

## **Actively Promoting God's Love for Everyone**



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Deadline for Newsletter submissions: 2nd to last Friday of the month (18th October)

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## CTiC Annual Gathering 2025

Date for your Diary: The CTiC AGM & Annual Gathering will be held on 7th June 2025, at the Carver Uniting Church, Lake Road, Windermere, LA23 2BY. The gathering will be held from 10am - 3pm. More details to follow.

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## Windpower



When life becomes unravelled  
and you're best described as frazzled,  
let me recommend a setting to unwind.  
Not the madding crowd's selection

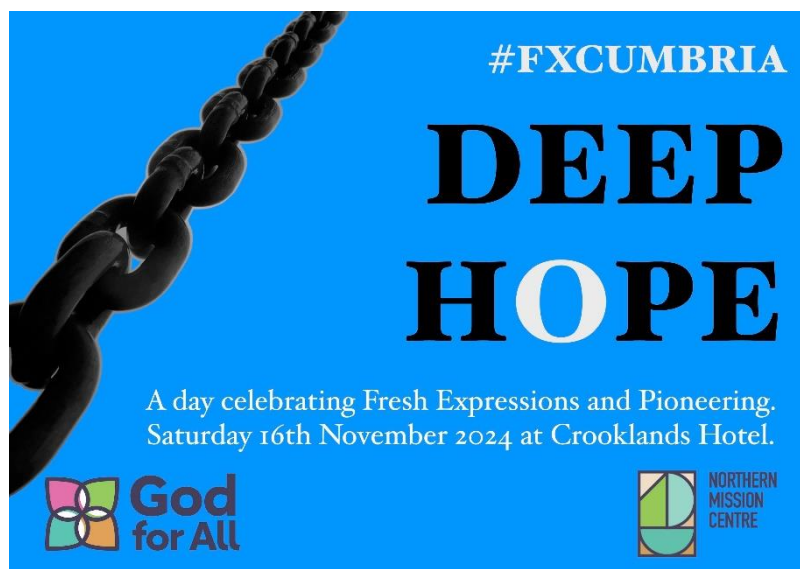
do I choose for my reflection,  
but a mirror of the windmills of my mind.

So on Lambrigg Fell you'll find me  
when my troubles seem to blind me -  
a latter-day Quixote of the Lakes,  
wrestling like a very Jacob  
(sad to say, it's in my make-up)  
till soul-darkness disappears and morning breaks.

Watching mega-blades revolving  
soothes my fears, and stress dissolving  
I can hear at last the still small voice of calm.  
Spirit wind begins a-blowing,  
fills my sails, and soon I'm knowing  
peace o'erflowing, and security from harm.  
By Chrissie Greaves

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## The Northern Mission Centre Fresh Expressions Day



## **Fresh Expressions Day, Saturday 16<sup>th</sup> November 2024**

An ecumenical event with story, discussion and creativity open to anyone from Cumbria and across the North interested or involved in imaginative mission. This year we'll be joined by guest contributor Nigel Pimlott to explore the theme Deep Hope. The event is being held at The Crooklands Hotel not far from Junction 36 on the M6. Tickets are £20pp or £50 for a group of 3, lunch and refreshments are included. You can read more and book at <https://www.trybooking.com/uk/DGFC>, we look forward to seeing you there.

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## **A Window into a Churches Together Group**



We invite each CT group to send a short article (max 250 words) for inclusion into the CTIC newsletter. We ask you to feature one aspect of your life and work together, and to choose something that will be inspirational or of particular interest to others, or is especially significant to your group. Please also include a photograph that relates to your article, or to your group. We would like to feature one group per month over the next year or so. At this point you may simply want to choose a month and inform

Dani: [danielle@churchestogethercumbria.org.uk](mailto:danielle@churchestogethercumbria.org.uk) which month you have chosen.

The aim is to raise the profile of the CT groups and to encourage each other in the life and work that God has called us to.

