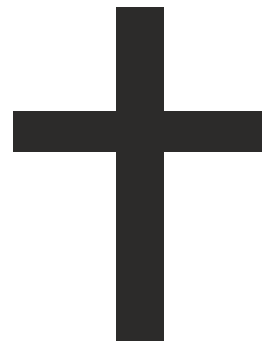


# Heart of Eden



## THE NEWS MAGAZINE OF THE HEART OF EDEN BENEFICE

St. Lawrence, Appleby and St. John, Murton-cum-Hilton; St. James, Ormside; St. Peter, Great Asby; St. Cuthbert, Dufton; St. Margaret & St. James, Long Marton; St. Cuthbert, Milburn; St. Columba, Warcop & St. Theobald, Musgrave; St. James, Temple Sowerby; St. Michael, Kirkby Thore & St. Edmund Newbiggin.

Also with additional information from

Methodist Churches at The Sands, Appleby, Great Asby, Warcop and Dufton with Knock  
The Roman Catholic Church of Our Lady of Appleby

**THANK YOU  
KEY WORKERS!**



**WE ARE  
PRAYING FOR YOU**

We also bring information from the council, local voluntary organisations, clubs and associations, buses and trains, events at the villages of the Mid-Eden Valley, and we are partly supported by the firms whose advertisements follow the news items.

**July 2020**

### The Future of the Christian Church

The only thing that makes the Christian Church enduring is that it is somehow "the body of Christ". It seems to be a fact that you have to suffer as much **from** the Church as **for** the Church, but if you believe in the divinity of Christ, you have also to cherish the world at the same time that you struggle to endure her. **"The Christian Church is an institution run with such knavish imbecility that, if it were not the work of God it would not last a fortnight"** *Hilaire Belloc*.

The future of the Church can and will issue from those whose roots are deep, not from those who follow passing fads, or who resort to criticising others and assuming their own infallibility, or who take the easier road which sidesteps pain and sacrifice. To put this more positively; the future of the Christian Church, once again as always, will be reshaped by the saints, by people, that is, whose minds probe deeper than the slogans of the day, who see more than others see, because their lives embrace a wider reality. Unselfishness, which alone makes us free, is attained only by small daily acts of self-denial open to each of us: SIMPLE! This daily lifestyle opens our eyes to the tyranny of egoism and the reality that liberation from it comes only through self-denial.

Let us go further, from the crisis of 2020 the Church of tomorrow will emerge – a Church that has lost much. It will become small and will have to start afresh. It will no longer be able to inhabit many of "the edifices" it built in bygone palmy days. As numbers drop so will its social privileges. It is to become a voluntary society entered by free decision only and making much bigger demands on individual members than before. Undoubtedly it will discover new forms of ministry. But in all the changes at which one might guess the Church will find its essence afresh and with full conviction in that which was always at its centre: faith in the triune God, in Jesus Christ the Son of God made man, in the presence of the Spirit until the end of the world. In faith and prayer it will again recognise its true centre and see worship of God, not liturgical scholarship, as the only priority fit for a Christian disciple who knows that the Lord looks and judges only by the heart.

Rev. Fr.P.T. Houghton  
Our Lady of Appleby

**Graveside Burials.** There will likely be memorial services for some of these at a later date when circumstances permit.

#### **Burial date**

5<sup>th</sup> June

Adrian Palmer

#### **Graveside Service at**

Murton

19<sup>th</sup> June

Martin Brichenhough

Appleby

22<sup>nd</sup> June

Raymond Stanley Knowles

Murton

26<sup>th</sup> June

Joan Hodgson

Appleby

29<sup>th</sup> June

June Corkin

Warcop (followed by private cremation)

#### **Church of England:**

Rector: Rev. Dr. Clive Hicks

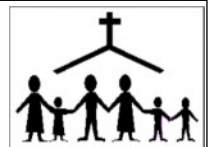
☎ 017682.54409

Associate Priest: Revd Peter Boyles

☎ 017683.54161

Retired Priest: Rev. Roger Collinson

☎ 017683.52886



For (C of E) wedding bookings contact Joyce Keetley, Office Manager, email: [applebymc@carlisle-diocese.org.uk](mailto:applebymc@carlisle-diocese.org.uk) and for baptism bookings contact the Revd Peter Boyles email: [peterboyles@hotmail.co.uk](mailto:peterboyles@hotmail.co.uk)

#### **Methodist Minister:**

Rev. Andrew Sterling:

☎: 017683 51244

#### **Roman Catholic Parish Priest (Our Lady of Appleby) Church**

Fr. Peter Houghton

☎: 017683 51474

## **Advertising**

We are not taking small ads, and the existing adverts will be run gratis for the duration

Other matter for inclusion (church or village news, etc.) Deadline 25<sup>th</sup> of the preceding month

We are very grateful for the generous donations made by various groups and individuals towards the running costs of this Newsletter. We would welcome articles (and front cover photographs - the editor gets desperate for something new) relevant to the time of year, book reviews, travel articles, etc. Please send them to the editor

([heart-of-eden-editor@hotmail.co.uk](mailto:heart-of-eden-editor@hotmail.co.uk))

# The Heart of Westmorland MISSION Community

## Heart of Westmorland YouTube Channel

### [draft] Service Plan, July 2020

#### 5<sup>th</sup> July - Trinity 4

Zechariah 9.9-12 (Prophecy of the coming Messiah - riding on a donkey)

Romans 7.15-25a (when I want to do what is good, evil lies close at hand)

Matthew 11.16-19,25-30 (Come to me, all you that are weary)

Leader: Stewart Fyfe

Preacher: Andrew Sterling

#### 12<sup>th</sup> July - Trinity 5

Isaiah 55.10-13 (God's word accomplishes what it is sent for)

Romans 8.1-11 (No condemnation for those who are in Christ)

Matthew 13.1-9,18-23 (Parable of the sower)

Leader: Clive Hicks

Preacher: Richard McGregor

#### 19<sup>th</sup> July - Trinity 6

Isaiah 44.6-8 (No God but the Lord)

Romans 8.12-25 (sufferings of the present not worth comparing with the glory to be revealed)

Matthew 13.24-30,36-43 (Parable of the weeds among the seeds)

Leader: Richard McGregor

Preacher: Stewart Fyfe

#### 26<sup>th</sup> July - Trinity 7

1 Kings 3.5-12 (Solomon asks God for wisdom)

Romans 8.26-39 (If God is for us, who can be against us?)

