



**Keswick Methodist Church**

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

Southey Street, CA12 4HH

# *NEWSLETTER*



Photo : Anne Hasson

*September &  
October*

*2024*



## REV NICK BAKER

We soon will be welcoming Rev Nick Baker our new minister and his wife Petra, as Nick starts his time with us in September. Nick has written all about himself in the current Circuit Newsletter, which you may have seen. As part of that article he wrote:

*“I have lived in a few different places. Along the way I met Petra who had been recruited from the Netherlands to teach in London – it was a steep learning curve!*

*Having arrived 9 years ago in Dundee with four children they are now all adults – three of whom will continue to live in Scotland and one who will be towards London*



*The house will not be totally quiet however as we have a lively cat (Jack).*

*Petra and I enjoy walking, although going up a hill is going to require a lot of fettling before we attempt that! I am a Carlisle United Supporter, really looking forward to being back in a land of Rugby League, and I enjoy Motorsport.”*

We look forward to meeting Nick & Petra and maybe Jack the cat as well !

## *Church Family News*

I know that many of you have been concerned about Nigel Barker. Nigel was in the hospital at Whitehaven. He has now moved into the care home The Dales, Ellenborough, Maryport. He seems very happy there and speaks highly of the place. We wish Nigel well and send him our love and best wishes.

In recent weeks we have been pleased to welcome James as he joins us for worship on a Sunday. James has moved to Keswick and is working at Booths.

We send our congratulations to Alan Smith and Chris on their wedding earlier in the year.

Our condolences and love to Wendy Ireland who lost her son David a little while ago. David had been living in Cambodia and had a young daughter called Wendy. It is the tradition in Cambodia that the first baby girl in a family be called after her grandmother.

We continue to pray for those members of our congregation who are under the care of the hospital at this present time. We pray that you may know the presence of God upholding and supporting you and pray that God's healing hands may be on you.

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

*Joyce*

**Circuit Website**  
westernfells.uk

# *Invitation to Tea !*

*in the garden, at Old Chapel, Scales*

*Wednesday 11<sup>th</sup> September - 3pm onwards*



*Everyone is invited to Old Chapel to enjoy tea or coffee,  
scones and cake.*

*I hope to be moving south to be close to family, before  
the end of the year. This is by way of saying thank you  
to everyone for being my Church Family, for the last 13  
years. Lifts can be arranged.*

*If anyone wishes to make a donation, these will be for  
the Church Roof Fund.*

*Looking forward to seeing you all!*

*Sheila*

# Harvest Festival - 22<sup>nd</sup> September



As we did last year, during our Harvest Festival Service we shall be making a special collection for the North Lakes Foodbank as we come to give thanks to God for God's providence during the last year. Items required are listed on the next page.

Our Harvest service will take place on September 22<sup>nd</sup> and will be led by our minister Rev Nick Baker. We will be sharing our Harvest lunch together, and taking the opportunity to get to know Nick and wife Petra.



## Harvest Lunch



Following our Harvest Festival Service we're all invited again to stay for a lunch of soup and roll followed by pudding. If you are able to make a pudding please see Helen

Any donations received will go to the Foodbank. Please sign your name on the list attached to the noticeboard if you intend to be there, and we look forward to seeing as many of you as possible!

*Sally & Helen* (on behalf of the Leadership Team)

## Foodbank Food Shopping List



Rice (500g)  
Fruit Juice (1ltr carton UHT)  
Tomatoes (Tinned or Carton)  
Tinned Fruit  
Tinned Vegetables  
Tinned Meat  
Tinned Fish  
Rice Pudding (Tinned)  
Custard  
Tinned chicken in white sauce  
Cereal (Medium 500g ONLY)  
Meatballs  
Nappies (sizes 4, 5, & 6)

Pasta Sauces (jars or sachets)  
Pasta (Medium bags of dried pasta.)  
Milk (Full Fat or Semi-skimmed UHT)  
Sponge Pudding (Tinned)  
Biscuits or snack bars  
Tea Bags (Medium or small)  
Instant Coffee (Medium or small)  
Jam (not homemade)  
Instant Mash Potato  
Kids Meat : – Hotdogs,

# Thursday Lunch Club (T.L.C)



**Refreshed, Relaxed,  
Recharged & Ready to go!!!!**

Our happy group of volunteers, new and experienced have worked really hard over the past months, ensuring that everyone who comes for some **T.L.C** is greeted with a cheery, welcoming smile and a delicious hot meal.

