

KESWICK METHODIST CHURCH

Southey St, CA12 4HH

# *NEWSLETTER*



*Lent & Easter*  
**2024**

Rev Paul  
and  
Deacon Kina  
Saunders



Dear friends

As you will probably be aware, I was able to take a three month sabbatical from October to December, and whilst there is not enough space here to reflect on all that I did and all that I gained in that time, I thought it might be good to reflect overall on the experience.

The sabbatical is an amazing gift that the church offers to us in recognition that we are rarely off duty at any time. We may have days off and leave days, but these aren't a proper escape from the role, and we routinely take phone calls or deal with urgent emails. Please don't think that that is a complaint, because it isn't. Ministry is a vocation not a job, and we knew what we were signing up for when we candidated – I would not want to change things. But the sabbatical gives us a chance to switch off totally, and forget all the phone calls and emails, and just step off the treadmill for a while.

That does not mean that it is a three month holiday (though that is a part of it). It is also an opportunity to spend some time in reflection and study, perhaps on a subject that interests us, but for which we don't have time in the normal rhythm of ministry. My sabbatical was divided into three broad parts.

## ***Rest and Recuperation***

I was able to take time to visit family and friends, to grab a break or two, and to do a trip that I have wanted to do for a long time to see the Christmas lights in Malaga (supposedly among the best in Europe). I also did a short retreat on Celtic Advent.



## ***Reflecting on retirement***

As you are probably aware Kina and I will be retiring later this year (strictly speaking “sitting down” in Methodist terms), and this is obviously a major change for us. I was able to spend some time reflecting on this and was helped in this by the retirement course provided by the church which we were both able to attend in October.

***Study, Preaching in the YouTube Age*** – The final part of my sabbatical was looking at how speakers on YouTube engage their audience, and asking the question “can we learn anything as preachers from YouTube”? Whilst not a particularly scientific study, it turned up some interesting thoughts, and I will be sharing those with the Preachers Meeting.

I will be writing a fuller reflection on all that I did and this will go to the Circuit Meeting initially, but after that I will be happy to share it with anyone who is interested. I must take this opportunity to thank all of those who helped cover for my absence, from across the circuit and beyond. It was a wonderful time and I have been greatly blessed by it.

God Bless

*Paul*

## Church Family News

A few weeks ago we had two Sundays when we sang Happy Birthday to 2 special people. Firstly we congratulated Margaret Shortland on her 99<sup>th</sup> Birthday! Then the following week we had friend Jim from Oklahoma with us. He has been visiting us once or twice a year for 30 years he told us – and we learnt that it was his birthday that Sunday!

Marjorie Woodsworth is one of our new members and you may remember that she shared with us in the last issue as our Voice from the Congregation. We were sorry to hear about her fall and then that she had broken a vertebra in the spine. We know healing takes a little while and we wish Marjorie well in the coming weeks.

We are aware that there are one or two people in our congregation who are receiving medical care at the moment. We wish them well and assure them of our continued love and prayers.

The weather over the last couple of months has meant that several of us have not wanted to go out as much as usual. We particularly think, however, of our housebound members at this time, of Tom Fitzgibbon, Elizabeth Grisdale and Greta Grave. We assure them of our continuing best wishes even though are not able to get to church.

We have now come to that serious, though special, time of year when we begin to prepare ourselves for thinking about the events of Holy Week, before the celebrations of the Resurrection on Easter Day. I don't know about you but I always feel that I cannot 'do' Easter Day until I have 'been through' the preceding events! Then it is a joy to celebrate Easter and the following season with you.

*Joyce*

# *A Feast for Lent*

Fasting during Lent has not been part of our Methodist tradition, although it has been part of the church's preparation for events of Holy Week and the Resurrection since early days. However, you may find these words helpful as you start on your own preparation for Easter. Thanks to Margaret McQueen for them.

