



**Churches
Together in
Cumbria
October
2019**



Christian Meditation Cumbria
Boarbank Retreat

**Contemplative Prayer
in Daily Life**

**Friday 22nd November
to Sunday 24th November 2019**

The Retreat will be led by Cameron Butland on the theme of 'Contemplative Prayer in Daily Life'. The retreat will be structured around regular times of silence, and with short talks relating the theme to the writings of contemporary contemplatives such as Martin Laird, Richard Rohr, Cynthia Bourgeault, Laurence Freeman and many more. There will be plenty of space for personal silence and reflection.

Please book your place as soon as possible with Cameron via the following email –
cdsa03@gmail.com

Bookings should be made by 31st October at the latest.
Please specify at the time of booking any dietary requirements.

The cost of the retreat is £130, with concessions £100.
All payments should be made with the CMC Treasurer Bob Morley. When you book with Cameron your details will be passed onto Bob for payment to be arranged.

We are grateful to the Sisters for hosting our retreat, the details of the venue are:

Boar bank Hall
Allithwaite
Grange over Sands
Cumbria LA11 7NH
Tel: 015395 32288



'I think what all of us have to learn is not so much that we have to create silence. The silence is there within us. What we have to do is to enter into it, to become silent, to become the silence.'

John Main

FOCUS ON... The Environment (Modern Slavery)

The environment is something we all hear about on a daily basis.

Whether it is about devastating hurricanes and floods, not using plastic, turning down our heating, or buying electricity from a sustainable source, most of us are aware of environmental issues in some shape or form.

The next meeting of the Churches Together Environment group is on Thursday 31st October 4-6pm at URC Penrith. If you have any interest at all in being involved with this group, please do get in touch with me, even if you cannot make our next meeting!

The ongoing focus of that group is to be outward looking to our county and our world, and to encourage churches to register as an Eco Church.

(www.ecochurch.arocha.org.uk). Becoming an eco church is easier than you think, despite the environmentally "unfriendly" nature of some of our buildings! As an eco church you are encouraged to use low energy light bulbs, preach on the environment occasionally, allocate some of your churchyard to bees and other wildlife, use fairtrade products, and encourage congregations to become environmentally aware - eg walk to church, or share lifts!

We also wish to use social media much more, and are looking for somebody to help us with this. We may set up a virtual environment group which can share ideas and spread the word, and encourage many more people to be affiliated to our group. If you know of anybody who may be able to help us, please get in touch.

We all have a responsibility for our environment, and if you have any other thoughts on how we as Christians should be responding to this call, please share them with us.

Shelagh Goldie
Social Responsibility Officer
Churches Together in Cumbria

shelagh.goldie@gmail.com

Homeless Sunday 13th October

CTiC is hosting a Cumbria Homeless Action Network in October. It aims to reduce barriers and enhance trusting relationships between those organisations working in the sector. We will report on this event in our next newsletter, but meantime please recognise Homeless Sunday on 13th October. At a time when all forms of homelessness are increasing

- 36 households become homeless every day - it's more important than ever to show solidarity with those experiencing homelessness and to pray, reflect and take action. This year's theme is about the impact of volunteering on the volunteer. A range of prayer and worship resources are available from Housing Justice. www.housingjustice.org.uk

ADVANCING THE KINGDOM AS ONE

Churches Together in Cumbria are holding a Study Day on ecumenical developments in the county on **Saturday November 30th** at Penrith United Reformed Church, Lowther Street, Penrith CA11 7UW.

The aims of the Day are:

Within the context of CTiC's dual concern for mission and for social action, to consider questions of the inter-relationship between CTiC and God for All and between local Churches Together groups and mission communities,

to contribute to the 100 days of listening for the Vision Refresh of God for All

If you would like clarity as to how the various pieces of the jigsaw (Churches Together groups, covenant and companion churches, Mission Communities, local ecumenical partnerships and God for All) fit together, if you have experiences to share or questions to raise, if you have suggestions as to changes that might be made, or if you would just like to know more about these matters – then this Day is for you.

