

Dates for your Diary

Date	Event	Venue	Start Time	Finish Time
Nov 1	Coffee and Company	Kirkby	9:45 am	11:30 am
Nov 1	Midweek Communion service	Askam	10:00 am	
Nov 1	Autumn Fayre	Milom	2:00 pm	4:30 pm
Nov 2	Bible study	Hartington Street	1:30 pm	
Nov 4	Craft fair and Coffee morning	Dalton Market Street	9:45 am	11:15 am
Nov 4	Coffee morning	Trinity	10:00 am	11:30 am
Nov 4	Autumn Fair	Ramsden Street	10:00 am	1:00 pm
Nov 4	Area bonfire	Vickerstown	6:00 pm	
Nov 6	Bible study	Trinity	7:00 pm	
Nov 6	Flashbacks (until 8th)	Trinity	7:00 pm	
Nov 7	Communion service	Trinity	10:30 am	
Nov 7	First Tuesday Ladies	59 Crosslands Park	7:30 pm	
Nov 8	Midweek service	Kirkby	10:30 am	
Nov 13	Bible study	Trinity	7:00 pm	
Nov 14	Midweek Communion service	Dalton Market Street	2:30 pm	
Nov 15	Midweek service	Broughton	10:00 am	
Nov 15	Midweek service	Ramsden Street	2:15 pm	
Nov 15	Christian Women's Fellowship	Dalton Market Street	7:30 pm	
Nov 16	Bible study	Hartington Street	1:30 pm	
Nov 20	Bible study	Trinity	7:00 pm	
Nov 23	Area Trustees meeting	Bacon Hill	7:30 pm	
Nov 24	White Shepherds Watched	St Mark's, Barrow	7:30 pm	
Nov 25	Christmas Bazaar	Dalton Market Street	9:45 am	11:15 am
Nov 25	Christmas Fayre	Trinity	2:00 pm	4:00 pm
Nov 27	Bible study	Trinity	7:00 pm	
Nov 27	Advent meeting	Bacon Hill	7:30 pm	
Nov 30	Coffee morning	Bacon Hill	10:00 am	11:15 am
Nov 30	Bible study	Hartington Street	1:30 pm	

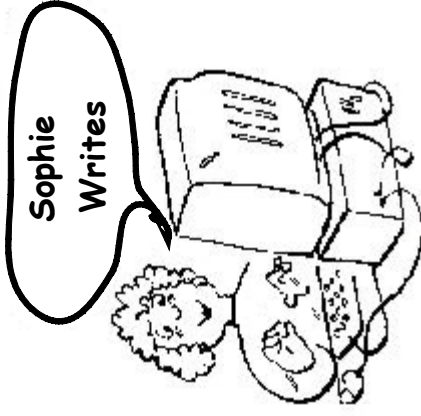


NewsLink

SOUTH WEST CUMBRIA UNITED AREA

Charity Registration Number 1141404

Methodist and United Reformed Churches Working Together



ISSUE 126 Nov 2017

Street Angels are volunteers who go into the town centre on Saturday nights helping people who are vulnerable or in need. We distribute flip flops to ladies who are carrying their shoes and lollipops and bottled water to those who would benefit, we offer basic first aid and generally make the town centre a safer place to be at night. It shows that the church cares about the community and the people of the town. We are looking for more volunteers and more flip flops and lollipops. Please let me know if you think you can help.

The second project that's finally being realised is the re:new Community Charity Shop. We hope to have the keys to a lovely shop on Cavendish Street, Barrow on the 1st November and plan to open the shop to customers the following week (in time for Christmas!). The shop will give the option for volunteers to gain work-related skills and will be an encouraging and positive place to work.

I'm sure you'll join me in welcoming Jennet back from her sabbatical and in looking forward to hearing about what she has learned through it.

The last two months have been particularly busy for me as two projects that I have been working on for some time are finally coming to fruition. Barrow Street Angels had its launch service on Monday 25th September at Trinity Church Centre where we commissioned more than twenty volunteers. By the time you read this we will have been out on patrol in Barrow town centre a number of times.

It will also create an opportunity for Christians to work alongside other volunteers leading to opportunities for us to share our faith and invite our new friends to suitable events. The profits from the shop will be used to support worthwhile local projects. We have employed a shop manager, Tim Jeffries, who will be running the shop day-to-day but you can help with this exciting new venture in a number of ways. In the piece below (Page 3) Tim will explain how - I hope that you'll find a way to support one (or both) of these ventures.

