

**August 2025**

**60 pence**

# Faith in the Moor



**News, Views and Articles of Interest**



Alston Community Garden – freely open to all. See p7



**This month's theme: 'Stop and Stare'**

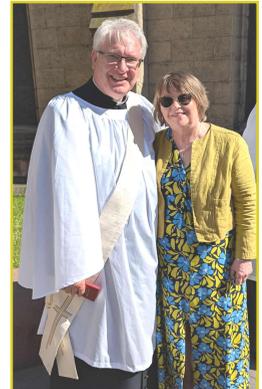
# New Things To See

**“What is this life if, full of care, We have no time to stand and stare.”**

So begins William Henry Davies’ poem “Leisure”. Other writers in this issue explore all sorts of reasons why it’s important to ‘stop and stare’ – for our spiritual and psychological wellbeing, to take in the beauty and wonder of the world around us, to enjoy and appreciate the life we have been blessed with.

Perhaps there’s another reason to stop too: we can get so caught up on the treadmill of busyness (speaking as one who knows!) that we may not notice that God has something else in mind – something new, and better. “See, I am doing a new thing! Now it springs up; do you not perceive it?” says God to Isaiah – and often, to us. God often has something new in mind – “I am making a way in the wilderness and streams in the wasteland” – but if we’re too busy keeping the ‘old things’ on the road, we may miss it. At the end of June, Andy was ordained as a Deacon, and is now working with me as a curate in the parish. Part of the challenge will be for him to stop long enough to discover what new thing God has in mind for him – not to be a ‘vicar clone’, but to bless us with his own unique ministry here.

New things are happening in St Augustine’s too, though it has taken a lot of stopping and staring, and



waiting and waiting ... to get to the point where the vision of our Rekindling Project is close to being realised. Our plans for improving the building will be displayed during the Art Exhibition– do come and stop and stare at them! We hope that work will start next year and be complete by 2027.

**ENJOY GOOD COMPANY IN A GOOD CAUSE**

**Tuesday 12<sup>th</sup> August, 2 - 4 p.m.**

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Wendy Fielding will be there to talk about the work that the Mission does and to answer questions

In St John's Garrigill as well, plans are afoot to complete the restoration of the porch, introduce kitchen/toilet facilities, and an exhibition to encourage visitors to stop and stare, to appreciate the unique geography of the area, and to discover the hidden graves of two significant geologists in the churchyard.

Nothing stays the same forever – and if we take time to 'stop and stare', we'll discover what new things God has in store for us: "For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future." As you stop and stare, may you be richly blessed by what you discover.

Your friend and vicar, *Mark Nash-Williams*

## Sacred Time

A bit of rest! That's nice, isn't it! These Summer Holidays – get yourself some menuha! "By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work." — Genesis 2:2 (NIV). I've been reflecting on the Hebrew word 'menuha' – which means 'rest' – as we find in Genesis 2, when God rested on the seventh day after making all of creation. Menuha means much more than the absence of work. Menuha speaks of peace, stillness, joy, and even celebration. Menuha signifies a **deep, peaceful rest—a state of harmony, completeness, and delight in what is** – in the present 'now'. I think that's lovely. After creating the world, God didn't just stop - he spent time delighting in his creation. God took joy in what was. Abraham Heschel, the renowned Jewish scholar and philosopher, noted that creation wasn't truly complete until God also created menuha on the seventh day.

Menuha is sacred time. It is the climax of creation, not an afterthought. God didn't rest because God was tired, but to bless and sanctify time itself. In Jewish thought, menuha is the essence of Sabbath—a holy time where we pause not just physically, but spiritually, emotionally, and relationally. It's a time to realign with God, to recognize that **our worth is not rooted in productivity**, but in us being God's beloved. God invites us into this rhythm. Observing Sabbath rest (menuha) is celebrating who we are in God. It's recognizing God's goodness all around us, and embracing what is. Stepping into God's menuha is not just pausing work—it's saying we are not defined by what we do, but by who we are in God. It's a

declaration of trust, and says, “God, You are enough”. And menuha is restorative. It allows us to reconnect with God, with ourselves, and with our community. In a restless world, practising menuha helps us become people of peace—able to **listen, love, and live with whatever is before us right now**. It helps us to not go looking for ways to find joy, but to delight in what is – in the present. Jesus said Sabbath rest was provided by God to be a blessing for us (Mark 2:27). So, this August, – get yourselves some menuha!

*Rev Tim Cooke (retired Methodist Minister based in Penrith.)*

## “Study to be Quiet”

This text from St. Paul’s first letter to the Thessalonians (ch. 4, v. 11) was the favourite Bible text of the writer Izaak Walton, close friend of John Donne and best known for his book “The Compleat Angler”, in which he reveals not only his passion for angling, but also his knowledge of the Bible and his fascination for the natural world. The memorial window in Winchester Cathedral shows Walton sitting beside the River Itchen in Hampshire with his fishing tackle beside him, engrossed in a book.

*Detail of Izaak Walton memorial window,  
Winchester Cathedral*

The word translated as “study” actually means something like “make it your ambition” to be quiet. That would imply that it doesn’t necessarily come easily. We need to work at it. The Greek translated “quiet” here (*isuchadzo*) refers to living a quiet life, i.e. concentrating on the things which *do* concern you, rather than interfering in matters which don’t.

Perhaps this ancient word of wisdom has a new relevance for our times. We live in a world where we are constantly bombarded by information, “news” - in all its forms: updates, messages, suggestions, invitations, advertisements, recommendations, etc. etc.. But how much of that wealth of information is really necessary or even relevant for us and to what extent does it



simply cause us to be anxious, stressed or dissatisfied? Is it any wonder that in our day there is such nostalgia for that quiet, simple, life which seems to have been lost for ever?

In Psalm 46, v. 10 we read: "Be still and know that I am God." Here the writer encourages us to recognise who God is, His power, His strength, His faithfulness. Allowing ourselves to focus on God can change our perspective so that things which depress, distress or anger us appear less important compared to His infinite greatness. So we can learn to "be still", to have peace, even when all around us seems to be chaos. That's not to say we don't care about what's happening in the world or that we're only concerned about ourselves, but it's more to do with admitting that we ourselves don't have the answers to the world's problems, but we know the God who does. It's one reason why prayer can be so effective. But prayer – concentrating on God, being aware of Him, listening to Him – also changes *us*, slowly but surely, teaching us to be satisfied, thankful, to be at peace. So perhaps it's fitting that the companion window to the Walton window mentioned above is an illustration of another Bible text, also from I. Thessalonians: "In everything give thanks". ES

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## “A Place of Peace and Calm”

Alston Community Garden is situated next to Grisedale Croft, just off Church Road. The garden is tended and maintained by a small group of volunteers and is laid out with a number of large mixed flower beds and a set of raised beds containing a variety of vegetables. At this time of year it offers a place of peace and calm away from the bustle of daily life, where you can take time to stop and stare at the beautiful blooms and to appreciate the rich variety of nature. Studies have shown that spending time in a garden can actively lower levels of the stress hormone cortisol and trigger release of endorphins, which have mood-boosting effects.

