



Newslink

SOUTH WEST CUMBRIA UNITED AREA

Charity Registration Number 1141404

Methodist and United Reformed Churches Working Together

The Minister Writes



Life in the flesh v Life in the Spirit

Some years ago the late John Stott, Rector of All Souls, Langham Place, London and chaplain to the Queen for some 31 years, was asked if he believed all scripture was inspired by God. He replied that he did and then after a short pause added somewhat tongue in cheek, "but some is more inspiring than others". He subsequently went on to write "The Message of Romans" - the letter of Paul which has been described as the "gateway to Heaven".

Amongst all the letters that Paul wrote

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Romans gives the most complete picture of the gospel - the fullest and grandest in the New Testament with themes of justification, sanctification and glorification. Indeed it was the message of Romans through which John Wesley found his heart "strangely warmed" and it is the opening of Romans 8 which inspired Charles Wesley shortly after his own conversion on May 21st 1738 (and just before John's later that same week on the 24th) to write "And can it be" with its final verse, *No condemnation now I dread, Jesus and all in him is mine.*

(There is therefore now no condemnation to them which are in Christ Jesus, who walk not after the flesh, but after the Spirit. Romans 8:1 King James version.)

In Romans 8 Paul was writing very much from his own experience to a group of relatively new Christians in Rome, who he had never met but hoped

Area Website www.swcumbriaunitedareaurc.org.uk

one day to visit, to encourage them to live life in the power of the Holy Spirit rather than in the power of the flesh (our sinful or lower nature). Quite simply, he is reminding them that those who walk daily with Christ through the power of the Holy Spirit have the inner peace of knowing that their sins have been paid for through Christ's death and resurrection and that they are no longer slaves to sin. The key is in walking daily. Each day he argues believers have a choice in how they live after they have accepted Christ into their lives. They can set their minds on the temptations of this world or they can set their minds and hearts on being led by the Holy Spirit and live according to God's will. For those who were in the Guides or the Scouts or who have done the Duke of Edinburgh's Award you will recognize the context of the word "set" as in setting a compass bearing, and in this sense Paul's teaching to the Romans on how his life has been changed from living in the flesh to living in the Spirit is as relevant today as it was 2000 years ago in Rome.

As we move forward into Lent and reflect on how Christ was led by God's Spirit but also tempted at all points I would invite you to set your compass daily on "things above" not only in your mind but also in your hearts so that with Charles Wesley you can sing -

No condemnation now I dread;
Jesus and all in Him, is mine!
Alive in Him, my living Head,
And clothed in righteousness Divine,
Bold I approach the eternal throne,
And claim the crown through Christ my own.

Charlie Mills

Christian Aid Project

Thank you to Hartington Street for their contribution to this project to help children in Kenya affected by HIV and AIDS. Our total is now £4434.75.

Lilian Wood

REGIONAL & NATIONAL WEBSITES

www.cumbriamethodistsdistrict.org.uk

North West Synod: www.nwsynod.org.uk

Connexional: www.methodist.org.uk

National: www.urc.org.uk

April issue No 150 of *Newslink* will be published at the end of March
Please send all material to reach Lilian Wood, 89 Risedale Road, Barrow,
LA13 9QY by Sunday March 8th. Items can also be passed on by
☎ **01229 825986** or ✉ lilian.wood4@gmail.com

Chapter And Verse

The latest in our series where people share Bible verses that are particularly meaningful to them.

The verses I've chosen are from Isaiah chapter 43:

God says "Do not be afraid, I will save you. I have called you by name, you are mine... I will give up whole nations to save your life, because you are precious to me and because I love you... Do not be afraid, I am with you."

When my Mother died when I was 13, I went to stay with my Aunty and Uncle for a couple of weeks which turned into 12 years of unconditional love from them. But this left me with a feeling of rejection from my Dad. When I started going to Hartington Street it made me feel special to know God loved me unconditionally and I am precious to Him. That encourages me to try even harder to please Him.

The Lord says "Do not cling to events of the past or dwell on what happened long ago. Watch for the new thing I am going to do."

Because of who He is, He created us to bring Him glory. He gives us His strength to carry on through all our trials.