Matthew 13.31-33,44-52 (parables of the kingdom)

Leader: Andrew Sterling

Preacher: Kristy Pattimore

**Photo Themes (if people would like to submit local photos to use in the services)**

By sharing them, you consent to us using them royalty free in our YouTube services with the attribution "Original Photographs provided by members of the congregation".

They must be original photographs and you must have the permission of anyone appearing in them.

Please send your photographs to David Bach

([davidcbach1@gmail.com](mailto:davidcbach1@gmail.com)) for compiling.

- Landscapes
- Weeds (esp. in fields)
- Your local communities
- Rain
- Seasonal flowers, scenes, animals, etc.
- Nice looking meals!
- Wine
- Rainbows
- Heavy burdens
- Mountains
- Treasure (esp. pearls)
- Seed sowing
- Crosses

#### July on-line midweek services

1st David Jones Matthew 8.23-27 (Jesus calms the storm)

8th Rev Stewart Fyfe Matthew 10.1-7 (Jesus sends out the Twelve)

15th Rev Andrew Sterling Matthew 11.25-27 (revelation to little children)

22nd Rev Clive Hicks Matthew 12.

29th Rev Peter Boyles Matthew 13.44-46 (parable of the hidden treasure)

## Heart of Eden Benefice

You may well have heard that churches and other places of worship have been permitted to **hold** acts of worship from 4<sup>th</sup> July. Each of our churches in the Heart of Eden Benefice is considering how to do this safely, preparing risk assessments, so that when the churches open for services any attending will feel confident that their health is being taken seriously. We really do look forward to opening our doors again. But hygiene and health protection will be at the forefront for us all.

Where risk assessments are in place we can now hold funeral and wedding services, but numbers are restricted depending on the size/layout of the building. Guidance from the government is being reviewed and updated each month, so there may be further changes during July and August.

A few of our churches plan to open for short periods for individual prayer, and you can see details listed in the next section. Details of services will appear on the individual church sites found via this "A Church Near You" web-page, for example, St Peter's, Asby, will hold its first evening service on 19<sup>th</sup> July.

The contacts given on the respective web pages can also advise on baptisms, funerals and weddings. You will also find other information from the churches and Benefice on these pages - they are updated each month. We'd welcome your enquiries about anything that is of concern to you. Visit <https://www.achurchnearyou.com/church/12199/benefice/>

Of course other churches in the Eden Valley will have different patterns of opening.

We are interested in the possibility that volunteers from each community might make this more possible - do let the rector know if you, or your organisation, would be willing to assist. Many people in our congregations are themselves vulnerable, so are understandably cautious in doing what would normally be much more straightforward.

Revd Clive Hicks Rector Heart of Eden Benefice

#### St. Lawrence, Appleby

Churchwarden: Jean Hutchison

Secretary: Jo Ayres (52017)

#### St. Peter, Asby

Churchwarden: Mrs. P. Bevan

(53433) Secretary: Karen Royle (07966.371044)



St. Peter's Asby will be open for private prayer and reflection on Wednesdays 22<sup>nd</sup> and 29<sup>th</sup> July from 2 - 4pm.

#### St. Cuthbert, Dufton

Churchwardens: Mrs. Gillian Bryan (51414)

Mrs. Shelagh Endres (52855)

Secretary: Mrs. Louise Stewart



#### St. Michael, Kirkby Thore

Churchwardens: Margaret Davidson

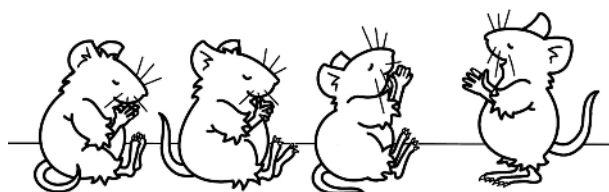
(017683.61699)

Maeve Moore (017683.62005)



Secretary: Liz Higginbottom (017683.62910)

St Michael's Kirkby Thore is now open for private prayer and reflection on Saturdays 10am -1pm.





## SS. Margaret & James, Long Marton

hurchwardens: Mrs. Josie Cannon 017683.51386  
(Acting) Mr. Lutaf Greenshaw 07802254982

## St. Cuthbert, Milburn

Churchwardens: Mrs. E. Godfrey (61007)  
Mr. Leigh Harding (0333.014.3944)  
Secretary: Christine Braithwaite

## St. John, Murton cum Hilton

Churchwarden: Jean Hutchison )  
Secretary: Jo Ayres (52017)

## St. Edmund, Newbiggin

Churchwardens:  
Mrs. M P. Sawrey-Cookson (61574)  
Mrs. Marsh (51098)

## St. James the Less, Ormside

Churchwardens: Margaret Parry (51043)  
Secretary: Richard Parry (51043)

## St. James, Temple Sowerby

Churchwardens: Anne Farmer  
Angela Cleasby  
Secretary: Helen Morgan

## St. Theobald, Musgrave

Churchwarden: John Alderson  
[john.alderston65@gmail.com](mailto:john.alderston65@gmail.com)  
St. Theobald's will be open for private prayer and reflection from 10 - noon on Fridays 10<sup>th</sup>, 17<sup>th</sup> and 24<sup>th</sup> July

## St. Columba, Warcop

Churchwarden: Sheila Morbey  
[sheila.morbey@btinternet.com](mailto:sheila.morbey@btinternet.com)  
St. Columba will be open for private prayer and reflection on Wednesdays 8<sup>th</sup>, 15<sup>th</sup> and 22<sup>nd</sup> of July from 2 - 4pm.

## OUR SISTER CHURCHES

### Roman Catholic Church of Our Lady of Appleby,

Gartheads Road, Appleby

Fr. Peter Houghton (51474)

## METHODIST CHURCH

### The Sands Methodist Church

Rev. Andrew Sterling (51244)  
General Enquiries Linda Taylor (53448)

**Come 4 Lunch and Bring & Share will be back as soon as we can organise it**

## NEWS FROM THE AREA

### Age UK - Carlisle and Eden

For information just ring Pat Mchugh on 07958936694.