**Fast from criticism and feast on praise**

**Fast from self pity and feast on joy**

**Fast from ill-temper and feast on peace**

**Fast from resentment and feast on contentment**

**Fast from jealousy and feast on love**

**Fast from pride and feast on humility**

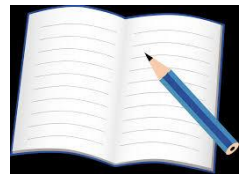
**Fast from selfishness and feast on service**

**Fast from fear and feast on faith.**

Quoted by Arthur Lichtenberger when President Bishop of the Episcopal Church in America.

*Attributable to W.B. Yates*

## **INTERCESSIONS BOOK**



Sadly we have not been using our *Intercessions Book* since Covid. The Book will now be placed clearly in the Welcome Area. Please write in any person or place that you would like to be included. If you are entering someone from the congregation please be sensitive and ask them first if they are happy for you to name them.

# *Keswick Leadership Team Update*

Rev Paul Saunders	Deacon Kina Saunders	Sheila Files
Anne Hasson	Helen North	Richard North
Pauline Huggan	Sally Lunson	Valerie Redpath

Greetings from the Leadership Team! We continue to meet every month or so to discuss all aspects of our church life, and the following are just a couple of things that we'd like to share with you, together with some dates for your diaries.

## Stewards

One of our main priorities during the coming months will be to recruit some new stewards, as very soon we will only have four i.e. Anne, Pauline, Sally and Valerie. As you already know, Helen is stepping down at the AGM and Sheila will be moving away to be nearer to her family at some point. This is going to leave a substantial gap, so we really would ask you to give some serious and prayerful thought to taking on the role of a steward.

You could also give some thought to just being part of the Leadership Team. This is what Richard does at the moment as he leads the roof project i.e. you do not need to be a steward to be a useful member of the team!

If you're not sure what the role of a church steward involves, we will be happy to answer any questions that you might have. Do also bear in mind that the role is flexible and could be adapted in any way that would suit you.



## Worship

During the next few months, we will be welcoming a variety of preachers from the circuit and beyond. In addition, we will continue to organise a number of services ourselves ('Local Arrangements'). We hope that you find these services a blessing, as we do these as 'untrained' people! Thank you very much to all of you who volunteer to take part in these services. We hope that you will continue to do so as it's extremely helpful to know we have people to call on.

3<sup>rd</sup> March 3.00pm: we will be hosting one of the regular circuit services at 3pm, to which you are all invited. This is in addition to our usual morning service.

We then look forward to Easter and the good news is that we will be having a 'full set' of services this year! (see later in the Newsletter).

## More dates for your diaries

*21<sup>st</sup> April: Annual Church Meeting* after the morning service. This will include a bring and share lunch. We do encourage you to attend as it's your way of hearing about what is going on at church, in the circuit and the district. It is also a chance to air your views.

*1<sup>st</sup> June: concert by the North Lakes Brass Band.* They have a very good reputation and the hope is that we'll be able to attract a good audience for this, so do tell your friends!

We hope to have a church and community street cleaning event in the Spring (date still to be decided).

Best wishes to you all, *Helen North*, on behalf of the Keswick Leadership Team



## World Day of Prayer

Friday March 1<sup>st</sup> - 10.00am

*'I beg you ... Bear with one Another in Love'*

Each year women from a different country write the service materials. This year the writing committee is from PALESTINE.

Although prepared and presented by women the service is open to everyone. Women, men and children are all welcome.

The Keswick service will again be in our church followed by light refreshments.

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## You are invited to come to **Thursday Lunch Club (T.L.C)**

*Come and enjoy some company, meet some new friends and have a two-course hot meal followed with entertainment*



**12 noon until 2pm**  
Lunch served at 12.15pm  
**Cost £6**



Please call Sally on 07514 687141 or Anne on 07788 990515 for more information and to leave your name to say you're coming

**21<sup>st</sup> March &  
18<sup>th</sup> April 2024**



## *Charity Coffee Mornings*



It's great to be able to report on our recent Coffee Mornings ~ when the community and Church Family have joined together to raise much-needed funds for local charities in a warm and friendly atmosphere.

