



Keswick Methodist Church

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

Southey Street, CA12 4HH

NEWSLETTER



Photo: Brian Moffat – Roses for July and August

July & August
2024

Rev Paul
and
Deacon Kina
Saunders



The Need to Belong.

As we approach retirement (I know that technically we “sit down” but that doesn’t mean a lot to most people), two of the most common questions we get asked are what are you looking forward to and what are you going to miss?

The truth is that the first question is the easier one to answer. We are looking forward to travelling, having the freedom to spend time on hobbies which are much neglected, enjoying life at a slower pace. That list is almost endless and relatively easy to talk about. The second question is more difficult, what will I miss about ministry?

The easy answers are the things like Church Councils, Circuit meetings and so forth, but when I look at that list it is really quite negative, a list of things that I don’t enjoy that much, and I will be glad to lay down. But what about the good things that I have that I will lose, what are they, and how will I feel.

As I write this I am attending the Superintendents conference in Blackpool. These conferences have been a fixture in my calendar for some years and I enjoy them for a number of reasons, but primarily for the opportunity to meet with fellow Supers many of whom I have shared large parts of my ministry with over many years.

It was whilst having coffee here that it suddenly dawned on me that this would be the last time that I would be a part of this group, and that realisation saddened me. This was a place that I felt a sense of belonging, being part of a group on a shared journey, and I was going to miss that. Belonging is an important part of our lives, and we all need to feel that we belong somewhere.

Sadly, when you become a minister, one of the things that you lose is that sense of belonging to a church community, a group of people sharing their Christian journey in a particular place. Instead we now belong to the wider church, our membership is held centrally, and we are part of all of the churches in the circuit but we never belong to any of them. So we have to find our sense of belonging elsewhere, among groups with whom we share our journey.

For me that has been among my fellow superintendents, both through the district groups that I have been part of over the years, and through the annual conferences. Recognising that I am about to leave those behind saddens me. However it is not all doom and gloom, as retirement means that we can once more “belong” to a church community (although we still are not members of the local church), and that is something that I am truly looking forward to.

We all need to belong, it is intrinsically part of our make up as human beings and we often define ourselves by those groups to which we belong. We may be supporters of (*enter team name here*), or members of the WI, or the local bowling club. We may call ourselves Methodist, or a member of a particular church. However above all of this is that we belong to that worldwide family that is Gods Church.

Throughout my ministry it is this that has kept me going. In many different places I have been welcomed not only by Methodists, but by URC, Anglican, Catholic, independent evangelical and many many others. Irrespective of the way that we worship we are united by the fact that we belong to Gods family, and this is a precious thing.

In 1 Peter we are reminded of this belonging- (1 Peter 2 verse 10).

Once you were not a people, but now you are the people of God;

It is not just that we belong to God, but that we belong to a people which in turn belongs to God. It is in being God’s people that our need for belonging is satisfied, and this is a gift that we have to offer the world. At a time when surveys and research tell us that loneliness is a major contributor to mental health issues among many groups, including young people, we can offer to the world a God who cares and a people who will welcome them and value them as they are, who will accept them and allow them to belong. This is what church truly is.

Paul

Church Family News

We have been saddened over the news that both Catherine Jackson and Elizabeth Grisdale have died. They were both long standing members of our church, although when Catherine and

Michael moved to Stainton they transferred their membership, though still visiting us regularly.

Elizabeth, of course, who had previously been very active in the life of the church, was in Hames Hall care home in Cockermouth in recent years. We give thanks to God for their lives among us and will keep their family and friends in our prayers. Catherine's funeral took place in our church on Friday 14th June conducted by Rev Tim Cooke, Catherine's minister at Stainton Methodist Church.

Elizabeth's funeral, was held at Eden Valley Crematorium on Wednesday 19th June and was conducted by Rev David Hasson.

We remember in our prayers Nigel Barker who has been in hospital at Whitehaven recently. He is waiting to see if he should return to his home. Nigel is finding it increasingly difficult now to get about and to care for himself.

We know that several of our members are having continuous hospital treatment. Other members have someone in their family who is unwell. We send our continuing love and prayers to them all and to those no longer able to worship with us, including Tom Fitzgibbon, Greta Grave and Emmie Mounsey.

