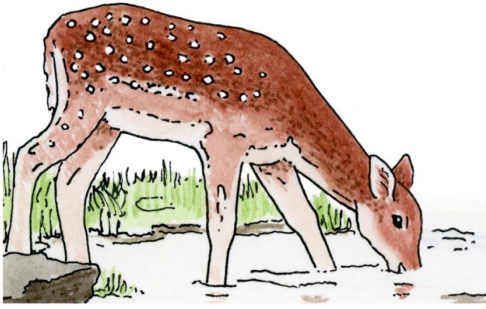
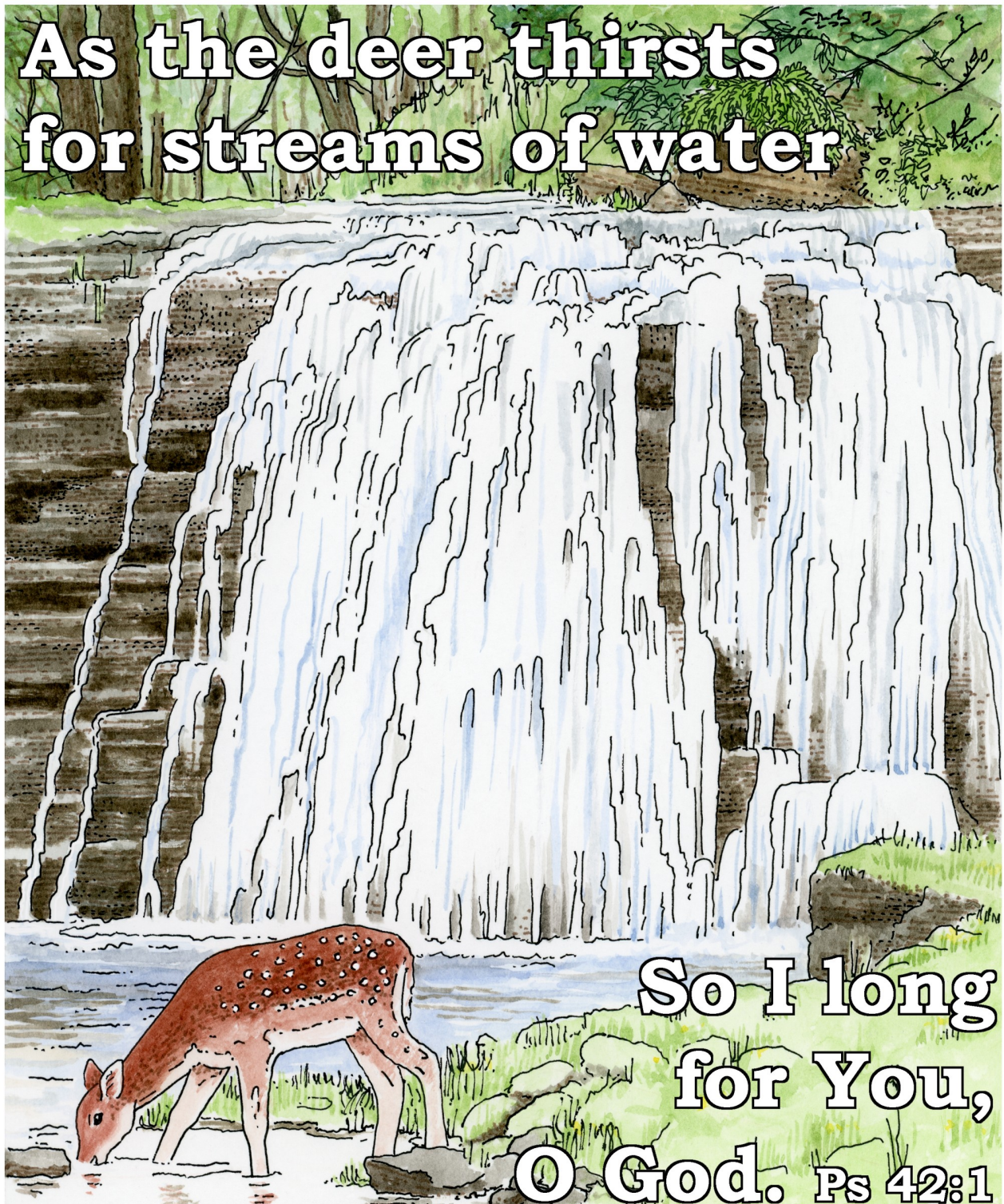


# THE CROSSLACON HERALD



July &  
August 2025  
50p

**As the deer thirsts  
for streams of water**



**So I long  
for You,  
O God. Ps 42:1**



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Dear Friends,

As summer surrounds us with warmth and familiar comforts, opportunities to spend our leisure time with family, friends and neighbours, I invite us, gently and urgently, to stretch our compassion beyond our parish boundaries. To see that the people suffering across the world are not strangers, but our global neighbours.

