



# Churches Together in Cumbria March 2021 Newsletter

## Actively Promoting God's Love for Everyone

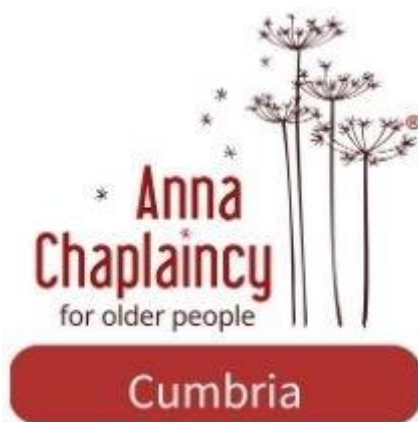
Please click above where it says 'click here to download images' to so you don't miss out on our lovely pictures.



Welcome to our March 2021 Newsletter. As you can see we are trying out a new and more interactive format, so do let us know what you think.

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# Anna Chaplaincy Cumbria Update



**Exploring Anna Chaplaincy** is a six week on-line introduction to Anna Chaplaincy developed by the Bible Reading Fellowship Anna Chaplaincy team. This will be delivered by Katherine Froggatt in Cumbria after Easter 2021 for new Anna Chaplains and people considering this ministry. For further information contact Katherine Froggatt ([acctic@outlook.com](mailto:acctic@outlook.com))

Anna Chaplaincy Cumbria also has a new Facebook Page, so please do pop along and join in the conversation.

**Follow Anna Chaplaincy on Facebook**



Emergency Services Co-ordinating Chaplin Update

# Update from Revd Simon Rudkin

An extract from words sent from our Emergency Services Co-ordinating chaplain,

“As we move into 2021, we don’t really know where we are going, nor do we know what is going to happen at work, in retirement, with our health etc.

And we don’t know even for ourselves, what about our family and friends?

The pandemic seems endlessly although, hopefully, the mass vaccination programme can give us hope.

The economic situation in Britain is not too good – plenty of anxiety here. The international stage is a bit slippery and we await the next environmental disaster and challenge.

For some of us there may also be big changes ahead.

No, many of us would admit we don’t where we are going. Yet, this we can know – that wherever we go and whatever happens to us, we do not need to be alone.

We can have Jesus with us as our Friend every day of this year and beyond that forever.

So the rest of the year beckons to us.

Yes, we will approach it in our own particular ways, perhaps with baggage from the past still weighing down on us, perhaps also with real hope and anticipation.

Let our hope be encouraged and strengthened by constantly inviting Jesus to be our fellow-traveller.

No, you may not know where he is taking you, but you will be safe in his presence”

## Could you be our next Ecumenical Social Responsibility Officer (ESRO)

Would you like to join our team? The Churches Together in Cumbria Social Responsibility Forum (SRF) are looking for someone to take on the role of ESRO.

The role will be for 20 hours a week, and a salary of £26,000 Full-Time Equivalent, pro-rata. 3-year appointment subject to satisfactory probation. Interviews to take place in early April

Click below to find out more.

[Find out more](#)

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## Upcoming Events



8th March 2021

### **Engaging in Theology Cumbria**

Engaging Theology in Cumbria is running a series of talks by eight theologians exploring hope and fear in mission, theological education, the arts, the climate crisis, education, and more.

These are a Zoom-based series of talks and group discussions that are

inclusive, accessible, mission-focused, and, above all, hopeful.

The next takes place at 7.30pm on 8 March, as the Rev Canon Dr Edmund Newey, Rector of Rugby explores:

**'This metaphor is no way out':  
Some Poetry of Hope, drawing on  
Norman Nicholson and others**

To book please visit the Events Page on the [ETC website](#) and complete the form.



18th September 2021

### **Cumbria Dementia Anna Chaplaincy Conference**

The Cumbria Annual Dementia Anna Chaplaincy Conference will take place on-line this year on

18th September 2021

Our keynote speaker will be Charlotte Overton-Hart, Story Chaplain.