We congratulate Richard on completing the St Cuthbert's Way pilgrimage in the most appalling weather! The path runs from Melrose to Lindisfarne, ie Holy Island. A distance of 62 miles, for part of which Richard was sleeping overnight in his tent! He has promised to write an account of his pilgrimage for a future Newsletter.

Finally, we know Paul and Kina will be moving in July, having been with us for 5 years. We thank them for all they have shared with us, including the opening letter for our Newsletters. We wish them well in their retirement in the Isle of Man.

Joyce

Charity Coffee Mornings



A BIG THANK YOU for all the wonderful support you have given to our recent Coffee Mornings

We made the grand totals of **£ 487.10** for **Christian Aid** in May

and **£ 283.36** for **The Leprosy Mission** in June

The coming month is a busy time at church as we prepare to host our friends at the Keswick Convention , so we will not be holding an event in July (The Church will be serving refreshments at various times during the day - please take a flyer from the Welcome Area , which gives all the times and details)

The next COFFEE MORNING date for your diary is :

SATURDAY , 10th AUGUST (10 am - 12 noon)

We will be supporting the
NORTH LAKES FOOD BANK



Many families find the provision of meals during the school holidays very difficult and we do hope you will come along to support such a worthwhile charity which, at this time , will also be providing lunchpacks for those normally benefiting from free school meals. We look forward to seeing you then !

Pauline

The Church's Ministry of Healing

At church on the 7th July I shall be leading our service of Holy Communion when the theme of the service is Healing. I thought that it might be helpful to write something about the Church's Ministry of Healing.

For many centuries the ministry of healing was central to the mission of the church. However, as modern medicine (God's greatest gift of healing to us) grew, the church lost confidence in what it's healing role should be.

Over recent years the church has come to understand that it still has an important ministry, bringing God's healing love and grace to all. It has also grown in confidence and understanding of what that role should be. Many have found the healing ministry offered by the church an enormous source of strength and peace, whether they have a medical condition or not.

In my experience many people find healing services are peaceful and reflective services where they are able to bring their own needs, the needs of the world and the needs of those whom they love, to God for healing. There are very few of us who are not broken in some way in body, mind and spirit. There is a sense that we all need God's healing love in our lives, bringing us to wholeness.

The focus of our service is one of seeking healing in our brokenness and the brokenness of the world. Healing may or may not involve a cure, but it does mean asking for God's grace and strength to be with us in our suffering and to heal the wounds we may experience. During the service there will be an opportunity to pray for those whom we know are sick or suffering in any way, as we light a candle for them.

As part of our communion service there is a time, if we wish, to receive the laying on of hands for ourselves or another. This is a traditional way in the church to receive God's grace and blessing. I would like to emphasise you do not, however, have to do any of these things unless it is your wish!

In our service you will be invited, by a steward to come up and take a seat on the front row and there receive communion as usual. I shall then invite any who would like to receive the laying on of hands to remain seated, as the others return to their seats. This will happen as each group comes to the front for communion.

The prayer I use for the laying on of hands comes from Iona:

**Spirit of the living God,
Present with us now,
Enter you body, mind and spirit
And heal you of all that harms you. Amen**

I know that many people find that the service leaves them with a sense of peace, that they value as they go back into the world.

Rev Joyce Ellis

Christian Aid Week



Thank you to all who contributed to Christian Aid this year, to help the poorest people out of poverty, both by attending the Coffee Morning and/or through our collection during our Christian Aid Service. We raised :

Coffee Morning	£ 487.10
C.Aid Service	<u>£ 241.69</u>
	<u>£ 728.79</u>

North Lakes Brass Band Concert

Sat. 1st June 2024

Well, they didn't quite raise the roof, but not far off!

After many hours & months of organisation and last minute panicking, thinking not enough people were going to come to the concert, our prayers were answered and the people came and it was, as they say "alright on the night".



The doors opened at 7pm and we ended up with approx. 130 people in the audience who had come from far and wide to listen to some wonderful pieces of music and support our Eco Roof Appeal.

