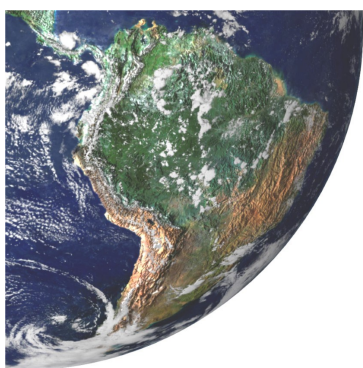




**Churches
Together in
Cumbria
February
2019**



CARING *for* **OUR COMMON HOME**

**Saturday, 2nd February 2019, 9am to 4.30pm
Keswick School, Vicarage Hill, Keswick CA12 5QB**

A DAY TO ...

- reflect on why we should care for the earth
- ponder the challenges we face in doing so
- become aware of faith perspectives on the environment and environmental challenges
- identify practical actions we can take

A DAY FEATURING ...

- inspiring talks
- a range of workshops options
- a conversation with local MPs
- a 'market place' of information and ideas
- worship for those wishing to take part

A DAY FOR ...

- sixth-form students
- local churches
- local businesses
- anyone interested in environmental issues

COSTS: £15 per person (£5 for sixth-form students), reduced rate available

FURTHER INFORMATION:

<https://caringforourcommonhome.org>
or contact Revd Nick Mark, 156 Lowry Hill Road, Carlisle CA3 0ER
Phone: 01228 526162

BOOKING: by Friday, 25th January 2019

ORGANISERS: Cumbria Theological Society, Churches Together
in Cumbria Environment Group, St John's Church, Keswick

OUR KEYNOTE SPEAKERS

Keith Ward is
Professorial Research
Fellow at Heythrop
College, London. An
ordained priest in the
Church of England,
Keith sees it as
essential that religious
believers ensure their beliefs are beneficial to
human flourishing.



Peter Scott is the
Samuel Ferguson
Professor of Applied
Theology at the
University of
Manchester. Peter is
committed to relating
theological insights to
the dilemmas and issues of modern life.



FOCUS ON... The Environment

This month our main focus is our environment group, recently renamed as ECiC - Eco Christians in Cumbria (the Environment group of Churches Together in Cumbria).

This group comprises members who have had lifelong involvement in environmental issues through work, and others who have individual and collective interest in it. They come together to encourage, support and inform churches, individuals and other groups how to live in a more environmentally friendly way. For example, they encourage churches to become eco churches - see www.ecochurch.arochoa.org.uk

As individuals we can all improve our day to day habits. New shops are opening in a number of locations where you bring your own containers to buy unpackaged foodstuffs, thus reducing our need for plastic. Many people are now building "eco bricks" where you pack your non recyclable plastic into a clear plastic bottle, which is then used as a building material. see www.ecobricks.org

ECiC would further encourage Toilet Twinning, (www.toilettwinning.org) and using environmentally friendly toilet paper such as uk.whogivesacrap.org

Please see Ian James article below on the environment with an invitation to the forthcoming conference on 2nd February, Caring for our Common Home. Members of ECiC and CTiC will be attending, so come along to find out more, and perhaps learn how to become involved with this vital work.

Caring for our common home

Forget all the current political shenanigans and heated debates. The most challenging, urgent and intractable issue facing us today does not make many front pages or political manifestos. It is the gigantic, and growing, elephant in the corner of the room. It is of course, our rapidly changing climate and its consequences, not just for us, but for everyone and everything for whom planet earth is home. That climate change is the result of human activity, specifically our addiction to burning fossil fuels. Recent conclusions from the world's leading climate scientists are that we have little more than ten years left to effect major and radical changes to humanity's polluting activities.

How should we and our churches respond? That is the theme of a major conference which will take place on February 2nd 2019 at Keswick school (advert on page 1). It is aimed at all people across Cumbria, and we are inviting local sixth formers to bring the passions and insights of a younger generation to the day. Leading theologians Keith Ward and Peter Scott will deliver the keynote addresses, and they will be supported by a programme of workshops and a "market place" where you can glean information and ideas. Further details will be found on our website:

<https://caringforourcommonhome.org/>

We ask participants to register for the conference so we can plan our workshops. A registration form can be found on our website. Please make this a date for you, your friends and neighbours to join us.

Ian James,
Chair, ECiC.