The garden is open to everyone, all day, every day, all year round, so allow yourself a break from the routine and pay it a visit. There is ample seating and even a picnic area where you can enjoy your lunch.



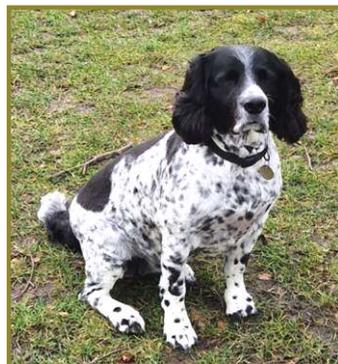
This year the garden celebrates its Silver Jubilee and we hope to mark the event with an afternoon tea party at the garden itself in late August. Watch for details nearer the event!

*The volunteer gardeners meet every Thursday (except in the very worst weather) from around 10am to around 12 noon. If you fancy joining us then just come along.*

*Dave Smith*

## Dog Wisdom

**Betty** is a nine-year-old black and white English Springer spaniel with a happy, gentle, loving temperament and wonderful zest for life. Although she has incurable chronic kidney disease, for which she has a special low-protein diet and medications, Betty tries to get the very best from each day, treating it as a gift. She doesn't seem to worry about what's past or what the future holds. She lives wholly in the present, and constantly seeks out new, exciting and



astounding things (especially rabbits). Betty is great with people of all ages. She assumes everyone she meets is a friend and good for a stroke. As a result, she is rarely disappointed. Betty is my constant companion. She gets me out of bed in the morning. She is my exercise machine. Her trust is total, her love is unconditional. She is my daily joy. I try to follow her example.

*Simon Tisdall, Nenthead*



**Freya** has started her ‘teenage years’ now she is two. Freya looks fully grown in body but not necessarily always in mind. So, what can we learn at this stage? Boundless joy and a happy attitude will get you a long way in life. Exercise is to be enjoyed and always makes you feel better. However, just exercising the body is not enough; the brain also needs exercising. Puzzling how to get at hidden rewards, seeking and finding and other such games. Aren’t we humans recommended similar brain work?

She also still finds it hard to always control her actions, pheasants flying up, rabbits running are but two triggers. She still has some anxiety when meeting new people and yapping is not really acceptable, but calmness around her helps in calming herself, and also brings more reward.

So, with all the activity, when is the time to stop and think in a dog’s teenage life? The wonder of sniffing is the answer. She will stop to sniff and I then have my time of stopping and enjoying the beauty of nature around us here on Alston Moor; both of us using our senses to enhance our lives.

She continues to listen and learn and hopefully continues to mature in the best way. Meanwhile there is always time for an important cuddle and enjoy the just reward of a treat and hopefully being the best version of herself.

*JH*

**Cooper**, a black collie x lab, came crashing into our lives 6 months ago. Dreams of snuggling up on the sofa and slow sunlight walks have quickly given way to muddy paws, chewed shoes and constant ‘Cooper get downs’! We’ve needed training as much as he has! I’m learning to let go, live in the moment - oh, and not to worry too much about the state of the kitchen floor!

*Kim Deacon*



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# Rewarding Deeper Attention

Jesus said “Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.” (Matthew 11:28-30).

Life can be so busy sometimes and it often doesn't feel easy and light! Finding rest for my soul is often at the bottom of the to do list as I navigate work, school runs and keeping the house tidy. However, cultivating a pattern of daily prayer and Bible study has been **an essential way for me to take some time out** and spend time at rest with my Saviour. Bible study can seem a daunting task at times, with so much to read and learn, but by making it a priority, starting small and staying consistent I've come to crave this part of my day.

Recently I've been using a method called Inductive Bible Study which is the approach of discovering scripture for myself and using it as my primary source of information. Three easy steps mean that we can get more out of the scriptures than if we were to just read them and move on.

1. **Observation** - Who was it aimed at? When was it written/said? Where? Why? Looking at the historical context and the geographical locations will give us a good foundation for the next part of our study.
2. **Understanding** the text - The scriptures weren't originally written for the modern audience so understanding what it meant to the people it was written to, and for, helps us to understand it so much more. By taking the time to explore the origin of a passage of scripture, we are better equipped to determine how best to interpret not only who it was intended for but also what its intention was. Often I find that seeing what the original Hebrew or Greek word meant sheds a whole new light on things.
3. **Application** - “All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness” (2 Timothy 3:16) If we are reading the Bible without allowing it to change us we're getting it wrong. From our study we could ask ourselves if there are any changes we should make, any promises to embrace or whether there is a challenge for us.

Why not pick a verse and enjoy finding out about it? Free are tools to help you:

- [www.blueletterbible.org](http://www.blueletterbible.org) - website and app with study resources, search tools, commentaries and devotionals, likewise [www.biblegateway.com](http://www.biblegateway.com)
- [www.gotquestions.org](http://www.gotquestions.org) - website and app with almost 10,000 answers to questions about God, Jesus, the Bible and theology
- [www.enduringword.com](http://www.enduringword.com) - a commentary taking the Bible verse by verse and explaining it clearly

*Kim Deacon*

# Philocaly

## **'Focus on beauty worthy of notice. Prioritizing profoundly important things'**

That poem 'What is this life if, full of care, we have no time to stop and stare' is very meaningful to me. I often try to bring those words to mind, particularly when my life seems to be so full of busyness and stress that I fail to notice the more important reality of the world I live in - especially here in Weardale, where I am surrounded by such beauty. A very old and very dear friend, a stalwart of village life into her 90s, left instructions that I was to read that poem at her funeral and I was honoured to do so; when things get out of proportion, I often hear her reminding me to slow down and catch my breath.