We had hoped this would be a Keswick Community event and it really was. There was probably someone in the audience from every age as well, from a 6 month old baby in a pram, with REALLY BIG earphones, right the way through to people in their 90's and they all enjoyed being in our church, seeing first hand what our building has to offer, experiencing the welcome we offer and maybe, just maybe, thinking "I like this place, I'd like to come back!"

The programme was a variety of music including some of the band's competition pieces, well known but not so frequently heard pop songs, like Neil Sedaka's "Solitaire" and John Mile's

“Music”, then in the second half tunes from well-known films and TV shows. Toes were tapping, heads were swaying and there was even some dancing going on from some of us at the back of the hall 😊

Gareth Sykes, the conductor of North Lakes Brass Band, said that the venue was fantastic and he'd be happy, if everyone was in



agreement to come back again, so who knows, there may be more concerts in the future.

The amazing work done during the 2018 “Vision 21” refurbishment meant that we had a superb venue, with great facilities to cater for this and similar events. **The profit made from this event, which was approx. £1400**, will really help towards the new ECO roof appeal and a big thank you goes to everyone who came to support KMC, bought a ticket and a programme & made a donation for half time drinks etc., it really was very much appreciated by us all.

Sally Lunson – KMC Fundraising Committee

Church Website

www.keswickmethodistchurch.org.uk

Keswick Convention Refreshments Saturday 13 July-Friday 2 August

Refreshments

Our main hospitality event of the year will be here soon! The first of our three Convention services is on Sunday 14th July and our main refreshments start being served on Monday 15th July for three weeks. The early morning seminars, the Keswick Lecture



on a Wednesday morning, Bible Readings and Evening Celebrations will be relayed live from the tent every day. We'll be serving refreshments in the hall before and after all the sessions, in the form of hot and cold drinks, cakes, scones, traybakes and snacks, as well as soup and roll at lunchtime.

Rota

In order to do all this of course, we need your help! The roles will be much the same as in previous years: cashier, serving tea and coffee, hosting (welcoming and chatting to people) and putting out (and putting away!) tables and chairs.



The rota is now up on the noticeboard, so please do sign up as soon as you can as it makes the planning much easier. We'll be opening at 9.00am until 1.30pm and then at 7.00pm in the evening.

The time slots vary in length throughout the day from just 30 minutes to 2 hours so hopefully they will suit all requirements!

Baking

We would be grateful for any help again this year. Anything that you bake is very much appreciated, and there is a list of ideas as well as a few instructions on the noticeboard which might be helpful.

Thank you. *Helen*, on behalf of the Convention Refreshments Subgroup (Sally, Pauline, Anne & David H)

Baking ideas

Date slice

Fruit cake

**Lemon drizzle
cake**

Victoria sponge

Coffee cake

Tea loaves

Tiffin

Traybakes

Scones



including fruit and cheese. Please use a 2.5inch cutter (minimum)

Gluten free and dairy free items are always welcome too!

NO BISCUITS PLEASE

****Please label all items with a description, date baked and ingredients used, with particular reference to any allergens they contain i.e. eggs, dairy (milk, yoghurt, butter or margarine, cheese), flour or mustard (e.g. in cheese scones)****

Please resist the temptation to pre-cut cakes and traybakes!

Please do remember also, that the cost of any ingredients can be reimbursed. See Helen or Sally for details.

Items can be put into the church freezer at anytime.

Thank you very much. *Helen*

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Voices from the Congregation

**Janet & David
Selby**

Our earlier lives

Janet was born in Bromley, Kent, and David in York. Janet's early church experience was being sent to Sunday school at the nearest church, which happened to be a Methodist Church. David's mum was an Anglican and his dad a Congregationalist. Early on, David had a fairly ecumenical experience including as a parish-church choir boy and as a high Anglican serving boy as well as attending what became a United Reformed Church. This background led us to becoming full church members as older teenagers. After we were married, we attended a joint Methodist/United Reformed Church which suited us well.

Our jobs

We met in Oxford towards the end of being at university. Janet was training to be a teacher and David was doing science research. After that, David trained to be a teacher too. We started teaching in South London and then steadily moved north with David's different school jobs.

Janet had taken a break from paid work while our children were young. She finally returned to school as a teaching assistant, mainly helping children with special educational needs.