Social Responsibility Monthly Update

A new year, a new energy and a new car! The new car has come into its own already - taking me to many different areas of our county to progress the social justice work for CTiC. I was recently invited to participate in the Bishop's Council Ecumenical conversation on ecumenical developments within Cumbria. I see this as an important part of my job, not just to keep social issues high on others' agendas, but to offer those issues and projects as support and enhancement to forthcoming changes, especially across borders.

Our housing group for example, evolved from our discussion day last year and has evolved into a wonderful proactive and influential group in the housing and homelessness world. I now sit on two housing strategy forums, and our very presence at meetings has enabled two different housing groups and councils to work together where they once did not.

Our discussion day this year is set for Saturday 29th June and our topic is isolation and loneliness. We are in discussion with ACT (Action with Communities in Cumbria www.cumbriaaction.org.uk), Linking Lives (www.linkinglives.uk) and CVS (Cumbria Council for Voluntary service www.cumbriacvs.org.uk) about the contribution they will make to our discussion day. We expect this topic to attract a lot of attention, and are confident positive joined up working will emerge from this day. Loneliness affects not just the elderly, but a recent BBC survey showed the age group 16-24 as most affected. We further recognise young mothers, organisation leaders, home based workers, and single and childless people are but a few of the other groups who can experience loneliness.

Sandra Radcliffe is settled in her new role as Modern Slavery worker for the county, and we continue to work closely with her. Just before Christmas Cumbria University joined our group and aims to raise awareness of slavery with students, not only that they will be vigilant for signs of it, but that they will learn to protect themselves from being trafficked. We hope to get the Clewer Initiative materials into schools this term.

This new year also sees us meeting with the Fresh Expressions movement in order to work more closely with them on social issues so we can be mutually supportive and share our learning. (www.freshexpressions.org.uk/places/cumbria)

If you would like to know more about any of these topics, or become more actively involved, do please get in touch.

Shelagh Goldie, Social Responsibility Officer

07941836477, shelagh.goldie@gmail.com

Offer to visit local groups

The Trustees of Churches Together in Cumbria (the members of the Executive Council) are very appreciative of the commitment of the 25 local Churches Together groups around the county, and of the work that they do in outreach and social action and fostering cooperation between churches at local level. We are conscious, though, that there may be scope for helping groups to get a more detailed understanding of the activities run by CTiC itself. We would be happy to receive requests from CT groups that a Trustee come along to a local meeting to give an update and answer questions. If you would like to issue such an invitation, please contact Emma Brown ebctic@outlook.com.

David Richardson, Vice President and Treasurer of CTiC

Cumbria Churches Dementia Conference (17/11/18)

The third annual Cumbria Churches' Dementia Conference was held at the Carver Uniting Church in Windermere on Saturday November 17th and attracted 79 participants from across the county and further afield.

The Conference was chaired by **David Richardson**, Dementia Ambassador for CTiC. He began by asking that the 'Dementia Enablers' present should identify themselves. Almost 30 people rose to their feet, being just some of the 118 Enablers who have volunteered to help make their own church (or circuit or group) aware of, and responsive to, the needs of people affected by dementia.



The next speaker was the **Revd Richard Teal**, Chair of the Cumbria Methodist District. His topic was 'Dementia in Rural Areas'. He reminded us of the scale of the problem: Over 9 million people live in rural areas of England. The percentage of the population over the age of 65 is set to rise by over 40% in the next seventeen years (and that figure will be disproportionately higher in rural areas, given the tendency of younger people to move to urban areas for employment)

Particular problems that people with dementia in rural areas encountered included:

- Difficulty accessing services at different stages of dementia
- Lack of accessible public transport and the withdrawal of one's driving licence
- Loneliness and social isolation
- Worry as to what would happen in an emergency

To these should be added the issues that carers may have to face

- Transport pressures including being expected or called on to drive
- Their own needs as a carer not being acknowledged or assessed separately

Richard encouraged participants to think of ways in which they might be able to help address these needs and praised the CTiC project for the change that it was making.

He introduced our third speaker, **Yvonne Myers**, Chaplain at the MHA home in Workington. Her presentation was on 'Biblical Yoga'. As she explained: 'There is a need to help people with dementia to hear the readings in a way that is helpful for them by delivering it in a way where they can be connected to the scripture in that moment.' Participants relished the chance Yvonne gave them to interact with the nativity story.

Each Conference has included a stand-out contribution from someone who is living personally with dementia. Our speaker this year was **Hilary Doxford**, an Alzheimer's Society Ambassador and a member of the World Dementia Council. Hilary called her talk 'Dementia: a journey of discovery and hope'. She offered three watchwords for her dementia journey to date: fear, despair and hope. She paid tribute to husband Peter and their 'support dog', Tilly.

