



Keswick Methodist Church

I lift up my eyes to the hills.....

Southey Street, CA12 4HH

NEWSLETTER



***November &
December
2023***

Rev Paul
and
Deacon Kina
Saunders



“Life is not just made up of moments; it's made up of moments we remember.”

I have a memory box at home. I take it with me, obviously, every time we move. My memory box occasionally needs replacing with a ‘bigger model’ as I grow older and collect more memories. With that in mind, I am very blessed to have so many happy memories to reflect on. So “what’s in Kina’s memory box?” you may ask! Well, it contains:

a football programme from a match between Wolverhampton Wanderers and Plymouth Argyle – we went with some friends and finished the day off by going for a curry together;

there are the letters I received from my family the first time I worked away from home;

there are photos; and there are cards from ‘milestone’ birthdays and farewells from previous jobs, just to name a few memories.

Occasionally I open the box and relive those very special moments and more significantly remember the people who made those special memories happen.

I am very much aware that not all memories are happy ones. Some are difficult, others poignant. As we enter November and December there will be opportunities to remember. Firstly of course there will be Armistice Day and Remembrance Sunday.

As I grow older I find these occasions more and more poignant, and particularly in the light of the conflict we see around the world which is deeply distressing and overwhelming. The Royal British Legion website reminds us, *“Remembrance Sunday is a national opportunity to remember the service and sacrifice of all those that have defended our freedoms and protected our way of life.”* In the services I will be taking in November those present will make a commitment to help those afflicted and to respond where there is a need. I certainly hope that we will continue to be faithful in prayer for peace, tolerance and justice throughout the world.

Then, of course, there is Advent and Christmas. The word ‘Advent’ means ‘arrival’ or ‘coming’. The season of Advent invites us to remember God's promise to send a Saviour and his faithfulness to that promise, to send His Son to live among us and to save us. The traditional devotions and activities of Advent are guideposts to remind us of this reality. The evergreen boughs and lighted candles of our Advent wreaths are visible signs of the everlasting life brought by Christ.

Our Nativity scenes remind us that our great God humbled himself for us, not because of our deeds but because of *his* mercy. We may be familiar with this story, but it never loses its wonder for me and the opportunity to pause and remember the true meaning of Christmas which never ceases to fill me with a sense of awe and thanksgiving.



The Christmas Tree Festival at Keswick is always such a great event and an opportunity for the many groups to use their creativity in decorating their various trees. And in the midst of this event I hope that something of the Christmas story will speak to those who will visit and bring to their minds the reality of God's love for them. To remember that a baby born over 2000 years ago is just as important now as it was then – not to be hidden in a memory box to be returned to occasionally, but to have ‘centre stage’ in our hearts and our lives, our communities and our world. As the apostle Paul writes, ‘Thanks be to God for His indescribable gift!’ (2 Corinthians 9:15)

Every blessing, *Deacon Kina*

Church Family News

We were very saddened to hear of the death of two of our members recently, Maureen Burlington and Sheila Bland. Maureen and her husband joined us a few years ago and became regular worshippers with us. After her husband's death Maureen became a valued member of our singing group. Sadly Maureen developed dementia and a year or so ago went live with her daughter Ruth. There is a Thanksgiving Service to be held at our church on 27th October.

Sheila Bland was a member at the grange Methodist Chapel before Grange and Keswick came together. Sheila had been unwell for some time. Her funeral was at St Andrews Church at Stonethwaite.

I'm aware that several of our members are receiving ongoing hospital care at the moment and we assure them of our love and prayers. As winter approaches we trust that we all keep safe and well, especially as flu and Covid seem to be around again.

Always in our thoughts and prayers are those unable to worship with us at this present time, including Tom Fitzgibbon, Greta Grave, Elizabeth Grisedale.

Joyce

Remembrance Sunday

12th November



This year we are joining the Civic Service at St Johns.