As you all know, in Gaza, life has become unspeakably hard. Hospitals have been bombed. Aid has been blocked. Hunger, trauma and fear are daily realities. Feroze Sidhwa, an American trauma surgeon volunteering there, said the horror he's witnessed surpasses even his experiences in Ukraine's war zones. "Doctors feel alone," he said. "They feel abandoned by the world."

The United Nations warns of a complete collapse of the healthcare system, if indeed it hasn't happened already. People have been shot while queuing for food. Medical workers are being denied entry. It is heart-breaking.

The situation in Gaza, Palestine and Israel is incredibly complex. Atrocities have been committed on all sides. Nothing in this letter justifies any act of terror or violence. This is not about politics. It is about people - those caught in suffering. Because when we begin to see our neighbours as disposable, or as enemies by default, all of humanity is diminished.

Jesus said, "Whatever you did for one of the least of these brothers and sisters of mine, you did for me." That was not a suggestion. It was a commandment of love.

We have been raising funds for Al Ahli Hospital in northern Gaza, a Christian hospital supported by the Diocese of Jerusalem. Since the war began, it has been bombed eight times. Still, it continues to serve anyone in need - Muslim, Christian, anyone - under fire, short of supplies, and against all odds. At our upcoming event, we hope to raise vital funds to support essential repairs, restocking of medical supplies, and the continued provision of life-saving care.

In a recent interview, Mirjana Spoljaric, President of the International Committee of the Red Cross, described Gaza as "hell on Earth." She warned: "We cannot continue to watch what is happening. It's surpassing any acceptable, legal, moral, and humane standard. The fact that we are watching a people entirely stripped of its human dignity - it should really shock our collective conscience."

So let us not stay silent. Let us speak, act, and pray.

Join us for a Morning of Support on Saturday, 19th July, 10am–1pm, at St. John's, Crossfield Road. Come and gather in solidarity. Donate. Buy cake. Support local and fairtrade goods. Offer your presence, and bring others. We hope this won't just be the Church standing up, but the whole community, united in compassion and resistance to the idea that anyone, anywhere, should suffer alone.

With love and in faith,  
Nicki





# COFFEE, CAKE, CARE A MORNING OF SUPPORT

**FUNDRAISER FOR AL AHLI HOSPITAL, GAZA  
ON THE 19<sup>TH</sup> JULY**

 **ST JOHN'S HALL, CROSSFIELD ROAD**

 **10:00 AM – 1:00 PM**

- BRING, BUY, AND EAT HOMEMADE CAKES
- FAIR TRADE STALL

**LET'S COME TOGETHER AS A COMMUNITY  
SUPPORTING CIVILIANS IN GAZA ACCESSING LIFE SAVING, MEDICAL CARE**

**ALL PROCEEDS WILL GO TO AL AHLI HOSPITAL,  
THE ONLY FUNCTIONING HOSPITAL IN NORTHERN GAZA.  
RUN BY THE DIOCESE OF JERUSALEM  
OFFERING ESSENTIAL CARE TO CIVILIANS FACING EXTRAORDINARY HARDSHIP**



## **MORE INFORMATION**

<https://www.jmecca.org.uk/get-involved/donate/current-appeals-0/al-ahli-hospital-gaza-appeal>



## **ROTA OF SERVICES AND READINGS FOR JULY AND AUGUST**

Liturgical Colour: Green (all Sundays)

### **Sunday, 6th July – 3rd Sunday after Trinity**

✦ 9:15am – Service of the Word, St. John's in the Hall, Cleator Moor

✦ 11:15am – Holy Communion, St. Michael's, Arlecdon

Continuous Readings: 2 Kings 5:1–14; Psalm 30; Galatians 6:7–16;

Luke 10:1–11, 16–20

Related Readings: Isaiah 66:10–14; Psalm 66:1–8; Galatians 6:7–16;

Luke 10:1–11, 16–20

### **Sunday, 13th July – 4th Sunday after Trinity**

✦ 9:15am – Service of the Word, St. Paul's, Frizington

✦ 11:15am – Holy Communion, St. Leonard's, Cleator

Continuous Readings: Amos 7:7–17; Psalm 82; Colossians 1:1–14; Luke 10:25–37

Related Readings: Deuteronomy 30:9–14; Psalm 25:1–10; Colossians 1:1–14;