She spoke of the not-so-good - battles, frustrations, misunderstandings, wearing down, avoidance, loneliness and isolation – and of the best: anything that triggers that inner, overwhelming sense of joy, nature, great choral works, retreats, words, animals, being in the mountains or at sea.

She summarised what churches might do:

Include; involve; enable; support

Share the good news

Create moments of joy

Dementia conference report continued...



The afternoon session began with a presentation by **Colin Capper**, Head of Research Development & Evaluation for Alzheimer's Society. He told us of the scale of the issue worldwide, with the number of people with dementia set to rise from 46.5 million to 131.5 million over the next 35 years. If global dementia care were a country, it would be the eighteenth largest economy in the world.

He drew attention to the need to give greater priority to dementia research. The cost to society of dementia is twice that of cancer, yet the amount of money devoted to research into the latter is seven times greater than that for dementia. There have been no new treatments for dementia since 2003. He listed three drugs which may assist in regard to Alzheimer's disease and which are in the latter stages of their trials and spoke also of the possibility of 're-purposing' (five drugs which are in use for another condition and which are being tested to see if they might be effective against dementia).

Colin stressed the steps that could be taken to reduce one's likelihood of developing dementia:

Be physically active; eat healthily; don't smoke; drink less alcohol; exercise your mind; take control of your health.

In the second session ('Go tell it on the mountain'), four people associated with the project gave practical examples of the ways in which it was making a difference in Cumbria. We heard about:

The guardian angel devices being introduced in the Kendal area at the instance of a Dementia Enabler (following a pattern established in Wigan) which enable people with dementia to live with greater confidence in the local community

'Messy Vintage': a programme which links primary schools and care home and is being run by a church in Kendal.

The leading role that two Enablers are playing in the establishment of the Northern Fells Dementia Action Alliance -helping to make that deeply rural part of the county dementia-friendly.

The fellowship meetings being developed in Penrith for Enablers in the Eden district

We also looked outside the county and heard about the 'Lyrics & Lunch' programme run by a church in Lancaster, providing opportunity for singing and worship (and lunch) for people affected by dementia.

The Conference concluded with a short service of dementia-friendly worship, devised by the Revd Lucie Lunn, Chair of CTiC's dementia reference group, and led by the Revd Richard Teal.

Dementia Project Officer

I was delighted to be appointed as the Dementia Project Officer last Autumn. It is a pleasure and privilege to be able to help in the work of making the Churches across our County 'Dementia Friendly' with all that this entails. It has been both humbling and inspiring to meet some of the Dementia Enablers who are engaged in a variety of Projects all with the aim of bringing the love and compassion of Christ to those affected by dementia. I look forward to meeting others in the coming months and of finding ways to continue to develop and strengthen the work of the Project. Please do contact me if I can be of help to you or your Church.

Yvonne Povey

Email: dpoctic@outlook.com. Telephone: 01768 897138/07840 205 632



The Opshops are non-profit shops set up by the Diocese of Carlisle to provide practical support at the heart of local communities alleviating loneliness and isolation and being a non-churchy Christian presence on the local parade.

*They urgently need volunteer **'Van Driver Assistants'** to help with collections and deliveries across Carlisle and Penrith and to and from the warehouse located on Caldewgate. The smooth operation of the van really is essential to the Opshops and if you are physically fit and able to spare a few hours, please do contact Jon Greenwood on jon@opshops.co.uk or 07523 778723*

*The Opshops also need **'Shop Volunteers'** and **'Warehouse Volunteers'** in a range of roles to suit all personalities. The shops are often a hive of activity with people from all walks of life stopping by for a cuppa or to pick up a bargain and are a wonderful way to get to know others in the local community. Our shops are located in Penrith, Botcherby, Botchergate, Currock, Harraby and Morton with the warehouse located on Caldewgate and if you are able to spare a few hours then please do contact Jon Greenwood on the contact details provided above.*

*We would also welcome **donations of good quality furniture, household items, clothes, books, toys and electrical items** either directly to one of the shops or, in the case of larger items, collection can be arranged through calling Jon Greenwood on the number above.*

Christianity in Penrith

Professor Michael Mullett will be giving a talk on the story of Christianity in Penrith and its surrounding area from c.350. This will be on Saturday 11th May 2019 in the Saint Catherine's Parish Centre. It will start at 10.00 am. If there is a collection, it will go to support oecumenical work in the area. Anglicans, Methodists, members of the URC, and those in other Christian denominations are most welcome. If interested, please contact Chris Robson 01524 62465.