10 am Remembrance Service at St John's

11 am Gathering at the War Memorial – the laying of wreaths and 2 mins silence

Beautiful flowers from Christine's Garden



Bush Hydrangea



a lovely smelling rose



Yellow dahlia

Church Representative to Circuit Meeting Report from Western Fells Circuit Meeting 13th September '23 @ Maryport Methodist Church

Here I am again as one of the KMC reps to the circuit meeting, sharing with you a brief update on the matters discussed which influence us all at KMC.

- Local Sabbatical Support Group (LSSG) – Sharon Woollard is the chair of this group and Rev. Paul Saunders will be on sabbatical from 1st Oct - 31st Dec 2023. During this time he will be focussing on 3 areas; Rest & refreshment, What life will look like for him when he sits down & Preaching in the YouTube generation-what can be learnt from the digital approach to worship and the differences it can make.
Whilst on Sabbatical, members of the Circuit Leadership Team (CLT) will be chairing Church Council meetings and offering practical support to all churches. The LSSG will be providing pastoral support for Kina, Rev. Paul Harold and Mykola Joyce(Circuit Administrator)
- Circuit Charity 2023/24 – Every church financial year the Circuit supports a charity that all the churches then hold at least one event to fundraise for. 4 charities were proposed, 3 of which were related to suicide & mental health issues and the other was related to autism support. Keswick Methodist Church proposed Every Life Matters, a Cumbrian Suicide charity and this was the one selected to be supported by the circuit. We will hold a coffee morning in aid of ELM sometime in the future. Since the above meeting, we have received information about the circuit charity for 2022/23 which was “Beginning Again” the amount raised throughout the circuit was in excess of £1000, a great achievement indeed.
- Supernumeraries to WFMC - It is great to be able to welcome 2 new members to be available on the preaching plan in the future. Rev. Wendy Kilworth-Mason and Deacon Anne Taylor who is also a local preacher. We hope to enjoy hearing from them in due course.

- Correspondence, Letters of Greeting/sympathy - CM secretary, Sharon Woollard, requested that if any churches become aware of anyone who would require correspondence from the circuit, please can they let her know at any time and she will write to them on the circuit's behalf.
- Circuit Invitations Committee – Profiles have been written and await approval from District. Depending on what Presbyters & Deacons are appointed to the Western Fells Circuit from 1st September 2024, some changes may be made in relation to which churches are covered by which minister.
- New Cumbria Circuit – The consultation document in relation to the proposal for one large Cumbria circuit will be circulated for discussion at all of the Spring Church council meetings across WPMC in Jan/Feb 2024. The results of these discussions will be brought to the Spring Circuit meeting, then on to Conference 2024 if this new circuit is to come to life from September 2025.
- Local Arrangements resources - The circuit are paying for a one year subscription to Roots & 12 baskets both of which are useful for anyone preparing Local Arrangement services. As this is costing approx. £880, churches are being asked to give feedback on the suitability etc. so decisions can be made whether to renew the subscriptions in following years.
- Circuit Directory – Mykola is still waiting for some details from a few churches (not KMC!), as soon as she has everyone's returns the new directory will be published.
- Wednesday 19th March 2024 @7pm – Cockermouth Methodist Church is the date of the next Western Fells Circuit meeting. If there are any other issues you would like raised at this meeting or more information about the points above, let me or Anne Hasson know and we'll do our best to help out.

Sally Lunson, 017687 44964

All are welcome to

The Sunday housegroup has been relaunched and is
now the

The Wednesday Group

We will be meeting
every 1st & 3rd Wednesdays, 7pm
@ Margaret McQueen's home

**Please speak with Anne or David Hasson for more
information**

The Bible Course



Programme

18th October 2023 – 7th February 2024

The Bible Course - Bible Society

Date	Session No.	Title
18 th October 23	1	Introducing the Bible
1 st November 23	2	Creation & Covenant
15 th November 23	3	Exodus & The promised land
6 th December 23	4	Judges & Kings
20 th December 23	5	Exile & Prophets
3 rd January 24	6	Jesus & the Gospels
17 th January 24	7	Acts & the Church
7 th February 24	8	Revelation & Review



Eco Church Update

You may recall my message earlier in the year that we had gained the Bronze Eco Church Award. Since then you have all been very busy supporting a range of actions. Thank you for all of your efforts.