Luke 10:25–37

### **Sunday, 20th July – 5th Sunday after Trinity**

✦ 9:15am – Holy Communion, St. John's in the Hall, Cleator Moor

✦ 11:15am – Service of the Word, St. Michael's, Arlecdon

Continuous Readings: Amos 8:1–12; Psalm 52; Colossians 1:15–28; Luke 10:38–42

Related Readings: Genesis 18:1–10a; Psalm 15; Colossians 1:15–28; Luke 10:38–42

### **Sunday, 27th July – 6th Sunday after Trinity**

✦ 9:15am – Holy Communion, St. Paul's, Frizington

✦ 11:15am – Service of the Word, St. Leonard's, Cleator

Continuous Readings: Hosea 1:2–10; Psalm 85; Colossians 2:6–15 (16–19);

Luke 11:1–13

Related Readings: Genesis 18:20–32; Psalm 138; Colossians 2:6–15 (16–19);

Luke 11:1–13

### **Sunday, 3rd August – 7th Sunday after Trinity**

✦ 9:15am – Service of the Word, St. John's in the Hall, Cleator Moor

✦ 11:15am – Holy Communion, St. Michael's, Arlecdon

Continuous Readings: Hosea 11:1–11; Psalm 107:1–9, 43; Colossians 3:1–11;

Luke 12:13–21

Related Readings: Ecclesiastes 1:2, 12–14; 2:18–23; Psalm 49:1–12;

Colossians 3:1–11; Luke 12:13–21

### **Sunday, 10th August – 8th Sunday after Trinity**

♦ 9:15am – Service of the Word, St. Paul's, Frizington

♦ 11:15am – Holy Communion, St. Leonard's, Cleator

Continuous Readings: Isaiah 1:1, 10–20; Psalm 50:1–8, 22–23; Hebrews 11:1–3, 8–16; Luke 12:32–40

Related Readings: Genesis 15:1–6; Psalm 33:12–22; Hebrews 11:1–3, 8–16;

Luke 12:32–40

### **Sunday, 17th August – 9th Sunday after Trinity**

♦ 9:15am – Holy Communion, St. John's in the Hall, Cleator Moor

♦ 11:15am – Service of the Word, St. Michael's, Arlecdon

Continuous Readings: Isaiah 5:1–7; Psalm 80:1–2, 8–19; Hebrews 11:29—12:2;

Luke 12:49–56

Related Readings: Jeremiah 23:23–29; Psalm 82; Hebrews 11:29—12:2;

Luke 12:49–56

### **Sunday, 24th August – 10th Sunday after Trinity**

♦ 9:15am – Holy Communion, St. Paul's, Frizington

♦ 11:15am – Service of the Word, St. Leonard's, Cleator

Continuous Readings: Jeremiah 1:4–10; Psalm 71:1–6; Hebrews 12:18–29;

Luke 13:10–17

Related Readings: Isaiah 58:9b–14; Psalm 103:1–8; Hebrews 12:18–29;

Luke 13:10–17

### **Sunday, 31st August – 11th Sunday after Trinity**

#### **Fifth Sunday Joint Parish Service:**

♦ 10:30 am A Service of Holy Communion at St. Paul's, Frizington

Continuous Readings: Jeremiah 2:4–13; Psalm 81:1, 10–16; Hebrews 13:1–8, 15–16;

Luke 14:1, 7–14

Related Readings: Sirach 10:12–18 or Proverbs 25:6–7; Psalm 112; Hebrews 13:1–8, 15–16; Luke 14:1, 7–14

### **Midweek services**

Every Tuesday

8:30am An online service of Morning Prayer (you can join us on zoom or on a landline)

Either follow the link below

[https://us02web.zoom.us/j/83240874121?](https://us02web.zoom.us/j/83240874121?pwd=OUR2UnFldkpGcTJDTlZZVlhyYnVsZz09)

[pwd=OUR2UnFldkpGcTJDTlZZVlhyYnVsZz09](https://us02web.zoom.us/j/83240874121?pwd=OUR2UnFldkpGcTJDTlZZVlhyYnVsZz09)

or you can log into Zoom and join the meeting with the following:

Meeting ID: 832 4087 4121

Passcode: 546604

Or you can call from a landline on one of the following numbers and again input the meeting ID and Passcode

0203 481 5237 United Kingdom

0203 481 5240 United Kingdom



- ✦ Every Tuesday at 5:30pm: And Breathe Meditation Group at St. John's in the Hall, Cleator Moor

Every first and third Tuesday of the month (this means that will be: **1st and 15th July, 5th and 19th August**)

- ✦ 10:00am A Service of Holy Communion at St Paul's, Frizington

Every Second and Fourth Wednesday of the month (this means that will be: **9th and 23rd July, 13th and 27th August**)

- ✦ 9:30am A Service of Holy Communion at St. John's in the Hall, Cleator Moor

### **Coast to Fells Mission Community Prayers for Peace**

At this time of escalating and extending conflict, it seems more important than ever to be meeting together to pray for peace. If you haven't been along to one of these services before then please do consider coming along. The services last about half an hour and are an opportunity to offer one another support and focus to our intention to be people who pray and act for peace in the world. We meet monthly, usually on the first Sunday of every month at 4pm, and we take it in turns to host the service in each of our differing churches in the Coast to Fells Mission Community.