In all this busyness and excitement it would have been easy to lose sight of God. There is always a risk of getting so engrossed in the work of the Lord that we forget the Lord of the work. It takes discipline to carve out time to spend with God when you feel pulled in all directions and I believe that it's only possible when this habit has been formed in less demanding times. When we become really busy prayer becomes more urgent and more important but still the busyness keeps many of us from finding time to pray. We should not forget, however, that it's prayer that changes us and allows us to participate in God's work in the world in the first place.

Sophie

Flashbacks...to times with Jesus

It's not too late to say you want to join in the fun of Flashbacks...to times with Jesus at Trinity Church Centre! The schools are coming on Monday November 6th (afternoon), Tuesday November 7th (afternoon), Wednesday November 8th (morning and afternoon).

Get in touch with me if you would like to help with the activities or the refreshments at any one of these times (tel 812439 or email ann@hufton.co.uk)

Ann Hufton

Regular Sunday Services

Morning service times are as follows:

Askam	(Duddon Road) 9:30 am (except 5 th Sunday – 11:00 am)
Beacon Hill	(Holyoake Avenue, Barrow) 9:30 am
Dalton Community Church	(Market Street) – 9:30am
Hartington Street	Barrow 10:30 am
Kirkby	(Marshside) 10:30 am (except 2 nd Sunday – 6pm 5 th Sunday – 10 am at St Cuthbert's)
Millom	(Queen Street) 11:00 am
Ramsden Street	Barrow 11:00 am (except 1 st Sunday – 10:30am & 5 th Sunday – 11:00 am at Trinity)
Trinity Church Centre	(Warwick Street, Barrow) 11:00 am
Urswick	(Tam Close) 11:00 am
Vickerstown	(except 1 st & 3 rd Sundays – at Parish church) (Warren Street) 11:00 am

Evening services are held as follows:

Beacon Hill	4 pm every week
Trinity Church Centre	4 pm every week
Kirkby	6 pm on the 2 nd Sunday

United Area joint evening services as arranged. For details, please consult the Plan or the website: www.swcumbriaunitedarea.urec.org.uk

REGIONAL & NATIONAL WEBSITES

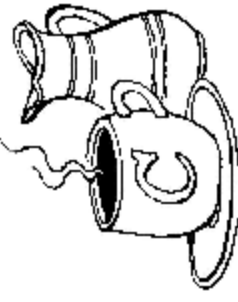
www.cumbriamethodistsdistrict.org.uk

North West Synod: www.nwsynod.org.uk

Connexional: www.methodist.org.uk

National: www.urec.org.uk

Dec/Jan issue No 127 of *Newslink* will be published at the end of November. Please send all material to reach Lillian Wood, 89 Risedale Road, Barrow, LA13 9QY by Sunday November 5th. Items can also be passed on by ☎ **01229 825986** or ✉ lillian.wood4@gmail.com



Regular Coffee Mornings

Please note that coffee mornings are held every week as follows:

Millom -	Fridays from 9:30 till 10:30
Ramsden St. -	Fridays from 10:30 till 12:00

Broughton - Tuesdays:

at the Square Café from 10:30 to 12 noon

Dalton - Mondays:

Tea and Chat at Wellington Street from 10 to 11:30

Hartington St - Tuesdays:

Care & Share Fellowship & Knit & Natter from 10:00 to 11:30

Green Tip



From the Barrow Borough Council website
www.barrowbc.gov.uk

What goes in your dark red recycling bin?

Paper

such as newspapers, magazines, office paper, shredded paper, envelopes, catalogues, telephone directories, paper-back books and junk mail.

Cardboard

such as cereal boxes, ready meal sleeves, corrugated cardboard boxes and packaging. Large cardboard boxes will be collected if presented next to your recycling bin

Food tins and drink cans

such as those used for soft drinks, baked beans, fish and meat.

Plastic packaging

such as plastic bottles, milk bottles, soft drinks bottles and detergent bottles, yogurt pots, margarine and ice cream tubs, ready meal trays (but not the black ones) and fruit punnets.

Aerosols

used for furniture polish, deodorants, air fresheners and sprays.

Aluminium foil

such as takeaway food trays, pies, ready meals and tin foil from the kitchen.

Tetra Pak cartons

such as those used for juices, long-life food and drink, soups and smoothies. Please ensure that items are empty, clean, dry and loose!

Polystyrene

cannot be recycled.

For people living outside the Barrow Borough Council area things are slightly different. I'll give details in a future edition of 'Newslink'.

Lillian Wood

Hi Everybody!