These included:

- Installing bird boxes and bug hotels
- Supporting an environmental charity – in our case this was Cumbria Action for Sustainability.
- Taking steps to reduce food waste and encouraging the use of the minimum of resources.
- Committing to pray as a church for an international development project.

With these actions as evidence, we have now successfully gained the **Silver Eco Church award**. Congratulations to everyone! The Eco Church people state that the award is for churches “who want to demonstrate that the gospel is good news for God’s earth.” We have certainly put our church firmly on the road that ensures this.

Richard North

Eco Roof Fundraising Appeal



You will no doubt know that as part of our ongoing Roof Appeal project there are lots of wonderful gift ideas to choose from on our fundraising stall which is always in the hall when we have after worship refreshments.

We are getting very close to the end of another calendar year and so our new ever popular **Keswick calendars for 2024** will make the perfect Christmas or birthday gifts for your friends and family. Please pick one up now, or more ☺ before they all go and help raise much needed funds in the process. These calendars are unique as all the photographs have been taken by members of our own church family and visitors to Keswick Methodist Church!

It is wonderful also to announce that once again
Christmas & Sponge puddings will be arriving soon!
Please speak with Anne Hasson or Sally Lunson
if you would like to place an order in advance.

The fundraising committee have been working hard in the background to organise some great fundraising events for you to come along to and invite your friends and family along to as well. Please put the following dates in your diary.

More details to follow in due course.

- **Saturday 13th January 2024**
Breakfast Butties & Coffee Morning 8.30am – 12noon
- **Saturday 27th January 2024**
Classic Afternoon Tea 2.30 – 4.30pm
- **Friday 16th February 2024** **Quiz night & supper – 7pm**
- **Saturday 1st June 2024**
North Lakes Brass Band in Concert @ KMC – 7pm

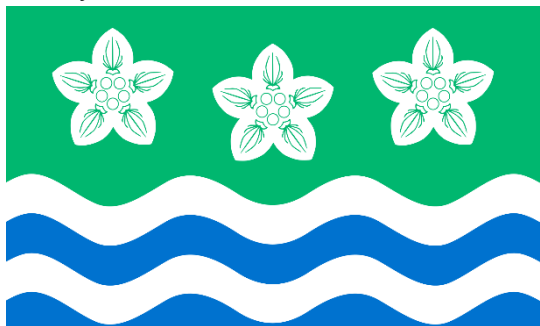
Please do speak to any of us on the committee if you would like to join us and help spread the load of organising the above events or if you have any new ideas of how we can raise more funds.

Every little helps towards the cost of replacing the roof, installing insulation & solar panels. It's a BIG job, please support us in any way you can.

Thank you. *Sally Lunson, Anne Hasson, Sheila Files, Pauline Huggan, Brian Moffat*

The Grass of Parnassus

Living here in Cumbria you might already know this, but it took a recent holiday for me to discover it! It was when Richard and I were on Orkney in September and doing one of the many fabulous coastal walks, that we came across a really beautiful and intricate flower that wasn't familiar to us.



On these occasions, mobile phone technology comes in very useful! An app called 'Google Lens' allows you to take photos of flowers, birds or insects and it amazingly will give you the name of it! In this case, it came up with the unusual and quite mysterious sounding name, Grass of Parnassus (common name 'Bog-Star') which, unbeknown to us, turned out to be the **county flower of Cumberland, featuring on the Cumberland county flag and is part of Cumberland Council's logo!** I needed to find out more.



Why is it called Grass of Parnassus?