### Heart of Westmorland Bereavement Support Group

For more information please contact: Kevin Robinson – 017683 51569 or Revd Sandy Pearl – 01931 714564



## Cancer Information and Support in Eden

Regrettably, in view of the Coronavirus/lockdown situation, meetings are currently cancelled, but if anyone needs support and advice, support and advice is available from Rosie on ☎ 017683 52263

## Citizens Advice Carlisle & Eden

Citizens Advice Carlisle & Eden needs YOU! The Citizens Advice service is looking for volunteers to train to be advice workers in the Eden area.

Citizens Advice Carlisle and Eden ask volunteers to give a regular one day a week over an extended period of time. We need volunteers to train as Advisers and also as Advice Assistants and Business Support roles. Whilst specific qualifications or experience are not required, to train for the role volunteers need to be good at listening, have a good manner when talking to people, be open minded and non-judgmental and enjoy helping people. It is also necessary to have competent skills in using a computer. All volunteers are given free training appropriate to their role which might include how to assess people's needs, either face-to-face or over the phone, and identify the most appropriate course of action. Volunteer Expenses are paid.

If you are interested in volunteering, please send an email to [volunteer-recruitment@ca-ce.org.uk](mailto:volunteer-recruitment@ca-ce.org.uk) with a daytime telephone number, or visit our website [www.ca-ce.org.uk](http://www.ca-ce.org.uk) and complete the form or call 03300 563037 to leave your details. Alternatively you can call in to our office at 2 Sandgate, Penrith.

## ... or if you need to consult your MP...

these are the details:

Christian Hilton / Office of Dr Neil Hudson  
MP / Penrith and The Border  
01768 484114

or email: [Mail: christianb.hilton@parliament.uk](mailto:christianb.hilton@parliament.uk)  
or website: [URL: www.neilhudson.org.uk](http://www.neilhudson.org.uk)

## Eden Carers

Do you care? If so Eden Carers may be able to help you. We are a charity providing free support to unpaid Carers; throughout Eden, who look after a family member, relative, friend or neighbour who could not manage without their help. We support over 850 individuals (170 of whom are young Carers aged 5 to 18 years). We provide statutory carers' assessments: information and signposting; 1 to 1 support; benefit information; newsletters, support groups including after school clubs for Young Carers; social events; training and activities. Contact us on 01768 890280 or [enquiries@edencarers.co.uk](mailto:enquiries@edencarers.co.uk) Let us help you care.

## Meals on Wheels - Volunteers Needed

We are looking for some volunteers to help deliver Meals on Wheels in the town of Appleby one lunchtime each month.

We are a friendly, flexible team who deliver a hot meal and a pudding to clients on Mondays to Fridays.

We will arrange for your DBS (Disclosure and Barring Service) forms to be completed, checked and issued and as long as you have a vehicle for deliver you'll be 'good to go'.

Please contact Dot Anderton 52389, Liz Harrison 51128, Kath Martin 51031 or Jenny Morgan on 52210.

## Upper Eden Food Bank -

### Think 'inside the bag'!

Upper Eden Food Bank would like to thank with huge gratitude the kindness and generosity of all those people and organisations who have offered food and finance to help keep UEFB up and running. It is heart-warming to know that when challenges arise, community pulls together to help one another, each offering their own gifts and talents. Please know that volunteers are applying extra and stringent hygiene measures during the Covid-19 pandemic.

Please also know that we are here to help any who find themselves in difficult financial circumstances. Either call Citizens Advice Bureau on 0330 056 3037, or alternatively Cumbria County Council on 0800 783 1966 who can supply local numbers to refer you to the Food Bank. Or they may offer alternative help.

The UEFB website is a good place to check the current situation and needs: [upperedenfoodbank.org.uk](http://upperedenfoodbank.org.uk)

Other UEFB contacts:

website [URL: www.ksaandtcircuit.org.uk](http://www.ksaandtcircuit.org.uk) ; Facebook  
[upperedenfoodbank](https://www.facebook.com/upperedenfoodbank)

Email [upperedenfoodbank@gmail.com](mailto:upperedenfoodbank@gmail.com)  
☎ 07596 690 902

## Penrith and District Red Squirrel Group

Your native red squirrels need you! ecome a member of Penrith and District Red Squirrel Group for £20 a year. If you see a grey, red or sickly red please ring Gary Murphy on 07974788434 Visit our website at [www.penrithredsquirrels.org.uk](http://www.penrithredsquirrels.org.uk) to donate If you would like a talk for your club/group we can arrange them. Coffee mornings and other fundraising events would also help. Find us on Facebook.

## Appleby Town Council

### Mayor - Making

History was made when Appleby Town Council held its first ever virtual Annual General Meeting on Wednesday June 24<sup>th</sup>. Councillors Gareth Hayes and Jim Chalmers were unanimously elected Mayor and Deputy respectively, and took their oaths of acceptance. Gareth named two mayoresses, Rebecca Page and Mary MacKenzie. It is hoped to hold the civic ceremony and service later in the year.

### Easing Lockdown

The Town Council welcomes the gradual relaxation of lockdown regulations, enabling a wider range of retail and hospitality businesses to resume trading. At the time of writing, work is ongoing, with some external funding, to make the pedestrian flow around the town easier and safer in conformity with government recommendations on social distancing.

### The Moot Hall

The Town Council is well aware of the shabby appearance of this historic building. The Town Clerk has been in negotiation with the Heritage Action Zone to release funds for urgent repair works, following further damage inflicted by Storm Ciara in February. There are also plans to restore hanging baskets and floral decorations around the building.

### Appleby Emergency Response Group

The sterling work done by AERG received richly deserved recognition with an award from the High Sheriff for community service. The Town Council heartily congratulates and thanks the lead officer, Caroline Dudgeon, and her dedicated team of volunteers.

### Public Conveniences

At the time of writing the Broad Close toilets, owned by Eden District Council, were due to re-open. Unfortunately the design and limited floor space of those in the Market Arcade toilets, which now belong to Appleby Town Council, makes it impracticable for them to be used under present social distancing rules.