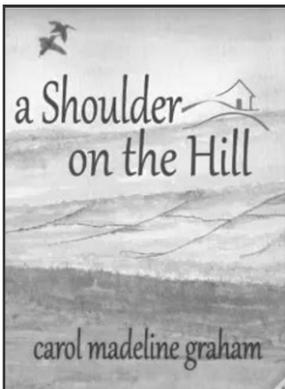
Quaker worship, in which we seek the 'light' or the spirit, which is all around us at all times, is of course grounded in a collective silence and stillness, in which peace we are open to listen to the words of those who may be moved to give spoken ministry, or simply to seek clearness over our own life and spiritual journey. George Fox, one of the founders of Quakerism, wrote in 1658 –

**'Be still and cool in thy own mind and spirit from thy own thoughts, and then thou wilt feel the principle of God to turn thy mind to the Lord God, whereby thou wilt receive his strength and power from whence life comes, to allay all tempests, against blusterings and storms. That is it which moulds up into patience.... into stillness, into stayedness, into quietness, up to God, with his power.'** (Quaker Faith and Practice: Chap 2. 2.18)

My favourite recent new word is 'Philocaly', which means a moment of joy or awareness that arises spontaneously and unbidden to lighten a perhaps tedious day. I try to find a moment of philocaly within each day and reflect on it at the end of it. Yesterday, having got soaked coming out of the Co-op in Stanhope, carrying shopping to the car in a deluge of rain, I was driving home feeling damp and a bit grumpy when I noticed a field containing just a single, large red bull, who had lain down, curled his legs in to make himself as small as possible, and

had his head bent as the rain ran down his back, dripped off his ears and the ring in his nose. I burst out laughing - what did I have to be grumpy about!

*Carol Graham*



'A Shoulder on the hill' by local Carol Graham quickly became one of my favourite comfort reads. A funny and touching tale of Carol's return to Weardale with its various hiccups and uninvited animal friends, paired with her honesty about the twists and turns of life make for a feet up, brew in hand, page turner.

*Kim Deacon*

# Pepin's Puzzle's

Some verses from **LEISURE** a poem by W H Davies (1871 – 1940) are the basis for the puzzles here and following the theme **STAND and STARE PAIR THE 1-7 jumbled words** correctly (when deciphered) with the A-G spaces in the poem. Only the first and last letters are correct. e g seehp is sheep

1 bguohs 2. seehp 3. wodos 4. baord 5.smaerts 6. sieks 7.hdie  
 WHAT is this life if, full of care, We have no time to stand and stare? —  
 No time to stand beneath the (A), And stare as long as (B) and cows  
 No time to see, when (C) we pass,Where squirrels (D) their nuts in grass  
 No time to see, in ( E ) daylight,(F) full of stars, like (G) at night:

S	T	A	N	D	A	N	D	S	T	A	R	E
T	T	B	O	U	G	H	S	T	S	S	B	P
A		A				I	K	A	K	T	O	E
N			N	S		D	I	N	I	R	U	E
D	W	O	O	D	S	E	E	D	E	E	G	H
A				O	A		S	A	S	A	H	S
N		S		O		N		N		M	s	S
D		M		W	D		D	D		S		H
S	T	A	N	D	A	N	D	S	T	A	R	E
T		E		A	O			T	T			E
A		R		O	R			A		A		P
R		T		R	B			R			R	
E		S		B	H	I	D	E				E

GRID PUZZLE You will find the same 7 words twice each in the grid

**BOUGHS  
 SHEEP WOODS  
 BROAD HIDE  
 SKIES STREAMS**

HOW MANY TIMES CAN YOU FIND THE PHRASE:**STAND AND STARE** (NO GAPS)

Now for some sayings all beginning with STAND (vowels missing)

1. STND T S (on parade) 2. STAND N N S WN TW FT
3. STMD ND DLVR 4 STNDNG RDRS 5.STND P ND B CNTD
6. STND FR LCTN (to a committee) 7. STND T a ML

HERE IS A FAMOUS BIBLE TEXT (Revelation 3:20) Who is speaking?

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

David Pepin

## A Feast for the Eyes, Mind, Heart and Soul

Whether you are a local or a tourist, the Church offers shelter from wind and rain, blissful cool in a heatwave, and a display of exceptional art. August brings St Augustine's alive with paintings, music and many visitors to the annual exhibition by Alston Art Group and Friends. This year will be the last before the work begins on renovating and reordering the church building – which will make it even better for exhibitions in the future.

The art is for sale, with some of the proceeds to the church, but even if you can't buy, feel free to come and enjoy for as long as you want.

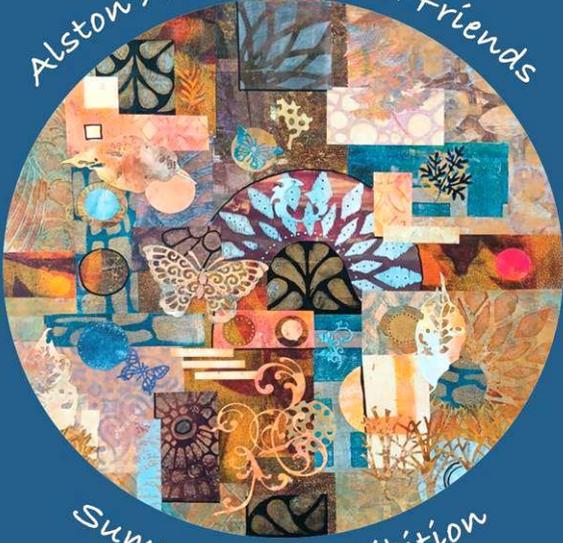
Grab this chance to stop and stare, come back and have a look on a different day, spend ages with one picture, or ten minutes with dozens. It's all free and open 10 – 5 every day from the 9<sup>th</sup> to the 25<sup>th</sup> of August.

This is your chance to drink in beauty, landscapes, people, abstract and realistic art, showcasing many different media and ways of seeing.

There will be music events – usually on the Friday evenings, drinks and nibbles, even the chance to win a prize and maybe a unique piece of art for the price of a raffle ticket!

Opening Night party – Friday the 8<sup>th</sup>, 6 – 8pm, all welcome.

*BNW*



**Alston Art Group and Friends**

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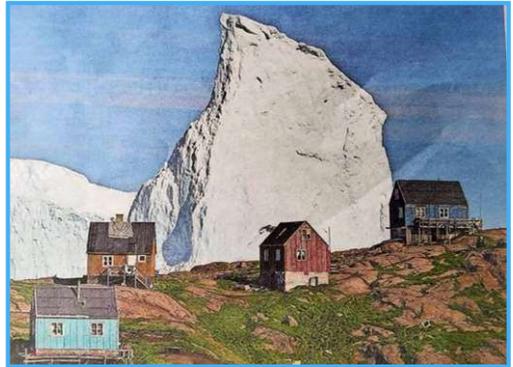
## A Photographic Pause & Ponder

These days most of my life is at home in our bungalow, but I stop and stare at photos of a much-travelled life, with my beloved Liisa. Maybe it is the heatwave but I offer thoughts from cooler parts of the world: a certificate from the time Liisa and I, on the small Icelandic island of Grimsey, stepped North of Arctic Circle. Iceland's geographical wonders made us stop and stare – a steaming volcano, going deep in a cave, and a pool of geothermal hot water. (Iceland's magma is bubbling today near Grindavik).



