

**Friday 22nd November
to Sunday 24th November 2019**

[illegible]

John Main

FOCUS ON... The Environment

The Churches Together Environment group met again recently. Our previous chair Ian James stepped down from this post earlier this year, and Sir Martin Holdgate has agreed to be interim chair.

Our focus with this group is to be more outward looking, to attract new members, and to encourage all churches in the county to register as an eco church (if they have not already done so).

We recognise the need to be more relevant to today's world, and to that end we aim to use social media for improved communication and sharing of news and activities. This is under development at present, so please keep an eye on the CTiC website and facebook pages for further news.

We are meeting again on Thursday 31st October 4pm – 6pm in Penrith. If you are interested in being involved with this group, or even just interested in coming along to see what we are about, please do get in touch.

The group recognises that not only is caring for our environment the fifth mark of mission, but is something which should be a top priority for us all, and for our buildings.

There will be another Caring For our Common Home conference in March 2020.

SRF Discussion Day

The annual Social Responsibility Forum discussion day was held on Saturday 29th June, with our theme this year being Isolation and Loneliness.

Fewer people attended than we had hoped, but nevertheless our three speakers treated us to valuable and interesting insights to this debilitating epidemic.

We first heard from Sarah Moore, the Churches Together president, who based her talk on Eleanor Rigby – “all the lonely people, where do they all come from?” Loneliness and a feeling of isolation is something we all feel from time to time, which many of us mask to the outside world. Sarah gave us much to think about.

We then heard from Nick Amos from Linking Lives, and Terry Peate who is about to launch a Linking Lives project in Cockermouth. This national initiative aims to link volunteers with (mostly) elderly isolated and lonely people, often resulting in long term close relationships for both parties. Cockermouth churches together have appointed a project coordinator and the launch will take place in October. It is something we will watch with interest, and hope to replicate in other parts of the county. Please get in touch if you wish to learn more about this work.

Lorraine Smyth of ACT (Action for Communities in Cumbria) then told us about their neighbourliness project, which aims to encourage people to be kind to one another. CTiC is one of many organisations affiliated to ACT and we will report on the development of this work. ACT have launched a Social media project to support this work – search for Kind Cumbria on facebook.

Over lunch valuable conversations took place between attendees, and we all left with much to think about and reflect on.

Shelagh Goldie, Social Responsibility Officer

This June, **Churches Together in Grange and Cartmel Peninsula** hosted a very successful free morning seminar on Mental Health Awareness, presented by MIND.



We had 18 attendees from as far a field as Carlisle in the north to Ulverston in the south.

The aim of the course was to raise awareness of the issues surrounding mental health difficulties, dispel some of the myths and misconceptions frequently linked to mental health issues and develop individual knowledge of the rights of those with mental health issues. The course provided us with an accredited qualification: **NCFE Level 1 Award in Mental Health Awareness** which is part of the Qualifications and Credit Framework (QCF). Some of us are looking to progress to level 2.

We all concluded the course was very worthwhile, and increased our knowledge and understanding.

Raising awareness of mental health can promote a more positive approach and give people the knowledge to challenge the negative attitudes and stereotyping that can reduce access to services for those affected by mental ill-health.

It is estimated that one in 4 adults experience mental distress of some form at any one time. The more understanding and compassion we have, the better support we can be. We can commend this course and hope you too, take advantage of this free service.

Tricia Calway and Sue Nicol Joint Chairs
Churches Together in Grange and Cartmel Peninsula



TALK ON THE HISTORY OF CHRISTIANITY IN KESWICK AND ITS SURROUNDING AREA

Given by Christopher John Robson

2.00 pm SATURDAY 28TH SEPTEMBER 2019

OUR LADY OF THE LAKES & SAINT CHARLES CHURCH HALL
HIGH HILL, KESWICK CA12 5PB

To make a booking, though entrance is free, contact the organiser,
Christopher Robson 01524 62465, glospurrblack7@talktalk.net
A voluntary collection will be taken for Churches Together in Keswick

The story of Christianity in the Keswick area goes back to the late Roman Empire, when Christians in the fourth century were celebrating the Eucharist in communities situated in what is now the north of England. Saint Kentigern evangelized the area in the fifth century, and the historic church of Crosthwaite is named after him. During the Anglo-Saxon Saint Herbert, a priest who knew Saint Cuthbert, lived as recluse on an island in Derwentwater. During the Middle Ages two Cistercian foundations, Fountains and Furness, had farms managed from Keswick, which in 1276 was given market rights by Edward I. What happened to members of various Christians in the area over the ensuing seven centuries will be the subject of the talk.

On Sunday 27th November 2011 at 3pm Church Leaders from the Methodist, United Reformed and Anglican Churches in Cumbria signed in Carlisle an historic ecumenical Declaration of Intent. Supported by the other five main Christian denominations in Cumbria Roman Catholic, Salvation Army, Baptist, Quaker and Church of Scotland this declaration meant that Cumbria became the first ecumenical county in England with churches agreeing on a county-level to work more closely together for the sake of unity. Building on a shared faith, the Declaration affirmed the common goals of the three churches: 'We believe that we are being called by God to realise more deeply our common life and mission, to share and respect the distinctive contributions of our traditions, and to bring about closer collaboration in all areas of witness and service'.

If you support this Declaration, or the aims of Churches Together in Cumbria, you are most welcome to attend this ecumenical presentation at 2.00 pm on Saturday 28th September 2018 at the hall of Our Lady of the Lakes and Saint Charles.

