

The Way



The FREE newspaper of the Church in Cumbria – Spring 2021



Do you want God
with your chips?

PAGE 3



County care homes
welcome chaplains

PAGE 7

EASTER HOPE...

As we mark a year living with the challenges of the Covid-19 pandemic, so our vision refresh prayer reminds us we truly have a God for All...

*Living Lord,
as we offer to you our common life,
refresh our vision that we may know your will
and seek to follow in all your ways.
May we follow daily as your disciples,
care deeply for one another in community,
speak boldly your gospel words of love,
and tread gently as faithful stewards of your goodness.
We ask this in the power of your holy name,
as Creator, Redeemer and Sustainer of our lives,
today and for ever.
Amen*

PICTURE: CUMBRIA TOURISM

INSIDE THIS EDITION

ENVIRONMENT



Church achieves gold
PAGE 5

COMMUNITY

Travellers' chaplain is county's first



PAGE 8

HOMELESSNESS



Offering food and support
PAGE 9

CONTACT US

EDITOR & ADVERTISING:
Dave Roberts



Tel: 01768 807764
Mobile: 07469 153658
Email: communications@carlisle-diocese.org.uk

The Way is the newspaper of the Church in Cumbria. It is produced in partnership between the Church of England Diocese of Carlisle, the Methodist District of Cumbria, the United Reformed Church in Cumbria and Churches Together in Cumbria. Through Churches Together in Cumbria, we ensure coverage of and distribution to the Roman Catholic, Salvation Army, Quakers and independent churches. The editorial team is made up of representatives from across the denominations.

The purpose of *The Way* is to reflect the Church in Cumbria to itself and to our communities more widely.

We do not seek to promote any particular theological viewpoint, but rather aim to stimulate debate by featuring writers from a variety of church traditions and from society more widely.

While we are happy to consider unsolicited submissions, we operate largely on a system of commissions and do not guarantee to publish any materials received.

The views and opinions of contributors and advertisers do not necessarily reflect the views and opinions of the partners.

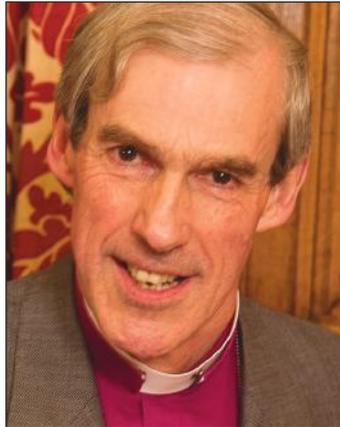
The publisher takes no responsibility for losses arising from information in advertisements in *The Way*.

The Way
Newspaper of
the Church
in Cumbria

INTO THE LIGHT...

Welcome to this edition of *The Way*, one which again can only be published digitally. As we mark the 12-month anniversary of the Covid-19 pandemic so we look with resurrected hope to the future. It is a hope which speaks of vaccination, a roadmap to recovery and lifting of restrictions, while also lamenting all those lives lost to the coronavirus and the challenges it created. Here leaders from across our denominations offer reflections on a message of Easter hope.

The Rt Rev James Newcome, Bishop of Carlisle



IF YOU look up the word 'hope' in a concordance (as I did when asked to write this brief article) you will find it recurs dozens of times in the Bible. Two of my favourite references come in Proverbs and Ephesians. Proverbs 13.12 reads: "Hope deferred makes the heart sick."

We have had plenty of "hope deferred" during the last 12 months - not least as we entered a third lockdown and learnt how long any sort of return to 'freedom' was likely to take.

But the second reference, from Ephesians 1, is that great prayer that the Ephesians - and so, by implication, all of us -

"may know with the eyes of your heart enlightened what is the hope to which he has called you". That hope, which is rooted in the resurrection of Jesus (1 Peter 1.3), is the hope that however things may look at present, God really is in charge,

the risen Christ is with us and our salvation is secure in him, come what may. As Jean Kerr puts it: "Hope is the feeling you have that the feeling you have isn't permanent." It sees what is not, but yet will be.

If we really know that hope, it becomes something we need to live by - and share, especially at the moment when so many are feeling fairly hopeless.

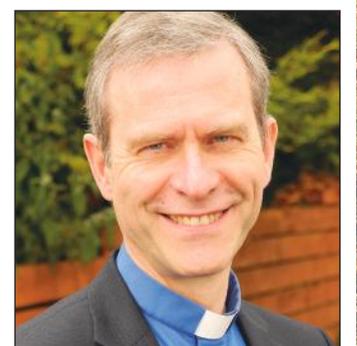
Using a metaphor from Shakespeare (*Romeo and Juliet*) Steve de Gruchy says: "Never before have we been more called to be midwives of hope." This peculiar and unsettling time provides us with an opportunity to express what we believe through the patient way we live (follow daily) as well as the passionate words we say (speak boldly). So we can regard it, by God's grace, not just as a burden - but also as a gift.

The Rev Dr James Tebbutt, Chair of the Cumbria District of the Methodist Church

I BELIEVE in hope when people go out of their way, put themselves in harm's way, to help and care for those who are sick or affected by the pandemic. I believe in hope when neighbour asks neighbour, or stranger: "How are you?" I believe in hope when health workers, scientists, manufacturers and governments develop and deliver vaccines in record times; and especially when 'haves' share vaccines with 'have nots' around the world, through governments or individual donations in gratitude for vaccinations received.

I believe in hope when people of difference respect others in the same church or community: Brexiteers and Remainers; people with different understandings around sexual orientation, marriage and Bible interpretation; recognising that Jesus invited both zealots (freedom fighters) and tax collectors (government agents) to be disciples, perhaps because (only) by being together they might discover and offer hope for themselves and others. I believe there is hope when we recognise we are more racist or prejudiced than we realised, enabling repentance, humility, hope to flow.

I believe in hope because some women found the tomb empty, and because they and we experience Resurrection: unfailingly, this brings hope and transformation to lives, relationships and communities.



Andrew Dodd, President, Churches Together In Cumbria

IN A YEAR of enforced separation from family, friends and church community, we have sustained losses in many ways. Much has been stripped from us, deep sadness and resignation might be present, horizons unattainable, little hope for the future.