In the newspaper this week, an enormous towering iceberg in Innaarsuit harbour, Greenland, looming threateningly over the houses at the edge. Does melting ice play a part in God's plan for the future of humanity?

Another Northern island I love is Iona, and a trip we took to Staffa to see the puffins. This was a retreat to stop and stare, the spirituality of the island was quite remarkable. Iona Abbey was such a special place, lit with candles for evening Holy Communion, flames moving with the wind – I felt as if the Holy Spirit was with us. A few days of great blessing and restoration.



What made the Centurion stop and stare, realising that Jesus was truly the Son of God, even as he hung on a cross? An earthquake is mentioned in the Gospel account, but was it the earthquake that moved him, or the softer wind of the Spirit of God?

May that Spirit richly bless you, *George Mullard*

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## Church Contact Details

### METHODIST

**Superintendent Minister:**

*News in September*



**Circuit Pastoral Worker:** Dean Lawson Phone: 07897 736024

Email: [laypastor@penrithmethodist.co.uk](mailto:laypastor@penrithmethodist.co.uk)

**Church Steward:** Mr John de la Mare  07802 709320

 [www.eastofedenmc.org.uk](http://www.eastofedenmc.org.uk)  [facebook.com/alstonmoormethodistchurch](https://facebook.com/alstonmoormethodistchurch)

### ROMAN CATHOLIC

**Parish Priest:** Fr John Winstanley (*usual day off: Monday*)

**Deacons;** Revd Charlie Conner, Rev. David Greaves

St Catherine's Rectory, Drovers Lane, Penrith CA11 9EL

 01768 862273  [penrithrc@btinternet.com](mailto:penrithrc@btinternet.com)

**Local Contact:** Anne & Paul Parkin  01434 381704

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



### QUAKERS

Carol Graham  01388 517145  [hillhouseeast@yahoo.co.uk](mailto:hillhouseeast@yahoo.co.uk)

Antony Christie  01434 381633  [antonychristie@aol.com](mailto:antonychristie@aol.com)

Kate Webb  01434 381562  [kate.webb@yahoo.co.uk](mailto:kate.webb@yahoo.co.uk)



### CHURCH OF ENGLAND

**Vicar:** Revd Mark Nash-Williams (*usual day off: Monday*)

The Parsonage, Brampton Road, Alston, Cumbria CA9 3AA

 01434 382588  [vicar@alstonmoorcofe.org.uk](mailto:vicar@alstonmoorcofe.org.uk)

**Curate:** Revd Andy Morsman  07375 905246 (*usual duty days: Wed, Thu*)

 [curate.andy@alstonmoorcofe.org.uk](mailto:curate.andy@alstonmoorcofe.org.uk)

**Churchwardens:**

**Alston** Tanya Uemlianin 07490 772019 Paul Dyke 07544 714369

**Garrigill** Jim McCarry 07890 345901

**Kirkhaugh** Richard Graham 381367

**Knaresdale** Irene Boyles 381388 Carol Grieves 382472

**Nenthead** Madeleine Harris 382144 Simon Crossley 200241

**Lambley** Vacant – contact one of the other Wardens

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## Methodist Services



All services at 11.00 am in St Wulstan's, unless otherwise stated.

- 3<sup>rd</sup> Revd Alex Dunstan  
5 pm Pennine Praise at The Hive, Nenthead
- 10<sup>th</sup> David Pepin
- 17<sup>th</sup> Dean Lawson
- 24<sup>th</sup> Local Arrangement
- 31<sup>st</sup> No service in Alston  
Penrith Methodist Church - launch of new Cumbria Circuit

## Quaker Meeting for Worship



Quaker Meeting for Worship continues to take place every **FOURTH SUNDAY** of the month at 10.30am, throughout the year

**And SECOND WEDNESDAY OF THE MONTH: 6.30 – 7.30pm**  
**14<sup>th</sup> MAY, 11<sup>th</sup> JUNE, 9<sup>th</sup> JULY, 13<sup>th</sup> AUGUST, 10<sup>th</sup> SEPTEMBER**

Everyone most warmly welcome to join us for an hour of silent, reflective worship at these times.

## Roman Catholic Mass



St Wulstan's, Kings Arms Lane, Alston, CA9 3JF  
Mass every Saturday as usual at 6.00pm  
with confessions available from 5.30pm

## Ecumenical Service at Grisedale Croft

A relaxed, informal service, on Thursday 28<sup>th</sup> August, 1.30pm

# Church of England services & events



## Worship and Prayer in August

### Sunday, 3<sup>rd</sup> August (1<sup>st</sup> Sunday in the month):

- 9.30 am Holy Communion (BCP) Holy Paraclete, Kirkhaugh  
 11.00am Sung Communion St Augustine, Alston (& livestream)

### Sunday, 10<sup>th</sup> August (2<sup>nd</sup> Sunday in the month):

- 9.30am Morning Prayer St John, Nenthead  
 11.00am Sung Communion St Augustine, Alston (& livestream)  
 \*\*3.00pm **"Summer Celebration"** St Jude, Knaresdale  
 4.45pm *Practice for next week's evensong* Holy Paraclete, Kirkhaugh

### Sunday, 17<sup>th</sup> August (3<sup>rd</sup> Sunday in the month):

- 9.30am Morning Prayer St John, Nenthead  
 9.30am **Holy Communion** St John, Garrigill  
 11.00am Sung Communion St Augustine, Alston (& livestream)  
 4.00pm *Rehearsal for...*  
 \*\*6.00pm **Come & Sing Evensong (BCP)** Holy Paraclete, Kirkhaugh

### Sunday, 24<sup>th</sup> August (4<sup>th</sup> Sunday in the month):

- \*\*9.30am **Community Songs of Praise** St John, Nenthead  
*followed by **Procession & Blessing of the Village***  
 11.00am Prayer & Praise St Augustine, Alston (& livestream)  
 3.00pm **Evening Prayer** Ss Mary & Patrick, Lambley

### Sunday, 31<sup>st</sup> August (5<sup>th</sup> Sunday in the month):

- 9.30am Said Communion St Augustine, Alston  
 11.00am **Special Parish Event (details t.b.c.)** *see website for details*

## Regular Weekday services

### **Morning, Evening & Night Prayer**

- Morning Prayer: Wed-Sat, 9am St Augustine's & on Zoom
- Evening Prayer: Wed, Thu & Sat, 5pm St Augustine's & on Zoom  
 Fridays, 6pm St John's, Nenthead
- Night Prayer: Fridays, 9pm Zoom