See: [www.storychaplain.com](http://www.storychaplain.com) Charlotte will help us explore together how we can create everyday creativity and meaningful moments for people living with dementia, and everyone.

This conference will offer an opportunity to hear from Charlotte and each other about what is happening in Cumbria and nationally to provide spiritual care for older people and people living with dementia.

More information coming soon!



9th March 2021 @ 10 am

### **Modern Slavery & Human Trafficking awareness in Cumbria Webinar**

Cumbria PCC around Modern Slavery & Human Trafficking awareness in Cumbria are running a Webinar on 9th March at 10 am on the subject of Modern Slavery.

This webinar is specifically of interest to anyone involved in the Letting or Renting of accommodation in Cumbria, including Landlords, Letting Agents, Housing Associations, Estate Agents, Holiday Lets, Holiday cottages, B&B's, Hoteliers and AirBNB. (Please do circulate this invitation to anyone who you think might be interested in this webinar).

It would also be of interest to people who live in neighbouring properties in the tourist areas of Cumbria.

The link attached will give you a greater idea of the content of the webinar. But it will include raising awareness of possible customers using accommodations for the exploitation of victims for criminal or sexual gain through Modern Slavery and Human Trafficking.



We hope you will book on to this event, it is a free one hour webinar starting at 10 am on Tuesday 9<sup>th</sup> March.

Please click on the link below.

9<sup>th</sup> March – Lettings and Accommodation:

[Book Here](#)



Coming soon

## **Bereavement Journey Courses - Cumbria**

The Bereavement Journey Cumbria courses have been very well attended in September and February, delivered via Zoom. And both courses have been very well received.

The Bereavement Journey was written and developed by Holy Trinity Brompton 25 years ago, and is now available as online course: [www.thebereavementjourney.org](http://www.thebereavementjourney.org)

The course comprises of five two-hour sessions with a discussion around the two talks. There is an optional sixth session which deals with questions on faith.

More courses will be coming soon, so watch out for dates in

For more information please visit our website

[www.churchestogethercumbria.org.uk](http://www.churchestogethercumbria.org.uk)  
or email [ebctic@outlook.com](mailto:ebctic@outlook.com)

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**Ideas and Resources to help  
individuals/churches/communities work  
through their experience of the pandemic**



Wouldn't it be wonderful to think of frontline workers, exhausted parents, troubled teens and children knowing that the church was THE place to go to in the weeks and months of recovery to find quiet, peace, new hope, and maybe new faith too? (*taken from CPAS – Creating a Space for Recovery*)

CPAS is one of the organisations that has been providing very helpful resources and online sessions during the pandemic. They have produced a number of resources to help churches and parishes be centres of reflection and recovery in their communities. Make time to have a look – you can use them just as they are, or they may help you adapt something that you are already doing, or they may trigger your own ideas.

Alternatively, go to [CPAS.org.uk](https://CPAS.org.uk) and click on COVID -19 RESPONSE, and then 'RESOURCES FOR THE RECOVERY PHASE'.

**Resources**

3rd, 10th, 17th, 24th, 31st March 2021

**'Experiencing Prayer'**





During Lent Cameron Butland is leading an online course which is open to everyone. The purpose of the course is to reflect upon the nature of prayer. Each week will offer an experience of Christian spirituality and s prayer. The theme is based on a saying of Father John Main, *'The qualities we need in this fundamental encounter between ourselves and the ground of our being are attentiveness and receptivity. In order to realise our complete incorporation with the Word, we have not only to listen to its silence, the silence within us, but also to allow the cycle of its life to be completed in us and to lead us into the depth of its silence. There in the silence of the Word we share His experience of hearing the word spoken by the Father.'*<sup>[1]</sup> In this Lent course together the group will explore the relationship between ourselves and the Trinity, using Benedictine, Celtic and Ignatian spirituality.