But this process reveals that which was hidden. Are we seeing in the paring back of systems, practices and beliefs which separate, are no longer fruitful and diseased, the potential for a new future?

In the week of prayer for Christian unity, many places experienced dynamic engagements with well-attended Zoom daily prayers and Sunday joint service. Many social needs and issues are challenged and met by Christians finding common cause with others. Barriers are breaking down in the name of Christ.

For some, stripping back will be painful and temptation to withdraw into the apparent safety of our separate shells is present. There is hope for future fruit. Otherwise, the gardener would not bother.

John 15.2: "He cuts off every branch in me that bears no fruit, while every branch that does bear fruit he prunes so that it will be even more fruitful."

Major Roger Batt, Salvation Army Divisional Commander

WHEN you enter The Salvation Army college to train as a Salvation Army Officer, you become part of a community that is given what we call a Sessional Name. That is a name you carry with you into ministry as you live the outworking of your calling.



When I went to college in 1981, I became part of 'The Heralds of Hope' session and, throughout, I have endeavoured to be that. A herald is described as something or someone that announces something is about to happen.

As a 'Herald of Hope' I am commissioned to be an announcer that hope is about to happen, hope in Jesus is here despite whatever is going on in life. In the knowledge of a progressing vaccination programme, as transmissions fall, in the anticipation of a helpful roadmap from restriction to release, we have had hope announced.

But above and beyond all of what is, will be, or may not be this Easter in the message of the angels to the visitors of Jesus tomb, "He is not here, He is risen" is an announced hope that transcends all other messages as the risen Jesus gives us life in all its fullness and freedom.

Carole's been serving up God and chips

■ Upper Eden priest spreads the word in local chippie

By Dave Roberts

“THERE’S something about the ministry of hospitality which is so important in Cumbria,” the Rev Canon Carole Marsden explains. “People will take things in if there’s food involved.”

And she should know. During the Covid-19 pandemic Carole has found a new way in which to reach out to her community... by serving in the local chip shop!

The 76-year-old – who laughs when she says she has been in and out of ministerial retirement four or five times – continues to serve congregations in Kirkby Stephen and neighbouring churches.

But, from last June through to Christmas, Carole also helped out at the chip shop in nearby Brough which is owned by her daughter’s partner.

She says: “When the pandemic started it was difficult to have the usual staff in, so in a moment of madness I said I’d help out. Initially, I was taking orders on the phone. People thought they’d got through to *Coronation Street* when they were talking to me!”

“Then I moved over to taking orders at the door as customers weren’t allowed in. A couple of times I wore my dog collar just to shock people. A fair few of them asked, ‘What are you doing here?’”

“It’s really about a ministry of service. A lot of the customers are farmers who phone in orders when they’re still out in the fields so it’s good for them to see me getting stuck in and helping out.

“There were also conversations about what was happening at church, and at Christmas I was able to explain that we were holding an outdoor Christingle service. Some people came because I’d told them about that when they were in the chip shop.”

Originally from Saddleworth, Greater Manchester, Carole was a



Carole Marsden: ‘People take things in if there’s food involved’

primary school teacher before her ordination more than 30 years ago. She served in Oldham for seven years – the first woman incumbent in the Diocese of Manchester – before moving to Cumbria.

Her ministry of hospitality has also seen her help run parish suppers in Kirkby Stephen, reaching out to people who don’t go to church.

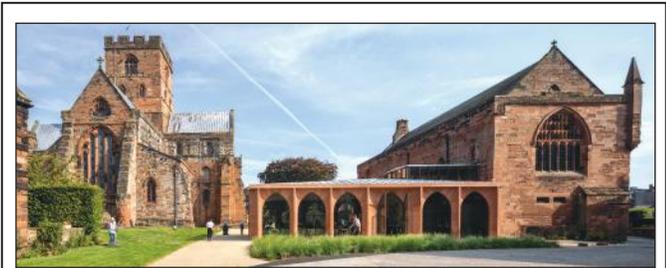
“Church is not all about being in a big building on a Sunday morning,” she adds. “It’s great to be able to get people sat around a table, feeling comfortable enough to open up about different things.”

Carole is not the only person to have used a chip shop setting in which to spread the Gospel message. BBC Radio Cumbria’s Richard Corrie –

currently training for ordination – has run a chip shop in Wigton for 13 years, though the business is currently up for sale. If a buyer is not found before his ordination, later this year, Richard has vowed to wear his dog collar when he’s serving customers.

“More and more people have found out about my ordination when we’ve been speaking over the chip shop counter,” Richard says. “Discussions about our faith shouldn’t be limited to a church building setting. We’ve got to feel confident about sharing our faith wherever we are.”

As for Carole, she jokes that the county’s newly refreshed ecumenical vision should be renamed. “I don’t know about God for All, I’m thinking it should be Cod for All,” she laughs.



Support: Carlisle Cathedral’s Fratry Project

Crucial financial lifeline thrown to Fratry Project

CARLISLE Cathedral’s Fratry Project has been awarded a £250,000 grant from the Culture Recovery Fund.

The money is part of a multi-million pound package of support issued through the Department for Digital, Culture, Media and Sport to safeguard cultural and heritage organisations across the UK from the economic impact of Covid-19.

The grant will support the long-term future of the Fratry Project. Work was completed on the project – which includes a new exhibition and events space, café, meeting point and dedicated space for work with schools and special interest groups – just as the country went into the first lockdown.

The Dean of Carlisle, the Very Rev Mark Boyling, said: “We are delighted the grant application has been successful. This is the result of a lot of hard work by members of the cathedral team; my thanks to them and the funding body.

“No one could have foreseen the impact the coronavirus pandemic would have on all manner of things; indeed that impact continues today.”

The grant is one of 22 in the first round of the recovery fund.

Michael G Maddison
Independent Funeral Director

- Offering a caring, dignified and professional 24 hour service, 365 days a year
- Chapels of Rest, Prepayment Funeral Plans and Memorials

57-61 Newtown Road, Carlisle
Tel: 01228 317577 Mob: 07796 102996
Email: mgm.funerals@outlook.com

GRAINGER + PLATT
Chartered Certified Accountants



ACCOUNTANCY & TAXATION SERVICES

For Businesses & Individuals

01228 521286
3 FISHER STREET | CARLISLE | CA3 8RR
WWW.GRAINGER-PLATT.CO.UK

New project puts mental wellbeing at top of agenda

Group's first meetings held on Zoom

By Dave Roberts

A GROUP of Cumbrian churches is piloting a project to help improve people's mental and emotional wellbeing.