### **Informal Holy Communion**

- Every Thursday, 12 noon Chat Room, Alston

## Sunday services online

- Join us at 11am weekly on **Zoom** using the app – or, with an ordinary phone, dial 0203 051 2874. The **Meeting ID code** is **357 123 751**.
- Or find us on **YouTube** – [youtube.com/@AlstonMoorParishChurches](https://youtube.com/@AlstonMoorParishChurches)
- Download the orders of service from [alstonmoorcofe.org.uk/worship](http://alstonmoorcofe.org.uk/worship) and the notice sheet from [alstonmoorcofe.org.uk/whatson](http://alstonmoorcofe.org.uk/whatson)

## Prayer requests and virtual candles



If you would like someone to pray for or with you, phone Mark on 01434 382558 or email [pray@alstonmoorcofe.org.uk](mailto:pray@alstonmoorcofe.org.uk)  
Light a candle at [churchofengland.org/our-faith/light-candle](http://churchofengland.org/our-faith/light-candle) or in any of our parish churches

## Ways to support your parish churches financially

- ✓ Make a one-off donation at [alstonmoorcofe.org.uk/donate](http://alstonmoorcofe.org.uk/donate)
- ✓ Speak to a Churchwarden, a Treasurer or Mark about regular donations
- ✓ Join [easyfundraising.org.uk](http://easyfundraising.org.uk) and select your favourite church as your cause.

*Thank you!*



## August dates for your Diary (subject to change)

Throughout August **Nenthead200 Photo Exhibition** *St John, Nenthead*  
Fri 8<sup>th</sup>, 6.00pm **Art Exhibition Opening** *St Augustine, Alston*  
Fri 15<sup>th</sup>, 6.00pm **Beer'n'Hymns'n'Fish'n'Chips** *St Augustine, Alston*  
Sun 17<sup>th</sup>, 10am-3pm **Coffee Shop** *Garrigill VH*  
Fri 22<sup>nd</sup>, 7.30pm **Music Event (t.b.c.)** *St Augustine, Alston*  
Sat 23<sup>rd</sup>, afternoon **Nenthead200 Bands in church** *St John, Nenthead*  
Sat 30<sup>th</sup>, 10am **St Jude's Coffee Stop** *Knaresdale w Kirkhaugh VH*

## **The Chat Room**

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## Revd Andy's Big Day

Many of us from Anglican, Methodist and Roman Catholic congregations here, and friends from further afield, reflect on the ordination of our own Revd Andy Morsman to the Diaconate in the Church of England.

A wonderful service that we felt to privileged to be present at. It was such a very special day.

The ceremony was formal and well organised but also very friendly.

An excellent order of service was provided so we could all follow the service and join in with the prayers and singing (made so much better having the choir leading us!).

The music and choir were wonderful. It was a great surprise when the choir processed out of church at the end of the service and we found that they were so young!



The presentation of the stoles to the newly ordained deacons was very meaningful.

There was an abundance of all levels of clerics in the religious chapter (a new collective pronoun learnt on the day!)

Delighted to see so a female Bishop and many other clerics – how the church had changed for the better!

Delighted to see that the bishop of Botswana (linked to the Diocese) was not only present taking part in the service but also presented each of the Deacons with a New Testament.



Delighted to see the involvement of our clerics from Alston Moor.

*Alston Moor's clergy and Readers team, laughing, as usual!*

It was wonderful to see a friend who has been a great support to me ordained a Deacon. As to the service in the beautiful surroundings of St Nicholas' Cathedral: the Church of England at its best!

Great to hear the hymns sung so well.

The whole service was warm and inclusive.

The Communion was very well organised.

I felt tearful with the glorious emotion of the service.

A very moving ceremony.

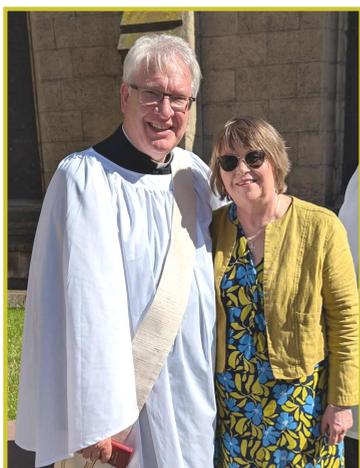
I found the service quite emotional.

I was so pleased to be in St Nicholas' Cathedral to witness Andy's ordination. It was a wonderful experience in a magnificent church.

The cathedral was cool on such a hot day – made it easier to concentrate.

So pleased to have travelled to come to this wonderful occasion.

The service was a tremendous experience – the first time I've been to an ordination. I was very impressed!



Good to be in the company of the different Christian denominations.

This was my first ever Anglican Ordination and it was a really wonderful occasion.

It was an honour to witness the ordination of Andy. The service was a wonderful experience and I felt immensely proud of everything Andy and his family have achieved.

We are all so proud of your achievement.

Really pleased to support Andy on this great occasion. It's been a long journey from Reader to Deacon and (we hope) Priesthood. Well done for sticking with the calling.

Such happiness in the air in our reports.

A joy to have such a special person at peace, and obviously moved by a sermon that spoke to all of us. It will remain with us, with such affection.

*Comments gathered by Jeanette and Madeleine*



## Happy Birthday Nenthead!

The North Pennines National Landscape Nenthead200 celebrations will be the first time that a traditional village fair has taken place since I moved to Nenthead over two years ago.

It will be lovely to see events taking place in various venues throughout the village including Nenthead mines, the village hall, the Hive, St John's church and the playing field.

I'm looking forward to seeing the under 16s nature and wildlife photographs and also historical photographs of Nenthead's landscape, mining heritage and people that will be exhibited in the church.

I also don't want to miss listening to the local bands including the Lounge Lizards, Flying Thimbles and Hainton Symphonic Orchestra performing in the church, as I think it will be a great venue for live music.



I am looking forward to seeing all the arts and crafts, produce and other activities that are taking place especially as the emphasis is on the local landscape and customs including the Lead mining history and the creation of the village of Nenthead 200 years ago. I'm sure there will be many talented and creative people living in Nenthead and Alston Moor.

The Community Songs of Praise followed by the Outdoor blessing of the village at Nenthead mines is also something that I do not wish to miss. And I will be finding out how much I know of local history and knowledge when I take part in the pub quiz that will be held in The Hive to finish off the celebrations.

*Judith Crossley*

## News from St Jude's

It has been a strange summer this year, here in the Pennines, baking hot then torrential rain, but it has been good for the gardens, so I presume for the farmers too. I have never seen my garden looking so lush and beautiful. With very little watering from me.

On the 29th June a goodly number boarded a coach to take us to Newcastle Saint Nicholas Cathedral to witness the Ordination of our much loved Andy Morsman, it was a wonderful service and very moving. We were able to give Andy all our

very best wishes on his Christian journey. Of course we had to celebrate with food. Lowbyer in Alston put on a delicious meal. We then had a chance to get together for a chat with Andy and all his well wishers.