It was decided that all the volunteers should have a break from **T.L.C** over the summer to find some time for themselves, to go away and catch up with friends and family, but most of all to be able to come back in September refreshed and ready to go!

We are very aware that the break was not so popular with some of our guests, but the number of volunteers is reducing and many of us are involved in a lot of other activities inside and outside of KMC so we need to look after ourselves as well, if we are to be able to continue to offer such hospitality on a regular basis.

The great news is that we open our doors again on Thursday 19<sup>th</sup> September and then every 3<sup>rd</sup> Thursday each month thereafter until May 2025. We have a great programme of guest speakers to entertain and enlighten us after our meal including

Rosemary Elliot speaking about Pioneers in Canada,  
Ian Hull sharing his knowledge of Thirlmere and the Countess  
Ossalinsky and then

in December at our Christmas lunch we are delighted to welcome the children from Patterdale C of E Primary School to come and sing Christmas songs & Carols.



As always the rota for volunteers will be found on the noticeboard in the hall. If you have not yet had a go at serving lunch or welcoming people as they arrive on the registration desk or would like to join the team preparing the meals in the kitchen, please do come and have a chat with me, we really could do with a few more in the team.

The old cliché expression “It takes team work to make the dream work” is over used and rather corny, but it is true! There is as much pleasure from being a team member in a pink pinny, as there is in coming and sharing lunch with everyone else.



All volunteers, in return for their time preparing for and clearing away afterwards, get to sit down and enjoy a free meal. So in another corny expression (sorry) “it’s a winner, winner, chicken dinner”.

So get the dates in your diary, save up £6 per month and be here for lunch service @12.15pm on

**Thursday 19<sup>th</sup> September 2024,**

**Thursday 17<sup>th</sup> October 2024,**

**Thursday 21<sup>st</sup> November 2024**

**Thursday 19<sup>th</sup> December 2024.**

We'll be here to welcome you back ☺

Sally Lunson 017687 44964 or 07514 687141

Keswick Methodist Church on the Internet  
[www.keswickmethodistchurch.org.uk](http://www.keswickmethodistchurch.org.uk)



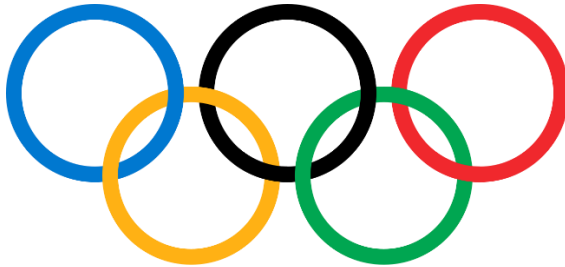


## Dates for your Diary

- Sun 1 Sept 4.00pm**  
Welcome Service for Rev Nick Baker & Deacon Samm Morris at Cockermouth.  
Preacher: Rev Dr. James Tebbutt our Chair of District
- 9 – 22 September**  
**FAIRTRADE FORTNIGHT**
- Sat 14 Sept 8.30am – 10am; Breakfast**  
**10am – 12noon: Coffee Morning**
- Sun 15 Sept 3.00pm**  
United Songs of Praise at Grange Methodist Church
- Thurs 19 Sept**  
Thursday Lunch Club (TLC) returns after summer break
- Sun 22 Sept 10.30am**  
Harvest Fellowship Soup lunch with Bring & Share desserts to welcome Rev Nick Baker and Petra
- Sun 22 Sept 6.00pm**  
Churches Together Fairtrade Service
- Sat 28 Sept 9am – 4pm**  
Autumn working party with lunch
- Thurs 10 Oct 7pm**  
Circuit Meeting at Maryport Methodist Church
- Sat 12 Oct 10am – 12noon**  
Coffee Morning
- Tues 28 Oct 1.30pm**  
Church Council at Church

## *My Convention Highlight* - Nancy

As we celebrate the 2024 Olympic Games held in Paris, some have cast their minds back to events 100 years ago at the 1924 Olympic Games which were also held in Paris.