Pioneer minister the Rev Kristy Pattimore has developed a Renew Wellbeing initiative in the Heart of Westmorland Mission Community – Appleby and the surrounding area.

Renew Wellbeing is a national charity which helps churches provide safe spaces – often café-style – at which people come together to share hobbies and activities and to chat. Each group also has a quiet room or prayer space and would look to build links with local mental health professionals.

The coronavirus pandemic meant the Cumbrian project initially launched online but Kristy says numbers of people choosing to join the group are encouraging.

“There are three main themes to Renew Wellbeing: being present, being prayerful and being in part-



Connection: There's no pressure on anyone at the group meetings

nership,” she explained.

“We currently have two Zoom meetings a week and we've had up to 35 people attend at least a couple of times,” she said. “An average attendance would be about 10 at each session, with different people in each group.

“Each session lasts an hour and a half. There's an opportunity for prayer at the beginning and end, though people are under no obligation to join in. You don't have to be an expert in hobbies or

activities and you don't have to be an expert in prayer as this is not about evangelism. This is simply about being alongside people.”

Renew Wellbeing offers a rolling programme of one-hour introductory webinars as well as national online training which must be completed before sessions can be run locally. Before a project's launch, there must also be sign-off by a regional co-ordinator, while all volunteers are required to complete safeguarding training and have a current DBS (Disclosure and Barring Service) certificate.

In March, the Cumbrian group was featured in a social media campaign promoting the concept of Renew Wellbeing. There's an acknowledgement that the launch of the initiative has been timely, with national lockdowns having hit people's mental wellbeing.

Kristy added: “I'm sure the mental health challenges are going to go on well beyond this year. There are people who've attended the group who have really needed that connection.”

As lockdown restrictions begin to lift, the group is considering face-to-face meetings. They are



Kristy Pattimore: ‘About being alongside people’

exploring possible venues but understand there may still be a need for digital connection as well.

Dr Alison Fleetwood, the Diocese of Carlisle's Healing Adviser, sat alongside the group during its formation.

She said: “I think it's important churches are involved in this kind of work. It's part of serving their community. This is very much outward-facing mission and sits so well as a part of the God for All vision.

“This is both a blessing and a provision of a place for members of the community to be included and loved whether they have an interest in God or not. It's about meeting people on their terms; it's not about us, as churches, having an agenda.”

Kristy is happy to help other churches explore setting up Renew Wellbeing groups and can be contacted at kristy.pattimore@gmail.com. For more details, go to www.renewwellbeing.co.uk.



rydal hall
hospitality | tranquility | spirituality

Come, rest and be refreshed in the heart of the Lake District. Enjoy the beautiful location, surrounded by Rydal Water, Nab Scar, Fairfield Horseshoe, Grasmere. There are pleasant walks from the door along lanes filled with wildflowers and wildlife

Special Offer from £78 pp DBB

Rydal Hall, Ambleside, Cumbria LA22 9LX

Booking Office: 015394 32050

mail@rydalhall.org www.rydalhall.org



Helping break cycle of isolation

Andrew Brittlebank, pictured, is a consultant psychiatrist and an associate medical director of Cumbria, Northumberland and Tyne and Wear NHS Foundation Trust. He is a member of Appleby's St Lawrence's Church and helps co-host the Renew Wellbeing initiative in Eden. He explains why the project is so important...



along. It's lovely to help people come together. The slogan about Renew Wellbeing is that it is OK not to be OK and there's no pressure on anyone when we meet. This is not about providing therapy; it's about being there, though that in itself is therapeutic.

There are some people who sit back quietly or read a book, whilst others join in the conversation. It's about being together without any agenda or demand to do anything.

We know mental illness thrives in isolation - it creates loneliness and more isolation - so anything we can do to break that cycle is a positive step. We've put posters in health centres and made ourselves known to secondary care community health providers, so if they know anyone who would welcome companionship they can direct them to us.

“There is no magic ingredient to this. It's just about 'being' and realising that part of the call to the Church is to be the Kingdom of God; to be somewhere where everyone is important, welcome and feels a part of it.

I ATTENDED one of the Renew Wellbeing webinars last year and then a core group came together to consider how we could make something like this work in the Eden area.

At that point we were in phase two of lockdown so we debated whether to wait or try something online. We felt people were feeling much more isolated and anxious in the second lockdown and so decided to go for it.

We tried it and people started to come



'Justifiably proud': Rosemary Riley in the churchyard at Lorton

DAVE ROBERTS

Green-fingered team finds gold

By Dave Roberts

■ Community achieves top level in national 'eco' awards

BY HER own admission, Rosemary Riley does not do things by halves.

So, once she committed to project managing a team tasked with attaining an Eco Church Gold Award, it should come as little surprise that success quickly followed.

St Cuthbert's Church in Lorton, near Cockermouth, received its gold award last November.

Nationally, it's one of only a handful of churches to meet the exacting gold standards and joins Levens Church in the south of the county as a top award winner.

The awards – bronze, silver and gold – are offered up through A Rocha UK, Britain's only Christian conservation charity.

Churches must complete an Eco Survey which draws on five areas: worship and training, management of church buildings, management of church land, community and global engagement and lifestyle.

"I first became aware of Eco Church when I attended an environmental conference in Keswick in 2019," said Rosemary. "I was really excited by what I heard and brought the details back to our church.

"We then decided as a PCC to look into the Eco Church awards

and applied for the bronze award. We qualified for that straight away and so then I decided that we should leap up and work towards the gold award.

"The Eco Church was something we could really buy into and get the whole community involved with. We made a deliberate decision to call this Eco Church/Eco Community.

"There's been a lot of hard work undertaken by people to make this happen. We're only a small church so we're justifiably proud of the success."

At St Cuthbert's, each area was assigned to a different person who presented to an Eco Church panel as part of the bid for gold status. The coronavirus pandemic meant all meetings were conducted online.

