

The Way



The FREE newspaper of the Church in Cumbria – Winter 2022/2023



**'A moment to treasure
for the remainder
of my days'**

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**May you all have a
wonderful Christmas
and Christ-filled 2023!**

CARING DEEPLY

■ **Hundreds of people in Cumbria, like Olive Cronie, are reaching out this Christmas to support those in need**

MEET 92-year-old Olive Cronie. Each week Olive visits the Carlisle Foodbank to drop off food collected by the congregation of St George's United Reformed Church. She is a passionate supporter of their work as you can read more about on Page 5.

And as the cost-of-living crisis continues to bite and energy bills rise, so hundreds of people like Olive from churches across Cumbria are reaching out this winter to support those who need help.

This edition of The Way focuses on some of the wonderful ways in which

that is happening: from Foodbanks and drop-in centres through to Healthy Healing Hubs and churches opening their doors as Warm Spots.

It is all undergirded by a commitment to 'care deeply', one of the central tenets of the county's ecumenical God for All vision and strategy.

This Christmas - as we celebrate the birth of our saviour Jesus Christ - we recognise this will be a time of hardship for many. But we can also give thanks for all that is being done in Jesus' name to ease the burden of others.

There are so many people now who are struggling': Olive Cronie, 92, is a passionate supporter of the Carlisle Foodbank

PICTURE: DAVE ROBERTS



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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.

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The Way
Newspaper of
the Church
in Cumbria

HOW DOES OUR GARDEN GROW?

As work continues on our refreshed ecumenical God for All vision and strategy, so greater emphasis is being placed on a 'mixed ecology' of church in our county in future years. How can different forms of church grow, nurture, support and sustain each other? A helpful way to think about this is through a 'Parable of the Garden', where there's a focus on planting, pruning, tending, preparing and even allowing areas to lie fallow. Here our ecumenical leaders reflect on what this means to them as together we look to see God's Kingdom continue to flourish in Cumbria

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

SOME instinctively prefer things to be ordered and planned, while others prefer things to be free and spontaneous.

At worst, for some the first approach can become a straitjacket; for others, the second threatens chaos.

Of course, our preferences sometimes vary with different contexts or issues, and, through life, we learn to navigate both.

At best, we begin to appreciate

the unexpected possibilities that a different approach might sometimes bring, and its opening up of helpful outcomes that might not otherwise have been achieved.

In the garden of God's kingdom in Cumbria, we are discerning from our listening and reflecting that space and encouragement for different approaches might be best, rather than a prescriptive



approach in whatever direction.

Cultivating a mixed ecology of different expressions and ways of being church, both time-honoured and fresh, that are interconnected within our ecumenical mission communities, might be God's gift and calling for flourishing at this time.

Thus, whatever captures your imagination and enthusiasm, whether familiar or new, may you collaboratively plant, scatter and tend, as God calls you; and may God's blessings be upon you, and on all who find comfort and joy, nurture and nourishment, companionship and life in God's garden.

Major David Taylor, Salvation Army Divisional Commander

AS I CURRENTLY observe my garden, I note both the seasonal retreat into hibernation of some plants and the ongoing flowering of others in the midst of unseasonal warm weather.

It appears there are seasons that keep to God's wonderful ordering and creation purposes, alongside the human impact of climate change upon those purposes.

I am constantly aware that it is the same in the seasonal life of God's church - that there is a vital cooperation with God, as we bear witness to his grace and goodness and as we cultivate the work of his Spirit. But equally, we remain in danger of either being negligent or even actively working against his creative purposes, if not careful and attentive.

The metaphor cannot regulate the exact same seasonal cycles and cultivational timetable for all churches. The church is full of wonderful diversity. But there is the ongoing challenge that we will be attentive to God's active purposes in each church location, able to discern the work of the Holy Spirit and willing to support and serve accordingly in the light of the revelation we have received in Jesus Christ.

For "The people walking in darkness have seen a great light; on those living in the land of darkness a light has dawned." (Is.9:2) God be with us in our faithful cultivation.



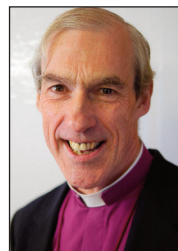
The Rt Rev James Newcome, Bishop of Carlisle

GARDENS play an important part in the Bible. It's in the Garden of Eden that Adam and Eve succumb to temptation; in the Garden of Gethsemane that Jesus sweats water and blood; and in the 'heavenly' garden of the new Jerusalem that the leaves of the trees are for the 'healing of the nations'.

In John 15 Jesus describes God the Father as 'the Gardener' which suggests that the 'glory of

the garden' (as Kipling put it) is ultimately his. But, as undergrounders, we also have a crucial role to play; and as we work - under God's guidance - to grow his Church in Cumbria we can expect it to be mixed, productive and beautiful.

Mixed, because God is for All, and the future will include ecumenically both 'time-honoured' and 'fresh' expressions of church. This is not either/or; it isn't a mat-



ter of formal rose-beds or wild meadow flowers. We want - and need - both if we're to reach out to everyone with the gospel.