"Let the Son of God enfold you with His Spirit and His Love."

Ellen Powell

Thank You



I would just like to say a massive thank you to all churches, individual church members and all Uniformed Organisations connected to the churches for all the shoeboxes you donated to the 2019 Boxes of Hope Cumbria Shoebox Appeal.

Thank you also to those who spent time knitting hats, scarves, gloves and blankets for the appeal as well as those who donated items or money for this year's Appeal. Your generosity and kindness has been amazing. This year I collected **232** filled shoeboxes from around the United Area which well exceeded last year's number.

The Barrow warehouse collected **3,648** shoeboxes which was an increase of 500 shoeboxes from the 2018 Shoebox Appeal. The total number of shoeboxes collected from around Cumbria was **10,192**.

Thank you so much for helping to bring some happiness at Christmas to children who are living in poverty in Romania.

Love Pam x

Team Ministry Update

You will recall that the Trustees introduced a team ministry approach to the way we work in order to provide more specialised support for our churches. Thanks to all who responded to requests from the teams for the information needed as a starting point. This is to update you on what's been achieved so far, and to remind you of the support available as you seek to develop the mission and discipleship of our churches.

Mission team - all churches have participated in an act of worship with mission as its theme. It's worth restating that there is no expectation that churches will suddenly establish lots of new mission-shaped initiatives. What the discussions round those services did reveal is that our churches have lots of opportunities to give what they are already doing a more missional focus. We need to ask ourselves of each activity 'Why are we doing this?' and 'How can we build closer relationships with those who participate?' It's by building relationships that we find openings to share our personal faith story. To explore how you and your church can be more mission focused, contact Debbie or Sophie.

Pastoral team - information about arrangements for pastoral care has been collected, and the training day on baptisms and funerals was a great success. If you think your church would like to develop its baptism, funeral or other pastoral ministry further, please contact Kathryn or Zena.

Resources team - this is not surprisingly the busiest of the teams! They are keeping track of the on-line returns that need to be completed by our Methodist churches, and have undertaken the annual manse checks as well as looking after our other Area property. Lynne is busy working on our Area budget for 2020-21. If you have reliable tradespeople you can recommend, remember to let Karen know so she can keep a list.

Worship and teaching team - the information provided by the churches about any resources they hold is being collated and will be circulated. It's good to know that most of our churches are exploring different types of worship. We have run the first level of worship leader training, with seven participants who are currently pondering whether they wish to move on to Level 2. In the light of what's said above about sharing our faith story - something we often lack the confidence to do - we would want to encourage all churches, if they haven't already done so, to consider running the 'Talking Jesus' study material - which incidentally is the recommended Lent course for the Barrow Mission Community. Contact Jennet for further details.

Safeguarding Training

We plan to offer the Foundation Safeguarding course in the first half of May 2020. When we know who wishes to take part, we will chose the date and time which is most convenient for everyone. If you are interested, please contact Kathryn Aldred on 01229 430842 or km.aldred@icloud.com

Action For Children

I have received word from Warrington that Action for Children has lost the contract for delivering services in Barrow, as from the beginning of the year. Another provider has been chosen, probably with a lower tender, as has happened before - however, can they provide the care, knowledge and experience?

Action for Children has been working in Barrow for numerous years and it is a matter of regret that another provider has taken over. However AfC were successful in their bid with South Lakes and are now working with 0-19 year olds in the area. There are 7 sites, 2 in Kendal and 1 each in Sedbergh, Windermere, Ambleside, Ulverston and Milnthorpe.

So even though no funding will go into Barrow there is still a huge need in the rest of the country, especially with today's social issues. A big THANK YOU goes to all our supporters who have collected and given over the years. Those of you who have Collecting Boxes and would now like to support a local charity please give me a ring on 716640; however, I do enjoy our time together when I collect your boxes once a year.

The staff in Barrow hopefully will stay in post. Please remember the staff, families and young people in your prayers in this time of change in their lives.

Beryl Hollowell

United Area Meeting

The next United Area meeting will be on Thursday 5th March at 7 pm at Vickerstown. 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.