“Tea Services”

As part of CTiC’s dementia-friendly churches project, there are now a number of “tea services” being held across the county. These are short services, followed by refreshments, which have designed with the needs of people affected by dementia uppermost, but which are open to everybody. Come and see!

Kendal: Third Thursday in the month: Kendal Parish Church, Kirkland; 2.30pm

Barrow: Second Monday in the month: Holy Family Church hall, Ostley Bank, LA13 9RL; 2pm

Millom: Third Friday in the month: Lapstone House, Lapstone Road; 10.30am

Milnthorpe: Third Thursday in the month: St Thomas’ Church (2.00pm short Prayer Book service; 2.30pm tea, coffee, cake & chat)

Penrith: Every Friday: Christ Church, Penrith; 2.30pm

Carlisle: Third Tuesday of the month: St. George’s URC, West Walls, Carlisle CA3 8UF; 2.00pm

Name	Location	Frequency	Time	Contacts	Additional information
The Dementia Café	The Hub, Penrith Hospital	Last Tuesday of the month	1.30pm - 3.30pm		Everyone welcome
The South Lakes Dementia Hub	Abbot Hall Social Centre, 1 Dowkers Lane, Kendal LA9 4DN	Monthly, second Tuesday of each month	2pm-4pm	KendalDAA@gmail.com	Kendal Dementia Action Alliance– working together to help improve the lives of people affected by dementia. A chance to chat and have a cup of tea in a relaxed setting.
Longtown Dementia Hub	Longtown Community Centre	4 th Tuesday of every month	1.30-3.30pm	rotary.walsh601@outlook.com 07967 108803	The Hub will provide a relaxed and friendly atmosphere where members of the local community can share their thoughts, concerns and ideas; spend time with those in a similar position to themselves; take advice from a range of local organisations and professionals.
Dementia Hub	The Living Well Centre, Duke St, LA14 5UL	4th Wednesday of every month	1-3pm		In our friendly environment you will be able to access all kinds of guidance and help for people diagnosed with dementia, their carers, or people worried about their memory

#FXCUMBRIA
#PROPERNORTHERNPIONEERING

strengthening ties

Threads

Drawing together Fresh Expressions and innovative mission

weaving the strands

untangling knots


10.30am - 4.30pm
Bacon Sandwiches & pastries from 10am

To book go to
<https://bit.ly/2HWqu2V>

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GOV FOR ALL

Saturday 2nd November 2019



A Befriending Service, A Listening Ear

Carlisle District
St Vincent de Paul Society



07546 922528

Caritas Care— please come along for an informal chat to find out more about adoption and/or fostering or contact us on 0800 652 6955 or email info@caritascare.org.uk



Adoption Hub
Information Event
2 August 2019
9.30am - 3.30pm

CARLISLE CITY
CENTRE



CaritasCare
Making lives better



CaritasCare
Making lives better

**ADOPTION
INFORMATION
HUB EVENT**

TESCO, BARROW
9 AUGUST 2019 | 10AM - 4PM

Carlisle One World Centre needs a Treasurer – can you help?

Carlisle One World Centre (COWC) is a local charity addressing global issues. We aim to:

- Raise awareness of the interconnectedness of local and global issues, and how our actions – as individuals, as communities and as a nation – affect the world
 - Educate people of all ages about the issues facing people in developing countries
 - Support the economically and socially deprived, both locally and globally
- Campaign for justice throughout the world through a programme of education, awareness-raising and practical activities.

Carlisle Fairtrade Group and Carlisle Refugee Action Group (CRAG) are within our remit.

We need a volunteer Treasurer, who will be supported by a bookkeeper, to join the committee of Trustees. We need someone with:

Attention to detail

- Good level of knowledge of Microsoft Excel including the use of Pivot Tables to create summary reports
 - Knowledge of book-keeping and financial management
 - Good financial analysis skills.
- Ability to communicate clearly in writing and verbally

Ideally the Treasurer will also have knowledge and experience of fundraising/finance practice relevant to voluntary and community organisations.

Meetings are about 6 weekly and trustees are expected to support events and activities run by the organisation. The Treasurer role requires 4-6 hours per month although more time will be required for the preparation of the annual accounts.

Further information about COWC and a full role description can be found on our website www.cowc.co.uk or email our Chairperson Kitty Booth-Clibborn, kittybooth47@gmail.com, if you would like to find out more.

Expressions of interest are invited by email to cowc.treasurer@gmail.com ideally by the end of July – please include why you are interested in the role and any relevant experience. We will then make contact with you.”

(Please note that COWC is not the city's Fairtrade shop, Carlisle World Shop, which is legally unrelated to this charity)



10.30am - 12 noon
Saturday 21 September 2019
Rawnsley Suite
Main Street, Keswick, CA12 5NP

Come and see how this national scheme helps you re-focus on your neighbours, *connecting, befriending, serving* where you're needed most... connecting the church with the lost and lonely.

 www.neighbourhoodchaplains.co.uk

“Religion, Belief and Culture in our Community”: the second edition of the Cumbrian supplement to this booklet is now on the web.

https://www.uhmb.nhs.uk/files/4115/6101/7558/Faithguide_National-min.pdf

Reminder

Please remember to keep looking at the CTiC events page which is regularly updated with all the events we are notified about. Please send information before 15th August for our September newsletter: ebctic@outlook.com

All the information in this newsletter is published in good faith and for general information purpose only. Churches Together in Cumbria does not make any guarantee about the completeness, reliability and accuracy of this information. Nor does inclusion herein imply our endorsement of events or organisations.
Charity Registration Number: 1147833

www.churchestogethercumbria.co.uk



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CTiC newsletter

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