The year began with an early "Breakfast Butty" start, moving on to the Coffee Morning. £335 was raised for our Eco Roof Fund Appeal.

A wonderfully supported Coffee Morning in February (extra tables were needed!), raised a magnificent £427.37 for JIGSAW, Cumbria's Children's Hospice. Following an appeal in the last Newsletter, our talented knitters got busy and made hearts to give to patients and their families. A fabulous 96 were produced and they will also be sent to the hospice.

### **Future dates**

**SATURDAY, 9th MARCH 10am-12 noon**

Raising money for the Circuit Charity,

***EVERY LIFE MATTERS***

A Cumbrian suicide prevention & suicide bereavement support charity

**SATURDAY, 13th APRIL 10am-12 noon**

Raising money for Keswick Methodist Church

***ECO CHURCH ROOF APPEAL***

If you can help at either of these events by volunteering on the day (sign up sheet on the notice board), by baking or by donating to the bric-à-brac stall, please let Pauline Huggan (07968003258 ) know.

We look forward to seeing you there!

*Pauline*

## *Artwork from Ukraine*

The 24<sup>th</sup> February 2022 was the day when Russian forces invaded a largely unprepared Ukraine.

In March 2023 I visited a touring international award-winning exhibition at the Farfield Mill Sedbergh to view some work by Ukrainian artists.

I just want to share with you an exhibit by Natalia Lashko an applique and silk painting entitled “Dear Mummy Tell Me Fairy Tale About my Beloved Country Ukraine”

This is a very clever and a brain teasing exhibit as some people never see the image of the father until it is pointed out.



*Sharon Woollard*



## Important News from the Foodbank

When the Church marks the season of Lent, and we approach the festive season of Easter, the North Lakes Food Bank will provide emergency food parcels for local individuals and families facing hardship. The soaring cost of living is driving record numbers of people on the lowest incomes to their food bank – *and the amount of help needed is outstripping the donations we are receiving*. It's not right that each year we're seeing more people than ever needing emergency food.

The food bank is calling on the local community of West Cumbria to donate food, if they can, to ensure that they can continue to support everyone who needs their help.

The top five items they need for this winter are:

- **UHT milk**  
**tinned meat**  
**tinned vegetables**  
**long-life juice**  
**chocolate**

(we would really welcome Easter Eggs to give families facing hardship a treat)

Please help if you can, by dropping off the food at church by **Sunday 17th March** latest in time for Easter. (Though of course we will still need your regular donations after that!) You can also find out more about what the North Lakes Foodbank does in the community we serve on our website.

On the notice board at church you will find a poster about the Easter Egg Appeal, as well as the Lent Calendar and Give in Lent Shopping List in the Welcome Area. Over leaf Sally has prepared a reminder to help us to remember to bring our food each week!



You may have noticed that we have relocated the Foodbank bin into the welcome area entrance lobby.

Now, as much as ever, the North Lakes Foodbank urgently need our donations and maybe you could cut out the reminder below to stick on the inside of your front door or one of your kitchen cupboards as a reminder to bring something with you each time you come to church.

Most of us have never known what real poverty and hunger is like. Let us together fill the bin each week at Keswick Methodist Church and help to make a difference!

# Off to Church?



Take a Tin  
(or packet!)

For the  
Foodbank Bin

# *Trees and What They Mean to Us*

*From David Hasson:*

## *Headlight*



## *Moonlight*



In winter we are able to see the beautiful shapes the branches make. In the evening they become illuminated with both the moonlight and the lights from the traffic.



## *From Sharon Woollard*



As a child we would often visit these trees on days out or when my dad was preaching at either Gosforth, Santon Bridge or Eskdale.