Organist Required

Organist required for 11.00a.m. Church Service on 1st and 3rd Sundays in the month at Gretna Old Parish Church.

Further details from Session Clerk Mrs. Rita Wilson on 01461 700027 or email ritawilson1@btinternet.com

Cumbrian clergyman and foster carer urges others to think about fostering

**Become
part of
Cumbria's
biggest
family**

A Cumbrian-based rector, Rev Rob Jackson, is calling for more people to think about fostering across the county and says "God has been at the heart" of his own decision to foster babies.

Right now across Cumbria there is an urgent need for more foster carers to provide supportive, safe and happy homes for children.

Cumbria County Council already supports over 200 foster families, but with nearly 700 children needing foster families, they are always looking for more

people to join in.

If you have a spare room at home and a lifestyle that has room for a child, then why not become part of Cumbria's biggest family?

Reverend Rob Jackson, who is the rector of St Nicholas' Church in Whitehaven, and his wife Tracey, have been fostering with Cumbria County Council, for more than five years.

They are short term foster carers for children under two and also offer parent and child placements (a specialist type of fostering where a young parent, usually a mother, and baby, comes to stay with you at a time when they need extra support).

Rob said: "I am a former youth worker and I've always loved working with children. So, as our two boys grew older and we still felt young in ourselves, we realised we wanted to give something back. That's how the fostering came about.

"It works well for us in that we've been able to work from home and get our network of support at the church involved and God has been at the heart of all of this. Becoming foster carers wasn't about us, it was about the children. It was seeing there was a real need and we could do something to help.

"If children are born into particularly difficult situations we want to be able to provide them with a new life and new hope."

The county council is looking for people who can foster children of all ages, particularly siblings who need to stay together, and teenagers.

A package of support is available 24/7 to help foster carers in their role, including local support groups, their own social worker, generous allowances and flexible training.

If you are thinking of fostering why not come along to an information event in your area:

Saturday February 9, 2019 - Carlisle (Crown & Mitre Hotel) - starts 2pm and runs till 4pm

Saturday February 23, 2019 - Penrith (George Hotel) - starts 2pm and runs till 4pm

For further information call 0303 333 1216 or go to www.cumbria.gov.uk/fostering





Amazing Grace

“An influential story, beautifully dramatized, challenging the audience with the grace and love of God”

(Network Norfolk review)

John Newton – Amazing Grace

Press-ganged into the navy at nineteen, flogged for desertion miles away from the girl he loves, John Newton feels he has nothing to live for. Making his way into the harsh world of the eighteenth century transatlantic slave trade, he climbs up through the ranks to slave ship captain. He is a man without hope, making enemies of all he meets. Then one stormy night, with his ship going down, he faces certain death...and nothing is the same again. This is a powerfully moving story of slavery, freedom and the remarkable power of love and grace to transform a life.

Saltmine Theatre Company's portrayal of John Newton's life story has been well received by over 12,000 people at churches and theatres around the UK:

“We are truly grateful to the Saltmine Theatre Company for their stunning performance.....Gifted with incredible talents in storytelling, singing beautifully, this passionate company recounted Newton's story the church was transformed into a theatre in which we could easily imagine we were on board ship, then amongst slaves being sold, eavesdropping on conversations between characters as if they were alive and living today. Moved with emotion as the ups and downs of John Newton's life story unfolded before us, we were left with a clearer understanding of the poignancy of Newton's life then and what it means to us now “

(Audience member, St Peter and St Paul Olney, where John Newton was a curate)

This celebration of the transformative power of Grace makes an ideal creative outreach event to invite non-Christian friends to. Might churches in your area work together to book and promote this as an outreach performance?

Production length is 2 hours including an interval

Show suitable for age 12 and above

Requirements – a performance space of as near to 6m wide by 6m deep by 5m high (stage floor to ceiling) as possible. The Saltmine team will tour with all technical equipment they need and a technician to set up and operate the show.

The team needs access for set up around six hours prior to the audience coming in. Pack down takes about an hour and a half.

Touring May – June 2019. Please contact me to discuss dates.

Suggested minimum donation: £1,300 + travel donation.

This books a team of six professionals, covers the use of Saltmine's technical equipment, travel costs in two vans and publicity for your performance. Bookers are welcome to set their own ticket prices to recoup costs.