The programme will run from 9.30 to 3.30. It will include presentations, group discussion and a Q and A session with a panel of speakers. Tea and coffee will be served, but please bring your own lunch

All are welcome. To book a place, please contact Jenny Andrews, CTiC Administrator, ebctic@outlook.com



There Is No Planet B: 'Living Sustainably in the make or break Years'

Speaker: Mike Berners-Lee



Mike is the founder of Small World Consulting, an associate company of Lancaster University and a leader in the field of carbon metrics and sustainable food systems. He is a professor at Lancaster University's Lancaster Environment Centre. He is also the author of 3 books, his most recent being *'There Is No Planet B: A Handbook for the Make or Break Years'*

**7.30pm, Wednesday October 2nd
The Cornerstone, Sulyard Street,
Lancaster LA1 1PX**

For more details:
simoncornerstonecafe@gmail.com or 840027



**A Befriending Service,
A Listening Ear**

**Carlisle District
St Vincent de Paul Society**



07546 922528

Fresh Expressions Day

Join us for a day of all things Fresh Expressions on Saturday 2nd November 2019. For those interested in Fresh Expressions, or those already involved, we look forward to welcoming you. We are delighted that alongside local stories, Rev Kim Brown, leader of the Upper Room in Cirencester working with people on the edge, will be joining us as our keynote. This exciting day on the theme 'Threads' will explore: what it means to be in the mess, finding your pattern, what is formation, untangling the threads and weaving new stories. Part of this will be joining with others engaged in similar Fresh Expressions under the themes of: Children, Youth, Community Building, Education and Outdoors, Alternative Spirituality, Rural/Social Enterprise and Local Neighbourhoods.

Don't come alone, bring a friend or two. We've noticed that when people come in groups it more readily leads to new and creative Fresh Expressions emerging in their local communities. To encourage this we are offering some discounted group tickets for those in Cumbria. Tickets are selling fast so book soon to avoid disappointment. For more information about the day go to www.godforall.org.uk/threads-fxcumbria-2019.html to book go to: <https://www.trybooking.co.uk/JMV>

Maranatha Yoga

"Calling all Yoga teachers" we are running a Maranatha Yoga tutor taster day on Saturday 16th November 2019 in Penrith. The day will be led by Maranatha Yoga author and creator Christine Pickering, a practitioner of yoga for over 40 years and a yoga teacher and tutor trainer with the British Wheel of Yoga. Drawing on Christine's book 'Maranatha Yoga: A preparation for Christian Meditation' the day will be specifically tailored to the needs of qualified, experienced yoga teachers, or those going through qualification, who are Christians looking to integrate aspects of Christian spirituality into their general yoga classes. To book go to: www.trybooking.co.uk/LSD or for more information visit www.maranathayoga.org.uk or email maranathayogacumbria@gmail.com.

The Churches Together in Cumbria Dementia Project

'Making every church in Cumbria dementia friendly by 2020'

Since the beginning of the Project in 2015, 135 Dementia Enablers have been recruited in churches across Cumbria to help us work towards this aim. The role of Dementia Enabler in making their church dementia friendly is worked out at a local level and within the context of the local congregation.

Much has been achieved so far but there is still much to be done!

If, in your church, you don't as yet have someone in the role of Dementia Enabler, could I invite you to consider nominating someone to this role? There is a short form for them to complete and a brief training session for them to attend.

The next training session is planned for **Saturday 26th October 2019 10-12**. The venue will be confirmed nearer the time to be as convenient as possible to those wishing to attend.

If you would like more information, or book to attend this training, please contact me, Yvonne Povey, Dementia Project Officer: dpotic@outlook.com.



You are warmly invited to join us for

The 4th annual Churches Together in Cumbria

Dementia Conference

Saturday November 16th 2019 9.30-3.30

Penrith Methodist Church, Wordsworth St.

Penrith CA11 7QY

Keynote Speaker: Wendy Mitchell

(author of 'Somebody I used to know' and daily blog '[whichmeamitoday](http://whichmeamitoday.com)')
[whichmeamitoday](http://whichmeamitoday.com)

Booking is via Emma Brown: ebctic@outlook.com

Refreshments will be provided but please bring your own lunch

“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 designed with the needs of people affected by dementia uppermost, but which are open to everybody. Come and see!