Rosemary and her team were able to demonstrate how they had met the gold Eco Church criteria in all areas.

Wildflowers and native shrubs and trees had been planted in the churchyard; bird boxes and hedgehog boxes had been installed; a local farmer built a new cycle rack from recycled material (to encourage people to bike to church); and a water butt

was introduced to help recycle water.

Tanya St Pierre, a resident of Lorton who also works for Cumbria Wildlife Trust as a Get Cumbria Buzzing manager, helped survey the churchyard before the planting.

She said: "This has been an absolutely fantastic project and is a way of bringing the whole community together to do something positive for our wildlife.

"There have been teams of volunteers who helped to scarify the grass before we sowed wildflowers native to our hay meadows; the local school has been involved, researching the wildflowers; and I also ran an open day tour and talk in the grounds looking at pollinators."

There was a concerted effort to involve the wider community, helping the church reach out in new ways.

Rosemary added: "In terms of outreach, I think this is one of the most important things we're doing. We've had people turn up to help in working parties who would never normally get involved in a church activity."

■ For more about Eco Church, visit www.ecochurch.arocha.org.uk.

Academic leads move to 'net zero'

A LEADING academic has been appointed as the Diocese of Carlisle's new Environmental Officer.

Dr Richard Waller, 49, is a senior lecturer in physical geography at Keele University, specialising in glaciology and polar environments.

While continuing to work for the university, Richard will also lead the response to the Church of England's call for all dioceses to attain carbon neutrality by 2030, as set out in a motion which was passed at the Anglican General Synod in February 2020.

Richard, who lives in Penrith and is a member of St Andrew's Church, said: "It's my academic role and undertaking teaching and research in geography that has led to a profound sense of the increasing impacts of climate change and the urgency with which we need to collectively act.

"Finding a church community in which I feel settled and engaged has led to me starting to explore the wider ways in which I can be of service."

Richard will initially focus on the creation of an environmental working group, the primary aim of which will be to work towards the carbon net zero target set by the national church.

Another focus will be around church buildings and energy use, with churches and parishes being encouraged to use an energy footprint resource which was launched last year.

He added: "Using this tool will give us a better understanding of where we're at currently in terms of our energy usage and also the related carbon emissions. That starts to identify the ways in which we can make those initial 'quick wins' as part of this much longer-term journey towards net zero."

New resources and website pages around carbon neutrality will be added to the diocesan website in coming months.



Dr Richard Waller: Lecturer in physical geography

Alex Haynes ALBION GLASS



Traditional Stained Glass Windows
Repair & Restoration of all types of Leaded & Stained Glass

New commissions welcomed.
We offer a full design, manufacture and installation service for traditional and modern glazing and can work with clients' own architects/artists if preferred.

The Byre,
Denton Mill Farm,
Denton Mill,
Brampton,
Cumbria.
CA8 2QU

Telephone: 016977 46801
Email: alex@albioglass.co.uk
Website: www.albioglass.net

Pioneers lead the way

■ Students go online to begin mission journey

By Dave Roberts

“THAT sense of community and togetherness as we explore the mission of God is really great to see!”

Richard Passmore, Director of the Northern Mission Centre (NMC), is talking about the student community that has come together to study on a Certificated Pioneer Mission course.

Launched in July 2019, the NMC is a collaboration between the Diocese of Carlisle and Church Mission Society as part of the God for All vision. It aims to help people reimagine ministry and mission, serving Cumbria, northern England and southern Scotland, with a pioneering focus which brings together both time-honoured and fresh expressions of church.

The NMC’s launch event in July 2019 embodied that pioneering spirit, with the Bishop of Penrith, the Rt Rev Dr Emma Ineson, and the Director of Mission Education at Church Mission Society, Jonny Baker, set to canoe to St Herbert’s Island on Derwentwater. (Sadly, a spectacular storm put paid to a full-scale paddle.)

“I really like the idea of going to the other side of the lake,” Richard explains. “It is a key part of the vision for the Northern Mission Centre. It’s about doing one mission two ways; how we as pioneers go to the other side of the lake but bring the church with us.”

“I also like the idea within the God for All vision refresh of both time-honoured and fresh expressions of church being pioneering; both looking to reach out to new people and find new ways of being church together.”



Flashback: Jonny Baker and Bishop Emma on Derwentwater for the NMC’s launch event in 2019

As with all organisations, the coronavirus pandemic hit the NMC’s plans for 2020, with a pioneer ‘Fiesta’ weekend being cancelled, but the Pioneer Certificate course is being run digitally.

Seventeen students are currently on the course – half based in Cumbria, with the others from the north-east and Yorkshire. They include people in lay and ordained ministry: youth workers, children’s ministers, retirees and those pioneering while holding down jobs or managing family commitments.

The course reflects on Jesus as a pioneer, with other modules considering theology, reading the Bible, missional leadership and entrepreneurship. Those who complete the course will become Authorised Lay Pioneers.

Richard adds: “We were able to move the course online. I was really surprised at how well that has gone. Pioneers are a creative bunch so we

have continued to send out resources.

“It’s been really exciting to see what the students are doing on the ground in practice; whether that’s starting a new community or getting to know their community in a new and different way.

“It’s also been really encouraging over the last crazy year to see how individual churches and fresh expressions have still been able to start their journeys to the other side of the lake; not just online but through new connection with their communities.

“We’re looking forward to having a celebration of their commissioning in July. In true pioneer style I’d love to get a bouncy castle and do that in a very different way but we shall have to see what is possible.”

Taster sessions for the Pioneer Certificate course will run during April and July. For more information, visit www.godforall.org.uk.

MEET THE STUDENTS

JULIE JACKSON is a teacher and part-time actor, running her own theatre and education business. She lives in Kirkby-in-Fumess.



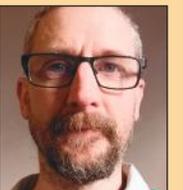
“I’m really interested in creativity and am part of a church in our village. I run several Christian groups, with one called Creators Space through which we explore space for God, for each other, for creativity and for creation.

“From my experience there has not been much encouragement for adult creativity in a church setting. That’s why I wanted to do the Pioneer Certificate course.