Please contact me on **01384 454807** or on **creative@saltmine.org** to book your date.

Living With and Beyond Cancer

Lunch and Learn

Tuesday 29 January 2019

11:30am - 2:30pm

Board Room Cumberland Infirmary Carlisle CA2 7HY

This session is for everyone involved with the care of people living with cancer

We will discuss :

- Summary of the key findings Holistic Needs Assessment (HNA) Trust survey
- The story so far HNA pilot Urology
- What is the Gold Standard for HNA
- What can we do to move closer to the Gold Standard - next steps



To Book, contact Cumbria CVS:

01768 80350 or email: info@cumbriacvs.org.uk



Cumbria Partnership NHS Foundation Trust



Barrow Funding Event

Join us on

Thursday 7 February 2019

10am - 3pm

The Forum, Duke Street, Barrow-in-Furness LA14 1HH

Speak directly to funders; access essential funding information, advice and support; network with other local organisations.

Funders include Cumbria County Council, Hadfield Trust, Francis C Scott Trust, Heritage Lottery Fund, the Big Lottery Fund, Walney Extension Community Fund, Charity Bank, BBC Children in Need, and the Sir John Fisher Foundation.

This event is aimed at small local voluntary and community groups in Barrow, especially those new to the funding arena.

Please book to attend one of these two sessions:

- 10am - 12noon Registration from 9.45am
- 1pm - 3pm Registration from 12.45pm

Tea/coffee provided upon arrival

You do not need to attend for the full 2 hour session, but it is advised for you to allow at least one hour to make best use of your time and speak to all relevant funders.

This event is FREE* - Book your place today:

Book online at www.cumbriacvs.org.uk/ OR

Complete and return a booking form to:

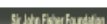
- Shaddongate Resource Centre, Shaddongate, Carlisle, CA2 5TY OR
- info@cumbriacvs.org.uk

Any queries or for further information, call 01768 800350

Please note:

- CVS member organisations will get priority when booking
- *All places must be booked in advance or a £10/person fee will apply on the day
- *A £10/person cancellation fee will apply for non-attendance or places not cancelled at least 5 days in advance

Supported by



It all adds up to

Livability

More than Welcome

An event to encourage churches to welcome and include people with disabilities in church

Date: Wednesday 27th February 2019

Time: 9.30 for a prompt 10am start, to finish at 3.30pm

Venue: Trinity Centre, James Street, North Ormesby, Middlesbrough, TS3 6LD (<http://www.trinitycentre.org/>)

Cost: £20 per person with a discount of £5 per person for groups of 2 or more. Refreshments and lunch provided



This day will:

- Be participative and interactive
- Inspire and support you in understanding the needs of disabled people in church
- Explore what it means to be a church where everyone can belong - one that doesn't just welcome disabled people, but includes them, encourages and enables them to participate fully within church life
- Discuss important questions about what the Bible says about disability
- Equip you by giving practical ideas and methods to make changes to your worship and church life

Our facilitators:

Mat Ray and Jennifer Rowlands have a wealth of professional experience working alongside people with a wide range of disabilities and are dedicated to providing enjoyable training to support your ministry and work in your church and community.

For more information and to book go to:

<https://www.eventbrite.co.uk/e/more-than-welcome-training-middlesbrough-tickets-52217682494>

THE UPPER ROOM -HAWKSHEAD HILL BAPTIST CHAPEL Lake District



We offer self catering accommodation to those who feel they might benefit from a short stay (usually no more than a week) in a Christian environment. The chapel is situated in the heart of the Lake District on the B5285, 1 mile from Hawkshead, and near to Tarn Hows.

The accommodation comprises: upstairs - a guest room with double bed, desk & 2 easy chairs; downstairs - kitchen, shower room, toilet. There is a CD/radio/tape/MP3 player plus internet access (but no TV) in the guest room.

We regret the accommodation isn't suitable for children or pets



Guests are free to make use of the adjoining chapel, as well as the chapel grounds. Seats are scattered around the grounds and can be found in the graveyard, in the poustinia (prayer place), and in the summerhouse which is sited near an outdoor baptistry. There are easy walks from the chapel, and we are near Tarn Hows (a famous beauty spot).



There is no set fee, but we suggest a minimum donation of £20 per person, per night.