Productive, because there will be a profusion of fruit in God's Cumbrian garden. This will, of course, be the fruit of the spirit - love, joy, peace and so on, growing not only in the lives of individuals but evident also in the way we relate to each other and serve our communities.

All of which means that future church in Cumbria will also be beautiful. Rather like Holebird Gardens, it will both attract visitors and involve volunteers as it reflects the beauty of its Creator.

Rev Andrew Dodd, President, Churches Together In Cumbria

PRIVILEGED to be building our retirement house, contemplating mountains of stone and mud, the hymn, 'Come down O love divine,' comes to mind.

Oh, for a sweeping intervention that will turn our 'garden' into a colourful and welcome space! But life is not like that; hard work with

earth-bound materials stands in the way of our dreams.

At present, we are distanced from the hardest graft by use of machines. Eventually we will have to get our hands in the ground and become one with the elements of earth.

The good news of the gospel is missed with a God who is "up



there" when God has already "come down" and made a dwelling place with us.

The Christian recognises that far from being up there, or some awesome digging machine, God in Christ has come and joins in the digging, the heavy lifting, the blood, sweat and tears of present life, creating a future hope. It's going to take a huge investment of many resources to change our garden and so it is with our lives and wider Church landscape... and God is with us.

Arthur's lifetime of devotion to Prayer Book is recognised

■ Kendal churchgoer, 97, one of first to receive new national award

By Dave Roberts

“THIS is a moment I shall treasure for the remainder of my days. I was brought up in the Prayer Book, taken to church at a very early age by my mother and, if it's God's will, I shall die in the Prayer Book.”

Arthur Moss, from Kendal, reflects on the impact the *Book of Common Prayer* has had on his life. Such is the 97-year-old's passion for the Book, he was recently presented with a special award for his dedicated work over many years to promote its use.

Arthur was among the first in the country to be presented with the Kilmister Award, a new annual award bestowed by the Prayer Book Society (PBS).

It recognises and celebrates the work of lay people who have made an outstanding contribution to the life of the PBS, which brings together those who value the *Book of Common Prayer*.

Arthur, a Reader Emeritus of Holy Trinity Kendal – a church he has served for 50 years – said: “I suppose my reaction to news of the award was one of pride, pleasure and, of course, surprise as I didn't know the society had introduced these awards.

“Thirty years ago, I became chairman of the Carlisle Diocese branch of the society, at a time when we needed to breathe new life into the organisation. I felt called to accept that task and with the help of committed colleagues our membership quadrupled, and our activities became better known, attracting further support. By the time I gave up the chairmanship after 12 years, I'd like to think that the organisation had flourished.”

Arthur, who remains the branch President nominally, received a framed certificate and copy of the *Book of Common Prayer* and will also be sent a special medal engraved with the PBS logo. His was one of five awards bestowed by the PBS this year, with recipients invited to attend the annual conference. Arthur could not make the journey so instead received his award at Holy Trinity Church Kendal, following a Book of Common Prayer Holy Communion Service.

It was presented to him by the Rev Eric Robinson, a former curate and vicar of Kendal Parish



'Pride': Arthur, right, receives his award from the Rev Eric Robinson; inset, the Book of Common Prayer

DAVE ROBERTS

Church, and a friend to Arthur for 25 years.

He said: “It was an immense pleasure to be able to honour Arthur in this way. I first got to know him when I was a curate in 1999. I soon realised he was a man of God, his heart was central to the life of the church, and his faith was central to who he was as a human being.

“He approached me to see if I would like to be a member of the Prayer Book Society and it is one of the best things I've ever done. It introduced me to the Prayer Book as an immensely strong liturgical tool for the church, but it also introduced me to its spirituality and its language which I've valued ever since.”

The *Book of Common Prayer* (or Prayer Book) was first issued in 1549 and has been modified several times, principally in 1662. Today it is used in more than 50 countries and can be found in 150 languages. The PBS has worked for 50 years to keep the Prayer Book at the heart of the Church of England.

The award is named after the society's founder, the late Tony Kilmister OBE, and will see a total of 50 awards presented over the next 10 years. People were invited to nominate recipients.

Bradley Smith, chairman of the PBS, said: “I am delighted Arthur Moss is one of the first recipients of the Kilmister Award in the society's 50th anniversary year. His dedicated service has been recognised by those who nominated him, and his work has been judged by the trustees to be worthy of the award. I warmly congratulate him, and sincerely thank him for his outstanding contribution over many years.”

Arthur remains committed to the promotion of the *Book of Common Prayer*, a text he says, “strengthens adherence in the faith”.

He added: “It summarises our thoughts; you can listen to the words of the liturgy and apply them to yourself which is very uplifting. I believe it to be irreplaceable; what is coming in its place doesn't even begin to compare.”



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It may be winter outside...

■ Warm Spots provide venues for people struggling with energy bills

By Dave Roberts

IT'S A terrible day weather-wise when I arrive at Cornerstone Community Church in Sedbergh. Rain is lashing down and it's cold and grey.