Many of you will have already met me but for those who haven't please allow me to briefly introduce myself. My name is Tim Jeffries and I am pleased to have been offered and accepted the post of Shop Manager in the re:new Community Charity Shop. I moved up to Barrow from Cardiff four months ago. In Cardiff I was Deputy Manager for a very successful charity shop for Ty Hafan, the local children's hospice. I am excited about the new challenges ahead of me and look forward to meeting you all in due course.

I just want to say a big THANK YOU to everyone who has welcomed me to the area and to those who have donated items to the shop. We are still looking for more of your amazing donations. I'm sure you're all aware that a charity shop cannot run without volunteers so please would you consider volunteering with us. Once again, thank you if you have already supported the project and thank you in advance for your future support.

At the moment we are in need of a Christmas tree and some decorations for the shop window as the festive season is almost upon us. So, if anyone has a spare tree that we could borrow please let me know.

We will also need urgent help with setting up and moving into the shop so if you're handy with a screwdriver or fancy yourself as a taxi driver please let me know. If you have any questions regarding donating, volunteering or helping us set up the shop please call me on 07715 221262.

I look forward to working with you.

Tim Jeffries

Area Bonfire

Vickerstown Church will again be hosting a United Area 'Bonfire Party', though as November 5th is a Sunday this year we will be holding it on **Saturday November 4th** - the fire will be lit at 6 p.m. and there will as usual be food and fireworks with the option of watching all the action from inside the building if being outdoors doesn't appeal to you. Please bring some fireworks to share; hopefully some other events will also be on the Saturday so our view over to all of Barrow's fireworks will be worth having! The cost will be £4 for adults and £1 for children; please try to let



Karen know on 474601 if you intend to come so that we have some idea of numbers for catering. All proceeds will go to the Methodist Fund for World Mission.

Karen Edmondson

Cumbria Methodist Synod, 9 September 2017

The 'theme' of the Autumn Synod at Wigton Road Methodist Church in Carlisle was (like the previous Synod) again around 'discipleship', with the District Chair, Revd Richard Teal's sermon in the opening worship focusing on the 'Parable of the Sower', as told in Matthew's gospel, and the fact that despite some of the 'Word' of God not fully reaching out and being understood by some, nevertheless, all are welcome in the Kingdom of God.

Following the act of worship, the usual opening pleasantries and information were shared: letters of greeting; appointment of scrutineers and other District Officers and Committee changes, along with dates of future meetings - note next Synod is Saturday 28th April, venue to be confirmed but likely to be at Sedbergh.

A short presentation was then given of an overview of this year's Methodist Conference, with particular expression given of a 'deeply profound and moving experience' felt by Revd Tim Cooke from our District on his Ordination. There followed the election of representatives to next Conference with our own Debbie Buckley being amongst those elected to attend.

The next presentation and main item for the Synod was the Connexional Launch of the new 'Discipling Presence' document, this following on from the highly regarded predecessor of a number of years ago 'Presence', and one that will help equip us to move forward as a Christian presence enabling people to become disciples of Jesus, particularly in the context of current rural contexts, each section of the document containing contemporary stories; a relevant Bible Story; and three practical things to have a go at!

Then came a short introduction to the churches "Equality, Diversity and Inclusion" Toolkit resource, which lead us all then to sample some of the aspect covered in brief workshops: ie Class and Economic Justice; Disability and Impairment; Gender; Race; and Sexual Orientation, some of which were attended and are reported on separately below.

Other items on the agenda included: Moving Mountains update - 34 groups in the county next March, 9 to be led by Methodist leaders; Property - which agreed to the 'cease to meet' of the Frostgill Chapel (of the Sedbergh Circuit); Safeguarding - Cumbria to employ its own 'Officer'; and Good News slots - which included: 'Mining for God' worship down Honiston Mine when 96 chilled people attended but thoroughly enjoyed, the encouraging developments of the Sedbergh Mission Community, the Argentinian Partnership Visit by Irene McKay and the Skelton Show. And finally, Graham Ransome gave a brief overview of a 'weighty' document and Bible Study resource which contains 'what it says on the tin' simply "Disciple", and one which he has used and highly recommends.

Overall, one of the more informative, encouraging and enthusing Synods of recent years.

Ron Wilson

Ramsden Street

Several of us attended some of the events held during the Believe in Barrow week and we attended the town service on Sunday September 17th after a short Communion service at Ramsden Street.

Our Harvest celebration on Friday September 22nd began with a meal together and this was followed by a service of Thanksgiving led by Ron Wilson. The young people from FACTORS took part in the service and also helped to serve the meal. The gifts of tinned food have been donated to Furness Homeless Support Group and the offering of £150 was sent to Christian Aid.