For bookings or more information please contact Andrew & Kath Dodd on 015394 36451, or kath.dodd@btinternet.com, or visit www.hawksheadhillbaptistchurch.org.uk For local info: www.hawkshead-village.co.uk

"Tea Services"

As part of CTiC's dementia-friendly churches project, there are now a number of "tea services" being held across the county. These are short services, followed by refreshments, which have been designed with the needs of people affected by dementia uppermost, but which are open to everybody. Come and see!

Grange over Sands: Third Monday in the month: Grange URC, Kents Bank Road; 2.30pm

Kendal: Third Thursday in the month: Kendal Parish Church, Kirkland; 2.30pm

(for December only: second Thursday (14th) at 2.00 pm)

Millom: Third Friday in the month: Lapstone House, Lapstone Road,; 10.30am

Milnthorpe: Third Thursday in the month: St Thomas' Church (2.00pm short Prayer Book service;

THE DEMENTIA CAFÉ

at The Hub, Penrith Hospital

Takes place on the last Tuesday of the month,

1.30pm-3.30pm

Everyone welcome

The South Lakes Dementia Hub

Kendal Dementia Action Alliance– working together to help improve the lives of people affected by dementia.

Monthly 2pm-4pm at the Brewery Arts Centre, Highgate

(our new location from now onwards)

Tuesday 12th February

Email: KendalDAA@gmail.com

A chance to chat and have a cup of tea in a relaxed setting.



Christ Church, Penrith

The Penrith Tea Service

Every Friday at 2:30 p.m.

A simple, (but still 'proper church') service of about 25 minutes, with familiar hymns, readings and prayers followed by tea and cakes.

The service is **for all**, but is especially suitable for anyone for whom Sunday morning longer church services are not possible, for whatever reason. All are invited to share the friendly welcome and accepting nature of the gathering. The tea and cakes after the service brings us together in kind, gentle fellowship and good conversation.

This ecumenical service is led and supported by people from many of the Penrith church communities.

Together the Border Kirk and St George's URC

are holding a



Dementia Tea Service



**At St George's URC, West Walls,
Carlisle, CA3 8UF**



2.00pm the 3rd Tuesday of the month

Next one: 19th February

A short informal service, open to everyone, but especially those with memory loss, their family and carers.

Stay for refreshments after the service

For more information contact Rosalind on 016973 44892



What makes us happy?

An invitation to lead Livability's The Happiness Course

What makes us happy? It's a question that has been debated by philosophers and scientists for centuries.

Deep happiness can come through exploring what's really important in life, through building strong, healthy relationships and through searching for deeper meaning and purpose. To discover true happiness is to grapple with life's most important questions.

Churches have a key role in supporting people in exploring these questions, and already make a significant contribution to tackling isolation and building community wellbeing. Exploring happiness together helps build new connections and offers the chance to make choices that lead to real change.

The Happiness Course is a four week course developed by Livability, the disability charity that connects people with their communities. It explores attitudes to happiness, drawing from positive psychology and personal development – and offers discussion, exercises and space to reflect. Leaders report a picture of individuals impacted by new friendships, renewed relationships and participants taking new directions in life.

Here's what our current leaders have to say about the Happiness Course:

"It is great to have a course on wellbeing that has Christian themes but is not explicit. The course gives people an opportunity to think, and practical tools they can use. It is very much relevant to the needs that people have today."

"A great way to bring people together and a way for us to engage with more people."

"One of group that did the course reported in real shift how they think about their values –and their faith – and how they shared those with their children."

Livability are offering a training day for new course leaders, **in Skelmersdale on Saturday 2nd March**. If you'd like to train up, or could recommend this to someone who could start the conversation about happiness in your church, visit www.livability.org.uk/happiness or contact Elizabeth on happiness@livability.org.uk to find out more.

Spiritual Direction Training Course

In 2019 Cumbria Ecumenical Spirituality Group will be offering a course for those who would like to become Spiritual Directors.

The course will be held at Hawkshead Hill Baptist Chapel on one Saturday per month over ten months. The dates we've agreed so far are: 27 April; 1 June; 22 June; 13 July; 28 September; 19 October; 23 November 2019. Dates for January, February and March 2020 will be confirmed later.

The course will cost £200 per person and will include drinks throughout the day. Participants are asked to bring a packed lunch. Ideally participants will commit to attending all sessions to make the most of the teaching offered and allow the formation of trusting relationships within the group. Morning sessions will be taught with practical sessions after lunch, including sharing of real issues in small groups.

