

Actively Promoting God's Love for Everyone



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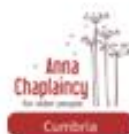
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Deadline for Newsletter submissions: 2nd to last Friday of the month

CTiC Annual Gathering 2025



CTIC ANNUAL GATHERING with AGM

**Saturday 7 June
10am – 3pm**

**Carver Uniting Church, Lake Road, Windermere,
LA23 2BY**



Parking - the church has two car parks, and there is also parking on the street. The building is accessible to most people. The car park off Oldfield Rd allows level access to the building and the public areas of the building are step free.

Our keynote speaker is Doral Heyes
(Principal Officer for Ecumenical Development and Relations,
Churches Together in England), and her theme is
"A snapshot of the ecumenical landscape in England".

As this is the Annual Gathering of all those involved with CTIC,
there will also be plenty of opportunity to network.
We do hope you can join us!

*Please use the link below to book. Lunch will be provided, so
please indicate if you have any dietary requirements.*

[PLEASE BOOK HERE](#)

ADDITIONAL INFO

We are delighted that Rachel Head Director of Mission and Ministry, Support and Innovation, will be with us, and will give a short presentation on her work in the County.

Please note that this is the final reminder of our Annual Gathering on 7 June.

Social Responsibility

CTIC Community Social Action Team



The recently formed CTIC community social action team held its first meeting at the end of May. The team is made up of Jo Philips, Lois Sparling and Rev Jonny Gios. They agreed to be the first point of contact with churches, statutory organisations and third sector organisations in different parts of Cumbria.

CTIC community social action team – points of contact

North Cumbria:

Jo Philips - jo@churchestogethercumbria.org.uk

West and Central Cumbria:

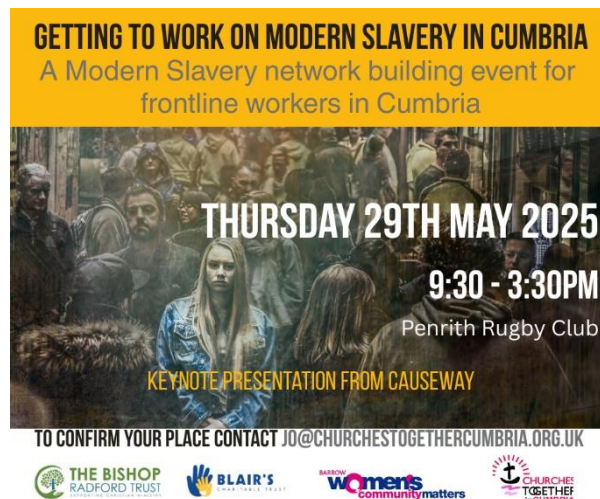
Lois Sparling - Community.chaplain.gmc@gmail.com

South and East Cumbria:

Rev Jonny Gios - jgios@me.com

The team is ready to re-engage with people and activities that it has lost contact with and to identify new ways to serve the people of Cumbria.

Cumbria Modern Slavery Champions Network – 4th Event



It was such an encouragement to be able to gather for another Cumbria Modern Slavery Champions Network event at Penrith Rugby Club.

The issue of modern slavery and exploitation is an important one because it holds people captive and even according to frustratingly incomplete data, it is on the increase, both globally and nationally. It lurks in the 'unseen' places and leaves victims feeling forgotten and uncared for. It is incredibly lucrative business, and hard to detect. It will take a whole community, not just professional and statutory bodies to make a difference. That's why a network like the one we've created is so vital in tackling the issue.

We heard from Ruth Orange and Sarah Hunt from one of our major agencies caring for survivors of modern slavery, Causeway. Causeway provides a range

of services which support survivors of modern slavery to recover from trauma, be protected from further harm, and develop safe and fulfilling lives. They receive referrals from the Salvation Army, who are the current government contract holders for adult victims of modern slavery in England & Wales.

Nick Herbert from the Human Trafficking Foundation also came to talk to us about what they do to support and add value to the work of the many charities and agencies operating to combat human trafficking in the UK, through: (i) informing parliamentarians, policy makers and lead statutory agencies; (ii) raising public awareness; and (iii) providing a sustained and collective voice. I've been part of the National Network of (regional) Coordinator Network for a couple of years now, and they've been incredibly supportive, as well as being an amazing resource of expertise and experience, which they share very generously – notably in Cumbria by recently sharing programmes and procedures for dealing with exploitation in the care sector.