This was true for Graham Daniels, a Welshman also known as Danno, who gave the Keswick Lecture in the third week of this year's Convention.

I found his talk about the Scotsman Eric Liddell really inspiring. He covered a lot more of Eric's life than his win in the 400 metres race which was featured in the Oscar-winning film *Chariots of Fire*, telling of his deep Christian beliefs that led him to follow his parents example as a missionary in China.

If you too want to be inspired, go to the Convention website where all the seminars and main meetings are available to download or use this link:

[Keswick Lecture 2024 | Graham Daniels - Eric Liddell: Safe to Serve | Keswick Convention 2024 Wk3 \(youtube.com\)](#).

*Nancy Powell - Davies*

## Convention Refreshments 2024



Many thanks to everybody who helped in any way with the Convention Refreshments, whether it was welcoming and chatting to people, serving tea and coffee or putting chairs and tables out. Every job within the team was important and your help was very much appreciated.

A big thank you also to those of you who baked as well. We had numerous favourable comments from our visitors about the quality of the cakes and scones!

As last year, we didn't know quite what to expect as far as the number of visitors were concerned, but it turned out that we had about 3,500 attendees this year for the relays over the three weeks!

As usual, people commented on what a warm welcome they received and as always there was lots of praise for our fabulous venue, relaxing atmosphere and comfortable chairs.

This year, for payments, we used the card reader, which enabled us to keep track of both cash and card transactions (40% of people used a card), the fundraising stock, and how many cups of tea, coffee, cake and soup we sold. This was not without its problems, but now we've used it once, we're working on streamlining it for 2025.

Our thanks go to the cashiers for persevering with the system - it was a steeper learning curve than we expected!

For those of you who like facts and figures, here is a breakdown of what we sold during the three weeks. I'm sure you'll agree the numbers are amazing!

Refreshments:

1,220 cups of tea & coffee

763 cakes and scones

284 soups

Fundraising stall:

340 cards

109 coasters

62 puddings

54 paperback books

47 Holy Socks

29 sheep baubles

25 tote bags



The three Convention Sunday services were also extremely well attended, with people sadly having to be turned away due to a lack of space! It's always wonderful to be able to worship & sing hymns with a full church.

This year we were raising money for **Every Life Matters, Hospice at Home** and our own **Eco Roof Fund**. Anne is busy adding up the final financial figures and we'll be letting you know in due course how much we've raised for each.

We always review the three weeks when we meet to prepare for the following year, so if you have anything that you'd like to feed back to us, please let one of the Convention Subgroup members know.... by email if possible. Thank you.

*Helen North,*

on behalf of the Convention Subgroup: Sally Lunson,  
Anne & David Hasson & Pauline Huggan

# *St. Cuthbert's Way*

Richard North

I have long held a fascination for Holy Island and, like many of you, have visited it numerous times. I was very curious about the people walking across the tidal sands to reach what appeared to be the distant, remote shore of the small island. Long distance walking adds another dimension to the hiking that we enjoy so I was very pleased to discover St. Cuthbert's Way.

St. Cuthbert's Way is described as a "Border's Pilgrimage" covering about 65 miles from Melrose Abbey in Scotland across into England and over the Cheviot hills to end on Lindisfarne. As you may know, St. Cuthbert is a saint of the early Northumbrian church from the Celtic tradition. As a monk and bishop he travelled widely over the area and, even today, many places in the area are associated with him.