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

Barrow: Second Monday in the month: Holy Family Church hall, Ostley Bank, LA13 9RL; 2pm

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; 2.30pm tea, coffee, cake & chat)

Penrith: Every Friday: Christ Church, Penrith; 2.30pm

Carlisle: Third Tuesday of the month: St. George’s URC, West Walls, Carlisle CA3 8UF; 2.00pm

Name	Location	Frequency	Time	Contacts	Additional information
The Dementia Café	The Hub, Penrith Hospital	Last Tuesday of the month	1.30pm - 3.30pm		Everyone welcome
The South Lakes Dementia Hub	Abbot Hall Social Centre, 1 Dowkers Lane, Kendal LA9 4DN	Monthly, second Tuesday of each month	2pm-4pm	KendalDAA@gmail.com	Kendal Dementia Action Alliance– working together to help improve the lives of people affected by dementia. A chance to chat and have a cup of tea in a relaxed setting.
Longtown Dementia Hub	Longtown Community Centre	4 th Tuesday of every month	1.30-3.30pm	rotary.walsh601@outlook.com 07967 108803	The Hub will provide a relaxed and friendly atmosphere where members of the local community can share their thoughts, concerns and ideas; spend time with those in a similar position to themselves; take advice from a range of local organisations and professionals.
Dementia Hub	The Living Well Centre, Duke St, LA14 5UL	4th Wednesday of every month	1-3pm		In our friendly environment you will be able to access all kinds of guidance and help for people diagnosed with dementia, their carers, or people worried about their memory

The Kind Cumbria social media campaign aims to inspire people to be kind to one another and look out for their neighbours. It's about highlighting all the good things already happening in Cumbria, encouraging others to get involved and think about being more Neighbourly.

In September we've been celebrating the good old cup of tea and linking in with Macmillan Coffee Mornings, in October we'll be highlighting crime prevention and how to keep you and your neighbours safe and in November we'll be encouraging people to think about random acts of kindness and celebrating this on 13th November in our very special "Kind Cumbria Day"



How to get involved:

1 – In the run up to the 13th why not create a "kindness Wall" in your office/business. Encourage people to write down examples of kindness they've experienced on a post it note and add it to the wall. Send us a photo or the comments and we will share on social media to show the great examples of kindness in Cumbria.

2 – Think about a random act of kindness you could do for your staff, customers or even strangers – perhaps visit a care home and take cake, donate supplies to a school or nursery or make your team a cup of tea. Let us know your plans so we can share it on the 13th, or take a photo and share it yourself using #kindcumbria (so we can see and share it too!)

3. If you want to run an event on the 13th, or think about doing more with the Neighbourliness Campaign and Network then please contact ACTION with communities in Cumbria on: lorrainnes@cumbriaaction.org.uk, or by phone 01228 – 817224 and ask for Lorraine.

Follow us on Twitter: @kind_cumbria, Facebook: www.facebook.com/kindcumbria, Instagram: @kind_cumbria

And tag us using #KindCumbria

A project supported by ACTION with communities in Cumbria charity no: 1080875. Company no: 3957858

Website: www.cumbriaaction.org.uk

Foster carers sought for older children and teenagers in Cumbria

With nearly two thirds (65 per cent) of children in care in Cumbria aged over 10, the county council has launched a new campaign to target a particular shortage of foster carers for older children and teenagers.

The campaign is looking for caring and dedicated people to join Cumbria's 'biggest family' as foster carers looking after children over 10 on a permanent basis as part of its Adolescent Care Team (ACT) to prevent Cumbrian children being placed in residential care or with carers outside the county. Currently around 20 per cent of children aged 10-18 are placed outside of the county due to a lack of carers for older children in the county.

This is an exciting opportunity for those looking to make a direct and positive impact on the lives of children, whilst also having flexibility and independence in a role where they are supported every step of the way.

Kendal-based foster carers Lynn and Brian Hibbert have fostered teenage boys for 15 years. Lynn said: "Not a lot of people want to foster teenagers but I feel such empathy and such a connection with them. Someone has to be there for these children. The biggest reward is seeing them blossom which can happen surprisingly quickly in a therapeutic environment. When the boys start responding to you, you can really see that your hard work is starting to pay off."



As part of the campaign Cumbria County Council would also love to hear from anyone interested in fostering an unaccompanied child from another country who are going through the asylum seeking process.

