



Newslink

SOUTH WEST CUMBRIA UNITED AREA

Charity Registration Number 1141404

Methodist and United Reformed Churches Working Together



ISSUE 132 June 2018

Having just got back into the saddle so to speak after my sabbatical, I would like to share the following reflection with you. When did you last sit with God and explore what God is calling you to? Is he still asking you to do what you've always done, or is it time for a change??

I started my sabbatical at the beginning of the year and at first, due to personal circumstance, I felt that I had been thrown into the desert. It felt a lonely place and I could not see any path or road out. So I just sat in that lonely place and I began to think about Jesus and how he survived in the real

desert for forty day and nights. I also thought about the purpose of Jesus' time in the desert. And so I spent a lot of time wrestling with God, about life and calling. After a while I began to notice small flowers (metaphorically) and also a path began to appear. And so with the aid of God's spirit I began to pick myself up and walk along this path. It was a path of discernment with pull-in places so I could sit a while with God and rest. Was God still calling me to Ordained Diaconal Ministry and if so what should that be looking like here in Cumbria? How could my heart come back into beat with God's heart, when it was so broken!

I have always had a heart for those on the margins and that was still there. As I sat with God, being renewed and affirmed, I got a call to go for an interview at Haverigg Prison for a Chaplaincy post. I got the position and whilst the prospect of such responsibility is daunting, I do feel that is where God is leading me. I believe that it is God's love that changes the hearts

Area Website www.swcumbriaunitedarea.urch.org.uk

of people. When we show kindness and respect to others it opens a way forward that can't be opened by condemning people. We love because God first loved us. There are so many broken people in God's world, not just in prison. One of the causes of mental ill health is isolation and low self-esteem. A lot of the men in Haverigg and other prisons have low self-esteem; we need to show them that they matter, that they can still reach their full potential. I personally believe we do that through encouragement and positive reinforcement rather than condemning and punishing. We could all name at least one character of the Bible who has gone against the will of God and yet God still loved them and had a purpose for them, Moses, Saul and David to name a few. God wants to work in people's lives. I believe people are more responsive to love and kindness than they are to rejection and condemnation.

I'm writing this after getting back from our annual Churches Together in Millom Fun Day. It was an amazing day. The sunshine did help, and it was very well attended. Millom Methodists organised and ran a prayer tent with a Narnia theme. This was a wonderful experience for so many.

I would like to share with you a couple of comments from the day and my response in relation to my call.

- Prayer Tent. What's a prayer tent and why do people need to be shown how to pray, don't they know already?

A prayer tent is a space set aside where we make a special effort to make time for God. I actually chose a theme rather than just a blank space because so many people, both churching and un-churching, do not know how to pray. This particular space gave people a direction to help with their prayers through a story most knew. It also gave the opportunity for conversation about the connections between Narnia and Jesus (Aslan). It was a very special space.

- Another comment. "Do you know it's always the same people who come to this free day, they just come and are greedy, they have lots of free food all day!!"

My response was, well when I was a child I was number 7 out of 8 and I know for a fact that if there had been a free Fun Day near us when I was growing up we would have gone and my parents would have said, go on get yourself a burger or two it's free!! We do the Fun Day to show people God's unconditional love, we are following God's example of hospitality. If Jesus was here, I'm sure this is one activity he would have attended, if not organised.

So to finish, I know I am still called to Ordained Diaconal Ministry, I am a child of God loved by God and I believe that my calling is still to those on the margins, be that the margins of the prison community or the local community or even the farming community. My heart is now back in beat with the Father's heart of love. May you too take some time to discern what God is calling you to; is it time for a change? Only God knows that answer. I did do lots of other things on my Sabbatical too.

God Bless

Deacon Debbie

Please note that Debbie has gone back to her maiden name of Harkness.