Firstly there is the Cork Oak tree which can be found in St Mary's Church Gosforth. It's quite unique planted in approximately 1833 and is reputedly the most northerly growing Cork tree in England. This is a must for tourists along with the Viking cross and the Chinese bell.

Secondly is the The Kings Oak tree at Irton Hall a 1000yr old, gnarled majestic oak. Tradition has it that Henry V1 arrived at Irton Hall and sought shelter. He was refused by the owner, Irton a Yorkist. King Henry spent the night under the great oak in front of the house. The next day Henry fled over the fell to Muncaster where he was welcomed and so impressed with his welcome he presented a glass bowl to Muncaster which is known as 'The Luck of Muncaster'



## *Sheila Files Favourite*



This Hawthorn is one of my favourite trees. It is a beautiful shape and has Blencathra as a backdrop. It stands by Tewitt Tarn, and this was a favourite walk for Keith and me in lockdown. The second picture shows it very recently, looking much bleaker, but still lovely.



# *Vintage Cash Cow!*

## *Another Fundraising Initiative -*

It's Spring cleaning time! Could you do with a sort-out or de-clutter, at home? I did this recently and was able to fill quite a large box, and send it, free of postal charges, to Vintage Cash Cow.

A few days later I had a phone call from the company with a cash offer for what I'd sent. It was not all that much, but to be fair, they were not valuable items, just old and interesting. Every item is repurposed or recycled, whatever its' condition.

The Fundraising Group thought that we could do this as a church, by making up a box or boxes, from items that you donate. Suggestions of possible items are below.

**Jewellery** - Gold, silver or plated. Charm bracelets, lockets, cameos, brooches.

**Costume Jewellery** – even if it's broken or chains are tangled.

**Silver and Silver Plate** – Tableware and cutlery, candlesticks, photo frames, vanity sets, tea sets , coffee pots.

**Coins and currency** – Pre 1920 and Pre 1947 British coins, Gold coins, Coins or notes in sets.

**Gold** – any small items!

**Watches, pocket watches and clocks** – any condition

**Medals and Militaria** – from any country

**Old toys** – original boxes for them are good!

**Cameras and binoculars, and pens**

**Brass and pewter items**

### **Items that are not accepted**

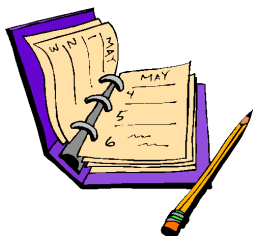
Delicate items that might break in the post – china or glass

– Clothing, furniture, books, tapes or CD's, modern electronic items

If you would like to donate any items, please bring them to church over the next four weeks. There will be a box in the Welcome Area to put them in. If you're not sure about something just ask one of the Leadership Team, and we'll try to help.

Happy de-cluttering!

*Sheila Files*



## Dates for your Diary

27 Feb – 12 March

***Fairtrade Fortnight***

Fri 1 March 10.00am

***World Day of Prayer;***

Sat 9 March 10am-12noon

Coffee Morning – *Every Life Matters*

Thurs 21 March 12 - 2pm

Thursday Lunch Club

Thurs 28 March 7.00pm

Maundy Thursday – Lord's Supper

Fri 29 March 10.00am

Good Friday Worship

Fri 29 March 11.00am

Good Friday Walk of Witness - Churches Together – meet at Wishing Well by Theatre

Sun 31 March 6.30am

Easter Sunday Sunrise Service - Churches Together – at Crow Park  
Service of Holy Communion

