THE CHURCH OF LOW FURNESS NEWSLETTER.

SUMMER EDITION

CHURCH SERVICES – JULY/AUGUST 2021

Date	Church	Service	Time
Sunday 27th June	St. Cuthbert's, Aldingham	Holy Communion	10.30am
Sunday 27th June	St. Mary & St. Michael, Urswick	Healing Service	6pm
Sunday 4th July	St. Mary & St. Michael, Urswick	Holy Communion	10.30am
Sunday 4th July	St. Cuthbert's, Aldingham	Evening Prayer (BCP)	6pm
Sunday 11th July	Holy Trinity Church, Bardsea	Holy Communion	10.30am
Sunday 11th July	By Aldingham Church (see notice below)	Outdoor Family Service	2.30pm
Sunday 18th July	St. Mary & St. Michael, Urswick	Service of the Word	10.30am
Sunday 18th July	St. Michael's, Rampside	Holy Communion	2.30pm
Sunday 25th July	St. Cuthbert's, Aldingham	Holy Communion	10.30am
Sunday 25th July	St. Mary & St. Michael, Urswick	Healing Service	6pm
Sunday 1st August	St. Mary & St. Michael, Urswick	Holy Communion	10.30am
Sunday 1st August	St. Cuthbert's, Aldingham	Evening Prayer (BCP)	6pm
Sunday 8th August	Holy Trinity Church, Bardsea	Family Service	10.30am
Sunday 15th August	St. Mary & St. Michael, Urswick	Service of the Word	10.30am
Sunday 15th August	St. Michael's, Rampside	Holy Communion	2.30pm
Sunday 22nd August	St. Cuthbert's, Aldingham	Holy Communion	10.30am
Sunday 22nd August	St. Mary & St. Michael, Urswick	Healing Service	6pm
Sunday 29th August	Holy Trinity Church, Bardsea	Holy Communion	10.30am

Every Wednesday 10.30am

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

When the weather is fine, refreshments are served in the Churchyard after the service

Note: Masks are required to be worn during Church Services under Covid regulations

Healing Services

A service of prayer, contemplation, and healing. Held at Urswick Church, our monthly healing services are held on the fourth Sunday of the month at **6pm**

Sunday 25th July & Sunday 22nd August

Centering prayer

Our Centering Prayer group is now able to be held in person. Please contact Ramsay Lunn for further details, tel.587200 or churchoflowfurness@gmail.com

Dates for the Summer months:
01/15 July 19 August 1.30pm
Urswick Parish Room



Furness Footsteps

Stepping Beyond the View

Meets on the Fourth Sunday each month at 10am

Contact Graham Tate (see below) for details of next meeting place for a walk, coffee, and fellowship

A Fresh Expression of Church

He has shown you what is good. And what does the Lord require of you? To act justly and to love mercy and to walk humbly with your God. Micah 6:8

THE CHURCH OF LOW FURNESS NEWSLETTER.

View from the Vicarage

Revd Lucie Lunn

The Vicarage, Great Urswick LA12 0TA

tel: 01229 587200 email: revlucielunn@btinternet.com



Dear Friends,

A couple of weeks ago, one of the readings in our service of Morning Prayer was from Ephesians, chapter 2 verse 22 which says *"And in him you too are being built together to become a dwelling in which God lives by his Spirit."* As I read the verse out loud, I was suddenly impressed by a moment of realisation and joy, 'Yes!' I thought, 'This is what we're doing together as a church community, being built together in the Spirit, a dwelling place for God'.

One of the features of the congregations that have come together to worship, whether for online services, in person services on Sunday or mid-week communion, or a fresh expression of church, is that the groups are gathered from different parishes, places and spaces, spanning different ages and stages of life, more so than in our pre-pandemic form. It has been wonderful to see relationships form and flourish, so the phrase 'being built together' really resonates.

We are also building in new ways, with a virtual community choir (spanning from the North of Scotland to Kent!) which Kath has established, a post-natal support group and Craft & Art Therapy group now also running. And in July we will hold our first 'Wild Church' outdoor family service… let's hope the weather is not too wild on the day!