Local Preachers/Worship Leaders

The next LP/WL meeting will be held on Wednesday 25th March at 7:30 pm at Market Street, Dalton. All leaders of worship are encouraged to attend.

Hayley Edmondson

First Tuesday Ladies

We will meet on Tuesday 3rd March at 1:30 pm at 59 Croslands Park for the second in a series of meetings on the life of the Apostle Paul when we will enjoy a time of prayer and fellowship.

Elaine Pears

Youth Spot

Since my report last year Beacon Hill Cubs have been very busy. Our Summer Term was focused on the 'Local Knowledge Badge'. The Mayor and Mayoress of Barrow came to visit our Cub Pack and we must have impressed them as they invited us to visit them at the Town Hall. What an impressive building. The Cubs learnt about our Barrow Coat of Arms and how it originated from the steelworks and shipbuilding industries and also the major landowners. To continue our theme, we did a walk along Abbey Road, taking notes of the year dates on various buildings, which indicated how Barrow expanded from the Library to our home in Newbarns.

During the term we had our Group Camp with our Beavers and Scouts at Urswick. The theme was backwoods cooking. All the children had to make fires and let them die down so they could cook their pasta (in a pan) and also toast their ham and cheese sandwiches (they were wrapped in foil!) in the embers. This was washed down with a cup of hot chocolate. It was very yummy! Not to be outdone, the leaders made chocolate eclairs from the croissant dough you can buy and a broom handle! We filled them with squirty cream and Nutella. Not sure who enjoyed these more, the children or adults. We had a great time at camp with night hikes, wide games in the woods and a good old camp fire with songs (not forgetting toasting our marshmallows!).

After the summer holidays we came back to Cubs with a fun-filled programme. We had a County Beaver and Cub Challenge Day at Penrith, where 550 children attended. Our Cubs tried out the climbing wall and also the Cave Bus (Yes, a coach stripped out and constructed as a cave which you had to crawl down, up and along!). In October we went on a night hike from Morrisons along the docks and back for a sleepover at the Church Hall. This was the first time a few of our Cubs had slept away from home, so it was exciting for them.

We completed our International Badge by learning about India. We had a visit from an Indian family who came dressed in saris and told us about their country. They also fetched their currency so we could compare it to our coins and notes. We did some Indian cooking - making a paneer curry, samosa, saag aloo and a mango drink too. We finished our badge off with making Diwali lamps from clay.

We also had Parliament Week during the term. Our local MP's office came to our meeting, bringing props so we could pretend that we were in the Houses of Parliament. The meeting opened with two Cubs carrying the mace to the Chairman and then an organised debate started about homework and uniform, with both sides (for and against) putting their arguments across in an orderly fashion. There was also a vote to decide the outcome.

In November the Cubs gained their Entertainer Badge, for which they had to perform 2 songs and also learn a dance. We were fortunate that someone came to our District event to teach the Cubs a ceilidh dance. We had great fun wheeling in and out and spinning around. During our Spring Term we plan to undertake our Photographer Badge. For this we will walk along Ulverston Canal and hike over the Hoad, taking photos of our journey as we go. You will have to keep a look out for our photos, as we are going to make a collage of them and display them in the Church Hall.

Julie Milburn, Cub Leader 'Chil'

Individual Churches

Trinity

Usual monthly Coffee Morning, Saturday 7th March, 10:00-11:30 a.m.

Schools Bible Stories Exhibition, Monday 16th - Saturday 21st. Refreshments will be available. Do come along and see how creative the schools are in making their exhibits.

Family News

Alan Ladds is doing well and the doctors are pleased with his progress, and hopefully by the time you read this Janet will have had her plaster taken off and will be more mobile. It has been a hard time for them both, but we pray that things will go smoothly from now on and that the enforced rest will have recharged their batteries.

Linda Williams is out of hospital but not very mobile; we trust that things will improve and that she will soon be able to get about more easily.

Bob Watkinson continues to improve slowly. We remember them all in our prayers.