The coffee morning on Friday September 29th raised £100 for Macmillan Cancer Support.

Ann Huffton conducted the Communion Service and also our Family Service, which included a service of infant baptism, on October 1st. Family and friends came with Marshall Lee Price to support him on his special day. Also in our congregation that day was Bob Steffer from Canada (he was our Minister in the 1970's) and his friends Bill and Jane. A very special day for Ramsden Street!

There will not be a church lunch on Wednesday November 1st but we will be serving light lunches at our Autumn Fair on the Saturday of that week (4th). There will be various stalls including homemade cakes and pies and we will be open from 10am to 1pm.

Anne Stevenson

Vickerstown

It was wonderful to see representatives of all our uniformed organisations at the Harvest Festival on October 1st. I think it is the first time we have had Rainbows, Brownies, Beavers, Cubs, Scouts and even an Explorer all on the same day! Some parents/grandparents also stayed for the service, which was brilliantly led by the church prayer group. The church looked lovely and bright, decorated with flowers and berries from the garden, fresh produce and lots of tins and things: a joint auction of fresh produce with St. Mary's on October 2nd raised £160 for Christian Aid, while two large shopping bags of suitable items were gratefully received by Barrow Foodbank. Our Christmas Coffee Morning will be at 10 a.m. on either Saturday 25th November or Saturday 2nd December - we haven't quite decided which yet as we're trying to avoid clashing with too many other events! A message and poster will be sent round church contacts when a decision has been made.

Karen Edmondson

Beacon Hill

Our monthly coffee morning will be held on Thursday 30th November, 10 am-11:15 am, with stalls selling cakes, handmade cards, books and Fairtrade items. The first of our 4 Advent meetings will be held on Monday 27th November at 7:30 pm. There will be an international theme this year as we tell the Christmas story with Bible readings, hymns, prayers, activities and food. Everyone is welcome to join us.

Lillian Wood

Askam

Duddon Road members attended the Harvest Festival Service at St. Peter's Church, Ireleth, on Sunday 8th October. At the front of the Church two tables groaned with the amount of food, donated by the pupils of Ireleth School the previous Friday - to be donated to the Homeless Shelter and other good causes. What a wonderful way for the children to thank God for all He gives us every day.

On 1st November we will hold our monthly midweek Communion Service at 10:00 a.m. **Our exercise class** continues, returning to the original 10:30 start each Thursday morning at Duddon Road Church. Anyone who is suffering with the aches and pains which creep up on us and the 'dreaded' age related problems please come along, you will be very welcome. £2.00 per session which includes a time of fellowship with a cuppa afterwards.

Sisterhood: On Wednesday 8th November at 2:30 p.m. we look forward to a musical afternoon with The Phoenix Singers from Millom. On Wednesday 22nd November we welcome Rev Ron Wilson to speak to us. The following Wednesday 29th November we hold our Christmas Party. (note just a week later - not a fortnight as is usual). Sadly we won't be having the Askam Village School children to entertain us this year, as their teacher has been on maternity leave, and a large group of her choir left Askam School to go to Dowdales last September, and she hasn't had time to train another group since. We are instead able to welcome a group of children from our other primary school, St. Peter's in Ireleth - and we look forward to hearing them sing and to share a party tea with them afterwards.

Christingle Service: On Sunday 3rd December we will hold our Christingle Service at 4:00 p.m. with Deacon Debbie Buckley. This will be a Messy Church, with the children making their own Christingle oranges - if it follows last year's service it will be a very busy time - but very enjoyable and meaningful. On Sunday, 7th January, 2018 we will hold our Covenant Service.

Dorothy Gleaves

Reports From Synod Workshops

Class and Economic Justice

Although we ran out of time very quickly we did manage to look at a few things. We were given two markers; one said 'agree' and the other 'disagree', and they were placed some distance apart on the floor. We were then asked a series of questions and had to stand somewhere along the line that identified if we agreed or not with the statement. Some of the things we were asked:

Is there still a class system?

Is the living wage enough for families to live on?

The group discussion brought up the following comments: Maybe there is no such thing as class in today's society? Are we more likely to be judged by the possessions we have rather than where we come from? For some families the living wage could be enough, however if someone had to use public transport each day to get to work then it was unlikely to be enough. Being a rural community without a good bus service also proved to have an effect on families and access to jobs, schools etc.

Another question was: Is our happiness affected by the amount of money we have?

The response was: Is it money or possessions that give people happiness? Can people ever be happy when debt is increasing and loans are very very expensive??