A message from Ron

A big, BIG “Thank you” to you all in the United Area Churches, for the ‘send-off’ you gave both me and Denice on the occasion of my ‘retirement’ from formal ministry. We received so many cards, messages and gifts of appreciation of our ministry here in this corner of Cumbria, we were humbled but very grateful for them all. Hopefully, when we have moved into our ‘retirement home’, we’ll let you know what we spent the very generous gift you gave to us, on. It has been a pleasure and great privilege to serve God in this wonderful part of the world, and we look forward now to whatever retirement might bring, for, after a respectful period of rest, I hope, health permitting, to be able to come back onto the plan and reacquaint myself with the United Area’s pulpits.

God Bless you all

Ron & Denice

Good news from Dalton

At the Dalton Town Council AGM there was some good news.

Firstly: we at Dalton Community Church received some money for our Refurbishment fund. This follows on from previous kind gifts and reflects our good relations with Dalton Council and successive Mayors.

Secondly some folk well known to us were recognised. Our local Street cleaner Clayton (also known to Ramsden Street) received the Citizen’s shield for his work in Dalton. This was very richly deserved and we were particularly pleased as Clayton is on the fringe of our Church, and has attended some of our social functions.

Probably of more interest to the Area at large was that Ron Wilson was awarded the Mayor’s Community Champion prize and the Mayor spoke very glowingly of his status in Dalton. This award was a complete surprise to Ron and Denice.

Bob Mantle

Network

“Praise on the Lake” on Sunday 24th June. Enjoy a “Sail & Sing” on Lake Windermere. Board the boat at Lakeside at 6:30 pm - parking is free for all who sail. Tickets £6.50 from Delphine, 01539 737305.

REGIONAL & NATIONAL WEBSITES

www.cumbriamethodistsdistrict.org.uk

North West Synod: www.nwsynod.org.uk

Connexional: www.methodist.org.uk

National: www.urc.org.uk

July/Aug issue No 133 of *Newslink* will be published at the end of June
Please send all material to reach Lilian Wood, 89 Risedale Road, Barrow,
LA13 9QY by Sunday June 3rd. Items can also be passed on by

☎ **01229 825986** or ✉ lilian.wood4@gmail.com

Report from Methodist District Synod held on 28 April 2018

Theme: Vocation/Calling. Go forth and Make disciples!

For our opening devotions we listened to Isaiah 6: 1-8 and Jenet spoke about the following.

If we have a calling then we can presume there is a caller. God who speaks to us all then and now. God who calls all and not just ordained. God calls us all to be His church.

The Call is to:

- Come to God
- To transformation. God changes us, so we can be the best we can be
- Personal Call. What is God calling me/you to do?

God calls us by name; we are to follow Jesus' example of listening and responding to what God is saying.

Moving Mountains:

This took place between 8th-11th March, with 33 Church groupings, 500 events plus Sunday Services. Response Cards were given out but were not utilized well.

Messy Rheged went well with over 2000 attending and there is a possibility of doing this again.

Moving Mountains was not a one-off event, but rather a spring board for what can be done.

Good News Stories:

● **Angels in Stainton**

There was a knitted Angel for every house as a blessing, so this meant they needed to make 700 knitted Angels! They worked ecumenically, got family, friends and local groups involved with this and a grand total of 1000 Angels were made by the end of November. They were then bagged up with a greeting and a Christmas Card with information of all the church services.

● **Nativity @ Brampton**

The Knitted Nativity was dispersed between local shops and put in their windows. The local people then had a sheet of paper with a Nativity Trail on it and locals went round the shops identifying the different characters. The Knitted Nativity then took central place at the Christingle service.

● **Fostering Friendly Churches Scheme**

Fostering in Cumbria talked to us about the need for more carers in Cumbria, to celebrate Foster Carers and to support them. 672 Children are in Foster Care. There are 200 Foster Carers. There is a great need for more Foster Carers so that children can be kept locally where possible. There are a variety of reasons for children needing to go into Foster Care. We listened to some personal stories from current Foster Carers and it was encouraging to hear these.