“We were asked to make a response to a book on pioneering which considered the church being in exile. I really connected with that as for many years I was ill with ME and so was exiled in my home. I was also able to tap into my feeling that creativity is in exile from the church. I wrote a story which finishes with a lament which I recorded as a podcast. It was exciting to be stretched in that way.

“The course has touched on many different topics which are so important for leading, for pioneering, for mission and for community. I’ve made so many new connections.”

PETE BLAMIRE is a software engineer and attends an Anglican church in Kendal.



“I’m going through a period of discernment as to whether to go for ordination, so I joined the course off the back of that. Pioneering had never really been on my radar before but then I saw an advert for a taster session and chose to join. It’s been thoroughly enjoyable.

“I don’t think people necessarily think of church as being a place to go to if they have issues or are stuck. So this is very much about being in relationship with the people around us.

“The course has helped me think about where the touchpoints could be for the community I’m part of. Lockdown has made things tough but it’s helped me identify where I still meet people, for instance, when I’m walking our dog.

“I’d recommend the course. People should definitely try a taster day. The teaching has been fantastic and the support for the small group work between the main sessions has been great.”



Phone: 01768 868683

Email: ian@askins-little.co.uk

www.askins-little.co.uk

ASKINS AND LITTLE
Stonemasonry • Historic Property Restoration

We carry out all stonework, lime pointing and lime plastering to churches, memorials, listed buildings and homes



No organist? Problem solved!

The new HT-400 Hymnal Plus plays over 2880 traditional hymns and popular worship songs straight out of the box!

Easily create playlists, adjust the tempo, alter the number of verses, change the pitch and even choose your instrumentation.

With indexes to 10 favourite hymn books included (and many more available), the great sound of Hymnal Plus has made it the choice of churches across the UK.

£2149 inc VAT



07761 153934
johnav24@gmail.com



www.hymntechnology.com



Connection: Babs delivering knitted crosses to the Risedale Retirement and Residential Home on Abbey Road, Barrow

Mum's illness gives Babs awareness of challenges

Babs Lowes, a member of Spring Mount Church, explains her role as one of the county's four Anna Chaplains, serving the community in Barrow...

MY MUM passed away three years ago. She had dementia and Alzheimer's. In caring for her I became much more aware of the challenges the illness brought.

From there I became the Dementia Enabler at St Paul's Church, which I attended then. I also did a lot of pastoral work, ministering in a care home in Aldingham, following training by Rev Lucie Lunn of Low Furness Church. I had hands-on experience with the residents and felt a real affinity to them. I was commissioned as a lay minister with particular calling for dementia. I facilitated a monthly ecumenical Dementia Tea Service in Barrow.

The Anna Chaplaincy is for all older people. It sprang up before me really. The Dementia Enabling programme was coming to an end and so there was discussion about what should follow. I felt called to be in the Anna Chaplaincy team and went to some information days.

In Barrow it doesn't work through one church but instead many churches, of all denominations. It's been raised from the ground by God and, bearing in mind the pandemic, it's been an absolute miracle.

Our focus is in care homes at the moment. We're trialling different things with two care homes in particular. We're also working with assisted-living places, hostels and sheltered accommodation - that's 18 homes in total in the Barrow area.

Each of them gets a monthly service provided on DVD. We're trialling craft packs which link to the monthly services and we've produced reminiscence videos as well as developing read-aloud Bible stories with our two homes.

We're developing a team of Anna Friends too. There'll be training for them after Easter. We want to develop a prayer network in care homes. The start was a knitted-cross campaign for Christmas and 1,000 people received the hope of Jesus.

It's not just about care homes though; it's also about reaching out to older people in the community, of faith or none. I've been taking out food parcels via doorstep visits, and listening to what's bothering them, then offering them a prayer. I've been thrilled that virtually everyone has accepted that offer. The hope of Jesus is so heartwarming!

New chaplains reach out to older people



Katherine Froggatt: 'We're all spiritual beings...'

DAVE ROBERTS

By Dave Roberts

"WHAT I'm really looking forward to is actually meeting the Anna Chaplains I've been working with," laughs Katherine Froggatt.

Since last October Katherine has been employed by Churches Together in Cumbria to lead on a two-year project to introduce Anna Chaplaincy to the county.

But coronavirus restrictions mean she's yet to have any face-to-face meetings with colleagues.

Set up 10 years ago by the Bible Reading Fellowship, Anna Chaplaincy offers spiritual support to older people in care homes and sheltered housing complexes, their relatives and the staff who look after them. It also promotes the spiritual welfare of older people in the wider community, particularly those facing challenges living independently.

"Anna Chaplaincy is a ministry which meets the spiritual needs of older people," Katherine explains. "That's all older people, not just those who are in the

■ Pandemic forces project to find new ways to operate as first four Anna Chaplains appointed

Church. We're all spiritual beings, and whilst religion and church is one expression, it is so much broader than that.

"It comes from an acknowledgement that there is a wisdom and depth in the journey that older people are making towards the end of life. It starts to hone your thoughts; there may be questions that you've not thought about or there may be unfinished business to reflect on.

"Anna Chaplaincy is about being alongside older people for whom that is becoming more real, be that as a result of moving home, moving into a care home, experiencing bereavement or even retirement."

Katherine, who works three days a week, comes to the role following a professorship in ageing and palliative care at Lancaster University. Before that she was a nurse.

There are now four Anna Chaplains in the county. Support

currently offered includes recorded services for older people in care homes in Barrow, Low Furness and Kendal, a monthly Dementia Tea Service - building on the work of Cumbria's Dementia Friendly Church Project - and a telephone support service for older people in the East of Eden Mission Community. The plan is to increase the number of chaplains to 12.

Katherine adds: "Anna Chaplaincy will vary in different locations. What it may look like in Barrow - providing spiritual support in a care-home setting - may well be different to a more rural location where the issue may be how to address isolation at home."

The pandemic has forced changes as Anna Chaplains have been unable to enter care homes.

"Our Anna Chaplains have been incredibly creative during lockdowns in looking to meet people's needs," says Katherine.

"The Dementia Tea Service in Kendal has now gone online and worship resources are being provided to the care home staff to ensure that can continue. In Barrow they created a 'Messy Vintage' craft pack for Candlemas that went to care home residents."