Easter Sunday 10.30am

Sat 13 April 10am –12 noon Coffee Morning – *Roof Fund*

Thurs 18 April 12 - 2pm

Thursday Lunch Club

Sun 21 April 12 noon

Church Lunch & Annual General Meeting

12 – 18 May

***Christian Aid Week***

Sat 11 May 10am –12 noon

Coffee Morning – *Christian Aid*

Thursday 17 May 7pm

Christian Aid Quiz

Sun 19 May 10.30am

Christian Aid Service

13 July - 2 August :

***Keswick Convention***

Keswick Methodist Church on the Internet

[www.keswickmethodistchurch.org.uk](http://www.keswickmethodistchurch.org.uk)

## Rotas for March & April

	Preacher	Steward	Welcome
Mar 3	Wilson	Anne	Helen D + Marjorie
Mar 10	P. Saunders H.C	Pauline	Roy + Joyce
Mar 17	Members	Sheila	Ros + Dave
Mar 24	Robinson	Valerie	Brian + Richard
Mar 28 MTh	Ellis H.C.	Pauline	Sally
March 29 GF	Ellis	Sally	Helen D
March 31 E.D.	K. Saunders H.C.	Sheila	Pauline + Valerie
April 7	Members	Valerie	Sheila + Joyce
April 14	<i>Our Calling</i>	Pauline	Nancy + Brian
April 21	P. Saunders	Helen	Ros + Dave
April 28	Kendall H.C.	Sheila	Sally + Valerie

	<b>Tea/Coffee</b>	<b>Music</b>	<b>A/V</b>
Mar 3	David + Janet	Helen	Richard
Mar 10	Valerie + Marjorie	Recorded	Sheila
Mar 17	Ted + Jane	Recorded	Brian
Mar 24	Roy + Joyce	Helen	Anne
Mar 28 MTh	-----	Helen	-----
Mar 29 GF	-----	Recorded	Roy
Mar 31 ED	Ted + Jane	Recorded	Anne
April 7	Ros + Dave	Recorded	Brian
April 14	Ted + Jane	Helen	Anne
April 21	Sally + Roy	Helen	Richard
April 28	David + Janet	Recorded	Anne

## Flowers

Mar 3	Joyce Ellis	April 7	Catherine Jackson
Mar 10	Pauline Huggan	April 14	Margaret McQueen
Mar 17	Alan Smith	April 21	Sheila Files
Mar 24	Joan Boothroyd	April 30	Margaret Shortland

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**The deadline for the next newsletter, which will be for May & June, is Sunday 14<sup>th</sup> April 2023**

## Services for March and April 2024

<b>March 3</b>	10.30am 3pm	John Wilson <i>Circuit Service at Keswick</i>	Morning Worship <i>Circuit Service at Keswick</i>	<b>Lent3</b>
<b>March 10</b>	10.30am	Rev Paul Saunders	Holy Communion	<b>Lent4</b>
<b>March 17</b>	10.30am	Members	Morning Worship	<b>Lent 5</b>
<b>March 24</b>	10.30am	Andrew Robinson		<b>Palm Sunday</b>
<b>March 31</b>	10.30am	Deacon Kina Saunders / with Rev J Ellis	Holy Communion	<b>Easter Day</b>
<b>April 7</b>	10.30am	Members	Morning Worship	
<b>April 14</b>	10.30am 3pm	<i>Our Calling</i> <i>Circuit Service at Egremont</i>	Morning Worship	
<b>April 21</b>	10.30am	Rev Paul Saunders	Morning Worship	
<b>April 28</b>	10.30am	Viv Kendall	Holy Communion	

### Holy Week and Easter Services

<b>Palm Sunday</b>	24 March 10.30am	including <i>Distribution of Palms</i>
<b>Maundy Thursday</b>	28 March 7pm	<b>The Last Supper &amp; Tenebrae</b> Holy Communion Rev J Ellis
<b>Good Friday</b>	29 March 10am 11am	<b>Service &amp; Meditation</b> <b>Churches Together Walk of Witness</b> meet by Theatre Car Park
<b>Easter Day</b>	31 March 6.30am 10.30am	<b>Sunrise Service at Crow Park</b> <b>Easter Holy Communion</b>

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