● **Christian Aid, Haiti & Hope**

We started with a brief history of Haiti which included the impact of climate change. Christian Aid distribute cash through Western Union mainly to women as they believe this gives people more freedom as to how to spend this giving. Money is used for food, to build houses, and other items and resources that will benefit the whole family. It is about

humanitarian work in building communities that are better prepared against earthquakes and climate change. Christian Aid are planting trees and teaching new rice planting techniques to reduce the use of water. The Synod agreed that we do need to invest in others and asked us to remember such situations in our prayers.

Vocations:

We were encouraged to think about our own individual callings and to reflect on the following three points.

1. The real me
2. The Church local
3. The Church leader

What is our calling all about? It's about abundant life, it's about sharing God's love to all. Maybe God is asking us to give up something, so that we can do something else better?? How we follow Jesus will be different for us all, but we're all in this together. There was a mention of the 1988 report 'The ministry of the people of God'.

We are to serve the wellbeing of society. Mission takes place in a changing society; things aren't what they used to be. We also reflected on Psalm 137 and in particular on how can we sing the Lord's Song in a strange land? What is the Lord's Song where we are as a community and where we are as individuals? What stops us singing the Lord's Song? How do we engage with the local community? What is our incarnational ministry?

Synod then broke into four workshops, about which there are reports below.

New District Chair:

A new advert went out on the 19th April and closes on the 20th May. Further information to follow.

Annual Trustees Report:

The Report was accepted by Synod with the notice that returns needed to be done otherwise it invalidates your insurance.

Conference Reps:

It was agreed that Conference reps would now be at conference for two years instead of just 1 year.

General Data Protection Regulation (GDPR):

The use of data for church directories and local church groups. It's important to know what data we already hold. More information available on the Methodist Church Website.

3 Generate:

Children and youth Assembly. This is for children aged between 8-23. There were 1200 places for this year, but 500 have already been booked. The cost is £110.00 per child with help available from each District. There are lots of activities for all ages. They look at Justice issues, do Messy Science, look at marriage and relationships in our ever changing world plus lots more. There are also outside activities.

Memorial to Conference:

There will be a memorial sent to Conference asking Conference to consider agreeing to make local training available leading to ordained ministry to encourage people to candidate for local ministry.

Debbie Harkness

Workshops

1. Film Club

In this group we watched clips from 'Happy Feet' and explored what our heart song is. You will need a CCLI Licence to do this. Reel Issues Bible Society are a good group to gather information from if you're interested in doing this locally.

2. SHAPE

This group looked at Cumbria Christian Learning, and what resources they have that are available to use; individual study, Bible study, exploring a calling and lots, lots more. Google Cumbria Christian Learning and it will lead you to their site.

Vocation - exploration and strategy. There is a Vocation District group which can give help and advice.

We briefly looked at a section of the new 'SHAPE' course, intended for those who want to learn more. It is quite searching and personal, but invaluable for church family growth.

There are six sessions -

Introduction

S - Spiritual Gifts

H - Heart's Desire

A - Abilities

P - Personality

E - Experience

These add up to Your SHAPE for God's Service. The course explores how you serve God, and others in the future.

Janet Ladds

3. The Bible and Vocation

This took a Bible Study format, with 6 small groups each considering one Biblical character and their calling. My group had Moses, with a text from Exodus 3 covering his encounter with the burning bush. The others were Mary (sister of Martha) when she anointed Jesus with perfume, the call of Matthew the tax collector to be a disciple, the choosing of David as King of Israel, Rahab of Jericho helping Joshua's armies and the rich young man coming to Jesus. Each group was asked to think about why the character seemed an unlikely choice for the role they had to play in God's work, what made them able to follow God, what obstacles they faced and how these were overcome, going on to look for parallels in our own lives. There was some intense discussion before each group summarised their responses to the others. Our group spoke of Moses' initial reluctance and feeling that the task was beyond him, and the appointing of Aaron to help him do the bits he couldn't do - we need to work together and use everyone's talents. Despite his doubts Moses listened to God's voice and had faith, even though he expected a hostile reaction. He understood the need to act, as he had seen the suffering of the Israelites in Egypt, and was assured that he would have all God's power on his side. How well do we really understand the needs in our communities? From the group overall, it was striking that the one person who would have been seen to fit in/be successful by society as a whole, the rich man, was the one who walked away disappointed. God uses everyone, however they might