Anyone who has completed the Nourishing the Soul course is eligible to apply. There are 18 places available (limited due to space and availability of course leaders). Anyone who has not done Nourishing the Soul but has an equivalent course or experience is also welcome to apply. Places will be allocated at the discretion of the CESG team.

For further details or to apply, please contact Helen Brocklehurst (CESG treasurer and secretary) on cesg@lunesdale.community; 07901286776; 78 Beech Rd, Halton, Lancaster, LA2 6QH. You will receive an application form and more information about spiritual direction; your details will be passed to other members of the team (a small group of experienced spiritual directors) who will contact you to discuss the course further.



Vacancy for a Chaplain Methodist Homes

- **15 hours per week**, split over at least 3 sessions
- **Permanent**
- Location: **Woodlands Retirement Living with Care Scheme, Bridge Lane, Penrith, Cumbria, CA11 8GW**
- Salary: £21,205 p.a. pro rata
- Submission Deadline: Sunday 27th January
- Interview Date: 5th February

Would you like to make a positive contribution to benefit older people?

Spiritual well-being – distinct from religious affiliation or belief – as a universal need is a cornerstone of MHA's positive approach to ageing and we aim to provide the highest quality care and support for older people of all faiths and none.

You will build good working relationships with local faith communities and take the lead on pastoral care, spiritual and worship aspects of life within Woodlands Retirement Living scheme

You will need to be in good standing with your faith community.

An empathetic understanding of spiritual aspects of ageing and dementia, demonstrated through experience of providing pastoral care and, ideally, leading services, is essential.

Please apply online at <https://www.mha.org.uk/careers/current-vacancies/> or for more information please contact cliff.jackson@mha.org.uk or phone 07484 924366



ELECTRIC, GAS & WATER SAVINGS. MADE SIMPLE

Electric, Gas & Water Savings for churches
Made Simple



*five star customer rating as of February 2018



Exchange Utility Limited, Athenaeum House, Market Street, Bury, Lancashire BL9 0BL
Registered in England and Wales CRN 10255652 VAT 158 2871 80

Who are Exchange Utility?

We are independent, impartial business energy and utility experts who specialise in saving money and reducing consumption for UK businesses.

We provide business energy management solutions for thousands of UK business customers. This gives us the power to negotiate more competitive contract prices with suppliers. We then pass the savings on to you!

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Email: janet.dewestbrook@exchangeutility.co.uk



*Sources: Competition and Markets Authority report July 2015, Edie March 2017, Irenco Analysis Report 2017

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Our mission is to assist all UK businesses in the reduction of their energy and utility bills.

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*Renewal promise: We will contact you during your renewal window to make sure you don't fall into deemed rates and to offer you our best available rates.



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Growing Through Change and Conflict training days in Cumbria

For leaders in our churches, to raise awareness and offer skills in recognising and responding to conflict in the church, and exploring a faith-based response.

Growing through Change and Conflict Further Skills

The FS day offers an opportunity to those who have attended the Foundation Day to practice skills learned on day 1 and to begin to apply these skills to your own situations.

Growing through Change and Conflict

Foundation

(previously called 'Growing through Conflict')

These sessions explore your 'conflict style', how you respond in difficult or tense situations, and the different levels of conflict as they are experienced in church contexts.

Thursday 7th February 2019

Trinity Church, Barrow-in-Furness

Scripture, Spirituality and Conflict

This day has been devised in response to popular request: how do we apply our learning about conflict to worship leadership; what does scripture say about conflict?; how do we respond to conflict in faith?

Thursday 7th March 2019

Sandylands Methodist Church, Kendal

Bullying and Harassment

We know that bullying and harassing behaviour exists in our church and faith communities. How can we respond with dignity and respect?

Thursday 14th March 2019

Penrith Methodist Church, Penrith

What's the timing of the day? all days run from 10:00 – 16:00 with refreshments from 09:30

Who is the training for? All are welcome, although the Further Skills day (max 12/day) is only open to those who have attended the Foundation Day. The Foundation Day is designed for any in leadership (lay, ordained, stipendiary, paid or voluntary) in our churches (max 20/day). The Exploring Spirituality, Scripture and Conflict is open to any in our churches (max 30).

Can you bring these courses to my church/community? Yes, we're always happy to plan tailored sessions. Please contact us below to make arrangements.

What do I need to bring? Tea, coffee, cake and fruit will be provided throughout the day. You are asked to bring your own lunch. You will be asked to complete a short questionnaire in advance of the Foundation Day to identify your own style of responding to conflict.