Dates over the next few months

- ✦ 6th July at Lamplugh
- ✦ 3rd August at St. Paul's Frizington
- ✦ 7th September at Frizington Methodist church
- ✦ 5th October at Egremont Methodist Church

### **SMILE LINES**

- ✦ A lorry loaded with Vicks Vaporub overturned on the motorway. Amazing there was no congestion for 8 hours.
- ✦ I went to the doctors with hearing problems. He said "Can you describe the symptoms?" I said, "Homer is a fat bloke and Marge has blue hair".
- ✦ The vicar announced that an additional font would soon be placed in the church, so that babies could be baptised at both ends.
- ✦ Two children watched their grandmother reading her bible. "Why does she do that?" whispered one. "I expect she's studying for her final exams," came the reply.
- ✦ A lady was very nervous about her appointment at the dentist. She sought courage from her Bible. The verse her finger landed on was Psalm 81:10: 'Open thy mouth wide and I will fill it.'
- ✦ Once asked how many people worked in the Vatican, Pope John XXIII replied: "Oh, about half."

## **Shaking Hands by Pádraig Ó Tuama**

Because what's the alternative?

Because of courage.

Because of loved ones lost.

Because no more.

Because it's a small thing; shaking hands; it happens every day.

Because I heard of one man whose hands haven't stopped shaking since a market day in Omagh.

Because it takes a second to say hate, but it takes longer, much longer, to be a great leader.

Much, much longer.

Because shared space without human touching doesn't amount to much.

Because it's easier to speak to your own than to hold the hand of someone whose side has been previously described, proscribed, denied.

Because it is tough.

Because it is tough.

Because it is meant to be tough, and this is the stuff of memory, the stuff of hope, the stuff of gesture, and meaning and leading.

Because it has taken so, so long.

Because it has taken land and money and languages and barrels and barrels of blood.

Because lives have been lost.

Because lives have been taken.

Because to be bereaved is to be troubled by grief.

Because more than two troubled peoples live here.

Because I know a woman whose hand hasn't been shaken since she was a man.

Because shaking a hand is only a part of the start.

Because I know a woman whose touch calmed a man whose heart was breaking.

Because privilege is not to be taken lightly.

Because this just might be good.

Because who said that this would be easy?

Because some people love what you stand for, and for some, if you can, they can.

Because solidarity means a common hand.

Because a hand is only a hand; so hang onto it.

So join your much discussed hands.

We need this; for one small second.

So touch.

So lead.



## The Living Room

The Living Room continues to be a space for connection, conversation and community. We meet every Friday from 2-4pm in St. John's in the Hall on Crossfield Road, Cleator Moor. We have a varied programme of activities and focus for our sessions:- from just taking time to chat and enjoy each other's company over scrumptious cake, coffee and tea, to gentle chair exercises with Tina, listening to our school choirs, head massages and mini relaxation sessions. It's all going on. We very much want to encourage everyone to see the Living Room as home from home, so come as you are and engage as much or as little as you want.

Some of the things we have planned for the summer:-

- ✦ 4th July: Outdoor Boules
- ✦ 11th July: Craft Session
- ✦ 18th July: Singalong
- ✦ 25th July: Chair Aerobics with Tina
- ✦ 1st August: Discover more about the Cumbrian dialect with Brenda Shaw
- ✦ 8th August: Crosslacon in the past - local photos with Barry Hoggarth
- ✦ 15th August: Bingo
- ✦ 22nd August: Dementia awareness-raising session
- ✦ 29th August: Chair Aerobics with Tina.





## **Messy Church**

Messy Church in June got mossy as we took part in the Big Green Week across the county. We made the most of our surroundings and went looking for bugs and beauty amongst the hedgerows - not that bugs aren't beautiful you understand!!!! We thought a lot about the wonderful world we have been given to treasure and safeguard and wondered what we might be able to do that would honour that God given gift. Our next Messy Church will be going on tour - well, to Ennerdale lake at any rate. Please note the new date: **6th July at the slightly earlier time of 2pm 'til 4pm**. We are going to have a picnic by the lake. Everyone bring enough to eat and maybe something to share too? We will organise some messy activities and games outside.... Obviously this is all scarily weather dependant, so do keep an eye on the forecast and check in with Rev. Nicki that it is all going ahead. Please note that we will not be meeting in August on the second Sunday, as so many folks are planning to be away, but we will be back in September.