But inside the building it's a very different story; there's a wonderful welcome, refreshments are on offer and there is opportunity for crafts, chat and prayer.

The church is one of more than 130 designated Warm Spots to have registered across Cumbria, providing a haven for people who may be struggling to cope with domestic energy bills during the cost-of-living crisis.

The Rev David Crouchley, Methodist minister at Cornerstone, explains: "As the Western Dales Mission Community we were concerned about the possibility of people being cold and lonely during the winter. So we decided to offer a warm space for a couple of hours a day. We know there are a lot of people anxious about the rising cost of energy and food bills, so we've tried to incorporate some refreshments and fellowship into what we can offer.

"We've had engagement from a number of refugees who have moved to our area, as well as elderly people who live on their own, and parents and toddlers. It's part of our Christian commitment to be at the coalface in this way."

There are strong ecumenical ties in the market town, and the churches have worked together to draw up a five-day programme of Warm Spots venues.

A previously vacant shop premises is now open for drop-ins on Mondays and Fridays; there's the Cornerstone Open House on Tuesdays; a coffee morning at St Andrew's on Wednesdays; and a further drop-in at the town's Zero Waste Café on Thursdays.

Warm Spots is led by Cumbria



Aware: David Crouchley and Becca Gilbert



Volunteer: Kelly Procter

County Council, ACTION with Communities in Cumbria, Churches Together in Cumbria, Cumbria Community Foundation and Cumbria CVS. More than 130 venues have registered, with nearly 60 of those being churches.

The Rev Becca Gilbert, pioneer minister for the Western Dales Mission Community, says her experience in helping launch the Zero Waste Café a few years ago – through which people could receive a weekly share of surplus food – flagged up local needs.

"Sedbergh may be considered an affluent place, but there are levels of need here too," Becca explains. "We saw that when we launched Zero Waste Sedbergh Food Club with the associated Community Cupboard (a Foodbank). We're looking to further respond to that need through the Warm Spots.

"There will be lots of churches already doing this kind of thing. Take St Andrew's in Sedbergh, which has a coffee morning that is



'Our children can interact...': Liberty Bradley, her partner Will and their daughter Grace are regular visitors to Open House

PICTURES: DAVE ROBERTS

always bustling. It can still be classed as a Warm Spot; it's just about reimagining what the purpose of that particular ministry is. Ultimately, as churches, we've said, 'This really matters to us'. People have heard and rallied round."

Kelly Procter volunteers at Cornerstone's Open House and works at the Zero Waste Café. She says: "I wanted to give something back and I love coming here to help. The pandemic really hit us as a family, particularly as my son has serious health issues which meant we couldn't leave our house for four months in the first lockdown.

"Now I want to get out to socialise and draw alongside people at every opportunity. Open House allows me to do that and it's helping so many."

For people like Liberty Bradley, her partner Will and their two-year-old daughter Grace, Open House provides a welcome drop-in. "We live in a flat so there's not much for us to heat and we've not been hit with more expensive heating bills yet," Liberty explains. "But it's great to come along to mornings like this. It's important as parents that we can get out and meet other people and our children can interact and play with others too."

■ For more details, visit <https://new.cumbria.gov.uk/warm-spots>

STRONGER TOGETHER

JO PHILLIPS, Ecumenical Social Responsibility Officer for Churches Together in Cumbria, has worked on setting up the Warm Spots initiative.

"There are a few things I love about this campaign," she says. "Firstly, it may bring people through the doors of our churches that would not otherwise think of doing so; secondly, it lets folk on the other side of that annoying invisible wall between Church and everything else, see that the Church is at work in and for our communities. I also have hopes that as folk

see the Church at work, it may encourage relationships and partnerships to do all sorts of other good things.

"Some of my favourite church Warm Spots registrations are those that include community partnership of different churches and groups. Where we work together, so much more can be done than we could ever manage on our own.

"It's not only about creating new projects, but more about letting people know what's already happening. Our churches already run all sorts of events."

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'It must be hard to feel you can't feed your children...'

■ Local people step up to help with unprecedented Foodbank demand

By Dave Roberts

"OH! WHENEVER Olive walks in here she just makes everyone beam," Stephanie Humes, manager of the Carlisle Foodbank laughs. "She's just such a wonderful person and has done so much for us."

Stephanie is talking about 92-year-old Olive Cronie, a member of St George's United Reformed Church in Carlisle and a passionate supporter of the city's independent Foodbank since its creation 10 years ago.

Every week Olive visits the city centre premises to drop off food which she has collected at church and even completed a sponsored 5km walk for the Foodbank last year, raising several hundred pounds.

"Every week people from my church bring donations in which I then take down to the Foodbank each Monday," Olive explains. "I also have my own pocket money which I use to have a good shop on Monday morning. The main thing I buy are crates of milk which they are always in need of."

"It's very important to support Foodbanks. There are so many people now who are struggling. It must be very hard as a parent to feel that you can't feed your children properly. I feel very much for them."