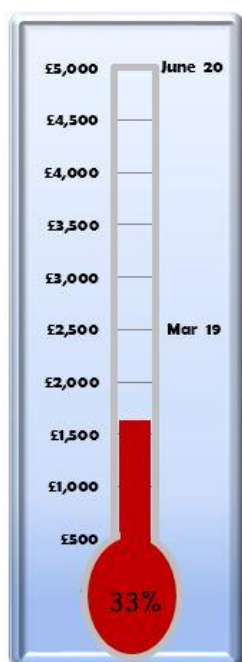
be seen by others, regardless of age, disability, gender, social standing or any other divisions we create: it isn't about us, it's about Him.

Karen Edmondson

4. Vocations Saturday

There will be five Saturdays set aside specifically for us to explore our Calling. These will be exploration days starting September 2018.

Christian Aid Project



The retiring collection at the Area service to say goodbye to Ron and Denice raised £283.60 for the latest Christian Aid project, which will help children in Kenya affected by HIV and AIDS. The total now stands at £1,640.19.

Lilian Wood

United Area Meeting

The next United Area meeting will be on Wednesday 6th June at 7 pm at Kirkby. Each church has at least two representatives and each committee has at least one representative. Please could all members of the Area meeting (or, for churches, the agreed substitutes if necessary) come to share in the planning of the life and witness of our United Area. Please will people bring their donations (except perishables) for the Area COG Coffee morning on Saturday 16 June to this meeting.

Community Outreach Group

The next COG meeting will be held on Tuesday 12th June, 6:45 pm for 7 pm at Dalton Community Church, Market Street.

The COG coffee morning will be on Saturday 16 June, also at Market Street, 9:45-11:15 am

COG Slog Sunday 24th June at Beacon Hill.

Meet at Church at 2:30 pm and car share up to Furness Abbey. From there we will walk on the paved path to Roose Station, then return through Holbeck Estate and then field paths to the Abbey. The walk is around three miles with one fairly gentle ascent. This will be followed by a faith tea at 5 pm and an Area service at 6 pm. If you don't wish to walk you are welcome to join in at teatime or simply come for the service.

First Tuesday Ladies

We will meet on Tuesday 5th June at 7:30 pm at 59 Croslands Park, when we will complete our study of the letter of James.

Elaine Pears

Local Preachers/Worship Leaders

During the next quarter some of the Churches are taking part in Bible Month, which this year looks at the book of Jonah. Others have requested to follow a themed set of readings which they want to look at in more depth.

The next LP/WL meeting will be held on Monday 11th June, 7:30pm at Millom.

Local Preachers Continued Development -

Wednesday 30th May, 7:30pm at Hayley's, 16 Hornbeam Crescent, Holbeck.

We are asked to look at new training, module 5, part 1; you can get this by going to the Methodist website and go in via guest log-in as preparation.

Thursday 12th July, 7:30pm at Trinity - Theological Literacy package.

Janet Ladds

Youth Spot

Dalton Churches Holiday Club

This year at Easter we held our afternoon session a week later than usual due to the School holiday arrangements. As we were holding it after Easter we focussed on the risen Jesus. We made Bead Crosses, Stained Glass windows and a picture of an empty tomb and empty crosses. If you want to see the work look on Dalton Community Church Facebook page.