## **Hot chocolate: Crosslacon Youth Group**

We have had a great couple of months in our youth gatherings which usually take place on the 4th Sunday of every month in St. John's in the Hall. In May we indulged our green fingers and planted herbs. In our last meeting we thought about the challenges we all experience in life and how we can find God in the midst of those challenges, reaching out to bless and encourage and strengthen us for the journey. We also built some very impressive spaghetti and marshmallow towers which is harder than it looks! Our next gathering will be taking place on **27th July**, and we will be having a break over the August period, as so many folks go away on holiday.





## **Celebrating Pentecost in our Schools**

So this Pentecost, Rev. Nicki thought she'd play safe and avoid candles and cakes having nearly caused a conflagration last year in one of the Pentecost services in school!!! However, as is so often the case at Pentecost, things didn't work out as planned. The bubble machine broke down, and bubble mixture was spilt all over the floor turning the hall into a bit of a skating rink. This all goes to illustrate that the God we serve is both disruptive, wild and very unpredictable! God's spirit always invites us to stretch beyond our comfort zones, and when we stick firmly to what is familiar, well, we might find ourselves skating around on a super slippery floor! A chaotic and unpredictable Pentecost was enjoyed by all! Sorry about the floor!





### **A Morning of Care and Support**

On 19th July from 10-1pm in St John's in the hall on Crossfield Road, we are going to have a coffee and cake morning to raise money to fund repairs and equipment for the Al Ahli Hospital in Gaza. You may recall that we raised money for this hospital throughout Lent. The Al Ahli hospital is the only fully functioning hospital in Northern Gaza, providing life-saving treatment for civilians in that area. It has been bombed 8 times now, the last being in early June. The Hospital is resourced and funded by the Diocese of Jerusalem, and they have asked for support. We are hoping that the whole community will get behind this fundraising endeavour. Josh McAllister, our local MP, will be popping in. On and before the day we need folks to bake and to help with setting up and clearing up and serving refreshments. Please can you let Rev. Nicki know if you can offer any support.

### **Lent Gaza Appeal**

We have received a thank you for the amount of £764.98 which was raised for the above appeal. See below.



Dear Ms Pennington,  
Thank you for your  
kind support!  
Warm wishes,  
Muthari Mwangi  
Supporter One Officer -



## **FROM THE REGISTERS**

### **HOLY BAPTISMS**

Roman Rooney

Arthur Clay

Jesse Dawson

Ralphie Dawson

*You are my child, the beloved; with you I am well pleased"*  
(Mark 1:11)

### **MARRIAGES**

Laura Hodgson and Jake Ethan McCourt

*Beloved, let us love one another, because love is from God (1 John 4:7)*

### **FUNERALS**

Jane Broadbent

*Jesus said: 'Do not let your hearts be troubled...  
In my Father's house there are many dwelling places.' (John 14: 1)*

## **MOTHERS' UNION NOTES**

At our June meeting we celebrated Elsie Tyson's 90th Birthday with one candle on a chocolate birthday cake (we thought 90 candles was a few too many!!), and gave her an M&S voucher for flowers - she has a houseful at present so will be able to spend her voucher later. We had a lovely afternoon tea in the Hall and as usual the food was wonderful, and the company was good.

Our meetings are all 1.30-3.00pm on the first Tuesday in the month in St. John's Church Hall, and everyone is welcome.

1st July - Summer lunch

3rd August - Holiday – no meeting

2nd September - Safe Families

7th October - Elvina - Flowers

Prayer for July and the holidays:-

Dear God, when we look around  
encourage us to smile at the energy of children,  
the joy of families being together,  
and the closeness of couples young and old.  
Help us to see with your eyes  
the love of those with whom we live.

## **BUS TIMES RUN BY CUMBERLAND COUNCIL**

### ♦ **217 Frizington to Cockermouth - Wednesday only.**

Leaves Frizington 9.30. Goes via Kirkland and Lamplugh caravan site.

Arrives Cockermouth at 10.20.

Leaves Cockermouth at 12.30.

Arrives Frizington at 13.20.

### ♦ **Summer time only additional service.**

Leaves Frizington 13.45.

Arrives Cockermouth at 14.36.

Leaves Cockermouth at 17.00.

Arrives Frizington at 17.50.