### Could you do something amazing?

Cumbria County Council supports the wonderful work done by over 200 foster families, some in the Appleby area. Fosterers are part of a team, with their own social worker and contact with other carers. With over 600 children needing foster families, more volunteers are always needed There are a number of different schemes:

**Short Term Fostering:** children are looked after until family circumstances change to enable them to return home.

**Long Term Fostering:** children need a substitute permanent family.

**Approved Support (Respite) Care:** children are looked after for short periods, usually weekends or holidays to provide temporary breaks for their carers/families.

**Short Breaks (Shared Care):** carers are linked with families who have one or more children with disabilities, to provide regular short-term care.

**Homestays.** Families with room to spare supply supported accommodation for young people in work, training or employment who are leaving the care system and learning to live independently.

If you want to find out more please

03033331216;

or go to [www.cumbria.gov.uk/fostering](http://www.cumbria.gov.uk/fostering)

or message @cumbriafosteringandadoption

## Volunteers Needed to Support Families with Young Children

Cumbria Family Support (Note new name - as they used to be **East Cumbria Family Support**) need more volunteers to support families who are going through a difficult patch, and have young or primary age children.

Volunteers are carefully 'matched' with a family and then visit weekly to provide practical/emotional support to parent/s, and/or children as needed. Support might involve looking after a child to enable a parent to attend appointments which benefit the whole family; or focus on building positive relationships by facilitating family activities. Sometimes support may focus on helping parents to build on their strengths, and feel confident about the

decisions they make. These are just examples, and each family's needs are individually assessed. To use that well- worn phrase – 'we do what it says on the tin' - we support families.

Our volunteers come from all walks of life, and are of all ages and experience. They respect family confidentiality, are non-judgemental and have been at the heart of our organisation since we began 24 years ago.

Full training and ongoing support is given, and travel expenses paid. If you would like to know more, please contact our Eden Family Support Coordinator, Sarah Craig on 01768 593102; or email [sarah@cumbriafamilysupport.org.uk](mailto:sarah@cumbriafamilysupport.org.uk)

[www.cumbriafamilysupport.org.uk](http://www.cumbriafamilysupport.org.uk)

Twitter - @CumbriaFS Facebook - Cumbria Family Support

## From the Westmorland Dales Landscape Partnership



In light of the current pandemic with Covid-19, we have cancelled all spring and early summer events until the situation improves. It seems the situation is changing daily. Please keep an eye on our website page, facebook and instagram with latest updates about our local heritage. Stay safe, best wishes from the Westmorland Dales Landscape Partnership Team.

<https://en-gb.facebook.com/westmorlanddales/>

For more information please contact Nicola Estill (Community Engagement Officer) at: [Nicola-estill@fld.org.uk](mailto:Nicola-estill@fld.org.uk) or call 01539 756620 [www.thewestmorlanddales.org.uk](http://www.thewestmorlanddales.org.uk)

## Bus Services - Changes Due to Coronavirus Outbreak



From Friends of Eden Valley Public Transport, using information from Cumbria County Council

Please check [www.cumbria.gov.uk/buses](http://www.cumbria.gov.uk/buses) for details of timetables.

Please note that you must wear a face covering (over nose and mouth) when using public transport, to give extra protection to the driver and other passengers. Bus operators are also implementing other measures including social distancing and enhanced cleaning measures on buses, in line with Government guidance.

563 Appleby to Penrith (Mon - Fri) service

The normal timetable is now operating

ie departures from Appleby at 9.50, 11.25, 14.25

(and departures from Penrith at 9.15, 10.50, 13.30)

(NB The temporary Saturday service has been withdrawn)

574 Kirkby Stephen to Appleby to Penrith (Tues) service

Leaves Appleby at 10.15

The departure time from Penrith is now at the normal time of 14.30

506 Appleby to Kendal via Penrith (Mon - Fri) service

This service remains suspended (until full reopening of Kendal College)

Community Wheels

If you need essential transport, contact Cumbria County Council on 0333 240 69 65 (option 5 charged at local rate) or send an email to [integratedtransport@cumbria.gov.uk](mailto:integratedtransport@cumbria.gov.uk)



## Kirkby Stephen to Carlisle

Itinerary by FastJP  
www.fastjp.com

**Date** Mon 22 Jun 2020  
**Journey Times** 07:06 to 08:41  
**Duration** 1 hr 35 min  
**Number of Legs** 1

### Leg 1 RAIL REPLACEMENT BUS

**Northern** (RAIL REPLACEMENT BUS)  
NT1159

*Service from Kirkby Stephen to Carlisle*

Kirkby Stephen	----	d. 0706
Appleby	a. 0726	d. 0726
Langwathby	a. 0751	d. 0751
Lazonby & Kirkoswald	a. 0801	d. 0801
Armathwaite	a. 0816	d. 0816
Carlisle	a. 0841	----

Timetable data correct as of 18 June 2020. Copyright Rail Settlement Plan Ltd; reproduced under RSP Data Licence. Published by BR Fares Ltd. on behalf of FastJP Ltd.

## Carlisle to Kirkby Stephen

Itinerary by FastJP  
www.fastjp.com

**Date** Mon 22 Jun 2020  
**Journey Times** 17:45 to 19:20  
**Duration** 1 hr 35 min  
**Number of Legs** 1

### Leg 1 RAIL REPLACEMENT BUS

**Northern** (RAIL REPLACEMENT BUS)  
NT1164

*Service from Carlisle to Kirkby Stephen*

Carlisle	----	d. 1745
Armathwaite	a. 1810	d. 1810
Lazonby & Kirkoswald	a. 1825	d. 1825
Langwathby	a. 1835	d. 1835
Appleby	a. 1900	d. 1900
Kirkby Stephen	a. 1920	----

Timetable data correct as of 18 June 2020. Copyright Rail Settlement Plan Ltd; reproduced under RSP Data Licence. Published by BR Fares Ltd. on behalf of FastJP Ltd.

... also, for anyone interested in a day out in a train like you remember, check out these links:

<https://settle-carlisle.co.uk/rail-charter-services/>

<https://www.railcharterservices.co.uk/>





## Lock down restrictions are still in place, says Cumbria's Local Resilience Forum

Following the Prime Minister's announcement that many lockdown restrictions will be eased from 4 July, Cumbria's Local Resilience Forum is reminding people that restrictions remain in place until then and enforcement action will continue to be taken against those breaking the rules.