We finished with the Bible Society Video 'Road to Emmaus' (Bible Society videos are well worth looking at).

This Summer we will be holding our main Holiday Club at the Wellington Street premises from August 6th till 10th (5 mornings). Our theme this year is home grown as we look at the stories of Noah, Moses, Daniel, David and Jesus. If anyone would like to help us in this event we would be most grateful.

Hilary Mantle

Flashbacks... to times with Jesus

Once again I was privileged to be part of the team helping at Flashbacks at Ramsden Street. The children came from Greengate School and St George's School. They enjoyed making the wristbands and were interested in hearing all the stories of Jesus. One of the teachers from Greengate was very good at blowing the SHOFAR which you may know is the ram's horn used to call people to the synagogue for worship. (Several of the children made a good attempt as well!) The pictures of fish, the crosses and the scrolls were very artistic and were going to be displayed at school. The "wedding" ceremony and dancing for the final half hour session was a lot of fun as usual, especially when the music went faster! We hope that the children remember some of the things and talk to their friends and family about their visit. Thank you to Ramsden Street for hosting us and to all who help behind the scenes. Thanks to Ann, Hilary and all the ladies who were helping with the children. Hope to see you all next time!

Margaret Riley

Individual Churches

Trinity

Usual Monthly Coffee Morning on 2nd June from 10:00 - 11:30 a.m. sponsored by Lorraine Bush (Marian's daughter). Proceeds for Cancer Care.

On Thursday 14th Audrey and Debbie Jackson invite you to their 'At Home' at 40 Glenridding Drive from 2:00 - 4:00 p.m. Proceeds for Church Funds.

The June Messy Church will take place on 9th from 3:00 - 5:00 p.m. If you have any friends or neighbours who have children who might like to join us, please them about it.

Family News

It is with sadness we report the death of Olive Clare. Olive came to live in Barrow from Bolton to be near her daughter Margaret, who brought her to church, where she settled in nicely and was at home with us, especially as the church she came from was Trinity. Olive was registered blind and when she could no longer look after herself, she found a home at Ostley House. She still got to church for a while but in the last couple of years the effort was too much for her but she appreciated the occasional times when we took a communion service in her room there. Olive was such a kind and gentle lady, often smiling and grateful for any small kindness shown. She enjoyed the flowers she received and was grateful for them and the small gifts given at Harvest and Christmas. The number at her Funeral Service spoke volumes about how well-liked she was. Our loving thoughts and prayers are with Margaret, Ian and the family.

Margaret Manwell

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

June	3rd	Broughton	V
	10th	Millom	W
	17th	Mission in UA	Y
	24th	Trinity	A

Janet Ladds

Dalton

We have had 3 successful coffee mornings - one in Ulverston raised £212 for the Bible Society and two in Dalton raised £223 for the Thursday Club and £310 for church funds. Following Ron's final service in Dalton more than 60 people enjoyed a lovely Sunday lunch and a good time was had by all the attendees.

The Snakes and Ladders musical raised £267 (divided equally between the refurbishment fund and the Christian Music Ministry).

Maurice Hillman 1932 - 2018

Over 200 people gathered at Market Street Church to celebrate the long, happy and fruitful life of Maurice Hillman and to say goodbye. Maurice was born in Dalton one of 12 children and family meant a lot to him, his own big extended family, his church family and also the wider family that is Dalton. He was well known and loved by many he always had a smile and a cheerful word for everyone he met, I don't think I ever met Maurice without his smile even during these past few months when he was struggling so much. He was one in a million and we will miss him.

Maurice was one half of a pair who kept our little church going over the years he would sort any problems out and if he couldn't he'd know a man who could. He would be seen cutting the grass, cleaning the gutters or climbing on top of the shed to clear off all the weeds he saved us a lot of money over the years and for that I was very thankful! The Sunday school children loved Uncle Maurice and he loved them, at the end of the service the famous fruit pastilles would come out of his pocket and then it would be fun and games and lots of noise in the schoolroom.