The course will take place online as follows:

**Wednesday 3<sup>rd</sup> March 7.30-9pm, 'Praying in a Quiet Place'**

**Wednesday 10<sup>th</sup> March 7.30-9pm, 'Praying with one another'**

**Wednesday 17<sup>th</sup> March 7.30-9pm, 'Holding in loving prayer'**

**Wednesday 24<sup>rd</sup> March 7.30-9pm, 'Being attentive to love'**

**Wednesday 31<sup>st</sup> March 7.30-9pm, 'Loving Reconciliation'**

Each of the evenings will have the same pattern, as follows:

Worship on the theme

Short Talk

Discussion in small groups, (breakout rooms)

Experience of a spiritual practice

Plenary discussion

The prayer of 'Examen'

Each evening will be a 'one-off' and so you are welcome to attend one or more sessions, but the content of each of the evenings will be complementary.

**If you wish to register to attend please click below.**

**by Sunday 28<sup>th</sup> February**

Those who have signed up will receive a Zoom invitation and the sheets about the worship, talk, details of the spiritual practice and the Examen via email, which would have been handed out on paper at a gathering. There is a small cost of £1 per session or £4 for the whole course.

Hopefully this is all clear, but if you have any questions please email me.

*Cameron Butland*

[1] John Main, *Word into Silence*, Paulist Press, 1981, p.34.

[Book Here](#)



### Youth Work Manager

#### **The Rock Currock Youth Project**

This job involves managing a vibrant community based youth project delivering quality youthwork in South Carlisle Cumbria. It is a rewarding role with a supportive board of trustees and experienced staff team.

20 hours per week £15 per hour

Deadline for applications is 12 Noon on Friday 19<sup>th</sup> of March 2021

Interviews will be held Friday 26<sup>th</sup> of March 2021

This post is subject to a DBS check and references will be taken.

To request an application form and more information contact

Rev Alun Jones (Chair)

The Rock Youth Project on:

[alun52@sky.com](mailto:alun52@sky.com) or Tel [01228 523375](tel:01228523375)

From a retired clergy person in Brampton Deanery who sends regular uplifting thoughts to many people

## **A Sonnet**



“A sonnet from Malcolm Guite, who had received a message from a lady in Wuhan, who had tested positive for the virus and was self-isolating. Guite writes that she wrote how she had found such comfort from one of his sonnets, ‘Julian of Norwich’. She explained that she was a Christian teacher at the International School and found herself, without choice, walled-in behind the city walls, and further enclosed within her room, as she had symptoms, looking out through a window and receiving food through a hatch....What could she do but read and pray? Her thoughts turned to Julian, because she was a woman who had actually **chosen** just such enclosure as this lady was enduring. Julian was a woman in a city often menaced by plague, ill herself, who through her illness and isolation sought and found a greater closeness to Jesus. An anchoress, finding again her anchor-hold, in God.

Guite writes : ‘....So I hope these words, which I composed years ago in Julian’s little cell in Norwich and which found their way to Wuhan, might also be useful to some of us now, wherever we might happen to be walled in.’

*Show me, O anchoress, your anchor-hold  
Deep in the love of God, and hold me fast,  
Show me again in whose hands we are held,*

*Speak to me from your window in the past,  
Tell me again the tale of Love's compassion  
For all of us who fall onto the mire,  
How he is wounded with us, how his passion  
Quickens the love that haunted our desire.  
Show me again the wonder of at-one-ment  
Of Christ-in-us distinct and yet the same,  
Who makes, and loves, and keeps us in each moment,  
And looks on us with pity not with blame.  
Keep telling me, for all my faith may waver,  
Love is his meaning, only love, forever."*

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## Vision Refresh Hymn

The team at Carlisle Cathedral have penned a special God for All Vision Refresh hymn.

The words can be sung to one of two tunes: St Clement (The Day Thou Gavest Lord is Ended) or Spiritus Vitae (O Breath of Life Come Sweeping Through Us ).

The six verses draw heavily on the refreshed vision's four key themes.