We moved to the Lake District when David became headteacher at the Lakes School between Windermere and Ambleside. We both retired a couple of years ago. For David, this followed a time working as one of Her Majesty's Inspectors, as part of Ofsted.

Our family

We have five children who now live as far afield as Newcastle and London. At the moment, we have eight grandchildren – although we are expecting another later this year. One of the reasons we are sometimes away from Church is that we try to visit our grandchildren every six weeks or so (we see their parents too – but they are much less important!)

Joining Keswick Methodist Church

Like many people we had visited the church when we had been on holiday in the Lake District. However, we had more contact when we moved here about 17 years ago. Jennet, the minister at that time, suggested that we should join Penrith Methodist Church as we still had two children at home.

From then on, we occasionally visited Keswick. With the changes following the pandemic and our retirement, we felt it was the right time to move to a church much nearer to home. We transferred our membership here about two years ago.

Our spare time

Like lots of retired people, we can't see how we fitted work into our lives! Apart from visiting our family (until last year, that included Janet's very elderly mother), we walk every day and Janet runs. We probably spend too much time reading and doing crossword puzzles as well.

Our favourite hymns

We find all kinds of different hymns helpful (providing they're not played too slowly). One of David's favourites is 'Give to me, Lord, a thankful heart' (StF 520). It is special to him, not just because of the words, but also because the author, Caryl Micklem, was David's church minister when he was at university. Janet particularly likes some of the new (and not so new) worship songs. One that speaks to her is 'Whom shall I fear' (God of angel armies) by Chris Tomlin.

Our hopes for the future

Many of our hopes for the future are tied up with our family and our grandchildren, in particular. Overall, we hope that the world will become a fairer, kinder and happier place for them and all children as they grow up.

Keswick Convention

Saturday 13 July-Friday 2 August



The **Keswick Convention 2024** will take place on the following dates:

- **Week 1:** Saturday 13th – Friday 19th July 2024, with David Gibson.
- **Week 2:** Saturday 20th – Friday 26th July 2024, with Andrew Sach.
- **Week 3:** Saturday 27th July – Friday 2nd August 2024, with Vaughan Roberts.

For more information see <https://keswickministries.org/convention-2024/>



A note from Churches Together in
Keswick

Threads through Creation exhibition

at Hexham Abbey, 10 October - 23 November 2024

Threads through Creation is an exhibition consisting of a *spectacular sequence of 12 huge textile panels which is an exuberant retelling of the Creation Story in the book of Genesis and is touring cathedrals throughout the year.* More details of the exhibition are available at

<https://www.jacqui-textile.com/creation/>

Fellowship Bring & Share Lunch
Sunday 11th August
with Rev. Paul & Carolyn Harold

We often don't get a chance to have a good chat with Rev. Paul Harold, particularly as his churches are mainly on the other side of the circuit, but he is very much liked and he enjoys his time with us at Keswick. It seemed that a fellowship lunch would be a great way of having the opportunity for us to get together for a meal after service with each other, which is always enjoyed, as well as having a bit more of Paul & Carolyn's time too.

A sign-up sheet will go up on the notice board on 28th July, it will help us all have an idea of what food is being brought and for those on kitchen duty to know in advance how many places to lay for lunch, so keep an eye out for that and sign yourself up.

Pop the date in your diary now and we look forward to a great meal and great fellowship on Sunday 11th August. 😊

From Pauline Huggan

A BIG THANK YOU TO SHEILA our Church Friend Coordinator'

As Sheila prepares to move to be closer to family, I would like take this opportunity to thank her for all the diligence, care and thoughtfulness she has brought to this role (and many others) over the years.

As I take over the position, I would also like to thank all Church Friends for the considerate and prayerful way, they keep our fellowship in touch. If you could let me know of any pastoral needs or changes in circumstances, we will hopefully be able to continue in our loving support for each other.

Pauline

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On the Tree Theme



Giant Sequoias
at Dumfries House.

Brian

The Dish Mop Tree

The taller of the 2 Trachycarpus trees can be seen in the valley of Trebah gardens on the River Fal and is the tallest of its kind in the UK standing at 14.7m. This is a beautiful tree which elegantly sways in the wind.