And it's support like that which is much needed for Foodbanks across the county. The team at Carlisle had their busiest ever month in September with referrals for 651 adults and 372 children. A team of 70 volunteers looks to serve their needs, with collections coming in from supermarkets and the Foodbank open to the public four days a week during the winter from 12 noon to 3pm.

But with the onset of winter, the cost-of-living crisis and spiralling energy bills, the fear is that the numbers of people forced to turn to Foodbanks for help could further increase.

"It's so busy at the moment," Stephanie says. "We are supporting around 1,000 people a month. If people are referred then they can get three food parcels a month, which last for three days. We look to make the referral process as easy as possible for people as we want to help them as much as we can."

"The main pressure we face is in ensuring we have enough food



Stephanie Humes: 'We are supporting around 1,000 people a month'

PICTURES: DAVE ROBERTS



'Incredible': Project manager Jo Sutcliffe, third from right, with North Lakes Foodbank volunteers



Gordon Pickering: A volunteer for nine years

coming in, but we also need to ensure it is the right kind of things. Some wonderful supporters are providing us with gift vouchers so we can top up on certain items that we may be running short of.

"As we approach Christmas we have also prepared lots of special bags to give out to people in December which include things like selection boxes, Christmas puddings and Christmas crackers. It's important that everyone feels able to enter into the Christmas spirit."

There's recognition too of the support being offered to the Foodbank by churches in and around the city.

"We continue to have wonderful

support from lots of churches and congregations," explains Brenda Phillips, assistant manager at the Carlisle Foodbank. "We can't thank them enough for all they do for us along with so many other people in the community."

It's a similar story at the North Lakes Foodbank, operating out of Lorton Street Methodist Church in Cockermouth. Since its creation in 2012 through a collaboration with churches in and around the town, the Foodbank has grown from its original base in a cabin at the back of the Methodist church, through to six centres across west Cumbria, various satellite centres and a warehouse facility.

Around 130 volunteers provide support ensuring food collections are made and the various centres open to provide clients the opportunity to drop in and collect voucher-based food parcels of which four different types are available: singles, couples, families and heat-free (for those people who may only have a kettle to warm food).

Jo Sutcliffe, project manager of the Foodbank for nearly two years, explains: "All the volunteers are amazing; this could not happen without them. We're a Christian organisation but not everyone who works here is of faith."

"It's hugely important that

churches are involved in this kind of work and we should look at ways in which we can further draw alongside those people who come to the Foodbanks.

"It's incredible to see the support we have in the area. People in this community just give and that's not just people with money."

The support is needed. The North Lakes team has seen an increase in demand in recent months: 950 children were supported this summer compared to 750 for the whole of 2021, figures for the third quarter of 2022 show 757 vouchers were issued enabling 1,602 people to be fed.

Jo adds: "The collections from churches at Harvest would normally last us into March, but all those donations have gone out already. So, things are definitely on the increase, but we are able to cope with the demand."

The Foodbank teams say it's heartening to see people they have helped coming back to offer their own support when they are able to.

"It's amazing to see people we have previously helped out, coming in when things have turned round for them to donate food or bags themselves," Stephanie says. "They have realised how lucky they were to get the help they needed and in turn they want to help others too; that's wonderful!"



Hub: Cornerstone is on Denton Holme's main shopping street



New mum: Becca Frank often visits with her young son Boaz



Support: Intern Eve Brett chats with Cornerstone customers



Together: The centre has become a meeting place for local residents

The community heart

■ Much-loved centre celebrates ten years of supporting local people

By Dave Roberts

“ON MY first day here one of our regular customers came up and introduced himself. He said, ‘I want to tell you there’s no way you’ll ever get me stepping foot inside that church! I’ll come here but I won’t go there!’

“Of course I said that was fine but fast forward five years and that same gentleman now does go to the church where I helped to baptise him.”

Andy Blake, manager of Cornerstone and OpShop which is run by St James’ Church in Denton Holme, Carlisle, reflects on how the community hub has reached out to people over the years.

The centre has just celebrated its tenth anniversary and has become a much-loved place for dozens of people in the area to drop in for a chat and a brew.

Across the road from Cornerstone is the charity OpShop which was set up 30 years ago to help fundraise for a new parish centre. From that came the realisation that a new community had been formed on the high street, which in turn led to the creation of Cornerstone.

Andy, who has been in post for five years, explains: “From the OpShop we saw a group of people come together who didn’t want to leave. They enjoyed chatting there and meeting each other.

“At that time, we felt there was no other space locally for them to continue to do that. So, the next step was to create Cornerstone.”

A decision was taken to demolish the existing building which housed the OpShop as the property was in disrepair. Cornerstone was then rebuilt, with the charity shop relocated close by.

Over the last decade Cornerstone has provided a venue for a number of community initiatives. Andy – who worked in a Job Centre for 11 years before taking on his current role – helped set up a Job Club to support and encourage people back into employment. At the same time a Community



Manager Andy Blake: ‘It’s very special’

PICTURES: DAVE ROBERTS

‘IT’S SUCH A HAPPY, INCLUSIVE PLACE!’