### ♦ **218 Frizington to Workington - Friday only.**

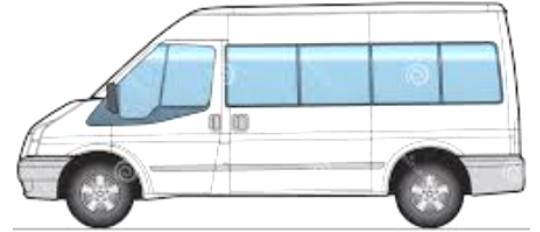
Leaves Frizington 9.35. Goes via main road to Lamplugh.

Arrives Workington bus station at 10.14, then Morrisons at 10.18.

Leaves Morrisons at 12.05 then bus station at 12.15.

Arrives Frizington at 12.58.

Hopefully more people will use them now that it is a 16 seater bus.



## **ST. LEONARD'S NOTES**

### **JUBILEE BINGO**

Our next bingo will be 3rd July at 6.30 pm. Our usual summer break for August will mean the next bingo will be Thursday, 4th September at 6.30 pm.

### **SUMMER HOLIDAYS**

After returning home from a lovely cruise holiday with John, I found this poem:-

We need, sometimes, to get away  
Leave cases behind, make tracks,  
Seek out our piece of paradise,  
And once again relax.  
These moments are quite precious,  
And they bring an added plus,  
If those we love and care about  
Can share them, too, with us.

Happy holidays wherever you may be!

Elsie x

Winner of monthly draw - Muriel Martin      No. 35

We are at the beginning of another year for receiving our new weekly offering envelopes. If any new church member would like these envelopes to use over the next twelve months, would they please have a word with Doreen. Thank you.



**ST. MICHAEL'S NOTES**  
**ST. MICHAEL'S CLEANING ROTA**  
**CAN YOU HELP?**

A huge "Thank You" to the army of helpers who worked all day on 19th June to spring clean the church. In order to keep it beautiful, we now need a little of everybody's help!

We are creating a cleaning rota to spread the workload. The intention is to have teams of two people, each allocated one month per year. They will be asked to clean before each of the two services that month. We therefore need 24 people to make this work, and already have 12 amazing volunteers, so are halfway there. Please get in touch with Rosie, Claire, Debbie or Susan (see contact details on the back of the magazine) if you are able to help. All equipment will be provided, unless you want to bring your favourite brush or duster. Don't worry about committing to a whole month, far into the future, because if you need to go away during your allocated month, just find another team to swap with.



**CONGRATULATIONS TO THE**  
**HAPPY COUPLE**

What a joyous start to our services held at St. Michael's since the major refurbishment works are coming to an end. The acoustics from Gill the violinist filled the church with emotion. It was heart-warming to be told by Gill on her entering the church while there were only myself and the flower arrangers present how she felt the love as soon as she entered the church.

The church was soon full of family and friends to witness and celebrate the marriage of Jake and Laura McCourt. Congratulations to you both from St Michael's church wishing you the very best for a long, happy marriage together with your family.



Rosie

## **LYCHGATE REPAIR**

The St. Michael's Lychgate, which was damaged in a collision by a car in October 2024, is to be repaired starting the first week in July and will be completed by the end of August. The stonework and oak supports which were damaged and pushed out of place by the impact, will need to be repaired/replaced. Conversely, the roof is relatively new and is to be retained.

To carry out the repair, the roof will be jacked up on a scaffolding platform which will hold the weight of the slates and beams, while the damaged oak and stone are replaced below. This means that the Lychgate will be filled with structural scaffolding for the 4-6 week period of repair, and the only access to the church and graveyard will be via the adjacent stile. A portaloo will be hired and located close to the Lychgate for use by the contractors.

Please bear with us during the period of the repair and take care when using the stile. Due to the closure of the Lychgate, no funerals will be possible at St Michael's during July and August. Other services will go ahead as usual using the stile for access.



## **WOODEN CROSS**

Apologies, but in the last edition of the magazine I left out the photo of the cross which was taken at the Easter service. Again, the P.C.C. of St. Michael's Arlecdon would like to thank Maurice Clements from the village for making the cross for the church and donating it in memory of his parents and brothers.

Susan





**ST. MICHAEL'S CELEBRATION EVENT – HOLD THE DAY**  
**SUNDAY, 5th OCTOBER 2025, 11AM-4PM**

The St. Michael's Church refurbishment project, which started in 2019, is now essentially complete. The structure is repaired, heating is installed and working, the kitchen and disabled toilet are fitted, and the majority of the reordering and redecoration is complete (with just a few areas of plaster which are still drying, prior to repainting over the next 6-12 months).