Sharon



Grange in Borrowdale Church



Grange - in - Borrowdale Wesleyan Church 1894

I would like to take this opportunity to thank Dave Roberts for all the time and effort he has put into caring for the Grange Church, which is a class of Keswick Methodist Church and for liaising with the members of the 'Borrowdale Story'. Now it's my turn and it's a hard act to follow.

Grange Church is under licence to the 'Borrowdale Story' but we are required to hold two services a year. Hopefully on the 15th September @ 3pm, we will have a Songs of Praise service with our Anglican friends from Holy Trinity Church.

Emmie Mounsey is the remaining member of Grange MC and has requested that Gordon Pickering and friends provide the music. Do come along, it's a small but memorable event.

Recently I've been looking at the records of Grange Church held in the Circuit Safe. On the 4th September 1894 the construction was finished at a cost of £161:11s:6p

The building contractor was T & I Hodgson of 20, Stanger Street. Funds were raised from trades people in Keswick, farmers, quarrymen and gentlemen. No Grants!

The church has many visitors, often leaving very complimentary comments in the visitors' book. Many weary walkers and holiday makers make use of the Prayer Corner as an opportunity to draw aside, take time out and meet with God. It is a dedicated space where people can go to pray and seek God, to intercede and petition.

I'll keep you posted on what is going on up the valley.

Sharon Woollard

Sharon shares with us an inspirational project empowering women throughout the world, particularly those who are vulnerable.

The Red Dress Project

The Red Dress Project, conceived by British artist Kirstie Macleod in 2009, provides an artistic platform for women around the world, many of whom are marginalised and live in poverty, to tell their personal stories through embroidery.

Pieces of the dress were sent to 28 countries where 244 people embroidered an image onto the fabric. Each image on the dress represented themselves and their culture. The project took 12 years to complete and now the dress is on tour.

Embroiderers include:

women refugees from Palestine; victims of war in Kosovo, Rwanda, and DR Congo;

impoverished women in South Africa, Mexico, and Egypt; women in Kenya, Japan, Paris, Sweden, Peru, Czech Republic, Dubai, Afghanistan, Australia, Argentina, Switzerland, Canada, Tobago, USA, Russia, Pakistan, Wales, Colombia, and the UK, as well as upmarket embroidery studios in India and Saudi Arabia.

What began as a way of generating a dialogue of identity through embroidery, has grown into a platform for self-expression. Some of the women involved are now re-building their lives with the help of embroidery. Over 12 years the project has become a place for women to have a voice to tell their personal stories.



The *Red Dress's* 12-year creation journey around the world is now completed, with the dress assembled in its final configuration. Covered in millions of stitches, the 6.2 kg. silk *Red Dress* is weighted as much by the individual stories and collective voices waiting to be heard as by the threads and beads that adorn it.

This creation is magnificent and a credit to the sewing bees from all over the world. The dress is currently being exhibited at the South African Quilt Festival in Pietermaritzburg

In September the Red Dress will be back in the UK, and guess who is going to see it again!!

Sharon Woollard



MHA Sunday August 18th

On Sunday 18th August we will be celebrating MHA Sunday and learning about the work that **Methodist Homes for the Aged** does. Actually I have had quite a lot of experience of MHA.

When I was minister at the Methodist church in Wallington (London), we had the very first Home, called Ryelands, just 150 yards from the church. As you can imagine there was a strong relationship between the home and the church and I was the chaplain there. I was there when we celebrated the Golden Jubilee of Methodist Homes and of course, Ryelands.

When she became more frail, my stepmother, Winifred, moved into Queenswood, the Methodist Home close to her own home near Nottingham. Then a year ago our daughter Julie, who is a local preacher, became chaplain at The Homestead MHA, Carterton. Carterton is near Chipping Norton, where husband Andrew is a minister.

I was delighted when she said that she would be happy to come and do an MHA service for us. It will be on Sunday 18th August. In the plan you will see that I was to be taking the service that day, but it now will be taken by Julie Biggs.

Joyce Ellis



Homestead MHA, Carterton

Harvest Lunch
Sunday
22nd Sept

**Soup, roll and
Bring & Share pudding**

We very much look forward to welcoming our new Superintendent Minister, Rev. Nick Baker, to the Western Fells Circuit.