In all this I discover what a joy it is to be building, not just ourselves as individuals shaped and formed by our experiences of the last year, but as church and community, not so much rebuilding what was but discovering what it means now to be built together as a dwelling place for God. It is a spiritually uplifting experience and exciting to take steps to discern God's purpose for us.

The future looks far from certain or predictable, and there is no 'going back to normal'. So, it is my prayer for you and us all, that we discover new joy and spiritual depth as we are built together to become a dwelling place for the Spirit in our Lord Jesus Christ.

Yours in Christ,
Lucie

Urswick Parish Room – Notice to user groups

Urswick PCC is committed to making the Parish Room available to community and user groups as soon as possible. However, while we remain under onerous Coronavirus restrictions relating to public spaces, the room can only be made available for exempted categories of user groups and limited use, that does not require specialist cleaning routines or bear significant risk.

We are prioritising the return of the Post Office to the village. Other than that, the room will only be in use from time to time for small meetings or support groups.

We will put out further information to interested parties as soon as we are able to safely extend the use of the space.

Thank you to all those who have supported the Church with the recent refurbishment of the kitchen following a flood last year. We look forward to seeing you back soon.

He has shown you what is good. And what does the Lord require of you? To act justly and to love mercy and to walk humbly with your God. Micah 6:8

THE CHURCH OF LOW FURNESS NEWSLETTER.

Tread Gently: Outdoor 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, we are starting a new monthly family service outdoors, exploring God's wonderful creation!

Wild Church!

Our first outdoor family service will be held on

Sunday 11th July at 2.30pm

on the beach by Aldingham Church

A bit of walking, singing, beachcombing and fun! Meet in the Churchyard and dress for the weather. Please feel free to bring snacks, drinks, and blankets for sitting.

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 8/22 July and 12/26 August at Urswick Parish Room

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

Online Prayer on Thursdays

Please see our Facebook Group for Live prayer or request links to our prayer podcasts:

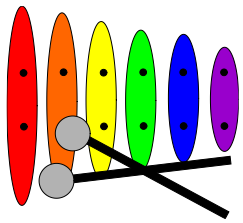
1st Thurs – Ignatian Contemplation – Facebook Live 10am
2nd Thurs – Lectio Divina – Podcast Link
3rd Thurs – Centering Prayer – Facebook Live 10am
4th Thurs – Christian Meditation – Podcast Link



He has shown you what is good. And what does the Lord require of you? To act justly and to love mercy and to walk humbly with your God. Micah 6:8

THE CHURCH OF LOW FURNESS NEWSLETTER.

The Children's Gate - Lockdown Babies!



Music and Play for 0-18mths

Post-natal Support Group

We're not quite ready to get our popular Toddler Group up and running again…but we are keen to meet little ones born and who've been growing up in lockdown, and to offer post-natal support to Mums, dads and carers.

Join us for a chance to meet, chat and share stories.

Thursdays 10.30am Urswick Parish Room

For more information call Lucie Lunn t.01229 587200 or text m.07825241366

😊😊😊😊😊😊😊😊

Christenings in Low Furness



After a year of not being able to offer **Christening services**, we are again able to arrange these, separately or as part of Sunday worship, in our churches across Low Furness. We can also invite families and friends to join these special services online via Zoom while we still can't meet in larger groups.

For Christening enquiries please contact Revd Lucie Lunn, contact details above.

He has shown you what is good. And what does the Lord require of you? To act justly and to love mercy and to walk humbly with your God. Micah 6:8

THE CHURCH OF LOW FURNESS NEWSLETTER.



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

Footsteps Forward June 21

Furness Footsteps finally managed a walk in May, after an enforced break due to the pandemic restrictions. A few of us met for a short walk over Birkrigg on 23rd May. Annual church meetings meant that some of regulars were 'otherwise engaged'. The weather could have been better -but it could have been worse. Probably best described as inclement as we ascended to the Trig Point at the top of the common where we stopped for coffee. Having brought our own as a cautious return to our more normal practice of including a local hostelry in the walk. We are hoping, as restrictions ease from June, that we will be able to frequent a selection of cafes during our future walks.