Key issues that remain of concern in the national park area are:

- Illegal overnight stays and camping
- Littering
- Inconsiderate parking
- Anti-social behaviour



Assistant Chief Constable Andy Slattery, Chair of Cumbria's Local Resilience Forum, said:

"Over recent weeks we've welcomed increasing numbers of people to the Lake District and overwhelmingly they are following the rules, enjoying our wonderful county safely and respecting local communities. The county is of course looking forward to the wider lifting of lockdown restrictions which is so vital to our economy and our communities.



"But a small minority of people are engaging in anti-social and illegal behaviour that we will not tolerate. Until 4 July you cannot stay overnight, and of course extreme littering, inconsiderate and dangerous parking and serious anti-social behaviour will always be unacceptable.

"We are urging people to follow the rules as they are now and avoid having enforcement action taken against them."

### Further changes to the lockdown guidance in England

The government has announced from 4th July, lockdown measures in England will be changing and there will be a number of things you can do that you could not do previously, including:

- Meeting in groups of up to two households (support bubble counting as one household) in any location - public or private, indoors or outdoors. However this should not be indoors in someone's home.
- Additional business venues will open including; restaurants, pubs, cinemas, visitor attractions, hotels, campsites and other public spaces such as libraries, community centres, places of worship, outdoor playgrounds and outdoor gyms.
- Stay overnight away from your home with your own household or support bubble, or with members of one other household

Moving forward, from 4 July, people will be trusted by government to continue acting responsibly by following this and related guidance. Social distancing guidelines will still be in place, however, where it is not possible to stay 2 metres apart, the guidance will allow people to keep a distance of 'one metre plus'. This will reduce the risk of transmission.

You must continue to wear a face covering at all times on public transport or when attending a hospital as a visitor or outpatient. You are also encouraged to wear a face covering, if you can, when indoors and social distancing isn't possible.

## Shielding Guidance is changing.

The government has announced the shielding guidance will be relaxed in stages, subject to clinical evidence. The new advice to patients will now be:

### From 6 July:

- You may, if you wish, meet in a group of up to 6 people outdoors, including people from different households, while maintaining strict social distancing.
- You no longer need to observe social distancing with other members of your household.
- In line with the wider guidance for single adult households (either an adult living alone or with dependent children under 18) in the general population, you may from this date, if you wish, also form a 'support bubble' with one other household. All those in a support bubble will be able to spend time together inside each other's homes, including overnight, without needing to socially distance. This is a small advisory change that brings those affected a step nearer others in their communities. However, all the other current shielding advice will remain unchanged at this time. the guidance for the clinically extremely vulnerable will be relaxed to allow shielded individuals to meet up to 5 people from other households outdoors, socially distanced, and to form support bubbles if they live alone or are a lone adult with a dependent under 18.

### From 1 August:

- The advice to 'shield' will be paused. From this date, the Government is advising you to adopt strict social distancing rather than full shielding measures. Strict social distancing means you may wish to go out to more places and see more people but you should take particular care to minimise contact with others outside your household or support bubble.
  - You can go to work, if you cannot work from home, as long as the business is COVID-safe
  - Children who are clinically extremely vulnerable can return to their education settings if they are eligible and in line with their peers. Where possible children should practise frequent hand washing and social distancing
- 
- You can go outside to buy food, to places of worship and for exercise but you should maintain strict social distancing; and
  - You should remain cautious as you are still at risk of severe illness if you catch Coronavirus, so the advice is to stay at home where possible and, if you do go out, follow strict social distancing
  - The food and medicine boxes facilitated by the National Shielding Service will stop as of **1 August** as individuals are advised they can visit shops and pharmacies. However, other forms of support – such as priority supermarket delivery slots and the NHS Volunteers Scheme, amongst a range of local volunteer schemes – will continue. If an individual is concerned about support after 1 August, they should contact their local authority.
  - The categorisation of 'clinically extremely vulnerable' will remain in place and people in this cohort should continue to follow the guidance specific to them. After 1 August we will continue to maintain the Shielded Patient List. We will monitor the virus continuously over coming months and if it spreads too much, we may need to advise this group to shield again
  - Shielding guidance has been and continues to be **advisory**.
  - Everybody in the 'clinically extremely vulnerable' categorisation will be written to from today outlining these steps.



## Domestic Abuse live surgeries

This week we have once again been joined by partner agencies in answering any questions that you may have relating to domestic abuse and child exploitation, via our Facebook and Instagram pages during our live surgeries.

This week we have focused on Gaslighting and domestic abuse amongst refugees.

Thank you everyone who took part, asked us questions, and voted in our polls.

If you missed our events, and would like to see what we discussed:

Please click here for: [Gaslighting](#).

Please click here for: [Domestic abuse amongst refugees](#).

Our next live surgery will be on Monday 29th June, over on our Facebook page. If you would like to join us between 11am-12pm, you can do so by [clicking here](#).

Whether you are a victim of abuse or are worried about a family member, friend, colleague or neighbour, we are here to help.

Follow us on Facebook - CumbriaPolice

Follow us on Instagram - @Cumbriacops

### Gaslighting Support:

[Childline](#)

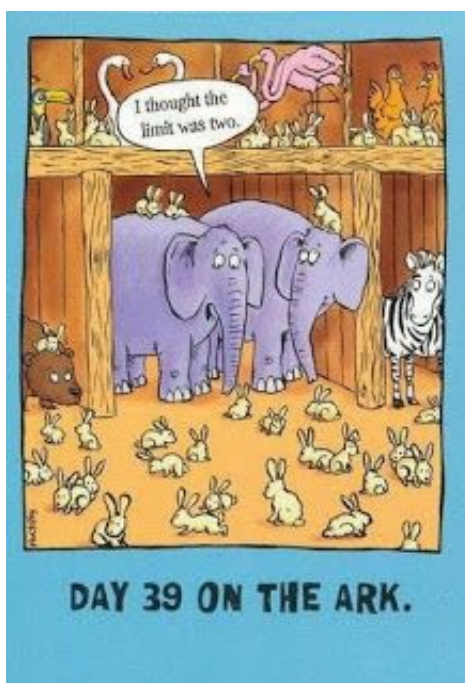
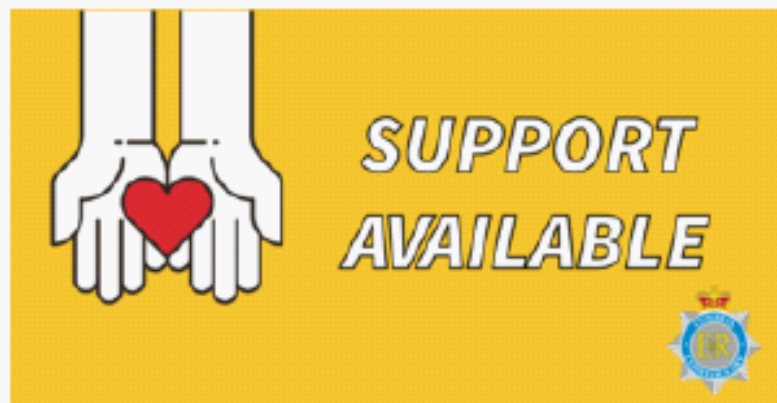
[Safe Lives](#)