Margaret Manuell

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

March	1 st	Kirkby	I
	8 th	Broughton Community	J
	15 th	Millom	K
	22 nd	Mission in UA	L
	29 th	Trinity	M

Janet Ladds

Ramsden Street

We are looking forward to spending time with Year 3 children from Greengate Junior School when they bring their favourite books to read to us. Half the class will visit on March 5th and the other half on March 19th.

We are holding a Lent Lunch on March 4th and the proceeds will be donated to the United Area Christian Aid project.

Our midweek meetings begin again on March 11th after the winter break in January and February. We meet on the 2nd, 3rd and 4th Wednesdays in the month at 2:15pm and there are a variety of speakers and activities. (The third Wednesday is actually a short service and afternoon tea.) The meeting is open to men and women and anyone is welcome to join us.

Anne Stevenson

Hartington Street

Lent Bible Studies

A series of Lent Bible studies on the theme of God's Big Picture will commence (before Lent) on Tuesday 11th February and run weekly until Easter. The Bible studies will be hosted by Chris and Charlie at 12 Wheatclose Road and start at 8:00pm. All those who wish to attend are welcome.

Lent Lunches

Due to the popularity and success of our first attempt at Lent lunches last year, we have decided to hold two more this year during the Lent period. The dates for the lunches are as follows: Sunday 8th March when Jenet is leading worship and Sunday 29th March when Rev Martin Williams is leading worship. The lunches will commence after morning worship. If you would like to join us for worship and lunch, you would be most welcome. However, if you are attending your own church but then would like to come to Hartington Street for lunch please feel free to join us. Lunch will begin at 12:00 noon. The money donated at the lunches will again be given to charity. Last year we supported the Christian Blind Mission and our donations were doubled.

Membership Service

By the time you are reading this, Pat Caulfield will have been welcomed into membership at HSt during a special membership service held on Sunday 9th February led by Jenet. We are delighted, as a congregation and a church family, to welcome Pat into the HSt fellowship.

Toddlers @ the hub

Toddlers @ the hub continues on Monday afternoons in term time, 1:00pm - 2:30pm. We have a very healthy core membership and the group extends a friendly welcome to all babies, toddlers and pre-school children.

Knit and natter

This popular group is held on Tuesdays in the church from 10:00am - 11:30am. All knitters and indeed those wishing to learn to knit are welcome! Refreshments are served at 11:00am and the session concludes with a short time of prayer from 11:20 onwards for the local community and any prayer requests that arise from the group itself.

Messy Church Away Day

The Messy Church team enjoyed a great time of fellowship and teaching on 18th January. The Community Hall at Grizebeck proved to be a fantastic location for the day. Rebekah Mills-Strawson led the opening devotions and these took the form of an outdoor treasure hunt! The membership at HSt is more agile than you might think! After coffee, the day continued with 4 teaching/craft sessions led by our Sunday School team. Pam Mills led the closing devotions as we committed the next 4 Messy Church sessions to God. The next Messy Church is Saturday 22nd February 3:00pm - 5:00pm and the theme is Lent and Jesus going into the Wilderness. Children attending must be accompanied by an adult.

Lois Kavanagh

Dalton

Thanks to everyone who supported our refurbishment fund coffee morning and the Soup and Quiz night. We had an enjoyable evening testing the “grey matter” and the soup was very welcome on a cold evening.

Future events:

Saturday March 7th 9:45 to 11:15 am Church coffee morning (Fairtrade) at Market Street

Sunday March 8th at 3 pm Pets Messy Church at Market Street

Tuesday March 10th at 2:30 pm Midweek Communion Service at Market Street

R Willock

Buy a Block!

We are continuing with our Buy a Block! Scheme (until Easter Day) to help finance the building of a new wall along the back of the church as part of our refurbishment project - many thanks to all who have donated so far. We now have £864 which will buy 432 concrete blocks, so not quite half way to our target of 900 blocks for the whole wall. If you would like to help build our wall please contact Margaret Harrison, Ann Hufton or Bob Mantle. We are asking for donations of £2 per block. For every £2 donation a paper block is added to ‘a wall’ inside the worship area so that we can see how our new wall is growing.

Family Fortunes with Puddings

Saturday March 28th, 6pm, at Market Street.

