THE CHURCH OF LOW FURNESS NEWSLETTER.

LENT EDITION

CHURCH SERVICES – FEBRUARY/MARCH 2021

Date	Church	Service	Time
Every Mon/Tue/Wed	Church of Low Furness Online: Facebook Live	Morning Prayer	9am
Every Saturday	Church of Low Furness Online: Facebook Live	Compline	8pm
Ash Wednesday 17th February	Church of Low Furness Online: Facebook/YouTube	Holy Communion (recorded)	Available From 8am
Sunday 28th February	Zoom Service – link by request (see below)	Healing Service	6pm

Due to the current Coronavirus restrictions, we are not currently holding in person worship in our church buildings. Some churches are open for periods of private prayer – please see notices below
We are constantly reviewing our service provision and will send out updates as changes occur.

Healing Service

Our monthly healing service will be held on Zoom in February. **Please contact Lucie Lunn to receive a link to this service** of prayer, contemplation, and healing.

Attendees can attend with camera off and sound muted if they choose and would prefer to receive and not interact. Chat messaging can be used to arrange one to one support online.

Sunday 28th February 2021

6pm

Private Prayer

You can access the following church buildings for the purposes of private prayer:

Aldingham: Sundays 10.30am-12midday

Bardsea: Wednesdays 2-3.30pm

Urswick: Third Sunday each month only 2-3.30pm

Lent resources

A separate flyer has been produced with suggested Lent course and resources. Please ask if you have not received it.

CCArtT



Cumbria Craft & Art Therapy

Cumbria Craft & Art Therapy group has places available. It is open to individuals with any mental health or fellowship need, including those are affected by bereavement and loss, stress and anxiety or isolation and loneliness. We facilitate small groups by arrangement, so day or time can vary. Meeting and working together, we use a variety of crafts and art to offer a safe space and understanding.

Contact Maggie (587369) or Lucie (t.587200) for more information and to book a place.

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Online Lent Discussion Group

with the Church of Low Furness

During Lent we will be using the resources produced by Bishop Emma and based on the God for All Vision Refresh themes.

The five sessions will be held on Zoom at 7.30pm on:

Thurs 25th February – Introduction
Thurs 4th March – Follow Daily
Thurs 11th March – Speak Boldly
Thurs 18th March – Care Deeply
Thurs 25th March – Tread Gently

Our weekly **Worship at Home** podcasts, and supplementary materials, will incorporate this Lent course and Bishop Emma's reflections.

Please contact Lucie to receive links to the Sunday podcasts and Zoom Link: revlucielunn@btinternet.com

Online Prayer on Thursdays

We are developing a new pattern of corporate prayer life online. Please join us to experience different ways of praying, or join our regular prayer group.

The pattern we are trialling through February and March:

1st Thurs – Ignatian Contemplation – Facebook Live 10am
2nd Thurs – Lectio Divina – Zoom 10am
3rd Thurs – Centering Prayer – Facebook Live 10am
4th Thurs – Meditation Podcast – Facebook Post or email

Prayer Group meets on Zoom every Thursday at 11am. Please contact lowfurnesschurchprayer@gmail.com for a Zoom link to join or any enquiries.



We always thank God for all of you and continually mention you in our prayers.

1 Thess 1:2

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View from the Vicarage

Revd Lucie Lunn

The Vicarage, Great Urswick LA12 0TA

tel: 01229 587200 email: revlucielunn@btinternet.com

'Raindrops on roses and whiskers on kittens'… I expect many of you are singing, at least in your heads, already? I find the classic song from the Sound of Music has a peculiar quality to act as an instant 'earworm'…if you're like me you'll probably be singing it all day now!
Causing you to have a song ringing in your ears is not, though, my intention; I mention it only because of a truth I find it contains in the midst of this pandemic and lockdown:

When the dog bites.
When the bee stings.
When I'm feeling sad.
I simply remember my favourite things.
And then I don't feel so bad.

No, I haven't been bitten by a dog lately (though Reiver is getting fairly cranky that there is never any peace at home at the vicarage these days) and the bees have not yet woken while the winter cold persists…but I am feeling sad. I know I'm not alone.

I have the blessing of being in a comfortable, safe home with people I love. I see people every day in Zoom meetings, talk on the telephone or wave from a distance to others…and yet I find myself *longing* to sit, be present, to just *be* with others more fully. I want to pray, I want to sing, I want to laugh with my family in Christ, my friends, and my community.
Instead, I wait…and feel sad.

The song suggests we might recall our favourite things, it could just as well suggest the 'little things' or the 'hopeful things'. In them we discover a 'not so bad' feeling is to be found. I have experienced genuine joy at the sight of snowdrops, and now crocuses, pushing their way through the hardened earth. Only because I stopped to look at them. These signs of Spring are symbols of hope, renewal and resurrection. And they can help to make us feel better… I'll probably be beside myself by the time I spot my first gambolling lamb in a field!