### DA amongst refugees support:

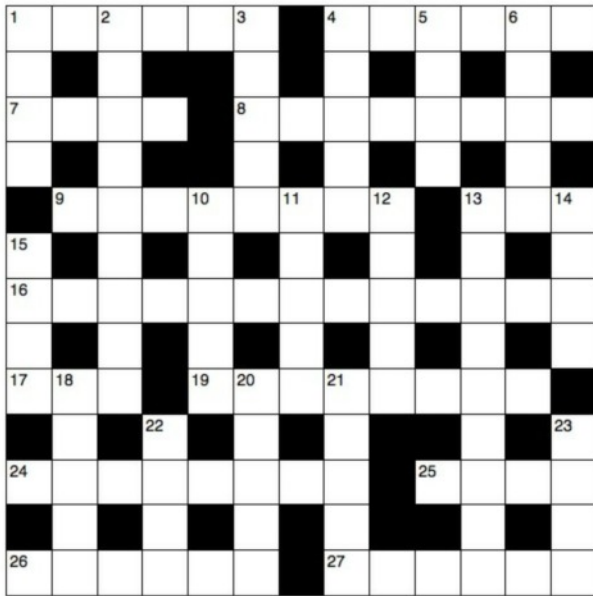
[Cumbria CVS](#)

West Cumbria: [Refsource](#)

Furness: [Furness Refugee support](#)



# July Crossword



## Across

- 1 'I pray that out of his glorious — he may strengthen you with power through his Spirit in your inner being' (Ephesians 3:16) (6)
- 4 'Saul's father Kish and — father Ner were sons of Abiel' (1 Samuel 14:51) (6)
- 7 'Praise the Lord, O my — ' (Psalm 103:1) (4)
- 8 See 5 Down
- 9 Laws (1 Kings 11:33) (8)
- 13 'Who of you by worrying can — a single hour to his life?' (Luke 12:25) (3)
- 16 Artistry (Exodus 31:5) (13)
- 17 'Your young men will see visions, your — men will dream dreams' (Acts 2:17) (3)
- 19 How David described his Lord (Psalm 19:14) (8)
- 24 'If this city is built and its — — restored, you will be left with nothing in Trans-Euphrates' (Ezra 4:16) (5,3)
- 25 'The holy Scriptures, which are able to make you — for salvation through faith in Christ Jesus' (2 Timothy 3:15) (4)
- 26 Intended destination of arrows (Lamentations 3:12) (6)
- 27 Eve hit (anag.) (6)

## Down

- 1 'For I am gentle and humble in heart, and you will find — for your souls' (Matthew 11:29) (4)
- 2 Where Peter was when he denied Christ three times (Luke 22:55) (9)
- 3 Remarkable early 20th-century Indian evangelist, a convert from Hinduism, — Sundar Singh (5)
- 4 'Now the king had put the officer on whose — — leaned in charge of the gate' (2 Kings 7:17) (3,2)
- 5 and 8 Across The Lover describes this facial feature of the Beloved thus: 'Your — is like the tower of Lebanon looking towards — ' (Song of Songs 7:4) (4,8)
- 6 'Stand firm then, with the belt of truth buckled — your waist' (Ephesians 6:14) (5)
- 10 Trout (anag.) (5)
- 11 Easily frightened (1 Thessalonians 5:14) (5)
- 12 The ability to perceive (Ecclesiastes 10:3) (5)
- 13 One of the clans descended from Benjamin (Numbers 26:38) (9)
- 14 "It is one of the Twelve," he replied, "one who — bread into the bowl with me" (Mark 14:20) (4)
- 15 Resound (Zephaniah 2:14) (4)
- 18 Traditional seat of the Dalai Lama (5)
- 20 Precise (John 4:53) (5)
- 21 Build (Ezekiel 4:2) (5)
- 22 Beat harshly (Acts 22:25) (4)
- 23 Darius, who succeeded Belshazzar as king of the Babylonians, was one (Daniel 5:31) (4)

# Bible Bite

## A short story from the Bible

It can be read in the Bible in  
1 Samuel 24

God chose Saul to be the King of Israel, but Saul chose to disobey Him. God said that the next king would not be Saul's son.

Saul didn't know that God had chosen David to be the next king.



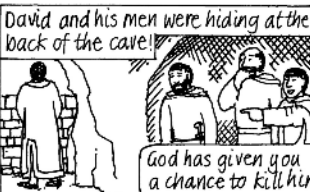
David was very successful as a fighter and very popular.



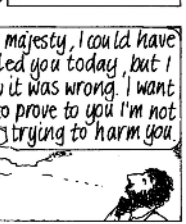
David had to go on the run and hide.



One day, Saul and his army were in En-Gedi. Saul needed to pee, so he went into a sheep fold built next to a cave...



David crept over and cut a piece off Saul's robe.



Then David felt bad.



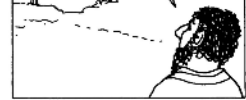
David waited until Saul was far enough away then he shouted to him.



Your majesty, I could have killed you today, but I knew it was wrong. I want to prove to you I'm not trying to harm you.