It was agreed by the group that there are always different ways of hearing and interpreting the question!! There were a lot of different responses to what first

appeared to be basic questions. But as with most moral issues the answers are never black and white. For instance when we ask if poverty is on the increase, well that depends on what you mean by poverty!! Statistically 1200 children live in poverty in the South Lakes and 3600 on low incomes live on benefits. Wages in Cumbria tend to be lower than the national average. The number of homeless people is increasing in Cumbria.

We finished with the following story: a homeless man joined a Bible study as he was searching for God, the Bible study group didn't like the fact that he was a bit dirty and unclean so they eventually turned him away and he then turned from God!!

Debbie Buckley

Disability and Impairment

This workshop was led by Edel Maclean. While the Equality Act of 2010 has achieved a lot, there is still a long way to go in terms of changing culture. Exactly who is a disabled person? A disabled person is a person who lives with disability; the person is not the disability, though this is still often the view of society. Churches can do more to show understanding, to become 'enabling churches'. The important thing is not to make assumptions, but to try to put ourselves in the other person's shoes. One example given was of a blind man and a church hall refit, where members were working on the

interior. The blind man arrived with his wife and his guide dog, wanting to help with the work. The other members were all very wary and worried that he would hurt himself; and yet, given a specific task, he proved to be very adept with a hammer. Most importantly, he felt included, which made him happy. Edel talked about Harry, an autistic boy who can sometimes be disruptive; but, by accepting and sitting alongside him, church members learned about Harry and what triggered his behaviour, and so knew what to avoid, which made church visits better for Harry and the congregation. In some churches, there is no appropriate place for members in a wheelchair; it is expected that they will be 'parked' at the back or at the front. How much better it is when a church can move seats, or has a shorter pew, allowing the person in the wheelchair to sit with their family. Small changes can make a difference, like signs for dementia sufferers. Building trust and relationships is really important for people like the bipolar teenager who is scared to open up about her condition because of how people may react. Edel's message was that everyone is an individual, so we need to sit alongside them and learn.

Ruthyn Alford

Race

Following a brief introduction from the leader of this workshop, Moses John, with him sharing some of his own experiences of what could be termed 'mild racial discrimination', we went on to sample some of the activities suggested in the module on this subject.

This started with a 'Privilege Game' with each little group or pairing giving answers to various questions surrounding 'having been given the basic background of 10 'imaginary' people eg age, sex, colour etc,' such as 'which of these has never suffered racial abuse?' 'which can speak 3 languages?' 'Surprising how 'stereo-typical' our answers were! Then came another exercise around 'Islamophobia' in which we were asked to read one of several 'scenarios' and respond to questions set: ours regarding the story of a woman wearing a 'Jilbad' over her face and having it forcibly removed by 'yobs' - a little more elaborate than that but we were asked not to detail any of the 'scenarios' too much so as not to 'spoil it for others' who may do the 'module' at a later date.

However, we concluded that we all need to be more aware of some of these instances that happen around us, reflect prayerfully on the situation and try not to be culturally biased against those 'different' from ourselves.

Ron Wilson

Dalton

Approximately 30 people enjoyed a pie and pea supper and had lots of fun at our Harvest social evening and £18.50 was collected and sent to Christian Aid from our Harvest Festival service.

Thanks to everyone who braved the wind and rain to support the Bible Society coffee morning.

Future events:

Saturday November 4th 9:45 - 11:15 am Craft Fair and Coffee Morning at Market Street

Tuesday November 14th 2:30 pm Midweek Communion Service at Market Street

Saturday November 25th 9:45 - 11:15 am Christmas Bazaar at Market Street

For information. Sunday morning services will be held at Market Street during the winter months starting in November.

R Willock

Christian Women's Fellowship. The next meeting of the CWF will take place on Wednesday November 15th at 7:30 pm. The speaker on that evening will be the Rev'd Ron Wilson. All are welcome.

D Zazi

Isabel Wright 1924-2017

It is with sadness I record the death of Isabel Wright who has been an active and long standing member of Market Street church, first as a Congregationalist and then the URC. Isabel was always willing to join in and do what she could, especially at our coffee morning where she made the coffee for several years and then took over the raffle, she would take the tea towels and table cloths home to wash which was always a great help. Isabel was also very generous; she always bought the coffee and sugar lumps for the shop orders and the sausage rolls, if there was anything needed Isabel was always ready to help.

Isabel was a good communicator; she wrote letters to church members and friends who had left the area and she kept us up to date with what was happening to them. In 2005 Isabel moved into Coronation House and was very happy there until her health deteriorated and she needed more care than the house could provide and she then moved to Ostley House where she has been very comfortable and well cared for for the past year. Over the past few months Isabel's pain had increased and her condition deteriorated rapidly and she died peacefully with her family near her. We thank God for Isabel's faith and witness and leave her in His loving care.