June was a busy old month, the Churchwardens of all our six churches were sworn in at Hexham Abbey.

On the Sunday morning of our Pet and furry friend's service, it was difficult to decide where it should be held. Much too hot in the morning, then a nice cool breeze sprang up, so out came the chairs, the keyboard, water bowls for the animals, we do like an outdoor event as there is a lovely patch of mowed grass at the rear of church. We also had visitors from Nenthead, Hallbankgate and Haltwhistle apart from our usual congregation. This year it was all dogs, Revd Mark had a calming effect on all of them as he knelt to bless them, not forgetting a little treat too. After the service everyone made their way to the Kirkstyle's outdoor area for refreshments.

Coffee Stop continues with yet more people coming to enjoy the delicious cakes and bakes. The date for July is 26<sup>th</sup> and August 30<sup>th</sup> - last Saturday of the month. Next Church service Sunday 10<sup>th</sup> August at 3pm Celebrating Summer. If you have a favourite poem or reading please bring it along, it is again a friendly informal afternoon, but Communion will be available for those who would like to participate at the end of the service.

Slaggyford WI had an afternoon tea at On the Beck a lovely venue connected to the Fish Farm in Brampton. A few of us had a day out at the Sill, where we saw the installation of the trunk of felled Sycamore gap tree, sad and a bit emotional, we all had photos taken and gave the trunk a big hug.

The K&K community hall organised A Big Breakfast in the hall, amazing food with everything you can think of for a breakfast. I almost forgot; a very successful afternoon domino drive in aid of church funds. Other activities include, Monday afternoon, a craft club, once a month Book club, every Thursday evening bowls. Do join in with any activity, you will be warmly welcomed.

That's all for now folks.

Stay Safe and Look after each other.

God Bless

*Irene Boyles*

ANSWERS Pairing A1 B2 C3 D7 E4 F5 G6

Sayings: 1 STAND AT EASE 2 STAND ON ONES OWN TWO FEET

3 STAND AND DELIVER 4 STANDING ORDERS

5 STAND UP AND BE COUNTED 6 STAND FOR ELECTION

7 STAND OUT A MILE

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# The Way of the Methodist Tea-Peddler

An underlying purpose behind Isaac's Tea Trail has been to try and stimulate awareness in the Methodist Heritage of the Allen Valleys and



Alston Moor. For some years there's been a link with Methodist Heritage with trail details on their website. They've rebranded this section as Methodist Pilgrimage – Routes, See

<https://www.methodistheritage.org.uk/your-church-heritage/celebrate-commemorate/pilgrimage-routes/>

Isaac's Tea Trail is one of only 4 selected along with

Tolpuddle Martyrs, Peak Wesley Way, John Wesley's London Walking Map.

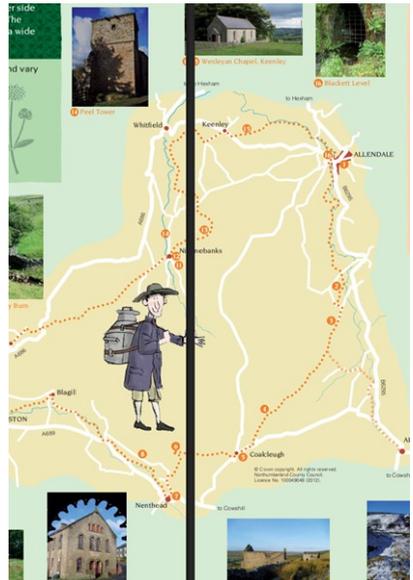
*Roger Morris*

An excellent leaflet with plenty of reasons to stop and stare can be downloaded here:

<https://media.methodist.org.uk/media/documents/isaacs-tea-trail-270814.pdf>

We don't have to go so far for a reason to stop and stare, just take a walk around your local neighbourhood, time to notice things you walk past every day.

The Alston heritage trail can be an eye-opener, link at [visitalston.com](http://visitalston.com) and print-outs available in Local Links in the Town Hall.



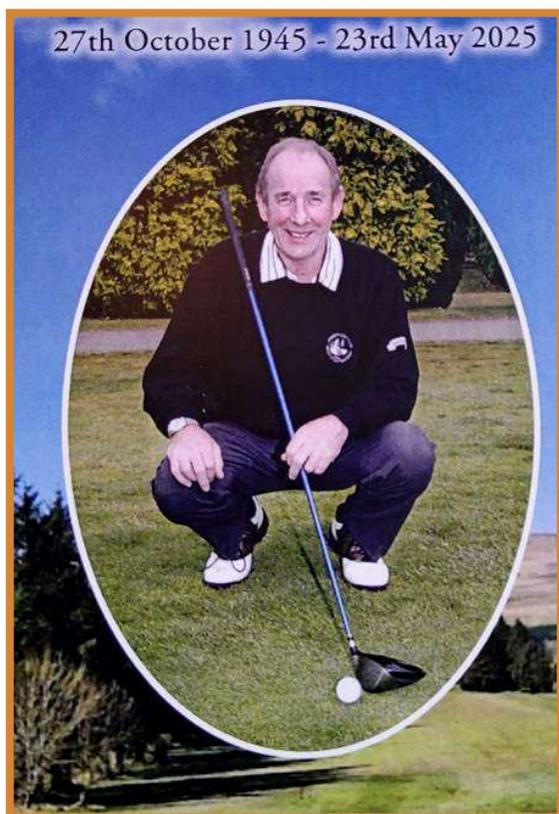
## **Girlguiding North West Region: Pennine Way Challenge June 2025**

This year celebrates the 60<sup>th</sup> Anniversary of the Pennine Way Long Distance Footpath. As much of it passes through our region, it was decided that, between us, we would walk the whole 270 miles in one day. Individual units opted to cover as much or as

little as they felt they could manage. Alston Guides were asked if we could cover the rather remote section from Middleton-in-Teesdale to Tan Hill, a distance of 17 miles. I set off with Sarah, my unit helper, plus 2 guides, to walk the first 2 miles together. They then veered off to the top of Kirk Carrion before returning to Middleton (and sausage rolls and ice creams!). I continued with a willing friend (ex-Scouts) to complete the next 15 miles. To say it was wet is a bit of an understatement, but we did make it all the way, despite the increasingly heavy rain, as we covered the miles of featureless, boggy moorland to eventually reach Tan Hill. We did have time to stop and stare, but unfortunately there was very little to see in the mist and rain!

Everyone who took part received a commemorative badge and the girls should feel proud that they were a part of such an exciting challenge.