An evening of fun and light-hearted banter as we play a version of the TV game, Family Fortunes (featuring a young Vernon Kay). The game will be played in teams which are made up on the night, so come along even if you are by yourself. The refreshments will be a selection of puddings - always delicious! For catering purposes, please let us know if you are coming (tel Ann on 812439 or Bob on 462054).

No charge, a donation to our refurbishment fund would be appreciated.

Ann Hufton

Lent Course in Dalton

The theme for this year is “Journey to the Cross” and is a series of studies based on material from “Embrace the Middle East”. It is a journey that travels with Jesus from the start of his mission to the cross, looking at the people he met on the way. A journey that visits the Middle East today, hearing stories from those who live there and the challenges they face. A journey that helps us look within our lives and outwards at people we encounter. This has been jointly arranged by Dalton Community Church and St Mary’s Dalton, and different people from the 2 churches will be leading the sessions, and anyone interested is welcome to join with us for any or all of the sessions in this journey.

Dates: Thursdays 5th, 12th, 19th and 26th March and 2nd April. The 6th session will take the place of one of the Holy Week Services - watch this space! Afternoon sessions start at 4:00pm at Wellington Street, and the same session will be repeated at 7:15pm in St Mary’s Vicarage, Dalton (except for 19th March when both sessions will be at Wellington Street).

Margaret Harrison

Beacon Hill

On January 19th seven members took part in a Local Arrangement service. As there was not much time to plan our own service we used one we found on the Methodist Church website. If anyone is looking for a service we can recommend those written by Christine Odell. To find them Google 'Methodist Church Resourcing Local Arrangements'. For the next quarter we intend to come up with our own service.

We marked World Leprosy Sunday on January 26th by having a cake stall after the morning service, and raised £100 for The Leprosy Mission.

In our Lent meetings we will be considering what it means to be followers of Jesus. We will meet in the Wesley room at 7:30 pm on Monday evenings for 4 weeks, beginning on March 9th.

Our monthly coffee morning will be held on Thursday 26th March, 10 am-11:15 am, with stalls selling cakes, handmade cards, books and Fairtrade items.

Lilian Wood

Kirkby

1. Wednesday 4th March, Lent Lunch, 11:30am-1pm.
This will take place after our regular Coffee and Company. Come and enjoy Home-made Soup, bread, butter and jam followed by a drink and biscuits. Donations will go to the Area Christian Aid Project which helps children in Kenya affected by HIV and AIDS. Do come along and try our popular soups and help raise funds for our Area Project.
2. Saturday 14th March, BULB and MARMALADE EVENT.
Anyone wanting to contribute to our event please give Mary a ring on 889588 for a programme.
Included are classes for Marmalade, a men's section, various bulbs, a Chocolate cake decorated for Spring and decorated Cup cakes. Come and let us see your talents. We will be open from 1pm - 4pm and a £1.00 entrance will get you a drink and biscuit or why not buy a cake from the Cake Stall. There will also be a Plant Stall and a Raffle. Please come and join us, you will be made most welcome.

Beryl Hollowell

Askam

It is difficult to believe that we are already approaching the end of the first quarter of a new year - it only seems last week that we were preparing for Christmas and yet we have already received our new preaching plan up to Pentecost! On the first Sunday in February we had our Candlemas service and were reminded that this is a halfway point in the church year between Christmas and Easter. Yet all too often we tend to look back in church and give too little time to looking forward. It is very easy to be nostalgic for comfortable times when our pews were fuller, if not full, rather than look forward to what God has in store for us.

Sisterhood started again for the new season on 19th February and meets fortnightly on Wednesdays at 2:30pm just as the ladies of Askam have done faithfully since the early years of the last century. Our own church foundation stone was laid in Duddon Road on 14th April, 1870. Later that year the chapel in Beach Street also had its foundation stone laid. There has therefore been a Methodist witness in the village for one hundred and fifty years and we are sure that God still calls us to minister to the gospel, though we are fewer in number. We are called in the twenty first century to witness in new ways, and one of these is in the use of a building which in the time of Queen Victoria would have been solely by the means of Sunday worship, Bible Classes and the like. Nowadays in addition to regular worship we can witness simply by being there, providing a building that is a visible sign to remind those who may not use the building that Christ is still relevant as he still has followers in this more secular age.