RETIRED teacher Jill Ainsworth, pictured right, is a volunteer at the OpShop charity shop.

“It’s the people that make this place, they are so welcome,” she says. Anyone can come in, everyone is accepted, anyone can be supported and helped.

“A while back I met someone when I was doing a litter pick and she invited me along to Cornerstone for a coffee. I’d never been in before that, despite living around the corner but I’ve hardly left the place since!

“I’m not a Christian but you are accepted for who you are. I always said that when I retired, I’d volunteer somewhere. There was no question as to where that would be and I now work on the till in the OpShop charity shop.

“When I was a teacher, I worked with children who have special needs. So, I particularly love the fact that adults with special needs are encouraged to help out in the cafe and the charity shop. It’s just such a happy, inclusive place!”



Money Advice team was set up to help people budget better, and a team of community midwives also hires room space two days a week for check-ups.

“There’s been a constant change to the services which are offered,” Andy says. “We listen to the com-

munity to understand what it is that people need help with and then act accordingly.

“Most recently we’ve introduced a Wellbeing Café. Covid and the isolation that people experienced have had major impacts on people’s mental health. This is

one way we can help with that.”

Every Thursday Cornerstone is given over to support those people who attend the Wellbeing Café for free refreshments, crafts, games and the option to take part in Bible-based meditation.

“It’s all done in the same space

which creates a beautiful sense of prayer and conversations and laughter all merging together,” Andy says. “It’s very special to see that happen.”

And when speaking to Cornerstone customers, it is clear how important a hub it has become for the community.

Becca Frank, who was in the centre with her son Boaz, explains: “As a new mum it has been absolutely fantastic to come here, knowing it’s such a safe space where children can play and where you can have a reasonably priced cuppa. Everyone here is so welcoming. There’s just nowhere else like it in the area. It’s the heart of Denton Holme, the heart of our community.”

With the cost-of-living crisis hitting people’s pockets, Andy and his team have also seen an increase in demand at the Foodbank which is run from Cornerstone.

“Four or five months ago we were only getting one or two people a week coming to request a food parcel,” Andy explains. “That’s now five to ten people per day; there’s been a huge increase.”

Each food parcel includes a card which tells people they are loved and will be prayed for. It’s yet another way in which Cornerstone offers Christian mission and ministry on the high street.

Andy concludes: “People know that we are run by St James’ Church. There are Bible passages on the walls and there is Christian music playing in the background. There’s also a Christian resource centre and a prayer wall.

“We’ve run Alpha courses from here and hope to do more of those in the New Year. Ladies from the church run a craft group through which they look to connect with people in the community.

“Ultimately Cornerstone is a way in which we can show God’s love in practical ways for those who need support – they can come and have a free drink if they can’t afford to buy one, use the Foodbank and keep warm.”

■ *Cornerstone is open 9am to 4pm, Monday to Friday, and 10am to 1pm on Saturdays.*

Hub of hope and healing

■ First centre offering prayer and support

By Dave Roberts

THE first of ten Healthy Healing Hubs to be launched in churches across the county has been officially opened.

A special Service of Prayer for Healing and Wholeness marked the beginning of the new 'Welcome Inn' initiative at Appleby St Lawrence, with the Diocese of Carlisle funding the start-up costs for a further nine hubs for their first year.

It will see the church open as a Healing Hub every Tuesday from 1pm to 3pm, with dedicated team members offering prayer and support to those who visit. The previous rector of the Heart of Eden, the Rev Clive Hicks, originally encouraged the hub's development.

Sue McGuinness, the Healthy Healing Hub Team leader at St Lawrence's, said: "When we heard that ten such hubs were to be set up across Cumbria, we felt that it could really benefit our Appleby community and the surrounding villages.

"Everyone is welcome. We're offering a warm space, refreshments and companionship. But most importantly we want to offer a place of hope and healing. We want people to be able to bring their experience of life, their worries and troubles to this space and be offered one-to-one healing prayer as well as a chance for communal healing during a weekly prayer service.

"We also have links with our local healthcare providers so will be able to signpost people to further support should they need it.

"It's important to remember that human flourishing is about body, mind and spirit. So, we are not talking explicitly about physical healing; it's about healing which is needed following ruptured relationships, the loss of jobs, income, home and connections with friends, the diagnosis of a serious illness or a bereavement. Through all of those challenges, people need to know that God is with them."

Sue – a recently retired nurse and child psychotherapist – and three other church members have completed all necessary safeguarding requirements and taken part in four healing ministry training workshops which are run by the Guild of Health and St Raphael, the organisation behind the hubs.

The concept of the Healthy Healing Hubs was first developed by the Rev Dr Gillian Straine, CEO of the guild which supports and resources churches in building partnerships with local healthcare providers and



'God is with them': Sue McGuinness at the special service at Appleby St Lawrence

PICTURES: DAVE ROBERTS



Prepared: From left, the Rev Fran Parkinson, Sue McGuinness, Jean Hutchison and the Rev Sandy Pearl have all taken part in healing ministry training workshops

badging them as safe places for healing and wellness.