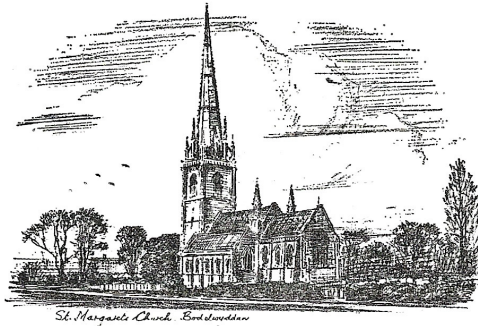
The Church Team would, therefore, like to formally thank all those who have helped along the way, and also want to welcome everyone from the locality into our new Community Space. We are honoured that Bishop Rob has agreed to lead a service of Thanksgiving at 3pm on Sunday, 5th October, and we will be having a Church Open Day from 11am-3pm that day.

Members of the community are welcome to drop in for refreshments during the day, and look round the church. Everyone is invited to attend the Service, if they wish. If it is standing room only, all the better. Details of the Open Day are still being finalised, but we expect it to include: a display of photographs showing before and after the refurbishment, a tribute to Benny Walker whose generosity made the refurbishment possible, tours of the church and tower, the opportunity to try bell-ringing, and sharing of ideas about how we intend to use the building as a community asset in the future.



Bishop Rob Saner-Haigh

EVERY TIME I PASS A CHURCH  
I PAY A LITTLE VISIT,  
SO WHEN AT LAST  
I'M CARRIED IN  
THE LORD WON'T  
SAY :  
"Who Is It ?"



### ADVERTS

If you would like to place an advert, please contact Susan Hardy on 01946 861154. Costs are as follows (per edition - 10 editions per year - payable in advance):- £1 - quarter page, £2 - half page, £4 - full page

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01946 328008 or 07795 113434



## **ST. PAUL'S NOTES**

As the new Churchwarden for St Paul's Church (my second stint) I thought it appropriate to begin by thanking my predecessor Ian Henderson for the sterling work he did for all of us who worship at St Paul's.

I am pleased that Ian will still be helping out when he can. We are fortunate to have two assistant Churchwardens in Kerry and Glynis who are continuing to help in numerous ways in the life of St Paul's.

As I am in thanking mode I would also like to thank Joan Jackson for the hard work she does in keeping our finances in order.

It is so important to build a good team that works for St Paul's and our community of Frizington.

We do need more people to commit to helping reading a lesson, leading the intercessions (prayers), Sides persons who will meet and greet people as they come to church and various other tasks. Can you help? If so could you please have a chat with me or email me on [mikegraham933@yahoo.com](mailto:mikegraham933@yahoo.com). I am going to create a rota soon and it really would be useful to share out the workload to ensure the smooth running of St. Paul's.

Thank you.

Mike

Mike Graham

## **BONUS BALL WINNERS**

### **May**

Wed., 28th	Claire Hodgson	13	Sat., 31st	Church	52
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### **June**

Wed., 4th	Jacqueline Cameron	31	Sat., 7th	Church	56
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Wed., 11th	Gilbert Finlinson	39	Sat., 14th	Edith Cook	46
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Wed., 18th	Church	59	Sat., 21st	Joan Rigg	15
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Wed., 25th	Christine Atkinson	41			
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## **HAPPY 90TH BIRTHDAY TO GILBERT FINLINSON**



Many happy returns to a gentleman who has spent most of his life as a member and official of St. Paul's Church.

Happy birthday Gilbert from all your friends at St. Pauls who are wishing you a happy and fun-filled time with your family and friends and hoping you enjoy this special day from dawn to dusk.

Have a lovely time xx

## **GEORDIE RAMBLINGS**

So, we are officially in our summer season!! I can remember the few very hot and warm days we have recently had, but as I sit and write this, we have just had lots of torrential rain, lightning and thunder (a normal Cumbrian summer?).

As I mentioned in my last rambling, I raised about my studies, I have just returned from Preston after a Formation Day with other LLMs and Ordinands, where we, as Licensed Lay Ministers, learnt about and discussed the whole day on being licensed to officiate at funerals. It was a long and challenging day and very enlightening on every aspect of different funeral services. The travel, as usual, was also very challenging making my time away from home just over 15 hours to be precise, it didn't help when Northern Rail sent me a text saying train from Preston to Barrow was cancelled!! I eventually made it home around 9.30pm via Carlisle.

It's just three more Tuesday evening sessions to go and two written assignments and year 1 is finally over. As I said in the last edition, my health has also been a challenge and, hopefully, I am very much on the upward slope and looking forward to the coming months ahead.

Did you know that it's been 1700 years (19th June), since The Nicene Creed was first agreed.

The Nicene Creed originally dates from the year 325 when it was agreed by the First Council of Nicaea. Part of the purpose of developing the creed was to give expression to the understanding of God as Trinity. This means that Christians believe in one God in three persons – Father, Son and Holy Spirit.