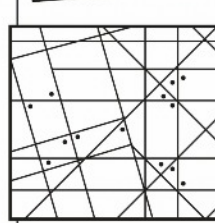
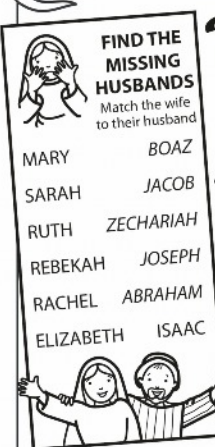
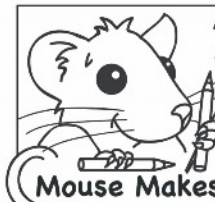
David, you are better than me. I would have killed you but you were kind.



Now I know you will be the next king, but please look after my family.



David promised, and Saul and his army went home.



WHO AM I?  
The last letter of one name is the first letter of the next name.

• Wrote 13 New Testament letters  
• He wrote the third Gospel

• Mother of John (Luke 1:3)  
• Sarah's servant (Genesis 16:21)

• Joseph's mother (Genesis 29:35)  
• His wife turned to salt (Genesis 11:31)

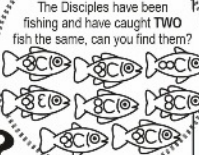
• Paul's friend (2 Corinthians 8:27)  
• A brother of Jesus (Matthew 13:55)

• Ruth's mother-in-law (Ruth 3:1)

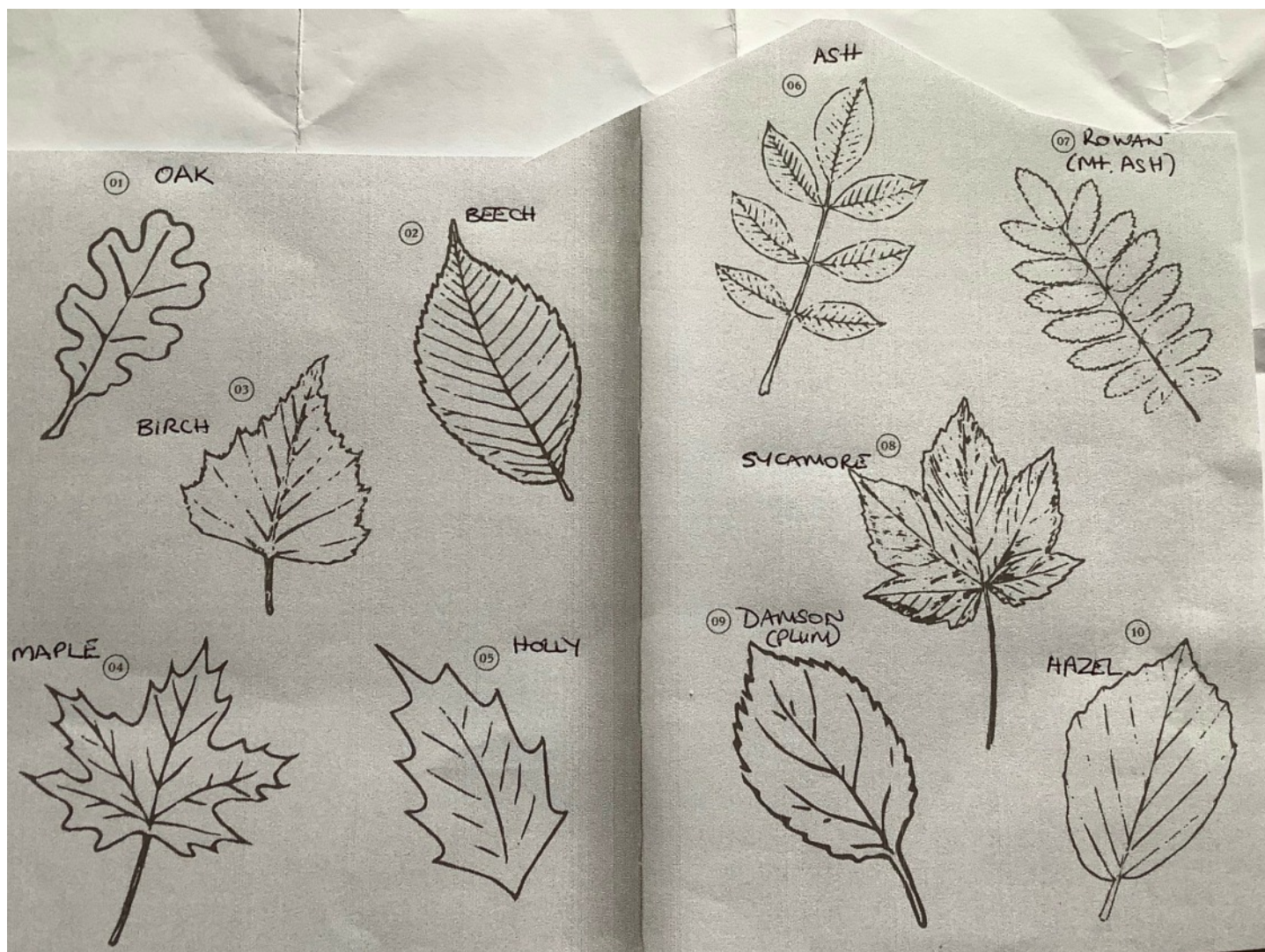
IT'S A PUZZLE!  
God sent 9 plagues on Egypt...  
What were they?  
Change each letter to the one after it in the alphabet to find out.

AKNNC  
EQNFR  
FMZSR  
EKHDR  
CHRDZRD  
OKZFTD  
GZHK  
KNBTRSR  
CZQJMDRR

FIND THE FISH  
The Disciples have been fishing and have caught TWO fish the same, can you find them?







Solution to last month's Long Marton Puzzle

and this month's is Anagrams

## Confused in the Vegetable Patch?

Just unravel the letters to reveal what's growing this year....answers next time!