Freda Conkisk

Individual Churches

Trinity

Monthly Coffee Morning Saturday 4th November from 10:00 - 11:30 a.m.
Christmas Fayre Saturday 25th from 2:00 - 4:00 p.m. with all the usual stalls.
On Tuesday 7th the short informal Communion at **10:30 a.m.** will be followed at **11:00 a.m.** by a time of prayer under the banner of the Northern Prayerhouse with the focus on poverty in all its aspects. This is open to all.

Messy Church will meet on 12th starting at 3:00 p.m. when preparations will begin for our Nativity Service.

Family News

It is with sadness that we tell of the death of Alan Ladds' mother. She has been failing and was very tired, she died peacefully on 29th September. Our thoughts and prayers are with Alan and Janet at this time.

Brenda Poulter had a fall on 1st October and has broken her hip, she has had an operation and is starting to walk with a zimmer but at present isn't eating very well which is impeding her progress. Our thoughts and prayers are with her and her husband Harry

Margaret Maxwell

Trinity Prayer - We meet in the lower meeting room at Trinity each Thursday morning between 8:50 and 9:30 am to pray; each week we give time to one of the United Area churches, and a set of streets, as well as other prayer concerns. If you have any prayer concerns or things you wish to be prayed for, please contact Janet/Alan Ladds (833882) so we can add them to the prayer book.

Week commencing

Nov	5 th	Askam	T
	12 th	Kirkby	U
	19 th	Broughton	V
	26 th	Millom	W

Janet Ladds

Hartington Street

Mondays Toddlers 1-2:30 pm in The Hub.

Tuesdays Knit and Natter 10-11:30 am in The Hub.

Bible Studies alternate Thursdays, 2nd, 16th and 30th November at 1:30 pm - P.salms.

Chris Mills

Christian Aid Community Partnership

In February 2013 the churches of the United Area began to raise money for a Christian Aid community project working with women in Afghanistan, with a target of £5,000. This amount was raised by June 2014 so we then began fundraising for a maternal and child health project in Kenya. Another £5,000 was raised by June 2016. In both cases a further £15,000 was added to our total by the European Union, meaning that we were responsible for raising £20,000 for each project.

At Ramsden Street on 11th October Laura Jones, Christian Aid's Regional Co-ordinator for Cumbria, spoke to a small but appreciative audience about the second project. She showed slides of some of the women of Narok County in Kenya whose lives have been transformed in a way she described as 'revolutionary'. Beginning with a situation where for every 100,000 live births 435 women died, the state was reached where not a single mother or baby died.

This was achieved in several ways:

- training community health workers and re-training traditional birth attendants as mother companions
- empowering women through education in antenatal care, breastfeeding and vaccinations, nutrition and hygiene, and through the provision of small loans
- equipping the community with two 4x4 ambulances and 3 ambulance motorbikes, malaria nets, vitamins and emergency birth packs
- changing attitudes, including men now supporting their wives and the government providing training for traditional birth attendants.

One slide reminded us of the many ways in which the Area raised the money to help with this project. Laura presented a certificate of thanks to each church.

She also read from the book 'The Spirituality of Fundraising' by Henri Nouwen, showing that fundraising is a form of ministry and helps to build God's Kingdom. Laura ended by introducing a new project, which will help children in Kenya affected by HIV and AIDS. This will be part-funded by USAID, who will give £17 for every £1 raised. There is no minimum amount of money to be raised, but as an example £5,000 would provide a total of £90,000. This is worth thinking about - it seems to be too good an opportunity to miss.

Lillian Wood

Community Outreach Group

Report from the COG meeting held on 4th October at Dalton Community Church, Market Street.

Treasurer's Report

Balance now £794.92. The COG coffee morning raised £222.55. Thank you to everyone who helped or supported.

Network

Beacon Hill's Dalton coffee morning on 8th July raised £240.00. Proceeds were divided equally between Network and Beacon Hill. A further coffee morning at Beacon Hill at the end of July raised £135.00 for Network. Vickerstown raised £110.00.

Children and Youth Work

Trinity: Messy Church in September clashed with the Believe in Barrow Weekend. The number of children fluctuates from 17 or 18 up to 40 with adults.

Beacon Hill: The Sunday School mostly consists of children from one family; the two youngest are about to be christened.

Dalton: The Holiday Club was a good event, based on Scripture Union material. Children from the Holiday Club were invited to do a presentation at St. Mary's Church but none showed up on the day.