I read somewhere that walking is for the body but pilgrimage is for the soul. I felt that my journey could encapsulate both. Pilgrimage is an ancient practice: walking with encounters with God, the self, nature and with others along the way. It is not just about the destination. Looking back I can recognise all of these at various stages. It is remarkable how just putting one foot in front of the other for about five days enables all of these to become more vivid and recognisable.

## **Day 1 Monday (about 10 miles in half a day)**

Melrose is not an easy place to access. My "taxi driver" dropped me off in Carlisle and I caught the Edinburgh bus. I was in Galashiels by lunchtime and changed buses to get to Melrose Abbey for the start after lunch. Melrose is unspoilt and delightful. Not too busy or touristy but still attractive and traditional. After climbing over the Eildon Hills I descended through woodland and pasture to follow the Tweed.

A beautiful, wide river with grand views and a healthy wildlife: fish leaping and a wide variety of birds. After a quick camp meal on my stove it was still quite early so I kept going for another few hours past St. Boswells until the light began to fade. I found a quiet copse on a country lane in which I pitched my wild camp for the night. What a beautiful sunset.



## Day 2 Tuesday (14 miles)

I am always an early riser – very useful when you are wild camping but annoying at other times! It is good to get a few miles in before it all gets busy. I followed the roman road, Dere Street, past the sight of the battle of Ancrum Moor (1545 – part of Henry VIII’s “rough wooing”).

A remarkable number of hares presented themselves in the fields with most of the world yet to awaken. Deer became discovered only when they bolted from my presence. I had planned to camp near Jedburgh for my second night but was way ahead of schedule – on purpose. I had seen the forecast for later in the week so it was prudent to cover the mileage while the going was good.

I pushed on over the river Teviot, through fields and woodland enjoying my encounters with other walkers and locals. Eventually, as dusk fell, I found another quiet spot hidden in some woods next to Cessford Castle where I was able to rest and set up camp for the night.

## Day 3 Wednesday (9 miles)

This was a bit of a “power walk” through the sleepy (literally) village of Morebattle and onto Wideopen Hill (about 1200 ft - the highest point on the trail). By now the clag was set in and all the anticipated views and enjoyment quickly evaporated. Nothing was to be seen again until Friday afternoon. I succeeded in reaching Kirk Yetholm before lunch and stocked up at the village shop. By now the rain was horizontal so I found refuge in the local church – what an amazing place 😊. A great example of radical hospitality! Tea, coffee and biscuits available for visitors as well as comfy chairs, books and a quiet place to read and reflect. Sometimes places/things happen in

life that match your need at that moment. Fortunately, I was not camping – I had booked a place in the Youth Hostel. Even so it was quite disconcerting to witness one man enter having completed the Pennine Way that day by hiking through 27 miles in the middle of that storm in shorts and a T-shirt! Some people are just invincible.

### Day 4 Thursday (14 miles)

After a much needed full Scottish breakfast (minus the Haggis) at the pub next door it was time to push on over the Cheviot hills. The storm continued but fortunately all of my Lake District experiences made it manageable! Somewhere there was the border. Apparently there is a sign but visibility was too poor. I pushed on trusting in my navigation. However, I was concerned at meeting fellow walkers coming the other way. They reported paths covered by flowing water and were looking for alternative routes.



Fortunately my hiking poles reinforced my determination to get through. I took shelter in a grouse butt to enjoy the luxury of my shop sandwiches.

Eventually I descended into Wooler and set up my tent in the campsite. I was the only one – surrounded by caravans. Rain continued so I walked back into Wooler to find a pub meal – the landlady took pity on me & found a towel for me to dry my hair before my eagerly anticipated meal arrived.