Once we got over the summit we were in the lea of the common and the weather was quite pleasant. A visit to the stone circle to contemplate the ancient spiritual site. Looking out at the view over bay and having experienced some spectacular sun rises over years you can understand why the ancients built the stone circle there. Creation at its most spectacular – something we can still enjoy today. As we rounded the common and looked out in the direction of Ulverston it was good to see the fields planted for this year's crops. Even when at the early stage of cultivation, the maize fields look like they are flooded as the light reflects off the strips of plastic (which is bio-gradable) used in the sowing.

Current indications are that we will be able to meet and enjoy our walks for the rest of this year – at least up till the end of October – when we normally take our winter break. So, for our June walk we are meeting at Bardsea beach opposite 'Chill & Grill' for a walk along the shore. Hope to see you there.

Next Meeting at time of writing: **Sunday 27th June 2021 at 10am**

Contact details above for details of meetings July/August

He has shown you what is good. And what does the Lord require of you? To act justly and to love mercy and to walk humbly with your God. Micah 6:8

THE CHURCH OF LOW FURNESS NEWSLETTER.

Editor. Jim Page Bank, Rampside 01229 821561



When I'm sad, I sing to cheer myself up.

It works, I realise that my voice is a lot worse than my problems. This means that, frankly, I've not missed singing in church services as much as some people have. Indeed, I've found the quiet, sitting listening to the organ, pondering the readings or the sermon, has been one of the positive things I've gained from covid. As for the forever standing up and sitting down, like some sort of slow motion line-dance where every congregation knows slightly different moves, I don't miss that one bit. Isn't it lucky we're all not the same?

But with the end of lockdown, how are we going to play things? I'll even put up with having to sing again, if it makes I can take the chuffing mask off. But as we come out of lockdown, the world and our congregations have changed. Looking around, some people have moved to live nearer daughters, some have died, some have gone into homes, and some have started attending a church near to where they live, rather than driving ten miles out of town to come to the benefice.

Now I think many people know that the Church is what is left when the building burns down. But what should the Church be? People worshipping God, yes. People gathering on a Sunday morning to conduct a slow motion line-dance and sing badly? Well, there are no rules against it but surely it cannot be one of the core purposes of the Church? The Church should be a community. The Church should be people who enjoy meeting together, who are happy to linger after the service for coffee, who want to help and support each other.

Like all communities it can easily be destroyed by people grandstanding, bullying and insisting on their own importance. Indeed that is the very opposite of Church, because Christ himself washed the feet of his disciples and called on us to serve people, not to manipulate them.

And now we can look at the ways we can *be* Church *and* build Church. There isn't one model and what works for some won't work too well for others. They talk about 'fresh expressions' where a Church might be formed around young people, or Mums and their children, or people going out for a walk together and experiencing God in his creation. All these are Church and if we're really lucky, these people being Church, will accept all the other 'fresh expressions' that we've got going at the moment…

We've got one that's for fit retired people who like singing and doing the slow motion line-dance where every congregation knows slightly different moves. If we're really lucky, these other people being Church might let us slow motion line-dancers join them, but don't expect them to try and learn the steps of the line-dance.

He has shown you what is good. And what does the Lord require of you? To act justly and to love mercy and to walk humbly with your God. Micah 6:8

THE CHURCH OF LOW FURNESS NEWSLETTER.

CHURCH OF LOW FURNESS ONLINE

Date	Church	Service	Time
Every Mon/Tue/Thur	Facebook Live	Morning Prayer	9am
Every Saturday	Facebook Live (also in person Urswick Church)	Compline	8pm
Every Sunday	Worship at Home podcast and supplementary material by email		
Facebook Live services are also uploaded to our YouTube Channel, details on back page. *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/

He has shown you what is good. And what does the Lord require of you? To act justly and to love mercy and to walk humbly with your God. Micah 6:8