It is always a sad time when someone so dearly loved leaves us, this is especially so for Elsie, Paul, John and Helen and the wider family, and they are in our thoughts and prayers but I think we all know that it was Maurice's time to go home. Rest in peace Moz until we all meet again, as we surely will one day.

Freda

Future Events.

Sunday June 3rd Dalton Civic Service 12noon at Market Street

Tuesday June 12th Midweek Communion service 2:30 pm at Market Street.

Saturday June 16th COG coffee morning 9:45 to 11:15 am at Market Street.

R Willock

Christian Women's Fellowship. The next meeting of the CWF will be on Wednesday 20th June at 7 pm when we will have our "Summer Special". All are welcome. The CWF will then take a summer break until September.

D Zazi

Askam

Our Wednesday Services continue and we hope that this will help to ease the pressure on our preachers to cover Sundays. It was nice to welcome Sophie Carnaby in March as she led our worship - her first visit to Askam. We enjoyed her service, and look forward to having her with us again.

Sisterhood finished for our summer break in May with entertainment by the Praise Group - bringing back memories of our Sunday School days - followed by a party tea. We commence in September with our Annual Meeting.

Duddon Road will again be opening their toilets for the public on Saturday, 2nd June, Askam's Carnival Day. Hopefully the weather will be kind and we will be able to have stalls outside for the people who pass by on their way to the Carnival field, offering tea and biscuits. A row of chairs will be outside the Church for people allowing them to rest and watch the procession pass.

Our Annual Garden Party this year will be on 21st July from 2:00 - 4:00 p.m. There will be stalls in the Church, the hall and (weather permitting) in our lovely Garden. Afternoon Tea will be served. Tickets and Posters will be circulated to all Churches beforehand. Please join us on this day; we really enjoy visits from friends across the United Area, with a ticket or just pay on the door.

Dorothy Gleaves

Millom

The weather was glorious on Monday 7th May when Churches Together in Millom held their Annual Family Fun Day at the Network Centre from 12 noon to 3.00pm. All the individual churches contribute towards this event and several donations are also received which enable the wide range of activities and refreshments to be free of charge to everyone. There were crafts, table tennis, face painting, biscuit decorating, computers, Narnia experience, smashing plates, magician, planting pansies/violas in pots, bouncy castle and a climbing wall. I felt sorry for the helpers cooking beefburgers and sausages as the queue was busy all afternoon and it was such a warm day. I think it was the busiest year due to the weather being so lovely and all age groups seemed to enjoy themselves, from the grandparents to the babies in the creche. The ladies serving tea, coffee and cold drinks were also very busy. It is good to combine our resources and talents in this way. The next special event at Queen Street will be the Strawberry Tea in aid of Action for Children on Thursday July 12th.

The Dementia Friendly services at Lapstone House are on the 3rd Friday each month and the residents enjoy the familiar hymns which they remember - one of their favourites is All things bright and beautiful.

Margaret Riley

Beacon Hill

April 29th was Ladies' Sunday at Beacon Hill, with an interesting morning service led by Sophie Carnaby, who spoke about the role of women and the part played in God's plan by Rahab.

Then in the evening we were very pleased to welcome friends from other churches to Ron's farewell service. This was an excellent evening and a fitting goodbye to Ron and Denice.

The Nursery rhymes afternoon on 5th May was very enjoyable, with a quiz and wordsearch, delicious cakes and other refreshments and plenty of tea and conversation. We raised £130 for The Leprosy Mission.

We will be taking part in Bible Month, studying Jonah on 4 Monday evenings, beginning on 4th June. We will meet in the Wesley room at 7:30 pm and anyone is welcome to join us. We look forward to hearing our preachers' thoughts on the subject during our Sunday morning services.