*Tricia Davies, 1<sup>st</sup> Alston Guides Unit Leader*



## **Remembering Michael**

On the 23rd May we said our sad and affectionate goodbyes to Michael Liverick a treasured and respected lifelong resident of Nenthead. Spoken of with immediate respect and affection by colleagues under his directorship at Bonds Precision Castings. "A brilliant boss, just a lovely person someone you could talk to." Also by those in his golfing circle at the Alston course. Today we think of and extend our love to Mary, Michael's beloved wife - it was always and will always be 'Mary and Michael'. *MH*



## A Long, Hard Look in the Mirror

Is there perhaps a way in which the theme of this month's magazine, 'Stop and stare' can be applied to our personal lives?

At his trial on charges of 'impiety' and 'corrupting of youth', for which he was subsequently sentenced to death, Socrates spoke his immortal words, ***The unexamined life is not worth living.*** That dictum reflects his belief that a life lived without self-reflection and critical thinking was essentially meaningless and lacked value; we must always understand the importance of self-awareness and questioning our beliefs, actions and purpose in life. Socrates is telling us that **the person who cannot learn from what has gone wrong in their life – or indeed gone right – is likely to be of little use to their fellow human-beings.**

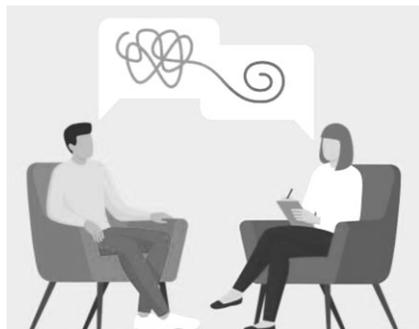
As Christians, we are encouraged to examine our lives and our consciences on a regular basis, and, thoroughly done, this can be an uncomfortable process, involving feelings of guilt and sadness. The Roman Catholic, Orthodox and High Anglican traditions have always recognised this all too human need through the use of the Sacrament of Reconciliation, commonly referred to simply as 'Confession'; a practice long misunderstood and even, unhappily, ridiculed outside those Communion. However, other denominations recognise the value of this sacrament – the 1999 *Methodist Worship Book* includes an order for confession to an ordained minister. We all do have a need for a conscience free of guilt and for the reassurance and blessing that the Sacrament of Reconciliation can bring us. It is a practice that is commended as long ago as in the Communion liturgy of the 1662 *Book of Common Prayer* in the lovely words, spoken by the presiding priest: *if there be any among you who cannot...quiet his own conscience herein, but requireth further comfort or counsel, let him come to me or some other discreet and learned Minister of God's Word and open his grief: that by the ministry of God's holy Word, he may receive the benefit of absolution, together with ghostly counsel and advice, to the quieting of his conscience.*

But what happens if personal 'baggage' in the form of hurts and wrongs from the past becomes too difficult to unload? We can find that it affects our thoughts and emotions on a daily basis and can end up having an impact on our relationships with others and even on our ability to form and sustain those relationships. What exactly are we to do when negative thoughts arising from previous years consume our waking hours and just will not go away? If these thoughts are rooted in negative actions that have had an unfortunate impact on others, how do we deal with them when the assurance of God's forgiveness

through the Scriptures and the ministrations of the Church do not enable us to perform that most difficult of tasks - *forgiving ourselves*?

That is one time when it can be helpful to speak to a counsellor or psychotherapist. This may be very difficult to do. For some of us, it can seem like an admission of failure; others might balk at the idea of 'baring our souls' to another human being, never knowing what they might be thinking about us.

As a trained counsellor myself, having practised in a number of both Church-based and secular contexts, I am absolutely convinced of the value of being able to sit and just pour out whatever is troubling us to **a person who will make the time to listen to us in a non-judgemental context**, and help us to discover within ourselves the resources to face up to and resolve the issues that are holding us back from leading full and satisfying lives. No counsellor, psychoanalyst or psychotherapist has a 'magic wand', but they can assist us in directing our thoughts into positive channels and away from harmful ones that can lead to depression and even suicide. My advice would be, if it seems right, 'give it a go'.



A final thought, for when we find ourselves assailed by guilt about past events in our lives (one of the Devil's most powerful weapons): in the words of Joseph M. Scriven's wonderful hymn *What a friend we have in Jesus*, 'Take it to the Lord in prayer'. And remember that when we do that, we are not coming to God to beg for debt or sin to be cancelled; Jesus already did that for us on the day He died.

*Richard Pattison*

**'Everyone wants to be heard and understood.'**

"If you've ever wondered why certain things seem to keep happening in your life, or you just don't feel as positive about things as you once did, psychotherapy might help you explore what's going on. Talking about these issues with someone who listens, and may comment or question to clarify things for you as much as themselves, can, over time, lead to deeper awareness and the possibility of change."

"Everyone wants to be heard and understood. Being truly heard enables us to hear ourselves, to access that inner self that is so often invisible and unheard. Psychotherapy offers this possibility."

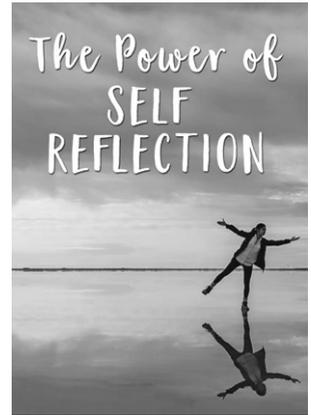
*Alice Bondi*

## “Why look inside?”

I asked the question of those who have just finished the Level 2 Counselling Skills course in Penrith that I help to tutor (see North Lakes Counselling and Training, [www.nlcat.co.uk](http://www.nlcat.co.uk)). The following is a selection of their answers ...

*Tim Jackson*

If we don't look inside, we don't know what's inside. If we don't know what's inside, we don't know what we may need. If we don't know what we may need, we can't ask for what might help us. If we can't ask for what might help us, others won't be able to help us.



For a greater understanding of one's past behaviour patterns, internal conflicts and the processing of my traumas and sense of worth

We spend a lifetime with our thoughts, it's important to understand where we came from and what drives us in order to know where to go next ...

Exploring one's inner landscape provides a life deeper and richer in layers of meaning and purpose. Deepening all emotions for the better.

To explore and learn about yourself within a safe and non-judgemental space is a time of self-care.

Without reflection, how can you know who you are? Without considering your past, how can you know where you have come from and what has made you? Without asking what has happened, how can you know how to fix yourself? You have a manual for all your gadgets, so you can use them properly. So, look inside and write your own manual for your world, so you know how to live your life in the best way you can.

In my experience, looking inside seems to be a necessary but sometimes painful process. I've been forced into it in the past when living in my own head has become too painful. In recent years **this 'looking' has begun to bear fruit** and I've realised what when 'seen through' my preconceived ideas can give way to a new perspective. I become clearer, warmer, less rigid and fearful. At the point, I'm committed to the process. Excited to reveal more of my illusions in the hope that I may continue to grow in my ability to connect with others and myself.

