

## METHODIST



**Superintendent Minister:** Rev David Milner (*day free of duties: Friday*)  
1 Lamley Gardens, Penrith, CA11 9LR  
☎ 07597 639314 ✉ [dave@revmilner.plus.com](mailto:dave@revmilner.plus.com)

**Lay Pastoral Worker:** Dean Lawson  
☎ 07897 736024 ✉ [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:** Rev. Charlie Connor, Rev. David Greaves

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

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

**Local Contact:** Ann & 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  
✉ [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

🌐 [www.alstonmoorcofe.org.uk](http://www.alstonmoorcofe.org.uk) ■ [facebook.com/alstonmoorchurches](https://facebook.com/alstonmoorchurches)

## Methodist Services



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

6<sup>th</sup> Rev. Dave Milner

5.00 pm Pennine Praise in The Hive, Nenthead

13<sup>th</sup> David Pepin

20<sup>th</sup> Rev. Alex Dunstan

27<sup>th</sup> Dean Lawson

## Quaker Meeting for Worship



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

**And SECOND WEDNESDAY OF THE MONTH: 6.30—7.30 pm**  
**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 6.00 pm  
with confessions available from 5.30 pm

## Ecumenical Service at Grisedale Croft

A relaxed, informal service, on Thursday 3<sup>rd</sup> July, 1.30 pm  
and Thursday 31st July, 1.30pm (Holy Communion)

### The Chat Room

Bottom of Front Street, next to Mad Hatters. Open all year for a safe space, a warm welcome, a cuppa, and a chat. Whether you need a moment's break from the weather or an hour of company and deeper conversation, the hosts are always pleased to see you.

Our normal opening hours are Monday to Friday, 10.00 am–12.00 pm,  
But we are closed for holidays between 21<sup>st</sup> July and 4<sup>th</sup> August.

# Church of England services & events



## Worship and Prayer in July

### **Sunday, 6<sup>th</sup> July** (*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, 13<sup>th</sup> July** (*2<sup>nd</sup> Sunday in the month*):

9.30am	Morning Prayer	St John, Nenthead
11.00am	Sung Communion	St Augustine, Alston (& livestream)
<b>**3.00pm</b>	<b><u>"Furry Friends" Pet Service</u></b>	St Jude, Knaresdale

### **Sunday, 20<sup>th</sup> July** (*3<sup>rd</sup> Sunday in the month*):

9.30am	Morning Prayer	St John, Nenthead
11.00am	Sung Communion	St Augustine, Alston (& livestream)
<b>**3.00pm</b>	<b><u>"Furry Friends" Pet Service</u></b>	St John, Garrigill
<b>6.00pm</b>	<b><u>Taizé Evensong (BCP)</u></b>	Holy Paraclete, Kirkhaugh

### **Sunday, 27<sup>th</sup> July** (*4<sup>th</sup> Sunday in the month*):

9.30am	Holy Communion	St John, Nenthead
11.00am	Prayer & Praise	St Augustine, Alston (& livestream)
3.00pm	<b><u>Holy Communion</u></b>	Ss Mary & Patrick, Lambley

## 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](https://alstonmoorcofe.org.uk/worship) and the notice sheet from [alstonmoorcofe.org.uk/whatson](https://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!*



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

Sun 20<sup>th</sup>, 10am-3pm **Coffee Shop**

*Garrigill VH*

Sat 26<sup>th</sup>, 10am

**St Jude's Coffee Stop** *Knaresdale w Kirkhaugh VH*

## *"Furry Friends" PET SERVICE*

*St Jude's Church, Knaresdale*

*SUNDAY, 13<sup>th</sup> JULY at 3.00 pm*

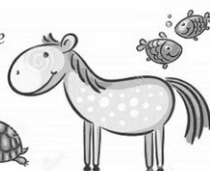
*&*

*St John's Church, Garrigill*

*SUNDAY, 20<sup>th</sup> JULY at 3.00 pm*



*Collection for animal welfare*



*All creatures, great and small, most welcome*

**'A Reason to Come In'** Revd Mark on the Radio, talking about secular music events enjoyed in our parish churches. Listen to the interview here: <https://3tynespodcast.substack.com/p/secular-music-in-churches>