Morning UPR
Tues 23rd Nov	9.30-11am	The Children's Gate: Toddler Group UPR
Tues 23rd Nov	10-11.30am	Community Coffee Morning Rampside Village Hall
Weds 24th Nov	10.30am	Mid-week Communion and coffee Urswick Church
Thurs 25th Nov	10-11.30am	The Children's Gate: Baby Group UPR
Thurs 25th Nov	1-4pm	Cumbria Craft and Art Therapy Group (CCArtT) UPR
Thurs 25th Nov	7-8.30pm	Christian Fellowship Reading Group UPR
Fri 26th Nov	9.30-11.30am	Post Office and Coffee Morning UPR
Sun 28th Nov	10am	Furness Footsteps (contact Graham Tate for details. See p.7)
Tues 30th Nov	9.30-11am	The Children's Gate: Toddler Group UPR
Tues 30th Nov	10-11.30am	Community Coffee Morning Rampside Village Hall

This What's On? page has been designed as an easy reference to local community and church events. If you would like us to include any events in the villages, school and communities of the Low Furness area, please get in touch with details (date/time/description including venue) at churchoflowfurness@gmail.com

Notice

Flower Rota at St. Mary & St. Michael's Church, Urswick

If you are interested in helping with monthly flower arranging at Urswick Church or would like to contribute flowers or cash donations, including in memory of loved ones, please do get in touch with Urswick Vicarage and your name will be passed to our Flower Arranging Team.

WHAT'S ON – DECEMBER

Weds 1st Dec	10.30am	Mid-week Communion (Celtic) and coffee Urswick Church
Thurs 2nd Dec	10-11.30am	The Children's Gate: Baby Group (Urswick Parish Room) UPR
Thurs 2nd Dec	1.30pm	Centering Prayer Group UPR
Thurs 2nd Dec	7-8.30pm	Christian Fellowship Reading Group UPR
Fri 3rd Dec	9.30-11.30am	Post Office and Coffee Morning UPR
Sat 4th Dec	10am-2pm	Christmas Craft Fayre (see p.2) UPR
Sun 5th Dec	3pm	Stainton Carol Service Stainton Village Hall
Mon 6th Dec	12.30pm	Ladies Christmas Lunch – All welcome. Please book. (Details p.2)
Tues 7th Dec	9.30-11am	The Children's Gate: Toddler Group UPR
Tues 7th Dec	10-11.30am	Community Coffee Morning Rampside Village Hall
Weds 8th Dec	10.30am	Mid-week Communion and coffee Urswick Church
Thurs 9th Dec	10-11.30am	The Children's Gate: Baby Group UPR
Thurs 9th Dec	1-4pm	Cumbria Craft and Art Therapy Group (CCArtT) UPR
Thurs 9th Dec	7-8.30pm	Christian Fellowship Reading Group UPR
Fri 10th Dec	9.30-11.30am	Post Office and Coffee Morning UPR
Mon 13th Dec	10am-2pm	Knead to Chat? Bread Therapy Session UPR (please book, see p.4)
Tues 14th Dec	9.30-11am	The Children's Gate: Toddler Group (last of the term) UPR
Tues 14th Dec	10-11.30am	Community Coffee Morning Rampside Village Hall
Weds 15th Dec	10.30am	Mid-week Communion and coffee Urswick Church
Thurs 16th Dec	10-11.30am	The Children's Gate: Baby Group (last of the term) UPR
Fri 17th Dec	9.30-11.30am	Community Coffee Morning (PO tbc) UPR
Fri 17th Dec	7pm	Carol Singing at Gleaston (see p.2)
Weds 22nd	10.30am	Mid-week Communion and coffee Urswick Church
See page 3 for Church and Carol Services over Christmas week		
Weds 5th Jan 2022	10.30am	Mid-week Communion and coffee Urswick Church
Thurs 6th Jan	10-11.30am	The Children's Gate: Baby Group UPR

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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/

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

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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/