Lent begins next week, on Ash Wednesday, 17th February. Think carefully before you 'give up' things (you have already given up a lot) or set tasks as a Lenten discipline. This long winter lockdown is emotionally disruptive and difficult. Perhaps you might take the time to notice the little things, hopeful things, and favourite things, let them allow this time to be one punctured by moments of joy and hope. Take care, stay safe.
With every blessing,

Lucie

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

As we move into 2021 we all hope and pray that by this time next year we will have returned to some sort of 'normal', maybe a new normal, but at least able to join together in worship again. Who would have thought this time last year that we would have had the year we had in 2020?

We are starting off 2021 as we finished 2020 – confined to our houses except for 'essential' journeys. That does make some aspects of traditional outreach rather tricky. But we, and the church at large did learn some new ways during 2020 of reaching out. On-line church became the norm for many months and will probably be the norm for the next few too. People anywhere can now join in the services from a wide range of cathedrals and churches. Our own on-line services (morning prayer Monday thro' Wednesday; Centring prayer on Thurs and Compline on Sat evening) complement the local and national services and reach people beyond our own area. So we are reaching out – albeit in cyber space. And will continue to do so even when we are worshiping in church without facemasks and social distancing.

Probably the most unusual service we held in 2020 was the Crib Service – unusual because it was outside in the church yard!! Even then it was well attended, with several families there. We even got to sing a couple of carols through our facemasks. Sure, it was little chilly but at least it was fine and the late afternoon sun was shining. And it did begin to feel a bit like Christmas.

What this year holds for us is difficult to predict right now. We do have effective vaccines, and some people are now vaccinated, but it will be some time before enough of the population are vaccinated to allow the kind of free movement we used to enjoy – and hopefully will enjoy again. In the meantime, we'll just have to Zoom around in cyberspace.

Talking of cyberspace – I do try and keep our website (www.churchoflowfurness.org.uk) up to date with the latest information. If there is anything you want to share with the world (that's legal and proper) I'm happy to include it on the site. Anything you have found inspirational, uplifting or just funny that might lighten someone's day sent it to me at webmaster@churchoflowfurness.org.uk. There is also our Facebook page (Church of Low Furness) where you can find our on-line services. Our organist often posts hymns there so if you are missing the singing in church tune in. You will also find the link to our Youtube channel where you can listen to Lucie's podcasts. Those are effectively her reflections that we would have heard in church if we had been there.

For those who find the technology challenging and haven't got someone under the age of 15 on hand to help there is always the good old telephone, and a friendly voice on the other end.

God bless and stay safe till we meet again, Graham

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Editor. Jim
Page Bank,
Rampside
01229 821561



Last year was a good one for bad news. It's like one mate of mine who went to the doctor. The doctor said, "Well, we've got bad news and good news."
My mate said, "Can I have the good news first?"
"Yes," said the doctor. "We're naming the disease after you."
Which is bit of a beggar really because the Church's job is proclaiming the good news. When you look round there doesn't seem to be a lot of competition for that particular job. Everybody else seems happy to spread gloom, despondency, and ideally put the blame on somebody else. There are easy targets, one is the government, 'The large print giveth, and the small print taketh away.' Then there's always the bureaucracy, which I've seen likened to the mastic lubricating the wheels of industry. Of course you could always blame MPs. One observer pointed out that Parliament is a strange place. A man gets up to speak, says nothing, nobody listens, and then everybody disagrees with him.
All in all, everything seems to be pretty miserable, not quite half the population seem to think that the rest of the population is thick, or over-educated, or entitled, or racist (delete to taste.) To be brutally honest, social media can look like a naughty table in a sink secondary school when the grown-ups have moved out of earshot.
And somehow, into all that mess, we're supposed to proclaim the Good News. To people who are often utterly self-absorbed, or perhaps are luxuriating in their supposed victimhood; or have seen too much and have sunk to new depths of cynicism.
I'm sorry, but you'd have to be an idiot to think you could make a difference. And you'd be right. Idiot comes from the Greek, idiōtēs. It was a term used for an ordinary person, somebody who wasn't a professional. It was commonly used for ordinary soldiers, the other ranks. In Latin it became idiota which meant 'uneducated,' 'ignorant,' or 'common.' Which probably tells you all you need to know about the opinions of the literary classes when it came to the person in the street. But anyway, we idiots have to go out there and do the job. Luckily, we're working for a God who appreciates his idiots. After all, as Paul said, "For the message of the cross is foolishness to those who are perishing, but to us who are being saved it is the power of God. For it is written: 'I will destroy the wisdom of the wise; the intelligence of the intelligent I will frustrate.'
Where is the wise person? Where is the teacher of the law? Where is the philosopher of this age? Has not God made foolish the wisdom of the world?"
As Paul also wrote, "Brothers and sisters, think of what you were when you were called. Not many of you were wise by human standards; not many were influential; not many were of noble birth. But God chose the foolish things of the world to shame the wise."
He knows us too well doesn't he?

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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, 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/

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