### Day 5 Friday (16 miles)

At last! The rain stopped in the night and a calm dawn appeared along with lots of rabbits all around my tent! After restocking at the local Co-op, I continued along the trail aiming for the coast. The path continued through villages and over hills. Eventually, through a narrow gate of pine trees there appeared a wide mouthed cave set in the hillside – St. Cuthbert's Cave. A lady was sat inside with her rosary whilst rhythmically exhorting "Hail Marys". A great conversation was had afterwards! Onwards.....over the hill....suddenly and without warning THE SEA ☺



At last, after all that rain, I had a view and what a grand one it was too! Islands, water, trees and fields. Now just a matter of getting there. About 5 more miles down the hill through the woods and a village, over the east coast mainline (had to phone the signal box for permission to cross) and finally to my last night. I had booked a pitch at the Barn at Beal which has great views of Holy Island and is a short walk to the causeway. I could anticipate the final stretch of the trail in peace and hope knowing that I was nearly there (and my taxi driver had arrived in Alnwick so not too far away!)

### Day 6 Saturday (4 miles)

A beautiful sunrise over Lindisfarne made the wait all the more worth it. Even better – my taxi driver joined me for breakfast before she set off ready to meet me later.

The planning of the walk had focused on the tide times. Once the causeway is clear for cars you have to wait around another hour or so to ensure that the sands will be clear for the length of time it will take to cross. Boots off, feet in - squelch it all around, squeeze the sand and mud between your toes! The next three miles were barefoot following the final pilgrims' walk across the bay.

Looking at worm casts, pools of reflections, clouds parting, light gleaming, footprints appearing and disappearing. All of the time the posts showing the way, step by step, splash by splash. Sea birds. Seals. Anticipation. Hope. Light. The strange effect of the large sky – no matter how fast you move the island does not seem to get any closer.

Eventually your mind and soul combine in reflection, steps retraced, events of the walk, moments of encounter, the looking back and now the looking forward.....



## A Prayer for Pilgrims

May God go with you as you walk.  
May you find the imprint of the infinite in all you see.  
May you hear all the Creator of life has to say to you.  
May you find what you seek.  
May you know that you are loved.  
Amen

*These verses by Jeremy Goodwin seem appropriate*

We come to thee for thy renewing grace  
Here in the peace and beauty of this place.  
Open our hearts and minds that we may see  
What we could gain from harmony with thee.

We live our lives enmeshed in busy cares  
Breaking ourselves in needless toils and fears  
We lose thy path: we need thy help to see  
That true life comes from harmony with thee.

Grant us thy peace to live thy risen life  
Holding to thee throughout our daily strife  
Daily renewed, thy glorious vision see  
Daily remain in harmony with thee.



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/>

# *Saturday Morning Charity Coffee Mornings*

It was lovely to welcome back friends to our Saturday Coffee Mornings in August , following a short break . Despite many being away on holiday, we managed to raise **£ 287.07** for the North Lakes Foodbank

We look forward to welcoming you at our future events :

**SATURDAY, 14th SEPTEMBER**

8.30 - 10am for Breakfast

10am - 12 noon for Coffee and Cakes

YES! - ' The BREAKFAST BUTTIE ' is back!

Treat yourself to a choice of bacon or sausage sandwich (meat or vegetarian options available) or a toasted tea cake

Followed by our regular Coffee Morning until 12 noon .

There will be delicious home baking , a raffle and BUMPER JIGSAW SALE !!!

**Money raised will go to our Eco Roof Appeal**

**SATURDAY, 12<sup>th</sup> October**

10am - 12noon

Join us for a morning of warmth, conversation and homemade tasty treats .

There will be a bric-à-brac stall and raffle

**We will be raising money for : ANDYSMANCLUB**

THIS is a man's suicide prevention charity , offering free-to-attend peer-to-peer support groups across the UK and online (including Cockermouth, Maryport, Whitehaven, Workington and Carlisle)

See you there!

*Pauline Huggan*



**Keswick Methodist Church**  
I lift up my eyes to the hills.....

Thank you to

everyone who has supported our Charity  
Coffee Mornings

You may be interested to see how much has  
been raised in our 2023/2024 church year.