In the next edition of Newslink we hope to share some of the events we have planned to mark this milestone.

The weekly Exercise class has started back from the winter break and is held every Thursday at 9:30 am.

We are delighted to have been asked by Mrs Shannon of Ireleth St Peter's School for permission to visit our church on Thursday 5th March to explain the difference between a Parish Church and a Methodist chapel, our different ways of celebrating Holy Communion and differing ways of worship. It may be interesting for them also to learn quite how similar we are! Rev Zena and I hope that the children find this an interesting and instructive time.

We were immensely saddened to learn of the death of Janice Shackley. She was a member of Beach Street Church, a much-loved Sunday School teacher and for many years a dedicated treasurer and worker for the church. We will all remember Janice for her music, her humour, and friendliness.

Alan Mason

Vickerstown

There will be a coffee morning at Vickerstown on Saturday March 28th from 10-11:30 a.m., with stalls selling homemade cakes, Fairtrade goods, books and whatever else is donated to us. Please join us for a cuppa, chat and browse.

From Thursday February 27th our Thursday morning Bible Studies will be held weekly for 6 weeks, for Lent, and we will be using the 'Talking Jesus' course material which the Barrow Mission Community is encouraging its churches to follow. The course is designed to help us all talk about our faith more easily and effectively. We meet from 10 a.m. (or come a little early for a cuppa) for about an hour, and on February 27th there will also be a lunch at 12 noon for anyone who wishes to stay. Anyone is welcome to join us, we only need to know in advance for the lunch part (ring Karen on 474601).

At Vickerstown's Covenant service on January 12th we were delighted to welcome our Anglican friends from St. Mary's Walney and St. John's Barrow Island - we had invited them to share in this important Methodist tradition and both churches chose to cancel their own services to encourage people to attend. Our usual congregation of 10-15 was joined by over 40 Anglicans and it was great to have a full church; this was especially evident in the hymn-singing and the many responsive parts of the liturgy. Most people also stayed for coffee and chat after the service. Our Lent Bible Studies are also ecumenical, and we will be heading to St. Mary's on Palm Sunday in April as the churches on Walney continue to build relationships.

An unexpected late donation took our Christmas total raised for 'All we Can' to £300, which is a new record in the many years we have now made this the focus of our Christmas giving!

Karen Edmondson



- ◆ **Would YOU like to go to church but don't like the idea of a full length service?**
- ◆ **Then THIS is the service for you**
- ◆ **It's a short service, followed by tea (or coffee), cake and chat**
- ◆ **It's for anyone at all who'd like to come. Whether you usually go to a church, or haven't been to a church for years - come to this**

TEA SERVICE - Dementia friendly

at

HOLY FAMILY CHURCH

Ostley Bank, off Harrel Lane, LA13 9LR

Monday 9th March

Monday 20th April
(Changed to 3rd Monday for April because of Easter)

2nd Monday every month 2pm

Monday 11th May **Short service**

Followed by



&



& chat



Green Tip

Did you know that, according to Water UK, around 93% of blockages in UK sewers are caused by wet wipes? They then slowly break down into microplastics that cause harm to marine life.

The government's 25-year environment plan aims to eliminate all avoidable plastic waste by the end of 2042, but you can act now to replace wet wipes with an environmentally friendly alternative.

If you use wet wipes to remove makeup, try Face Halo, available from Boots and other shops for £7. The special microfibres remove makeup using only water - this really does work! You then wash it with soap after each use and machine wash up to 200 times before it needs replacing.

It is estimated that the Face Halo can take

the place of 500 traditional makeup wipes.

Or you could try Holland & Barrett's reusable organic cotton pads (part of their Zero Waste range, £8 for 6) which can be used with micellar water or facial cleansers and are said to last for years.

Shirley Taylor

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 11:00 am
Kirkby	(Marshside) 10:30 am (except 2 nd Sunday – 6pm service)
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
Vickerstown	(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.swcumbriaunitedareaurc.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 11:30



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