Since 325, the creed has been modified, expanding particularly on the description of the Holy Spirit. Some of these modifications were not accepted by all churches and remain a point of disagreement between western and eastern churches.

The Nicene Creed is nevertheless the most widely accepted creed in the Christian faith, used by many denominations including the Anglican Communion. It is a reminder of the common faith we share – both with Christians around the world today and throughout history with all those who have affirmed these words over the last seventeen centuries, and we all say together during the relevant service.

The Church of England have recently produced many resources to celebrate this event, and I am exceptionally grateful they have, as one of our written assignments is on the original '325 AD Nicene Creed'. I am particularly enjoying reading and listening to the 'Everday Faith' App and being able to read and reference the numerous resources. These couldn't come at a more opportune time. Why not pay a visit to The Church of England website and see what is on offer for us all to access and use.

Thanks for reading, and apparently, we get a break now, before the next edition of 'The Crosslacon Herald' in September.

What has Theological College done? So far, It has allowed me to discover how much I don't know, and there is an awful lot! But it's been so insightful and helpful!! Ian

## CRAFT, CRAIC AND CUPPA

Hi to everyone. The ladies from C,C&C helped raise funds at the Easter Coffee Morning for The Food Pantry and also for West Cumbria Refuge. Both organisations received a cheque for £250.

The Director (Jo Booth) and Manager (Rachel Holliday) from the refuge recently paid a visit to the ladies to receive the very kind and generous donation.



Rachel sent this thank you statement:

*"We were absolutely delighted to receive a large number of toiletries for our Grab Bag scheme which provides essential items for women fleeing domestic abuse in West Cumbria.*

*It was inspiring to meet the craft group at St. Paul's Church and hear about how much they care about issues facing many people in our area. The money raised will help ensure we can continue our emergency Grab Bag project and thank the church and the ladies at the Craft, Craic and Cuppa Group for all their hard work and commitment".*

Rachel asked the group if they could keep collecting toiletries for the ladies, but also could they start and collect men's toiletries too, as they are seeing an increase in numbers of men requiring support too.

If you would like to help with these schemes or would like further information please contact the group or myself through St. Paul's Church.

Kerry Henderson



## **ST. JOHN'S NOTES**

### **MRS EVELYN HENRY R.I.P.**

It is with sadness we report the death of Evelyn Henry on Friday, 20th June in West Cumberland Hospital. Evelyn was a long-time stalwart of St. John's church. In fact she had her favourite seat where she always sat - front pew on the right.

We send our deepest condolences to her sons David and Ian and to their families. May she rest in peace.

### **CHURCH HALL FLOOR**

The sharp-eyed amongst you may have noticed that some of the parquet tiles have become loose. We are grateful to Debbie Keighley who has organised for a carpenter to come along and assess the job.

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## **THE BENEFICE OF CROSSLACON TEAM MINISTRY**

**Rev. Canon Nicki Pennington**

**Tel. 07462194549 and 01946 451257**

**Email: [revnickipennington@gmail.com](mailto:revnickipennington@gmail.com)**

**Website: <https://crosslacon.net/>**

### **MISSION STATEMENT**

**We, the people of the Crosslacon Team Ministry, seek to grow together as a Christian community in faith, hope and love.**

#### **ST. JOHN'S, CLEATOR MOOR, WITH WATH BROW MISSION**

P.C.C. Peggy Robinson  
Charlotte Niua

#### **ST LEONARD'S, CLEATOR**

P.C.C. Kathryn Lee  
Carol Martin  
Andy Sutton

#### **ST. MICHAEL'S, ARLECDON**

Churchwardens:	Debbie Keighley	07999 806966
	Rosemary Crewdson-Price	07840 201300
	Claire Crewdson-Price	07840 201399
	Steve Morgan	07834 434952
P.C.C.	Louise Elsworth Barnes	
	Mark Hutchinson	
	Susan Hardy	01946 861154

#### **ST. PAUL'S, FRIZINGTON**

Churchwarden: Mike Graham  
Assistant Churchwardens: Kerry Henderson  
Glynis McQuilliam  
P.C.C. Joan Jackson  
James Fitch

Safeguarding concerns for children and families: [childfamsafeguardingcp@gmail.com](mailto:childfamsafeguardingcp@gmail.com)

Carol Martin 07506006038

Safeguarding concerns for adults: [adultsafeguardingcp@gmail.com](mailto:adultsafeguardingcp@gmail.com)

Claire Crewdson-Price 07840 201399



If you would like an article in the magazine please contact

Susan Hardy on 01946 861154 or

email [susanandjohn.hardy@btinternet.com](mailto:susanandjohn.hardy@btinternet.com)

If you wish to contact any of the Parish Treasurers, please

enquire via the Churchwardens.