The name comes from ancient Greece where cattle grazed this species on Mount Parnassus. It also isn't actually a grass! This part of the name comes from the translucent green stripes that adorn the five white petals of its cup-shaped flower. It has a pink coloured nose cone in the centre surrounded by a cluster of yellow stamens. Around the base of the flower, the dark green, heart-shaped leaves can be seen cupping the long stems.

Once widely distributed, it is now confined to damp pastures, moors and marshes mainly in the north of the UK, but can still be



found in the Norfolk Broads and fens, and in localised patches in the south.

However, the good news for Cumbria according to experts, is that less intensive grazing here in our county, as opposed to more intensive farming in the south, has

helped the plant to thrive and it can now be found in almost every valley of the Lake District.

With the correct soil conditions (permanently damp, on the alkaline side), it can be grown in the garden from seed. It also produces nectar to attract pollinating insects which is always a good thing. So, why not give it a go? I might even try it myself!

Helen North

Thursday Lunch Club (CL.C)



Photo: Brian Moffat - September 2023

What another interesting few months we've had recently!

It really is great to report how successful TLC continues to be. We still have just enough volunteers each month, although we do urgently need more to help out as there are many tasks that need to be done to make this a smooth operation each time ☺

A big Thank you to all the volunteers, again and again, as TLC can't work without you all!

With regards to the entertainment on offer after the lunches in the past months, we've been lucky enough to have speakers about:

Mitchell's Auction House

Keswick Red Squirrels

The infamous Fastnet Yacht race of 1979,

Oberammergau

Pioneers in Canada

The High Sheriff of Cumbria

A driver of the Keswick Tri bikes organised by Amy's Care.

In the future we already have the following booked – The Marron Valley hand bell ringers (Dec), Brian Fulton of Fulton Jewellery (Feb), Keswick Museum Curator (Apr) and Forestry England telling the Lumberjills story (May) so there's lots still to look forward to with the few odd months where people can just relax after lunch and have a chat!

In the past, any surplus funds (approx.. £50 per month) after buying food etc., making donations to the guest speakers for the charities of their choice or buying new kitchen equipment, would be donated to KMC to help towards the utility bills. It was agreed at the Leadership team meeting recently that this monthly payment go into the Eco Roof Appeal account now to help build that fund, this will continue to be the case until the project is complete.

A change to the cost of TLC will come into effect in December 2023, raising the price from £5 per person to £6. Everything is now so much more expensive to buy and I'm sure you'll agree that £6 is still really great value for money when you consider that this charge includes a 2 course hot meal, tea/coffee & biscuits, guest speaker & a free raffle.

Another important update is that from 2024, in addition to no TLC in July (due to the hospitality provided for Convention), *there will no longer be a TLC in June or August*, as it is becoming increasingly more difficult to find enough of us to manage the hall & the kitchen duties both on the day and in advance, in addition to our own family commitments outside of the church environment. This is usually a time of going away on holiday for many of the guests and volunteers, so a natural summer break will be good for us all to relax and refresh and come back in the autumn raring to go again.

Whether you're a guest or a volunteer, we very much look forward to seeing you on the 3rd Thursday of each month at TLC – get the date in your diary☺

Sally Lunson– TLC Co-ordinator (017687 44964 – 07514 687141)

**16th November &
21st December**

Saturday Morning Coffee



Our next popular Charity
Coffee Morning will be

Saturday
12th November
10am-12 noon.

It has been so wonderful to have your support at our Saturday Morning events throughout 2023 .

We were so pleased to raise

£332.35 for our Church Roof Appeal in September

£381.50 for the YOUNG MINDS charity in October

We hope you will join us on 11th NOVEMBER 10am-12noon

This is the last Coffee Morning for this year and is in aid of the Cumbrian charity , **FAMILIES MATTER** .

We look forward to offering you a warm welcome, delicious cakes and refreshments plus bric-à-brac and raffle. See you there!