<b>Date</b>	<b>Charity</b>	<b>Total</b>	<b>Running Total</b>
September 23	KMC Eco Roof Appeal	£332.35	£332.35
October 23	Young Minds	£381.17	£713.52
November 23	Cumbria Family Support	£330.05	£1,043.57
December 23	No Coffee morning	due to Christmas Tree Festival	
January 24	KMC Eco Roof Appeal	£335.00	£1,378.57

February 24	Jigsaw Children's Hospice	£427.37	£1,805.94
March 24	Every Life Matters	£431.97	£2,237.91
April 24	KMC Eco Roof Appeal	£444.12	£2682.03
May 24	Christian Aid	£487.10	£3169.13
June 24	Leprosy Mission	£284.36	£3453.49
July 24	No Coffee morning	due to Keswick Convention	
August 24	North Lakes Foodbank	£282.07	£3735.56

To summarise;

£1,111.47 was raised for our Eco Roof Appeal and £2,624.09 was raised for the other 7 nominated charities.

£3735.56 in total

## 30 YEARS OF FAIRTRADE.

Thirty years ago this year, Green and Black's Maya Gold chocolate hit the shelves, followed shortly by Cafedirect coffee, Percol coffee and Clipper tea.



They were the first products in the UK to carry the Fairtrade mark; a guarantee that the tea, coffee, cocoa and sugar farmers had been paid a fair price for their product.



A response to the collapse of global coffee prices in the late 1980s, it marked the beginning of a movement that now supports over two million farmers and workers in 58 countries around the world.

As well as providing a fair living for the people who actually produce our staple products, through the additional Fairtrade Premium communities have benefited from education and training, schools and health centres, improved housing and infrastructure' Also there has been environmental improvements, climate change mitigation and more efficient and sustainable production techniques – allocated according to the producers' own priorities.

The Fairtrade Foundation's 'Fairtrade at 30' report estimates that producers shared £1.7 billion in Fairtrade Premium payments to 2022. It also estimates that in 2022 £190 million of Fairtrade Premium was generated worldwide, and £28 million in the UK.



Marking the 30th anniversary of the Fairtrade movement in the UK, the Fairtrade Foundation has this year opted to move the annual Fairtrade Fortnight from its previous February slot to September 9-22. This, it says, will help give more time to make the most of activities and awareness around the campaign.

It also coincides with Creation Time (September 1 – October 4), when churches are encouraged to have a focus on caring for God's creation.

The theme of the Fortnight is '**Be the change**', encouraging people to make an active choice to contribute to fairer, more sustainable production by choosing Fairtrade whenever possible.

Visit [www.fairtrade.org.uk](http://www.fairtrade.org.uk) to find out more about the Fairtrade movement, Fairtrade Fortnight and 30 ways to celebrate 30 years of Fairtrade.

*Sharon Woollard*

**Note: We are a Fairtrade Church or Place of Worship.**

This means we :

- 1) Use Fairtrade products wherever possible and share this information with the wider congregation.
- 2) Integrate Fairtrade into the life and worship of the church – eg the Churches Together Fairtrade service on 22 Sept at 6pm here in our church.





# Services for September & October

**Sept 1**            10.30am    Members                            *Morning Worship*  
                         4.00pm    Circuit Service at Cockermouth

**Sept 8**            10.30am    Rev David Hasson                *Holy Communion*

**Sept 15**           10.30 am    Rev Tim Cooke                    *Morning Worship*

**Sept 22**           10.30 am    Rev Nick Baker                    *Harvest Festival*

**Sept 29**           10.30am    Brian Pateman                    *Morning Worship*

**Oct 6**            10.30am    Helen Herbert                    *Morning Worship*

**Oct 13**            10.30am    **no service**  
**here at 3.00pm**    **Rev Nick Baker**                    *Circuit Service*

**Oct 20**            10.30am    John Wilson                        *Morning Worship*

**Oct 27**            10.30am    Songs of Praise                    *Morning Worship*

**Minister:**            Rev Nick Baker            01900 823273  
                         N Baker <nicholas.baker@methodist.org.uk>

**Contact Steward:** Anne Hasson            017687 78025  
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