To look inside is to fully know yourself, understand yourself, forgive yourself – if needed – and to move forward in a more positive way. It also is important to have true relationships and accept and love and exist in the most authentic way.

# About 'Faith in the Moor'

This Magazine is a 'Churches Together' publication. It aims to share information useful to regular and occasional churchgoers, to the wider community, and to tourists and visitors. It reflects the life of the faith community in our corner of the North Pennines. Here people encourage, celebrate and debate their faith.

The different Christian churches who create this magazine get along very well, and work together in a spirit of openness and mutual regard. Faith in the Moor welcomes input in harmony with this open Christian Faith. Also from those whose spirituality is not focussed on a

particular religion, and those whose faith is in the Moor itself; its people, its uniqueness, its future. We support whatever enriches our community here.

*Current team: JH = Jeanette Haslam, ME = Mary Elliot, ES = Lizzie Smith, MH = Madeleine Harris, RP = Richard Pattison, BNW = Bar Nash-Williams, KD = Kim Deacon, WN = Willow Northeald*



September Theme: 'New Directions'

Deadline: Monday 18<sup>th</sup> August

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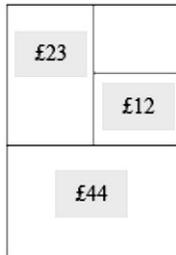
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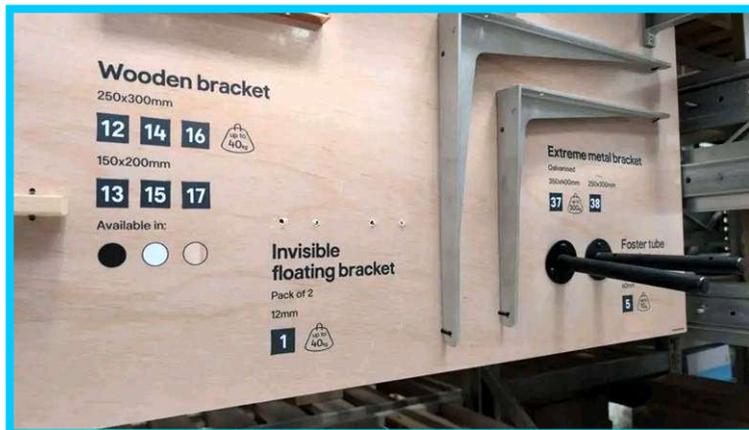
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Remembering Bishop Mark's terrible pun that, in contrast to Sinatra's too often used at funerals song, DIY stands for 'Do It Yahweh,' we couldn't resist this photo taken



when someone **stopped and stared** in a well-known DIY store.

## 'I must be about my busYness'

*Why do we do it to ourselves? Why do we keep going; to fulfil a self-imposed excess of life's 'requirements' - exhausting mind and body. An exhaustion asking us to find a balance, to replace 'I must' with 'I might' - 'I should' with 'I could' - 'I will' with 'not now,' and allow ourselves a selection of pleasure-filled pauses to revive and remotivate.*

*'Mr B', A children's picture story book I came across some time ago depicts a significant lifestyle alteration - a remedy to 'important' relentless Busyness.*

'Mr B was a very important man.

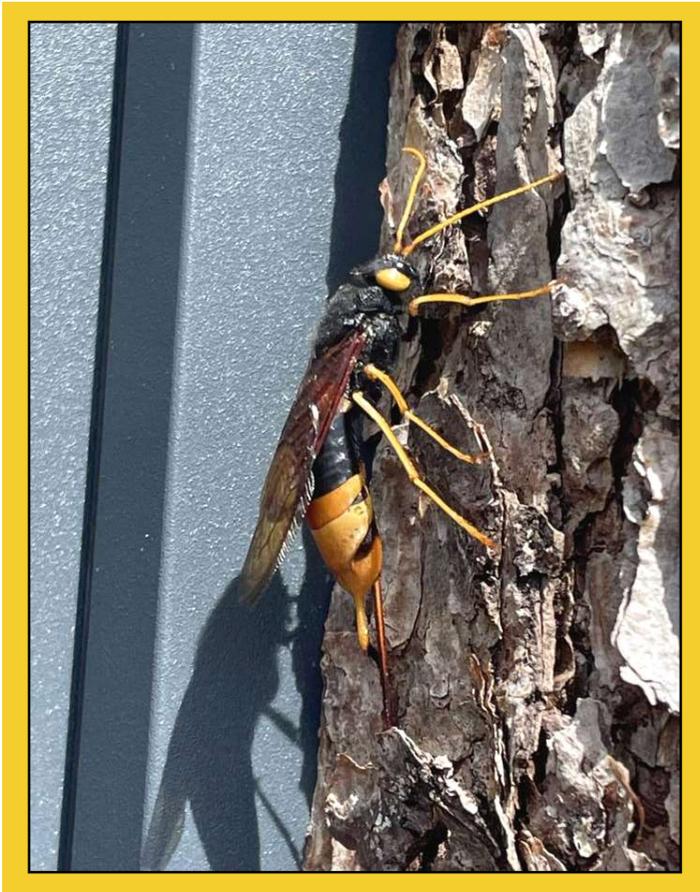
Mr B had a very important office with a very important desk. Mr B had a very important secretary and very important red telephone. Mr B also had a very important [de-luxe] car. - Mr B was all about importance.

One day his very important car broke down. As Mr B considered this disturbing circumstance a motor cyclist came along - his invitation; "Op on mate!" As they sped along Mr B's very important bowler was whipped away by the wind as a changed Mr B exclaimed: "Wheeeeeee! This is *really* important!" On his return to his very important office, Mr B invested in his very own motorcycle bringing 'balance' to his very important busy life.'



MH

If you don't **stop and stare** you might think this a big scary wasp.



It is in fact a wood wasp, or 'horntail' sent in to us by Mary Hagen from Nentsberry. Wood wasps can be up to 4cm long. The 'sting' is in fact an ovipositor used to lay its eggs in (usually) dying fir, ash or willow trees. They are beneficial in their natural environment, contributing to the ecosystem.

'Horntail wood wasps are not a threat to humans, as they do not sting or bite. They are actually quite beneficial insects, as their larvae feed on other wood-boring pests like bark beetles and termites. However, if left unchecked, wood wasps can cause damage to wooden structures due to their habit of boring into them for food sources. This feeding activity weakens the structural integrity of wooden structures such as houses, decks, fences and furniture over time.'

[glenlivet-wildlife.co.uk/insects/wood-wasp/](http://glenlivet-wildlife.co.uk/insects/wood-wasp/)