Our Harvest Festival service and fellowship lunch will be a great opportunity for us to spend a little time getting to know him and for Nick to get a feel for who we are and what we do here at Keswick Methodist Church. Our Harvest Gifts will again go to the Foodbank

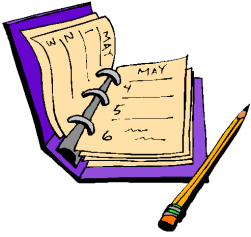
Of course, Nick will have his head stuffed full of new names to remember, so we might even wear name badges for the first few times Nick preaches at KMC.

A sign-up sheet will go up on the notice board on 8th September, this just helps those on kitchen duty to know in advance how much soup to make and how many places to lay for lunch, so keep an eye out for that and sign yourself up.

As in previous years, your bring and share desserts are appreciated and hopefully your donations after lunch for the North Lakes Foodbank will ensure that in addition to us all enjoying a hearty meal together, those less fortunate than ourselves will also be able to put food on the table for their families.

Pop the date in your diary now and we look forward to a great meal and great fellowship on Sunday 22nd September. 😊 *Sally*





Dates for your Diary

Reminder: There is no Lunch Club (TLC) during July and August

July

- 7 July 3pm Circuit Farewell Service for Paul & Kina
@ Cleator Moor
- 14 July Final District Event @ Penrith
- 13 July – 2 August : ***Keswick Convention***

August

- 11 August Bring and Share Fellowship Lunch after
Worship with Rev Paul Harold & Carolyn

September

- 1 September 4pm **Welcome Service** for Rev Nick Baker &
Deacon Samm Morris at Cockermouth
Preacher: Rev Dr. James Tebbutt our
Chair of District
- 19 September Thursday Lunch Club (TLC) returns after
summer break
- 22 September Harvest Fellowship Soup lunch with
Bring & Share desserts to welcome
Rev Nick Baker
- 28th September Autumn working party with lunch,
9am-4pm

Circuit Website
westernfells.uk

Rotas for July & August

	Preacher	Steward
July 7	Joyce Ellis (HC - Healing)	Valerie
July 14	Kina Saunders (Conv)	Sally
July 21	David Hasson (Conv)	Sheila
July 28	Marion Beckham (Conv)	Anne
August 4	David Hasson H.C.	Sally
August 11	Paul Harold	Anne
August 18	Julie Biggs (MHA)	Pauline
August 25	Nancy Powell-Davies	Valerie

	Welcome	Tea/Coffee	AV
July 7	Ros + Dave	Helen + Sharon	Richard
July 14	All vestry +	Pauline + Helen D	David H
July 21	welcome stewards	David + Janet	Anne
July 28	on duty	Ted + Jane	David H
August 4	Joyce + Margaret	Ros + Dave	Brian
August 11	Brian + Valerie	Helen N + Helen D	Richard
August 18	Joyce + Nancy	Ted + Jane	Roy
August 25	Roy + Sharon	David + Janet	Anne

Flower Rota for July & August

July 7	Helen Dalzell	August 4	Wendy Ireland
July 14	Margaret Shortland	August 11	Brian Moffatt
July 21	Sally Lunson	August 18	Sue Graham
July 28	Jane & Ted Holt	August 25	Barbara Neale



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The deadline for the Sept & Oct Newsletter is Sun Aug 11th .

Services for July & August

July 7	10.30am	Rev Joyce Ellis	<i>Holy Communion + Healing Service</i>
	3.00pm	<i>Circuit Service at Cleator Moor- Farewell service for Paul + Kina</i>	
July 14	10.30am	Deacon Kina Saunders & Graham Beynon	<i>Convention</i>
July 21	10.30am	Rev David Hasson & Glen Scrivener	<i>Convention</i>
July 28	10.30am	Marion Beckham & David McKie	<i>Convention</i>
August 4	10.30am	Rev David Hasson	<i>Holy Communion</i>
August 11	10.30am	Rev Paul Harold	<i>Morning Worship</i>
August 18	10.30am	Julie Biggs	<i>M.H.A. Service</i>
August 27	10.30am	Nancy Powell-Davies	<i>Morning Worship</i>

Minister: Rev Paul Saunders 01900 823273
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