The team at Appleby has also signed up to a national charter of good practice for offering healing prayer and has now been awarded Bronze Badge status.

The church has introduced new soft furnishings in their 'Welcome Inn' area and their Lady Chapel will provide people with a different space in which to share their burdens. Two other church volunteers will provide hospitality and refreshments for those who visit.

The Rev Fran Parkinson, one of the members of St Lawrence's Healthy Healing Hub team, said: "An important image for us is one of a cracked pot through which the light of God is shining. It's about making beautiful something which has been broken. I suppose that could be our catchphrase.

"There are lots of different health services which provide this kind of support but the difference is that we, as a church, will be doing this in the name of God and it's for mind, body and spirit. There's also something important about offering this service within the heritage of the church;

we're opening our doors and saying, 'This is for you'."

The Bishop of Carlisle, the Rt Rev James Newcome, is the Church of England's lead bishop for health and social care. He said: "I am thrilled that we now have our first Healthy Healing Hub up and running in the county.

"We need to combat the feelings of isolation and loneliness which so many people are experiencing, particularly post-pandemic. My prayer would be that those who feel moved to visit the Appleby Hub are blessed and feel supported by this wonderful healing ministry."

Sue said the Healthy Healing Hub initiative provides another way to reach out as a church community. "My hope is that the local community will experience the warmth of welcome. So many people are troubled at the moment and they simply need to speak to others.

"Our hope is that people can say to one another 'Why not call in at the Welcome Inn'. My prayer for our Healthy Healing Hub is that it is always in Jesus' name."

■ For more details, email healing.adviser@carlisle-diocese.org.uk

'A COMMUNITY BLESSING'

DR ALISON Fleetwood, pictured right, is the Diocesan Healing Adviser. She has supported the Appleby team in its bid for Healthy Healing Hub status.

She said: "It's amazing to see the first Hub launched in the county. We have been working towards this project for some time and the team have really run with it.

"This is such a timely project which can also tie into the Warm Spaces initiatives that churches have signed up to during the winter months.

"We have a number of other churches which have completed the online training run by the guild and a couple of others are booking onto training which will run in January.

"I think this demonstrates that the Church is not a place with closed doors or is just a place for people to come to on a Sunday. It's a place which



welcomes everyone, whether they are of Christian faith, any faith or none.

"My prayer would be that this hub is a blessing to the community and that it will really flourish within its town centre setting.

"I also pray it will inspire others to create Healthy Healing Hubs across Cumbria."



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Right: The Rev Stephen Tudway and Ruth Hutchings in Broughton

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Left and above left: The youth group has grown from six regular attendees to more than 20



Meeting in the overlap

By Dave Roberts

“I’VE often felt that pioneering and time-honoured churches don’t sit well together because either one or both parties aren’t sufficiently interested in working with the other,” the Rev Stephen Tudway explains.

“But people here don’t feel like that. We are all committed to doing the particular things we do for the particular groups of people we are drawing alongside. But we also recognise that people’s spiritual styles, preferences and the way that God has made them will bring overlap. That, in turn, helps people realise we are all one body of Christ.”

For the last three years Stephen has looked to draw on that ‘overlap’ in his role as Priest-in-Charge of Broughton-in-Furness and Duddon and Kirkby Ireleth. As a result, important links have begun to flourish between traditional forms of church and pioneer ministry.

The former lawyer came to the post in January 2020, just months before the first Covid lockdown. Inevitably that created challenges, but positive partnerships have also developed with Furness Network Youth Church leader Ruth Hutchings and Louise Cox, a Cumbrian vet who leads forms of Messy, Mossy and Pub Church in the area.

Under Ruth and Stephen’s leadership the youth group in Broughton-in-Furness has grown from the six young people who regularly attended to more than 20, with a decision taken to open two nights a week rather than one. Since September 2021, there have been informal drop-in sessions at a Methodist building on Wednesdays and then a Meeting Point on Thursdays which is more structured and includes faith-based elements.

Stephen says: “We have an understanding that you can deliver youth work that is somewhere between a ‘youth club delivered by church members’ and a

■ Links flourish between pioneer and traditional forms of church

place where you have to mention Jesus in every sentence. There’s a happy medium to be had.”

That’s led to seven church members now volunteering at Meeting Point and, to integrate the youth work into the life of the traditional church, Ruth now preaches once a term in Stephen’s churches.

“At the end of the day, we’re all church,” Ruth says. “We all love Jesus and want more people to know about him and see lives changed as a result.

“So there needs to be a synergy between traditional and pioneering forms of church. I love traditional church in all kinds of ways but for many people that just doesn’t work. It’s a challenge for a lot of young people who are faced with attending a building full of people much older than them on a Sunday morning when all they want is to be in bed!”

Likewise, a partnership with Authorised Lay Pioneer Lou Cox around Messy and Mossy Church in Thwaites has proved equally successful. Messy Church started in 2016 and has seen numbers grow from 13 to 60, while Mossy Church is a form of outdoor church which helps families and children connect with God through creation.