Seotmoat  
Roctars  
Intm  
Rapspin  
Picilphleerps  
Sanernunerb  
Ligcar  
Doneronsio  
Smoreyar  
Sagedenpar  
Slaprey

Orgeettuc  
Mythe  
Bumcruce  
Groanoe  
Cutteel  
Slabi  
Trocke  
Geas  
Toespoat  
Trebtroe  
Shawrdisce

Licbrooc  
Barenchenfs  
Shcanip  
Badrobsane  
Tonguemat  
Wartbessirer  
Stackblurranc  
Spearribers  
Breebulrise  
Hubbarr  
Groinspinno





# July Crossword Solution

R	I	C	H	E	S		A	B	N	E	R	S
E		O			A		R		O		O	
S	O	U	L		D	A	M	A	S	C	U	S
T		R			H	H	E		N			
	S	T	A	T	U	T	E	S		A	D	D
E		Y		U		I		E		S		I
C	R	A	F	T	S	M	A	N	S	H	I	P
H		R		O		I		S		B		S
O	L	D		R	E	D	E	E	M	E	R	
	H		F		X		R			L		M
W	A	L	L	S	A	R	E		W	I	S	E
	S		O		C		C		T			D
T	A	R	G	E	T		T	H	I	E	V	E



## 15<sup>th</sup> July St Swithun (or Swithin) - saint for a rainy day

St Swithun is apparently the saint you can blame for rainy summers. It is said that if it rains on his special day, 15<sup>th</sup> July, it will then rain for 40 days after that. It all began when Swithun was made Bishop of Winchester in 852 by King Ethelwulf of Wessex. It was an important posting: Winchester was the capital of Wessex, and during the 10 years Swithun was there, Wessex became the most important kingdom of England.



During his life, instead of washing out people's summer holidays, and damping down their spirits, Swithun seems to have done a lot of good. He was famous for his charitable gifts and for his energy in getting churches built. When he was dying in 862, he asked that he be buried in the cemetery of the Old Minster, just outside the west door.

If he had been left there in peace, who knows how many rainy summers the English may have been spared over the last 1000 years. But, no, it was decided to move Swithun. By now, the 960s, Winchester had become the first monastic cathedral chapter in England, and the newly installed monks wanted Swithun in the cathedral with them. So finally, on 15 July 971, his bones were dug up and Swithun was translated into the cathedral. That same day many people claimed to have had miraculous cures. Certainly everyone got wet, for the heavens opened. The unusually heavy rain that day, and on the days following, was attributed to the power of St Swithun. Swithun was moved again in 1093, into the new Winchester cathedral. His shrine was a popular place of pilgrimage throughout the middle ages. The shrine was destroyed during the Reformation and restored in 1962. There are 58 ancient dedications to Swithun in England.

## The Tale of the TWO MEN SAYING THEIR PRAYERS





This series is written by Dr Ruth M Bancewicz, who is Church Engagement Director at The Faraday Institute for Science and Religion in Cambridge. Ruth writes on the positive relationship between Science and Christian faith.



A Scientist Reflects: Suffering and the Image of God

As I write, volunteers are distributing food to people who have been deprived of their usual ways of earning an income during the lockdown in a Majority World country. I became involved in raising money for this initiative very recently, and saw videos from the first people to receive packages. There were expressions of happiness, hope, quiet sadness, resignation, desperation – most often a mixture of several of these feelings at the same time.

I believe that our cries for answers at times like this, and our deep longing for things to be better, kinder, more just, less painful and chaotic, are a sign that we are made in the image of God. The Bible describes God creating men and women, instructing them to rule over the earth, and giving them the freedom to choose what they will do. The world God made was described as “very good”, but human wrongdoing caused a rift between people and God, and also between us and the rest of creation.

From a scientist’s perspective, it seems that the *potential* for accidents, disease and death – for both animals and humans – may have been part of God’s very good creation, and there was a real threat of famine, albeit far rarer than in our current mismanaged version of creation? How would we have managed life in what Genesis describes as an un-subdued world if our relationship with God hadn’t broken down, and evil hadn’t been unleashed? Maybe painful experiences would have been experienced as challenges that brought us closer to each other and to God, rather than bringing us the experience of suffering (which I would define more particularly as involving distress, isolation and fear)? Of course, these are theoretical questions that no one can answer, but perhaps they are worth exploring.

God has already responded to suffering at a root level by taking it on Himself. Through His death and resurrection, Jesus broke the power of sin and death. We do not yet see the final results of those decisive actions – the end of suffering for all those who trust Him – but we can already feel their impact. For example, many people have experienced the wonderful effect, either in their own lives or by receiving kindness from others, which is described by these words: “I will give you a new heart and put a new spirit in you; I will remove from you your heart of stone and give you a heart of flesh” (Ezekiel 36:26).

Some of the people who received food yesterday were, in the words of the community team leader, “really desperate”, but yet they still trust God to meet their needs. My hope is that the worldwide Church will, with God’s help, be part of the answer to their prayers – demonstrating our true status as people made in the image of God.

Brian Draper considers blessing in the pandemic. For details about Brian’s work, visit [www.briandraper.org](http://www.briandraper.org)

Why sometimes you need a broken heart

There is a Hasidic tale which evokes Deuteronomy 11:18, and seems especially apt for now:

‘The pupil comes to the rabbi and asks, “Why does Torah tell us to ‘place these words *upon* our hearts’? Why does it not tell us to place these holy words *in* our hearts?”

‘The rabbi answers, “It is because as we are, our hearts are closed, and we cannot place the holy words in our hearts. So, we place them on top of our hearts. And there they stay, until, one day, the heart breaks, and the words fall in.”

It’s often the case that our own breakthroughs seem to happen when we, ourselves, break open, isn’t it?

This has been, without doubt, a time of breaking open; if not for us personally, then almost certainly for some of those we know and love.

And we’re all affected, in different ways. We’ve all experienced disorientation. We’ve all lost direct contact with people we love. Many still have no physical contact with others. There’s a place for keeping calm and carrying on, but there’s time enough to honour sorrow, too.

The words of the Aaronic blessing have flowed so beautifully through the world, in song, this season. So often, it’s when ‘all is well’ that we perceive God’s blessing in our lives. But how resonant, those words, from within a place where all is *not*?

Perhaps we can treasure those words that may have rested gently on our hearts, awaiting the time they fall a little further into place. May we thus be open, within this historic opening. And may, indeed:

*The LORD bless thee, and keep thee:*

*The LORD make his face shine upon thee, and be gracious unto thee:*

*The LORD lift up his countenance upon thee, and give thee peace.*



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Cumbria County Council



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Valerie Kendall on 017683 53159

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