You can find the words for the Vision Refresh Hymn [here](#)



# Spiritual Direction



In today's climate of uncertainty, lockdowns, environmental challenges, and daily stresses, do you ponder your relationship with God, consider your own unique call in life, struggle with prayer? With many activities on hold, and darker days upon us, you may be spending more time alone with your thoughts. Why not use this time to focus on your prayer life, your relationship with God, and meet with a spiritual director?

Cumbria Ecumenical Spirituality Group offer Spiritual Direction under Christian auspices to people of faith (and those with none) at any stage in life.

*"Christian spirituality is about knowing life as a prayer, a relationship with God through Jesus and in the love of his spirit. A relationship which opens our lives to a deeper and more compassionate relationship with each other, it is the greatest part of who we are and how we live"* Cameron Butland

Spiritual Direction is an interpersonal relationship in which one person helps another to reflect on their experiences in the light of the Gospel and Christian wisdom. Through this process, individuals are led and encouraged to discover their unique call in life. A spiritual director is one who willingly walks this faith journey with another. They listen, encourage, challenge and pray with the individual who freely shares the movements of the spirit in their life.

Spiritual directors offer a sacred gift by being a caring companion and will foster a contemplative presence. If spiritual direction is done well, you will receive the support you need to pay attention to and respond to God who is already present and active in your life.

Directees meet with a director at an agreed place – maybe an outside venue, or going for a walk. In the current climate, meetings can also take place online eg via zoom. Meetings usually last about an hour and are scheduled approximately bi-monthly, although this is completely flexible and to be agreed between director and directee.



If you would like to know more about spiritual direction or ask for a spiritual director for yourself, please contact:

**Ruth Lee** [ruthlee377@btinternet.com](mailto:ruthlee377@btinternet.com) **01768 898604**

*"It is wonderful to have somebody who is there just for me and the spiritual aspects in my life. I always look forward to our sessions, and am amazed how much I get out of them. During the time I have been seeing my director, my relationship with God has developed to a new and deeper level, and the trust I have that God knows and guides me is immensely comforting."*

Directee

*"Some are uncomfortable with the thought of 'direction'. Personally, I prefer the phrase "soul friend" whose role is first and foremost one of listening. In fact, double listening – to the other and to God. In my experience, when people are attentively listened to, they are well able to 'work out their own salvation', as the Holy Spirit gently leads them; but just sometimes the director can interpolate what may be a word of the Lord. A verse of Scripture, a picture, an idea. But, second to listening, I think the most important thing is asking good questions!"*

Director (soul friend)



Take delight in the Lord, and He will

Give you your heart's desires.

Commit everything you do to the  
Lord.

Trust Him and he will help you.'

*Psalm 37 : 4 & 5*

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## A Handful of Dough

**Stillpoints@Home**

We would love you to join us for a day of 'Retreat' (As You Stay)

**“ A HANDFUL OF DOUGH”,**

**Saturday 27th March**

Hosted by :-

Lesley McCririe Stillpoints

Rev Becca Gilbert Pioneer Minister and breadmaker....

Rev Pauline Steenbergen Maranatha Yoga [www.Maranathayoga.org.uk](http://www.Maranathayoga.org.uk)

**Find out more by clicking the link below to hear what we've been chatting about and planning for a day's retreat during Lent.**

Youtube: <https://youtu.be/RTERop3VgOk>

**Integrating body, mind and spirit.....practical reflection and prayer**

Please get in touch if you would like to find out more or to register.

Via the button below or Phone: [015396 21789](tel:01539621789)

Looking forward to sharing the day with you and this new venture for us all.

**[Register for 'A Hand Full of Dough' Here](#)**

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Please remember to keep looking at the CTiC events page which is regularly updated with all the events October we are notified about.

**Please send information before 15th March for our April newsletter:**

To print out this newsletter please use [this link](#) and click 'Save as PDF'. Once you've downloaded the newsletter you can print it out.

**Churches Together in Cumbria**

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