Individuals interested in becoming Anna Chaplains must work alongside their church and have to complete all necessary safeguarding and governance procedures. They could be either lay or ordained. A six-week online course exploring Anna Chaplaincy will run after Easter.

Katherine says: "I see God at work in this project. People are coming forward to discuss how they can help and the Anna Chaplains currently in post are continuing to provide support."

■ To find out more about the project in Cumbria, email acctic@outlook.com or visit www.facebook.com/annachaplaincycumbria.

GYPSIES FOLLOWED ON FROM DROVERS



Wash time: Horses in the River Eden at Appleby Fair
F CAMERON WILSON PHOTOGRAPHY

Andrew Connell, who has completed detailed research and published a book about the Appleby horse fair, explains its history...

APPLEBY FAIR evolved from a local drovers' fair which was set up by landowners in the late 18th century to enable the buying and selling of cattle, sheep and some horses.

There is no evidence to suggest the early events had any association with Gypsy, Traveller and Roma dealers and their families. For them, nearby Brough Hill Fair in September was more important.

However, with the coming of the railway, so the droving of animals stopped and it became an event at which to buy or sell horses. Gypsy travellers became a more important element as they were horse dealers.

By 1900 it was coming to be known as a Gypsy and Traveller occasion.

The owners of the 38-acre site where it was based then chose to get rid of the land and handed it over to the town council. The land was locked for 50 years but people still came and camped on roadside verges, as they were allowed to do then. The land was finally re-opened in the 1960s, with horses being traded anywhere in the town.

Most who visited the town were Gypsy travellers as well as visitors to see the sights. It's hard to put numbers on these other than to say they greatly outnumbered the town's population.

The fair is not so much an event as an occasion - when large numbers of people, mostly identifying as Gypsy, Traveller or Roma, converge on the town for an intense holiday to trade, meet, mingle, drink and be merry.

As changes in the law have made their traditional lifestyle more difficult, Appleby Fair has assumed greater spiritual and cultural importance for those who, for a few days, reclaim their identity.

In the 1970s, Gypsy families revived the practice of presenting their children for baptism at St Lawrence's Church during Fair Week.

■ For more, read Andrew Connell's "There'll Always Be Appleby" Appleby Gypsy Horse Fair: History, Mythology, Evaluation.

Travelling community gets its first chaplain

■ Move follows General Synod vote to challenge discrimination

By Dave Roberts

IN A FIRST for the county, an Appleby vicar has been appointed honorary chaplain to the Gypsy, Traveller and Roma communities.

The Rev Clive Hicks, who is Rector for the Heart of Eden benefice, takes up the post in response to an Anglican General Synod debate in February 2019 and a subsequent vote to challenge discrimination against the groups.

The market town of Appleby is famed for its annual horse fair which attracts thousands of members of the travelling community and other visitors each year.

Clive said: "I've been asked to take on this role because of the focus there is around the horse fair and I'm delighted to do so."

"Part of the General Synod resolution was also for every diocese to have such a chaplain."

"My intention is to ensure we do the right things both to support the local community - through appropriate liaison and engagement - whilst ensuring those people who visit the area are treated with the utmost dignity and respect."

"I've already attended training sessions - particularly around the Irish travelling community seeing how Roman Catholic colleagues have worked so well alongside them - and I am also in touch with the national church chaplaincy co-ordinator."

Before ordination, Clive worked in local government and then spent 10 years in Turkey where he came into contact with nomadic groups.

He was a member of Coventry Cathedral before being ordained Deacon in 2011. He completed his curacy on the edge of Warwick and then served for five years in a parish in Ossett in West Yorkshire. He moved to Appleby in November 2019.

The coronavirus pandemic meant the horse fair did not take place last year. It's still unclear as to whether the event - which would normally last for six days - will go ahead in 2021.

Clive feels his experiences in Turkey and at Coventry Cathedral - a centre of reconciliation - will help him in his new role.

"I envisage the first couple of horse fairs will be about me



Tradition: A horse-drawn caravan in Appleby

F CAMERON WILSON PHOTOGRAPHY



Historic: Andrew Connell, right, has welcomed the appointment of Clive Hicks, left

DAVE ROBERTS

getting to know people, working out the best way possible to connect with the community and how best to relate to them," he said. "That's not just the travelling community; it's also about seeing the horse fair through the eyes of Appleby people."

"I also hope to become a member of a strategic planning group for the horse fair. I do carry on my bookshelf a book about peace-making and the need for

careful listening. That will be an emphasis in this ministry."

Clive's appointment has been welcomed by Andrew Connell, who has lived in the town for nearly 50 years and is a member of St Lawrence's Church. He is a trained historian and has written a book about the horse fair.

He said: "I am delighted Clive is taking on this responsibility. With his background he is admirably suited to the role and

he clearly understands what is needed. I'm sure he will be made very welcome by those within the Gypsy and Traveller community and a lot of local people will appreciate it too."

As well as covering Appleby, Clive's honorary post takes in the south of the county. The diocese is also looking to appoint another honorary chaplain for the travelling community with responsibility for north and west Cumbria.

Relief in a time of crisis

■ Sight of rough sleepers acts as catalyst for drop-in centre for the vulnerable

By Dave Roberts

IT WAS a trip to see a West End show which proved the catalyst for the Rev Alun Jones and Methodist Deacon Debbie Wilde to start a new drop-in centre supporting the homeless and vulnerable.

Both were so shocked to see the number of rough sleepers in London that they felt moved to write to the Archbishop of Canterbury about their plight.

That was in November 2019 and a few months later the country would be in lockdown.

Then, last March, Alun, who is the vicar of St Herbert's Currock in south Carlisle, was told that a Community Chef project – providing food and sustenance to those in need – was looking for a base.

"I'd decided that as a church it was important for us to stay open as much as we could during the pandemic," Alun explains. "People were in crisis. They weren't just suffering because they couldn't see their families; there was also extreme financial hardship.

"These parishes are in the bottom 10 per cent nationally on deprivation indices. We started by delivering bags of food to people's homes. There are people out there without any food, who are sitting in the dark and cold because they don't have any money to pay bills.