That has led to a monthly family communion service at St Anne’s Thwaites which is attended by some of those who go to the Messy and Mossy Churches.

“Going to church with small children can be really hard work,” says Lou who gained a certificate in Pioneering via the Northern Mission Centre. “So, by starting Messy and Mossy Church it gave people an ‘in’ – a way in which they could connect.

“That is what pioneering ministry is all about. It makes church more accessible for a lot of people. What we’ve now seen through the communion service is

families feeling comfortable attending traditional church. We’ve got something good going here!”

Stephen adds: “I suppose you could say that with Lou it’s worked a little in reverse of the way things have gone with the youth group. Meeting Point saw people from traditional church volunteer and move into a new church setting, whereas the families who have attended Mossy and Messy Church now feel comfortable in attending a time-honoured church service.

“There are about 30 people at that service every month, making it one of the bigger congregations, and it’s one where those people who want something traditional can sit comfortably alongside the families from Mossy Church.”

Stephen is moving to a new benefice in Appleby Deanery in January, but he is still exploring what could be next for the Broughton area. He recently met contemporary fine artist Irene Rogan who has previously worked with St Michael’s and All Angels, Hawkshead, on a creative project to draw in new audiences into a church space.

Stephen concludes: “I don’t want to make huge claims for what is going on in the south-west corner of the Diocese. All we are doing is being ordinary, decent Christian people, co-operating with each other as one Body of Christ. “Over the last three years I feel that God has been saying lots of small things to all of us. Starting a second night of youth work has been the work of the Spirit.

“Likewise, working with Messy and Mossy Church has seen growth in new ways and more overlap. It’s a ‘God-incidence’ that Ruth, Lou and I have all been here, willing to work together and seize on these God-given opportunities.”

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'Eco' solution turns church into warm, welcoming hub

■ With water running down vestry walls, building's future was uncertain

By Dave Roberts

"SOME of the electric heaters under the pews had failed and there was even water running down the vestry walls because the building was so damp. It was cold, so not welcoming, and we needed to do something about it."

James Walling, a churchwarden of 33 years at St Anne's, Ings, explains the difficult situation facing the congregation in 2012. A decision had to be made about the building's future or the Grade II* listed Georgian church could have faced an uncertain future.

But, under the leadership of the then vicar, the Rev Geoff Watson, and Dr John Hiley, a retired electrical engineer and university lecturer who had recently moved to the south Lakes village, things were about to change for the better.

As part of a major re-ordering, the church introduced an air-source heat pump system which was linked to underfloor heating. It has provided a sustainable, low-maintenance system which, importantly, has also garnered low electricity costs for the last 10 years.

John recalls: "There were a lot of complex levels both getting into the church and when you were in the building, with steps up to the pews and to the communion rail.

"To keep the church open for the future we realised we had to make it much more versatile by removing pews and levelling the floor. Once we decided to take the pews out, the obvious next step was to introduce underfloor heating via the air-source heating pump."

Simply put, an air-source heat pump works in reverse of a refrigerator which sees hot air drawn away to keep food cool and which



Pleased: John Hiley, left, with James Walling at St Anne's, Ings

DAVE ROBERTS

then radiates into the air via a metal grille on the back. An air-source heat pump draws heat from the air which at St Anne's is then directed into the underfloor heating pipes, in turn heating the building.

Alongside the sustainable heating system, secondary glazing on the windows, additional roof insulation and backup radiant panels for the coldest winter days

have made the church warmer and more welcoming.

The project cost £110,000. Half was funded by parishioners, but it also attracted sizeable grants due to the renewable energy aspect.

It's meant that, over the last decade, the church has been used much more frequently – instead of once a week – and now provides a venue for concerts, music work-

shops, band rehearsals, local history society talks and village fairs while the base-line electricity usage has not increased.

John explains: "If you think in terms of units of electricity consumed, we hardly use any more now for a building which is used three times as much.

"When it's not in use, the background temperature is 10 degrees,

increasing to 18 degrees when there is a service or community event. This also means the building's fabric is no longer damp. Previously, condensation used to stream down the walls and windows; that no longer happens.

"But, most importantly, using an air-source heat pump suited the philosophy that we all need to address climate change; we all need to be sustainable and conserve materials."

The success of the sustainable heating scheme was picked up by Historic England and, in turn, the Church of England nationally has now featured the church as an example others may wish to draw on.

There has also been local interest from other churches in Cumbria, with PCC members visiting to find out more.

St Anne's PCC is now looking at other renewable energy sources, with plans currently being drawn up for 28 solar panels to be sited on the building's south-facing roof.

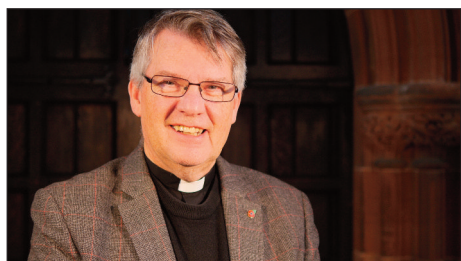
The scheme will cost more than £20,000 – for the panels and batteries. Although the building would not be independent of the National Grid because of energy demand in mid-winter, excess electricity generated during the summer could be sold back to the grid, creating an income stream.