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# Churches Together in Keswick



## Churches Together in Keswick

Churches Together in Keswick (CTiK) comprises 14 churches in Keswick and the surrounding villages. Our yearly activities are based on the four themes of Care Deeply, Follow Daily, Tread Gently and Speak Boldly - and we aim to celebrate what unites us under the banner of 'Together we ... serve others, share Jesus, show love'. This is demonstrated in two things that feature prominently what we do together.

At Easter time we join for a Good Friday Walk of Witness through Keswick town centre which is accompanied by Bible readings and hymns and followed by coffee and hot cross buns, and well attended by folk from across our churches and passing visitors. And then on Easter Sunday we join for a sunrise service on the shore of Derwentwater as we celebrate together that Christ is Risen.

In 2021 CTiK in partnership with Keswick Rotary Club set up the Two's Company Keswick befriending scheme under the auspices of Linking Lives UK. As the scheme enters its fourth year, we've just had our busiest year to date training 24 new volunteer befrienders, receiving 28 new referrals and matching 34 scheme members with a befriender. As a result, there have been 824 face to face visits and 152 telephone calls with benefits to scheme members and befrienders alike. Within the wider community the scheme has become increasingly known and there are many positive comments about what is being done.

These are encouragements that help us to keep working together.



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# Anna Chaplaincy Good News

## Good News Stories from around Cumbria

### Anna Chaplaincy – it's a way of life

Having rushed into the A & E department with my daughter as an emergency, with a suspected appendicitis, I felt incredibly relieved to have arrived having driven over remote mountain roads to get her there. The nurses were quick to respond and my daughter was triaged as a priority and quickly put on a drip and painkillers, despite a packed A & E department. I felt blessed that my prayers had been answered.

The department was busy, being a Saturday night. As we sat there and I comforted my daughter, we became aware of an elderly gentleman sitting next to us. He was with his daughter too. She looked exhausted and tired.

'I need to go home dad to get some rest and something to eat' she said concerned.

'Will you manage?'

Without meaning to pry into their life, I turned slightly towards them and smiled at them both to show my sympathy.

The elderly gentleman started to become agitated and upset, pulling at his canula, (needle) that went into his arm for his drip and pleading for her not to leave him. His daughter equally became upset and distressed, a full day and

evening in A & E had taken its toll and she was now weary and exhausted from her full time carers roll with her father.

I could see the elderly gentleman was struggling with dementia and he was finding it a frightening experience to be in a strange place, with people he didn't know and painful things being put in his arms and hands that he couldn't understand.

My heart went out to them both for the difficulties they faced. When his daughter left, the elderly gentleman sobbed tears into his hands and tried to take the drip out of his hand. He stood up and overbalanced, forgetting he had a Zimmer frame to walk. I encouraged him to sit down again. The nurses were frantically trying to stabilise other patients, prescribe medication, comfort the distressed and triage in what was becoming a very busy night in A & E. I turned to the gentleman and asked him what his daughter's name was, to try and distract him from his misery. He turned to me and said he couldn't remember, but that she was just like his beloved wife who had died.

And that was the turning point for him.

That was the God blessed moment where I realised that both my daughter and this elderly gentleman were going to be Okay. God was in charge and had sent a blessing to the situation.

I introduced myself and my daughter and asked what his name was. He said he wished he could remember. He had a wry twinkle in his eyes and a great sense of humour, which gave him strength to battle an incredibly difficult and distressing disease of dementia.

I said that we lived up in Alston and asked where he was from. He said he couldn't remember, but asked if I knew. I said that I didn't but not to worry as the nurses would know. So there was nothing to worry about. He said he remembered his farm with his late wife. I began to gently ask

him about her and about his fond memories of his daughter growing up on the farm. He visibly relaxed.

His long term memory, as is so often the case in dementia was very good. He chatted happily about the horses they kept and how he used to show them. He would take the rugs out to them in bad weather and how he would ride them and take them treats when his wife was at work.

He said his wife was beautiful. His arm relaxed and the fluid from the drip slowly went through. He was no longer constantly trying to pull the needle from

his hand. His wife had bonny brown hair and rosy cheeks. She was the love of his life. He now lived with his daughter.