Pauline Huggan

Church Website

www.keswickmethodistchurch.org.uk

Lots of information, photos etc

Thoughts for Christmastide

A favourite hymn from Margaret McQueen

God from on high hath heard: Let sighs and sorrows cease:
The skies unfold and lo! Descends the gift of peace.

Hark! on the midnight air celestial voices swell;
The hosts of heaven proclaim 'God comes on earth to dwell'

Haste with the shepherds, see the mystery of grace:
A manger bed, a child is all the eye can trace.

Is this the Eternal Son who on the starry throne
Before the worlds begun was with the Father One?

Yes, faith can pierce the gloom which shades His glory now,
And hail Him, God and Lord to whom all creatures bow.

O, child, Thy silence speaks and bids us not refuse
To bear what flesh would shun, to spurn what flesh would
choose.

Fill us with holy love, heal Thou our earthly pride
Born in each lowly heart for ever there abide.

Charles Coffin

1676 – 1749

Tr. James Russell Woodford

Church Christmas Lunch
Sunday 10th December -
12.15pm

We are delighted to announce that we will again be having a Christmas Lunch here at church on 10th December after morning worship at 12.15pm to which you're all invited!



There is a sign-up sheet in the hall so do make sure to add your name before the deadline of **Sunday 3rd December** to avoid disappointment.

The cost will be **£7** per person, payable in advance (cash please)

which can be given to either Sally Lunson or Helen North over the coming weeks. Any surplus after paying for everything will again be donated to the Foodbank.

To ensure that everyone can enjoy this very special festive time of fellowship we will be asking for several volunteers to help at different times and for specific roles. Please prayerfully consider your ability to help and sign up on the separate sheet in the hall, speaking with either Sally or Helen if you'd like more information.

If you are a 'Church Friend', please remember to mention this wonderful occasion to anyone in your group who may not otherwise find out about it as we want everyone who is able to get to church on that day to enjoy good food and company and of course the ever popular Christmas Quiz compiled by Helen 😊.

Thank you!

Christmas Post Box



This year there will again be a Christmas Post-box in the Church entrance from Sunday 4th to Saturday 16th December. It will be for Christmas cards for church friends only. If you wish to post cards you are invited to make a donation to **Action for Children** in the collecting tin next to the post-box.

The cards will be sorted and left in alphabetical order on a table in the Hall to collect after the 4pm Carol Service of 17th December. We hope that you will find this a helpful way to exchange your Christmas cards.

Joyce

Roy and Joyce Ellis invite everyone to join them for

Christmas Mince Pies

with wine, or Joyce's non-alcoholic punch, and savoury snacks
at our house at 38 Briar Rigg

Friday 15th December : 7pm-9pm

Drop in for as little or as long as you are able -
we would love to see you!

Donations in aid of the Church Roof Fund



Keswick Methodist Church Christmas Tree Festival with Nativity Scenes 2023

How time flies! The Christmas Tree Festival is fast approaching.

This year will be the 11th! Entry will be free, but donations as always, will be encouraged for **Action for Children**.

Refreshments will be served in the hall. We will be selling drinks, but Christmas goodies will be available for a donation.

The Festival will open at the following times:

Thursday 30th November & Friday 1st December 10am – 4pm

Saturday 2nd 10am– 5 pm Our silhouette window will be lit at 4pm and is followed by carol singing in the hall, with hot chocolate and Christmas treats. An extra special feature this year will be the Underskiddaw Ukeleses, and the Flirty Flutes. It should be a joyful occasion!



Sunday 3rd December –There will be a celebratory Christmas Tree Service at 10.30am, & then the Festival will be open until 4pm.

As usual, there will be an opportunity to vote for your favourite tree, “just for fun”, so there are no prizes for this!

We will be making a display of **Nativity Scenes**, as always, many from different countries around the world, which reflect the culture of the place they were made in and help us to reflect on the true meaning of Christmas. If you have one you would like to lend for the display, please bring it along.