"I felt we had to remain open to support these people and so that they knew we were praying for them. Then Debbie and I found out about the Community Chef project. We thought to ourselves 'We were the ones writing letters to the Archbishop, now we can help!'"

On average, 100 people a week are served by the ecumenical project which runs from St Herbert's church hall. Six days a week, people are offered free breakfasts and evening meals. The team of 14 volunteers who help run the initiative also provide Sunday lunches, while neighbouring allotments are used to grow food for the project.

"It's vital we have a place like this because homelessness is such a serious problem which tends to get overlooked," one of the volunteers says. "What Alun is doing here is giving people a sanctuary.

"It's not just that people are coming here for food, there's also the social dimension, so that's helping people's mental health too."

Alun's other ministerial roles have proved invaluable too. As chaplain to Carlisle United, his ties with the club have seen the players make regular food donations. One of the club's main sponsors, Pioneer Foods, also makes substantial weekly donations as does the



Providing sustenance: The Rev Alun Jones, left, with chef Mike Cullen in St Herbert's church hall

DAVE ROBERTS



Supporters: Alun with Carlisle United striker Lewis Alessandra, left, and club captain Nick Anderton

local Morrisons supermarket.

Alun has successfully applied for grants from bodies such as the Cumbria Community Foundation, Carlisle City Council and the Big Lottery to help pay the hall's utility bills and purchase a new industrial cooker for the kitchen.

"It's amazing to see how a hot meal can boost someone's spirits," he adds. "We also deliver hampers and, in the last few months, we've provided tents, sleeping bags and clothes to people who are passing through the area or who are permanently homeless. It's shocking to know of the number of people who are living in tents around the city."

Organisers have seen surges in demand, particularly during cold

weather and when schools have been closed and school meals are not available. On Christmas Day, about 40 local and homeless people enjoyed a three-course meal in the hall. A similar meal is planned for Easter Sunday.

Volunteers also advise people on how to fill in forms for Universal Credit and other benefits. There's now wi-fi connectivity in the hall to help with that.

Alun concludes: "Though this started during the pandemic, Debbie and I hope it becomes a permanent project. It's vital that the Church engages with people in crisis; that's not just as a witness to our Christian faith but to show respect for the dignity of all people."

Project is 'a necessity'

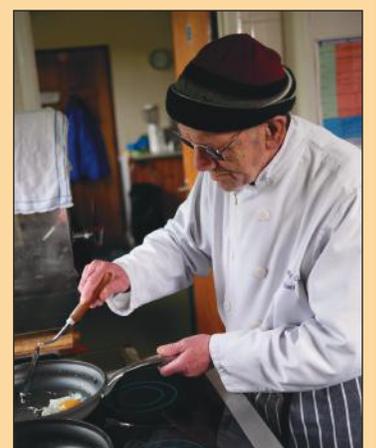
Mike Cullen has been involved with providing help for homeless and vulnerable people for six years. He previously served in the Royal Signals in the Army and has been a chef for more than 40 years. He explains his role as chef for the Community Chef Project...

I MOVED back to Carlisle in 2015 after my wife died. I had a meeting with a veterans' chairman and I was introduced to people from the Salvation Army's Foodbank. I started there by making 300 meals a week.

Then I progressed to St Aidan's Church and other churches in the community. Eventually I was introduced to Alun and Debbie; we had a chat and then we set up here just under a year ago.

I'm not a churchgoer, but I do see how important it is for the church to be involved in this work. The people in the church have backed us 110 per cent, which means we can reach out to the homeless and vulnerable in this way.

From 10 to 11 o'clock in the morning, people can drop in for breakfast and then there's an evening meal from 4 to 5pm. People can have takeaways too. We also wash and dry people's clothes for them as well



Mike Cullen: One of a team of four in the kitchen

as giving out food parcels when we can.

Three people work with me in the kitchen; we all join in together cooking, washing up, doing the laundry. It's a great team to be a part of. We've created a community within a community.

It's wonderful to see people walk out of the door with a decent meal inside them, with some nutrition.

We're also helping them in other ways with the tents and sleeping bags. This is such a necessity.

Silence can be golden

■ New book looks into background and methods of the contemplative way

By Dave Roberts

“IT’S ABOUT freeing your mind of everything – all your worries and concerns – and being in the moment with God. That’s immensely liberating and freeing.”

The Rev Canon Cameron Butland, the diocesan spirituality adviser, is talking about practising the contemplative way – taking time to pray silently each day.

Cameron has just written a book which draws on his years of teaching and coming alongside others as they explored this form of prayer. *Soul Desire* is the result.

Over 170 pages he explores how the contemplative way has developed, from its foundations with Antony of Egypt in the fourth century, and the subsequent teachings of the desert fathers and mothers, through to its influence on Augustinian, Benedictine and Franciscan communities, the early Celtic saints and later people such as Dietrich Bonhoeffer, the German Lutheran pastor who opposed the Nazis and was executed.

Central to this form of prayer is St John’s gospel and the relationship of love.

“People on the various courses and retreats I’ve run explained to me that the stories I was telling of Antony were great but they couldn’t find any books about him,” Cameron explains. “So my idea of writing this was to make these so much more accessible to people and pull together the various sources.”

At the book’s heart is a call to turn to a daily discipline of silent prayer. It’s aimed at people who want to go deeper in their prayer life.

“Especially during lockdown, silence has weighed heavily on many people,” Cameron adds. “That’s quite a negative view of silence. But the book focuses



Cameron Butland: ‘People want to join a positive space of silence and stillness’

on a positive side of the silent, contemplative way; it’s about being awake, alert and attentive. The only way to do it is to try it.

“I’ve been staggered at how the pandemic has seen more and more people turn to the contemplative way. I tried an online retreat last November; originally it was for 30 people but we had 64 join us online and another 12 who worked alongside us. People want to join a positive space of silence and stillness.”

Towards the end of the book, Cameron also includes five exercises to help exploration of the contemplative way. People are

encouraged to think of how they can best enter into the prayer form, there’s help offered for Lectio Divina (scriptural reading, prayer, meditation and contemplation) and a ‘holding prayer’ exercise suggests how readers can ‘walk out’ from their place of prayer to be alongside those they are praying for.

There’s acknowledgement, too, that the contemplative way revolves around an obedience to love.