He needed to stand up, so I moved the Zimmer frame towards him and encouraged him to use it so that he didn't fall. He took it gladly and smiled at me.

Sitting down again the nurses handed him a phone. By now it was late at night and we had been sitting in the A & E department for many hours whilst the nurses stabilised my daughter and the elderly gentleman.

He took the phone and said hello. A concerned voice on the other end of the phone asked him how he was. 'I had to go home dad, I'm so sorry to leave you. I couldn't manage any longer' she said, expecting her dad to be upset.

The elderly gentleman was buoyant, 'I'm having a lovely time in here!' he said. His daughter was now even more concerned. 'What do you mean dad, are you still with the nurses?'

'No' he said.

'I'm with my friends'.

His daughter began to panic. 'Friends? Dad where are you, what do you mean, are you still in the accident and emergency department?'

'I don't know where I am, but I'm having a lovely time' he said and passed the phone to me with a smile.

'Hello!' I said.

'Your dad is absolutely fine, you mustn't worry, my daughter and I have sat and chatted with him through the night'.

His daughter began to cry. 'Thank you' she said. 'I was too tired to cope any longer, I had to come home for something to eat and a rest.'

We stayed with the elderly gentleman for the rest of the evening until he was taken up to a ward.

As he left he said,

'I've had a wonderful evening meeting you and your lovely daughter here. I don't know where we are, but I hope I come again!'

Anna Chaplaincy is the spiritual care of the older person. It is a ministry of walking alongside the older person and giving them dignity. To be an Anna Chaplain is a way of life and you can walk alongside an older person wherever



you happen to be, God will send you who He plans you to work alongside. This elderly gentleman was a blessing to come across on what was a difficult and distressing night for all involved.

**By Samantha Pester**  
**Anna Chaplaincy Lead for Cumbria**



For any enquiries about Anna Chaplaincy in Cumbria do get in touch at [ac@churchestogethercumbria.org.uk](mailto:ac@churchestogethercumbria.org.uk)

Don't forget to follow us on Facebook for ongoing news.

[Anna Chaplaincy Cumbria Facebook Page](#)

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**Cumbria Ecumenical Spirituality Group**



The CESG works under the auspices of CTIC, and is grateful for a small grant to support our work. In September the group offered a Resource Day for Spiritual Directors, and took the theme of 'Death and Resurrection as a motif for understanding God's work in our lives'. Earlier in September, the team spent 24 hours away together in order to meet in person (as most meetings are on zoom), and considered '*Our heart's desire*' for our work. We are currently seeking to discern more clearly if our work should take a new form, in order to connect with 'God's desire' for the people of Cumbria.

Further info to be found on [www.cesg.org.uk](http://www.cesg.org.uk)  
and from Jo Maybury [on assistantcesg@gmail.com](mailto:jo.assistantcesg@gmail.com)

*The photo is of the CESG team at Whitchester Christian Retreat Centre, Hawick.*

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## **Spiritual Accompaniment**



## ***You, Me and God - journeying together***

For further information contact

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**Cumbria Ecumenical Spirituality Group**

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## **CTiC Trustees and Staff**

### **Our Trustees:**

Revd Richard Snow - CTiC Vice President - [rector@therainbowparish.org](mailto:rector@therainbowparish.org)

Revd Kath Dodd - CTiC Treasurer - [kath.dodd@btinternet.com](mailto:kath.dodd@btinternet.com)

Derek Lacey - Social Responsibility Forum Chair

Bill Bewley - Church Leaders Representative

Paul Burden - Churches Together Group Representative

### **Our Staff:**

Samantha Pester - Anna Chaplaincy Lead

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General Enquiries - [admin@churchestogethercumbria.org.uk](mailto:admin@churchestogethercumbria.org.uk)

Danielle Henshaw - Administrator [danielle@churchestogethercumbria.org.uk](mailto:danielle@churchestogethercumbria.org.uk)

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## Churches Together in Cumbria



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