There will be a rota on the notice-board, as helpers are needed to steward the festival and to serve refreshments. Please sign up to help as soon as possible.

The usual groups will be taking part, and we hope there will be some new ones too. Do come and visit the Festival, and bring family, friends and neighbours, and see the imaginative trees that are certain to be displayed this year!

Help to fundraise for **Action for Children**, and spread some Christmas hope and cheer!



If you have any queries, please give me a ring. *Sheila Files*
79253

Christmas Tree Festival Refreshments

During the festival, we will be serving refreshments to our visitors. As last year, this will take the form of Christmas 'nibbles' with the addition of soup in a mug during the lunchtime period.

It would therefore be really appreciated if you can start thinking about baking or buying some Christmassy items, such as biscuits, mince pies or anything really with a Christmas theme. We'll be asking for donations for these for Action for Children. Any items can be stored in the church freezer from now on. It would be helpful if you could place a label on the items stating what they are and the ingredients.

Mince pies



This year we hope to be able to offer a mince pie with our tea and coffee after our Carol Service on Dec 17th at 4pm and also after our morning service on Christmas Eve. Mince pies of any size (or shape!) would therefore be gratefully received at anytime.

Thank you very much

Helen, on behalf of the Leadership Team

Rotas for November & December

	Preacher	Steward	Welcome
Nov 5	Hasson H.C.	Sheila	Sally + Brian
Nov 12	<i>10am Remembrance Service at St John's</i>		
Nov 19	Harold	Pauline	Helen D +Richard
Nov 26	Christian	Valerie	Dave + Ros
Dec 3	CTF	-----	Brian + Sally
Dec 10	K. Saunders	Valerie	David + Janet
Dec 17 (4pm)	Carol service	Anne	Roy + Sheila
Dec 24 (Café worship)	Hasson	Pauline	Valerie + Pauline
Dec 31	No worship		

	Tea/Coffee	AV	Music
Nov 5	Dave + Ros	Anne	Helen
Nov 12	----	----	----
Nov 19	Ted + Jane	Brian	Helen
Nov 26	Helen D + Nancy	Roy	
Dec 3	Dave + Ros	Brian	Helen
Dec 10	Helen D + Joyce	Sheila	Recorded
Dec 17	Joyce + Sally	Richard	Helen
Dec 24	Ted + Jane	Anne	Recorded

Flowers



Nov 6	Dave Roberts	Dec 4	Christmas decorations
Nov 13	Kate & David Lowe	Dec 11	Christmas decorations
Nov 20	Barbara Neale	Dec 18	Christmas decorations
Nov 27	Hilary Baslington	Dec 25	Christmas decorations

Editor: Rev Joyce Ellis
joyce.ellis@zen.co.uk

017687 73340

The deadline for the next newsletter, which will be for January & February, is Sunday 17th December 2023

Services for November & December

Nov 5 10.30am Rev David Hasson *Holy Communion*

Nov 12 10am Remembrance Service at St John's

Nov 19 10.30am Rev Paul Harold *Morning Worship*

Advent Sunday

Nov 26 10.30am Alan Christian *Morning Worship*

Advent 2

Dec 3 10.30am **CHRISTMAS TREE FESTIVAL**

Advent 3

Dec 10 10.30am Deacon Kina Saunders *Morning Worship
with Holy Communion*

Advent 4

Dec 17 4.00pm **CAROL SERVICE**

Christmas Eve

Dec 24 10.30am Rev David Hasson *Café Worship*

Dec 31 10.30am No Service

Please note:

Christmas Eve 11.30pm AT ST JOHNS *Midnight Communion*



Minister: Rev Paul Saunders 01900 823273 or 07476215704

superintendent@westernfells.uk

Deacon: Deacon Kina Saunders 01900 823273

deacon@westernfells.uk

Contact Steward: Helen North 017687 78025

helen.north1@googlemail.com