Foster carers for unaccompanied asylum seekers will be allocated a fostering social worker to support them and will be provided with foster care training and support as well as specific advice and support regarding the asylum process and the specific needs of unaccompanied children. This will include access to interpreters if required.

If you would like to find out more about our ACT fostering scheme or about becoming a UASC (Unaccompanied Asylum Seeker Carer) please contact our team on 0303 333 1216 or visit cumbria.gov.uk/fostering

Sunday 13th October 10:30am and 6:30pm

Castletown Community Centre

John Mackay

Australian scientist who speaks about creation. He has debated Richard Dawkins and won. All are welcome to hear the straight talking Aussie highlight the design in creation.

Saturday 26th 7pm & Sunday 27th October 10:30am and 6:30pm.

Castletown Community Centre

Maldwyn Holland

Maldwyn is a extremely humorous Welshman from the valleys who loves God and brings God's word to life.

Tuesday 29th October

7:30pm

George Hotel Penrith

Christian Institute

The Christian Institute play a key role in aiding persecuted Christians in Britain as legal representatives. Find out the details of what they do.

Contact Graham Emerson: 07701011004

Cumbria CVS

Join us at the **North Funding Fair** on **Thursday 10 October 2019**, 10am – 3pm, Shaddongate Resource Centre, Shaddongate, Carlisle CA2 5TY

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

Funders include: ACTion with Communities in Cumbria, Charity Bank, Cumbria Community Foundation, Cumbria Youth Alliance, First Ark Social Investment, Francis C Scott Trust, The Hadfield Trust, Heritage Lottery Fund and The National Lottery Community Fund.

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

Please book to attend one of these two sessions:

10am – 12noon Registration from 9.45am

1pm – 3pm Registration from 12.45pm

You do not need to attend for the full two 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!**

Download a booking form at www.cumbriacvs.org.uk

Complete and return a booking form (attached) 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 five days in advance*

Cumbria CVS

Shaddongate Resource Centre, Shaddongate, Carlisle CA2 5TY (Registered Office)

Office: 01768 800350 www.cumbriacvs.org.uk

AWAY DAY FOR WOMEN

Sat 12th & Thurs 17th October 2019
(choose your day)
10.30am – 3.00pm
Hawkshead Hill Chapel (LA22 0PW)



WHAT'S IN A NAME? *What names do we use for God.. and for ourselves?*

Led by Rev Pauline West & Rev Kath Dodd

*This is a day for input, reflection, prayer,
personal space and mutual support.*

*Please bring a packed lunch. Soup and drinks provided.
There is no fixed charge, but a donation is invited on the day.
Parking available on the cottage drive, and nearby side road.*

For more information and to book a place please contact Kath Dodd
on 015394 36451 or e-mail kath.dodd@btinternet.com

Journey of the Magi – A festive, light-hearted, joyful event with a moving and profound message.

Share the joy and wonder of Christmas with your church and local community through this exhilarating, critically acclaimed performance. The show offers a bridge between contemporary life and Jesus's birth, comparing our own personal journey to Christmas day with the journey that the wise men took. With sparkle and songs to keep the children engrossed and bags of good humour for the grown-ups, **Journey of the Magi** delights audiences of all ages and offers a chance to reflect and refocus.

"Absolutely fabulous show. Wonderful mix of fun, wit, and meaning. It made me laugh and it made me cry all in a couple of minutes. (Hope you'll come back.)" Richard, Poynton Methodist Church

Springs is inviting churches to host a performance of **Journey of the Magi**, for the last few remaining dates for 2019 and for Advent 2020.

Find out more about the work of CTiC in our overview paper, available on the website: https://www.churchestogethertocumbria.co.uk/Groups/318434/About_Us.aspx

Further information can be found on the Springs Dance Company website page <https://springsdancecompany.org.uk/productions/journey-of-the-magi/> by emailing touring@springsdancecompany.org.uk or by 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 October for our November 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

www.churchestogethertocumbria.co.uk



Rev Sarah Moore

CTiC President

e: revsarahmoore@me.com

t: 01539 724567

Jenny Andrews

CTiC newsletter

e: ebctic@outlook.com