Askam: A christening is planned for Sunday 22nd October - the baby daughter of Harriet and Dan Cooper, who were married at Duddon Road last year.

Mission Community Progress

Believe in Barrow 2017 Real Lives was a ten day series of events across Barrow, with live music, good news and real life stories. The aim was to introduce people to Jesus Christ and the life-changing difference he makes. There were about 19 local events including a Big Breakfast, a Yarn Bomb, a Dance Show and BBQ, film showings, and an Open Mic Cafe.

Robin Ham did a lot of the work, and has since formed a group praying for a weekly church at Holbeck - called Grace Church - with a soft launch initially. The team meet each Tuesday for prayer and worship at Robin's home, and are studying Ephesians. There is a youth worker available for special Youth Services.

It is not known at present whether Believe in Barrow broke even. There is still a Coffee Morning fortnightly at Roose School.

Moving Mountains

Autumn Allsorts is being arranged for Dalton, in a marquee outside Dalton Community Church in Market Street, each Saturday of half-term. Also there will be a further Autumn Allsorts at Askam - during a Coffee Morning organised by St. Peter's congregation on Saturday 25th November.

Youth Spot

When is a camp not a camp? As our preferred camping sites were not available on the weekend when the leaders were, Walney's two Cub packs held their September 'camp' this year at Rampside Village Hall. Twenty-four excitable boys aged 8-10 made the most of the opportunity, with activities and crafts based on the 'Seaside Sleepover' theme and also working towards their disability awareness badge. The two highlights for most were a very interesting visit to Barrow's lifeboat station, where they had a full tour and were even allowed to try out the crew seats of the all-weather lifeboat as well as learning about water safety, and a visit from Joan Milburn: Joan is a long-standing member of Vickerstown's congregation who has been blind for most of her life and came to share that experience with the boys as part of their badge. They were particularly impressed by her ability to tell apart different coins by touch, as soon as the coin was in her hand, and enjoyed trying on special glasses that mimic various sight problems and trying to find their way around the room without walking into things too much. The Cubs also did a treasure hunt around Rampside and a scavenger hunt on the beach, followed by a sandcastle competition where their constructions had some very imaginative back-stories about why the castles were the shape they were and what had happened to the bits that had collapsed during construction! There was some thoughtful discussion of disability, and also some games and things to let them burn off some energy. The last activity was a piñata (a Mexican tradition involving hitting, or trying to hit, a hollow frame filled with sweets or treats - ours was fish-shaped - with a stick whilst blindfolded, to get the sweets to fall out) in the car park and the noise brought the neighbours out to see what was going on. After keeping the leaders awake until after 3 a.m. on the first night, the boys were so tired by the second night that they let us have a little more sleep, and for several of the Cubs this was the first time they had ever slept away from their families which is an important step. All in all, a successful weekend, if rather tiring!

Karen Edmondson

Cumbria's 2017 Christmas Shoebox Campaign Boxes Of Hope

Filling a shoebox is a simple and fun thing to do, doesn't have to cost a lot of money, and it really does make a difference to a child who has none of the basics we take for granted. For these children there is none of the commercialisation we endure for weeks leading up to Christmas. Many of them have never in their lives had a gift. Many have never had a toy.

The campaign runs from November 1st - 12th.

If you would like to get involved with this year's 2017 Christmas Shoebox Appeal by filling a shoebox of gifts then here below are some tips on how to do it:

- Find a medium-sized, empty shoebox (PLEASE NO BOOT BOXES), and cover the lid and box separately with any bright wrapping paper.
- Decide whether you want to make a box for a boy or a girl.
- An ideal box will contain: soap and facecloth, toothbrush and paste, hairbrush or comb, hat, scarf, mittens, socks, educational supplies such as paper, pens, pencils, colouring pencils, ruler, rubber and pencil sharpener, and then some sturdy toys such as ball, doll, toy car, dominoes, skipping rope, yo-yo. Add some treats - sparkly hair accessories or bracelet/necklace for a girl, football stickers for a boy, and some sweets - best before at least until the end of March 2018. And a cuddly toy will go down well with all ages. A plastic mug will be useful. You may like to add a photo or a greetings card to make the box gift more personal.
- And please add a donation of at least £2, in an envelope on top of the items inside your box. Your shoebox cannot be taken overseas unless we can pay for the transport.
- Tape a Boy or Girl label onto the outside of the lid, securing the box with a stout elastic band.

I will be collecting shoeboxes between 1st and the 12th November 2017 so if you would like me to collect your shoebox/shoeboxes I am happy to do so. Alternatively you can drop them off at my house. Many Thanks.