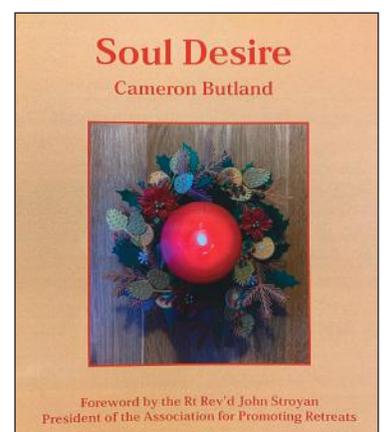
“Silent prayer is all about your relationship with God and your relationship with God through Jesus,” Cameron continues.

“Jesus’s command is to love one another. That obedience to love is crucial to the whole thing.

“People say to me all the time that they don’t have time to pray and my response to them is that their life should be a life of prayer in which you slot in all the busyness.”

■ *Copies of Soul Desire are available from Cameron Butland at £12 each (including postage). To order a copy of the book, email cdsa03@gmail.com.*

Cameron also plans to provide copies to Christian bookshops in Cumbria as restrictions allow.



Accessible: *Soul Desire*

Online meetings provide lockdown connections



Ella Waine: ‘Important link’

ELLA Waine, 13, lives in Kendal and is a member of Ignite Network Youth Church.

Like thousands of young people across Cumbria, she had to contend with home schooling during lockdown. At the same time though, regular Network Youth Church online meetings became an important part of her life.

“Our Soul Youth Group has continued to meet during lockdown led by Chris Mason,

Shanthi Thompson, and Ann and Steve Holton,” she says.

“We’ve changed from meeting each week on Zoom to meeting every few weeks as many of us spend most of our days in front of a screen due to home schooling etc. It is great that we continue to meet and still have this important link with each other.”

She says she enjoyed making ‘look after yourself in lockdown’ bracelets earlier this year. “Each

bead, depending on its colour and shape, helps you to think about, remember and pray on different parts of our lives. A purple bead or shell helps you to remember to rest and recharge, for example.”

In the week of Shrove Tuesday, members met and made pancakes together on Zoom.

“Ann and Steve dropped off a goody bag to each of us containing all the things we would need to participate in pancake making

and the countdown to Easter,” she explains. “We really enjoyed making the pancakes. It was good fun to see each other’s tasty attempts and to see the toppings – from Nutella and honey to lemon, sugar, strawberries and cream!”

“We talked about Lent and why people give up things or take up new things during the 40 days.

“I look forward to our next meeting and the next game of Five Second Rule.”

Ex-Dominican friar prepares to step down from key role

■ In our Focus on Faith, we meet Charles Proctor, the outgoing Diocesan Safeguarding Adviser

Q Please tell us a little bit about yourself.

A I'm a Lancastrian – born and schooled there – and was brought up in a Catholic family. At Durham University I read history, then studied law and was called to the bar in 1980. I worked in banking for a few years but then felt I wanted to do something completely different with my life.

I went into religious life in 1983 and became a Dominican friar, living at Blackfriars in Oxford where I studied philosophy and theology. It was a fascinating bunch of men to live with and there was great debate around theology. The Dominicans are heavily involved in social action – one reason why I went there – and I became involved in Christian CND. I was also trained up in counselling.

Despite loving the life so much – and having already been ordained a deacon – I left before I was made a priest. Since then I have married my wife Pauline and we have a wonderful son so I have no regrets.

Rather than moving into the law, I worked for the mental health charity Mind and then trained as a children's social worker. I spent most of my career in Cumbria first as a social worker, as a team manager and then as a manager of services across the county.

I left Children's Services in 2013 and became the independent chair of the diocese's safeguarding group. At the same time I was approached by Bishop Michael Campbell in Lancaster to be the independent chair of his safeguarding commission, so almost simultaneously I was working for both Anglican and Roman Catholic dioceses. In May 2015, I stepped down from the Anglican chair role to become the Diocesan Safeguarding Adviser in 2016.

Q What does your role entail?

A The Anglican church now has a very well developed set of policies and procedures around safeguarding. It's my job to have read, understood and conveyed all of that information. That's really important but more so is the support I offer to bishops, archdeacons and other senior leaders to ensure we get safeguarding right.

It's equally important to support the volunteers in the parishes who look after safeguarding issues. They must feel that they know what they need to do in any given situation. I advise on safer recruitment and safeguarding training. It's about supporting our parish communities as well as our leaders.

Q Why is safeguarding so important within a faith setting?

A If people who want to harm children or vulnerable adults come across a setting where there are few procedures in place, where there's little vetting to understand someone's background before they volunteer for something, then those are the settings where people are at risk. We know, in particular, that sex offenders will be attracted to those settings.

Whilst it's important to spot if a child or vulnerable adult is unhappy, it's equally important to give the message to those who may want to hurt others that this is a setting which takes safeguarding seriously – there will be checks and people will be spotted. This is not about turning a parish safeguarding officer into a social worker, but it is about conveying the message that all the necessary checks will be made.

Q What have you enjoyed most in your career?

A I have loved working with other people. There are many complaints made about social workers but I have never met a more admirable bunch of people than the colleagues I worked with; it was a privilege to work with them.

That has been the same during my time working for the Church. I have huge regard for so many clergy and lay people I've worked alongside in all denominations. An achievement is that I feel I've developed relationships whereby someone can pick up the phone and ask me for help and advice.

Q How has your faith helped you in your role?

A It's easy for a social worker who has a faith to recognise that victims are all God's children. That's a driver and it turns social work into a vocation which I've looked to bring to the role in the diocese. It can be less easy to recognise offenders are also God's children, but as a Christian my faith says that no one is beyond redemption.

Q As you prepare to step down in the spring, what will be your prayer?

A As a Catholic the Hail Mary is the prayer which would come to me, but I've also been pointed in the direction of Mother Theresa and the 'unspoken prayer'; to feel, to sense and explore rather than to speak. I'm drawn to one of Mother Theresa's sayings: "Be happy in the moment. That's enough." So my prayer would be "Lord, let me be happy in the moment."



Charles Proctor: 'It's important to give the message to those who may want to hurt others that this is a setting which takes safeguarding seriously'

DAVE ROBERTS