John adds: "It means other people will get the benefit of electricity generated from a renewable source – our church."

James concludes: "It makes an enormous amount of difference to worship in a warm church; it makes it feel more welcoming and our church organ also stays in good fettle because there is no damp.

"It's had a massive benefit for our wider community too who regularly use the building."

Bishop's chaplain announces retirement



Stepping down: Cameron Butland

THE Chaplain to the Bishop of Carlisle has announced he is to retire from full-time ministry at the end of January.

However, the Rev Canon Cameron Butland will continue to support the Rt Rev James Newcome and other senior leaders in a part-time capacity during a period of transition of leadership for the Diocese of Carlisle over the next 12 months.

Cameron said: "The last seven years

as Bishop James' Chaplain have been a remarkable time of service and I am grateful to him for the trust he has shown me and his kindness.

"It has been an honour to support him in his role as Diocesan Bishop and his national roles on behalf of the Sovereign and Church of England."

He will work the equivalent of two days a week supporting Bishop James and colleagues at Bishop's House.

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'You only get one chance to say a final goodbye and it should be perfect, dignified'

■ In our latest Focus on Faith, we meet independent funeral director Jill Glencross, recently named Cumbrian Woman of the Year

Q Please tell us a little bit about yourself?

A I am 47, married to Russell and have two children – Abbie, 22, and Matthew, 14. Abbie is currently studying for her Master's in psychology and Matthew is in Year 10. We live in Dalston.

My background is 24 years in pathology at the Cumberland Infirmary in Carlisle. I volunteered at Eden Valley Hospice in day care after having the children as I only worked three days in pathology. This enabled me to give something back. I also had another job as a health care assistant at the same time, which I loved.

Q How did you feel called to be a funeral director?

A I always knew I wanted to care for people from a very young age but didn't know in what capacity. When I was a little girl I used to walk past a care home on my way to church on a Sunday morning. There was a lady who was in a wheelchair in the conservatory every time I passed. I would wave at her and say, 'I'm going to work there when I'm a big girl'.

At school I wanted to be a nurse, but this didn't happen, and when I left school at 15 I initially worked for a firm of solicitors. At the age of 18, I then got a job at the Cumberland Infirmary in the pathology laboratory of the Histology, Cytology and Mortuary department.

My first experience of seeing someone who had passed away was when I was 14. It was my 'granda' James. I then saw my other 'granda' Joe when I was 17. I hadn't experienced death until then but felt comforted by seeing them both.

After 24 years in pathology, I successfully applied for a

position as a funeral director and later set up my own independent funeral directors.

I feel totally privileged to do what I do. It is not a role for everyone; I think it takes a special person to be able to do the job we do. Everyone says I was made for this role which is lovely to hear; it makes me realise I am doing something right.

You only get one chance to say a final goodbye and it should be completely perfect, dignified and unique. This is my dream job and I absolutely love what I do. I am not sure why I felt called to it, but I always had an interest in death and a belief that you go to Heaven when you die. I simply want to help people and give something back. It is so rewarding.

Q How important is your faith in what you do?

A My faith is very important to me and I do believe in God. I was brought up as a Christian and attended Holy Trinity Church from a baby into my adult life. I am christened and was also confirmed at St Barnabas in Carlisle. My mum ran the Guides at Holy Trinity and I later helped with the Brownies at St Bede's Roman Catholic Church on Wigton Road.

I do believe we go to a better place when we die. That helped me cope better than I thought I would when I lost my dad suddenly last year.

It was also important to me to have our chapel blessed when we opened, and this was done by the Rev Steve Carter and the Rev David Newlove.

Q How do you support those who have suffered loss?

A We make sure we do everything we possibly can for a family, so they



Jill Glencross: 'I managed to get out a 'thank you' in amongst the tears!' DAVE ROBERTS

can concentrate on looking after each other. We will do everything: make the arrangements for the funeral, complete paperwork, liaise with vicars and celebrants, order flowers, design and produce the order of service, arrange funeral teas, projections and cars. We also offer Bereavement Support through the Society of Allied Independent Funeral Directors and we have a social group once a month.

I think it is great to support a family at the time but even better for them to know we will always still be there for them after the funeral – when life goes

back to a new 'normal'. We also send our families a card on the first anniversary of their loss so they know they are still very much in our thoughts.

Q How did it feel to have your work recognised with the Cumbrian Woman of the Year award?

A I was absolutely blown away and did not expect it at all. There were so many remarkable women nominated and shortlisted and I certainly didn't expect to win. I am usually never lost for words but that day I was! I managed to get out

a 'thank you' in amongst the tears! I have always liked giving back; I have always been involved in charity work of some sort.

Q What would be your prayer for your work and those people you will support?

A Let your peace reign in our family, at our place of work, businesses and everything we lay our hands on. Let your angels of peace go ahead of us when we go out and stay by our side when we return. In Jesus' name, Amen.