Pam Mills

Tel: 01229 825028 or 07752455093

26 Thorncliffe Road, Barrow-in-Furness, Cumbria LA14 5PZ.



Fair Trade

Dalton is in the final stages of becoming a Fair Trade Town. The Steering Group runs a Coffee Morning each month. Barrow needs to get a steering committee together to renew its Fair Trade status.

F.T. Fortnight 26th February-12th March, 2018.

Food Bank

There is still a great need. We all need to lobby our MPs.

There is now a counsellor at the Food Bank to give guidance.

In October/November we will be told about Christmas requirements.

Charity Shop

Tim Jeffries has been employed as Manager of the Charity Shop in Cavendish Street, and needs volunteers and donations of goods.

Dementia Friendly Churches

Churches are encouraged to look at worship if they have people with dementia problems, maybe consider the length of the service or have one tailored to their needs, with old familiar hymns, readings, etc.

Future Events

COG Slog, Sunday 24th June - venue to be decided at February meeting. (Bring this up at Church Council meetings.)

Flashbacks: 6th-8th November, Monday afternoon, Tuesday afternoon, all day

Wednesday. 119 children are expected.

Big Event: please bring ideas to the next meeting.

COG Coffee Morning: date in June next year to be confirmed.

Date of next meeting

To be confirmed (February 2018).

Dorothy Gleaves

First Tuesday Ladies

We will meet on Tuesday 7th November at 7:30 pm at 59 Croslands Park to study the Bible and enjoy a time of prayer and fellowship.

Elaine Peers

Network (Methodist Women In Britain) Year ending 31 August 2017

Receipts		Payments	
Cash in hand/brought forward	7.20	Banked: World Mission Fund	529.47
Easter offerings	529.47	Banked: MWIB	360.00
Coffee mornings (x3)	365.00	Expenses (Levy)	5.00
		Cash in hand/carried forward	7.20
Total	£901.67	Total	£901.67

Maicol Dawson

Methodist Mission Funds

Details for the 12 month period ended 31st August 2017 are as follows:

World Mission Fund

6 out of 8 churches made a contribution, with a total amount of £1254.42 being paid into this fund (JMA £726.72 and General Fund £527.70).

This is a total reduction of £163.90 on last year's figures (JMA reduced by £62.80 and General Fund by £101.10).

Mission in Britain Fund

4 out of 8 churches contributed, with a total amount of £663.00 being paid into this fund.

This is a reduction of £107.50 on last year's figure.

Bob and Daphne Watkinson

While Shepherds Watched - A Christmas Musical by Roger Jones

Furness Churches United Choir will be giving two performances of this musical by the well-known Christian composer, Roger Jones. It tells the story of a family of shepherds, on the hills outside Bethlehem who have a vision of heavenly activity - angels praising God - and for a while they are caught up in it. There is news about a Saviour. Was it too good to be true? They overcome their doubts and go to see for themselves.

The dates to put in your diary are **Friday 24th November** (7:30pm at St Marks Church, Barrow) or **Thursday 14th December** (7:30pm at Dalton Community Church, Wellington Street, Dalton). There are no tickets - donations will be invited after the performances. The musical lasts about one hour.

Don't miss out on what should be wonderful evenings of Christmas music.

Ann Hufston

Christian Mindfulness Network Grange Over Sands

What is Christian Mindfulness?

Focusing on the Breath, Sound, and Walking to calm the mind. Grounding ourselves in God's word, and learning how to be in God's presence. The present moment is the only moment we can feel God's presence, and the only time God can touch us.

Cathy is a nationally accredited Mindfulness Teacher, she has been brought up in the church, has a strong faith, and has worked in Christian leadership for many years.

Feel free to contact her on cathy@thefragranceoflife.co.uk

Live internet 8 week course

Learn Mindfulness alongside other Christians in a live internet class. £140. Next course starting in January with limited places. To book contact Cathy on cathy@thefragranceoflife.co.uk

Retreats running from Thornleigh, Grange over Sands

All these retreats can be booked at Thornleigh, call them on 015395 32733, or pop in.

Beginners Christian Mindfulness Retreat

"In the Stillness" is a weekend retreat, 10th-12th November 2017. £145.

The 8 week Mindfulness course in 4 retreat days

Fridays April 20th, May 4th, June 1st, July 6th 2018, 10 am-4 pm (lunch included). £180.

Leaders retreat

3rd-6th April 2018.

For more information on Christian Mindfulness see

www.christianmindfulnessnetwork.co.uk