How much will it cost? Each day will cost £15 per person. Your denomination or local church may be able to support you in paying.

Who will facilitate the day? The days will be facilitated by members of the Cumbria Growing Through Conflict Network in conjunction with Place for Hope (www.placeforhope.org.uk).

How do I sign up? To book please sign up by contacting Lesley Orr at lesley.orr@placeforhope.org.uk, or info@placeforhope.org.uk or call Lesley on 07776 527 063

Bread of Life – A deeply moving and captivating performance for your church for **Lent and Easter 2019**.

Springs Dance Company is delighted to be returning with its much sought after and highly praised production **Bread of Life**, for churches, cathedrals, festivals and schools. A reflection on the last supper, **Bread of Life** celebrates the meal of bread and wine with Jesus, the ever present King. This Lent and Easter rediscover the living, breathing **Bread of Life**, through this stirring depiction of how God is building a community of love with Jesus himself at the centre.

“A brilliant show that all the family can enjoy. Speaks to all ages about the love of God and how Jesus reaches out to all.”

“It is difficult to put 'Bread of Life' into words. Profound. Beautiful. Moving. Incredible theology of grace and the ever watchful love of Jesus. Transformative and powerful. How attractive is Jesus. Thank you.”

Audience Feedback from **Bread of Life**

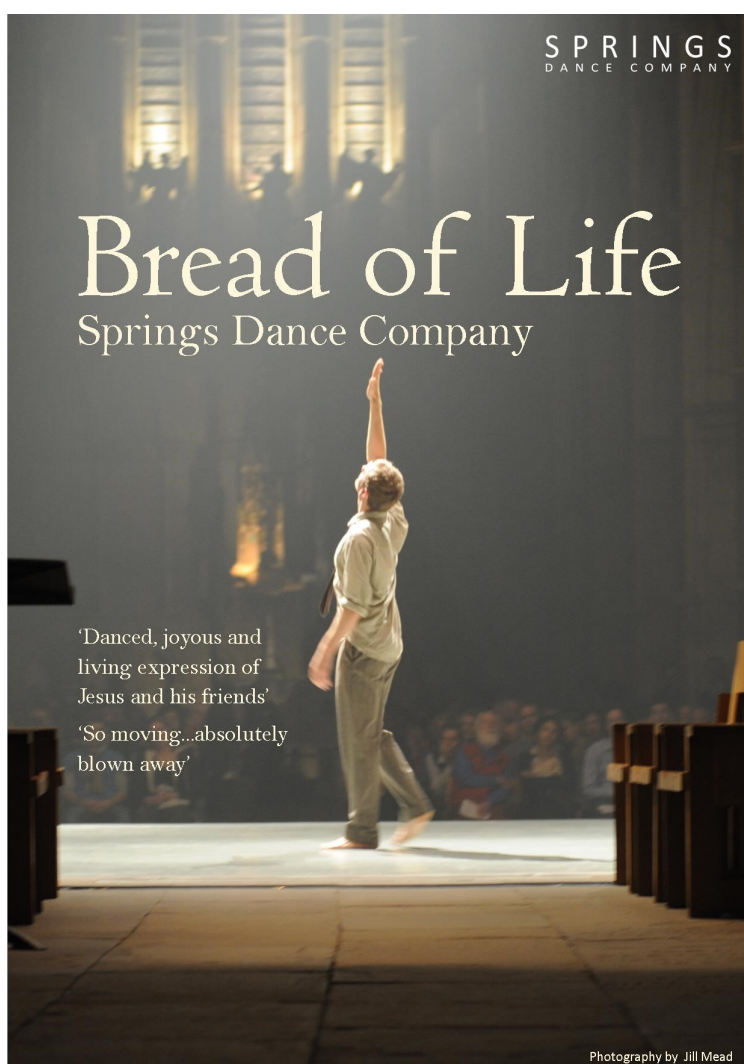
Springs would love to hear from anyone interested in hosting a performance of **Bread of Life**.

Further information can be found on the Springs Dance Company [website](#) by emailing touring@springsdancecompany.org.uk or calling 07876 752 910

Reminder

Please remember to keep looking at the CTiC events page which is regularly updated with all the events we are notified about.

Please send information before 15th February for our March newsletter:
ebctic@outlook.com



All the information in this newsletter is published in good faith and for general information purpose only. Churches Together in Cumbria does not make any guarantee about the completeness, reliability and accuracy of this information. Nor does inclusion herein imply our endorsement of events or organisations.

Charity Registration Number: 1147833

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