Our monthly coffee morning will be held on Thursday 28th June, 10 am-11:15 am, with stalls selling cakes, handmade cards, books and Fairtrade items.

Lilian Wood

Kirkby-in-Furness

Sunday 17th June Strawberry tea with the Royal Holborn Hill Brass Band, 2pm - 4pm. The cost is £3.50 which includes scone, strawberries and cream while you listen to the wonderful music from the band. Please come and join us. Last year was a wonderful day and we were all outside in the garden. Hope this year the sun shines on us again.

Beryl Hollowell

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, 14th June and 28th June at 1:30 pm.

Chris Mills

Vickerstown

There will be a coffee morning at Vickerstown on Saturday June 23rd from 10-11:30 a.m. with stalls selling homemade cakes, Fairtrade products and bric-a-brac/books. All welcome for a cuppa and a chat.

We will again be taking part in 'Bible Month' through June, with this year's focus being on the book of Jonah. Our Bible Study group will meet on Thursday mornings (June 7th, 14th, 21st and 28th) from 10 a.m. in the church, led alternately by Karen and Jennet. This is open for anyone to come along.

Karen Edmondson

Ramsden Street

We held a social evening on Friday April 20th which began with a pie and pea supper and was followed by games and quizzes which were enjoyed by both children and adults. At the end of the evening there was a presentation to Ron and Denice. Many of us were able to attend their farewell service at Beacon Hill on April 29th.

Once again we were pleased to host Flashbacks and this time three classes from Greengate Junior School and two classes from St George's school came along to share in the activities and learn a little more about the life of Jesus. We are grateful to all the helpers from several Churches and to Ann Hufton and the team who plan and prepare the event to make it so enjoyable and worthwhile for the children.

We were delighted to receive a grant from the Christian Book Promotion Trust (Speaking Volumes scheme) and books are being ordered to present to the Greengate Junior School library.

We will be holding a Strawberry Tea and Chat on Wednesday June 27th from 2pm.

Tickets are £3.50 and there will be several stalls including homemade cakes, jams etc, jigsaws, books and gifts. Please ring 825662 for tickets.

Anne Stevenson



Green Tip

The Methodist Recorder of 2nd March 2018 contained an article about the members of Nailsea Methodist church in Bristol, who decided to try to give up plastic for Lent. Under the banner "It's time to get drastic about plastic" they set a challenge for each of the 6 weeks of Lent, which are summarised below.

Week 1: Don't buy any water in plastic bottles. Choose glass bottles or refill old plastic ones and buy fizzy drinks in cans.

Week 2: Find an alternative to milk in plastic bottles, by switching to glass bottles (although this is more expensive) or ask supermarkets to use glass containers.

Week 3: Avoid buying products in black plastic packaging, which cannot be recycled (as it cannot be identified on the black conveyor-belts at recycling plants).

Week 4: Avoid or reduce plastic wrapping on fruit and veg. Take your own paper bags for loose produce or stick the price label directly on to the item.

Week 5: Take a bag for a walk and pick up all the plastic litter items you find, or join an organised litter-pick.

Week 6: Spread the word, by telling family and friends, commenting on social media and writing to your MP and local supermarkets.

Elaine Pears

COMMUNITY OUTREACH GROUP



COG Slog

Sunday 24th June

Meet at Beacon Hill at 2:30 pm to travel to the Abbey for a circular walk of around 3 miles

Faith tea at 5 pm followed by an Area service at 6 pm

Join us for all or part of the afternoon

Regular Sunday Services

Morning service times are as follows:

Askam	(Duddon Road) 11:00 am fortnightly (alternate weeks at St Peter's, Ireleth at 11:15 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	(Tarn Close) 11:00 am (except 1 st & 3 rd Sundays – at Parish church)
Vickerstown	(Warren Street) 11:00 am

Evening services are held as follows:

Beacon Hill	6 pm every week
Trinity Church Centre	6:30 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.urch.org.uk

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