It was a great opportunity to meet others dealing with the problem, to discuss and grapple with questions and challenges and to share ideas for best practice, next steps and available resources through partnerships.

We hope there'll be opportunity to hold further future events pending hopeful success in funding applications.



A Window into a CT Group

We invite each CT group to send a short article (max 250 words) for inclusion in the CTIC newsletter. We suggest that you share something of the life and work of your group which will inform, inspire or encourage. Please also include a photograph. We would like to feature one group per month, and at this point you may simply want to choose a month and inform

Dani: 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.

Anna Chaplaincy - Why do we do this?



Beverley Moore (Anna Chaplain – Kendal) explains:

- We believe it is vitally important for people to be able to continue their faith journey even if they move into residential care, and to have links to a local church even if they can no longer attend in person. Anna Chaplains walk side by side with those who can confidently express their faith, those who are beset with fears and doubts, and side by side with those who show no inclination to seek faith, and indeed with those who declare they have no faith at all.
- Many older adults experience loneliness and isolation, especially if they live alone or have lost loved ones. Churches provide a welcoming and supportive community where they can form friendships and maintain social connections. This is another reason why we take church (tea service) to where they are, in order to offer a sense of community and belonging.
- Faith can be a great source of comfort, especially in later years when people reflect on their lives, face health challenges, or cope with grief. Churches offer spiritual guidance, prayer, and pastoral care; some people may have unresolved family disputes and wish to “put things right” before they die. Talking with someone on a one-to-one basis can help with this as we can give time and have good listening skills, whereas staff in a care home setting often do not have extra time due to staffing issues, sickness or holidays to cover.
- Older individuals may need help with daily tasks such as transportation, grocery shopping, or home maintenance. Churches can organize volunteers or programs to provide this kind of practical support. Not something our small team offer currently but some churches do so.
- Seniors have wisdom, skills, and life experience that can benefit the church and younger generations. Churches can involve them in mentoring, teaching, or volunteer activities to help them feel valued and purposeful.
- As people age, they may have concerns about aging, dying, and leaving a legacy. Churches provide counselling, funeral planning assistance, and grief support for families.

By supporting older people, churches fulfil their mission of love, care, and service, creating an inclusive and compassionate community for all ages.



For any enquiries about Anna Chaplaincy in Cumbria do get in touch at ac@churchestogethercumbria.org.uk
Don't forget to follow us on Facebook for ongoing news.

Anna Chaplaincy Cumbria Facebook Page

Cumbria Ecumenical Spirituality Group - Resource Day for Spiritual Directors



Deep calls to Deep

Visual arts and the knowledge of God
with Judith Woolley, Artist and Retreat Host

On 20th May, at Abbey Road Baptist Church, Barrow, Jude Woolley led an inspiring and 'unthreatening' (for those who are nervous of the creative arts!) day. We used collage as a means of expression, and this proved to be a powerful tool in helping us to go deeper in ourselves and with God. This will be repeated on September 11th at the Quaker meeting house in Keswick.

How to do Nothing



First: gather your courage

for you are about to cast off,
to step off the path, to prepare to jump.

The voices will rise up—
you're wasting time, you're lazy,
you're not earning your keep—
and you must choose to defy.

Second: empty your hands.

Put down your phone,
your pen, your keys.
Lay everything aside
and if you suddenly feel
a loss, a premonition of death,
return to gather your courage.

Third: breathe.

This work you do all day, all night,
without thought or gratitude.
Breathe. Pull long and fill yourself
from head to toe and
feel the life course through you.
Breathe.

Fourth: lift your face to the sun,

turn into the wind, watch the moon rise,
feel your weight through your bones,
gaze into the distance
or at the ground caressing your feet.

Do this, and more, this nothing.

Do this in sixty seconds or minutes.

Do this as often as you dare
until it becomes everything.

Until you return to yourself.

Safeguarding Lead Wanted

CTIC is looking for someone to take on the role of Safeguarding Lead, and also help CTIC meet other Charity Commission requirements (e.g. with regard to policies). Payment would be made on an hourly basis. For more information contact Dani on danielle@churchestogether.co.uk

Retreat in Daily Life



Opening meeting - Sunday 22nd June 2025

Arrive from 3pm for a 3.30pm start taking us to 4.30pm.

Holy Trinity and St George Centre, New Road, Kendal, LA9 4BW.

It is important to be at this to meet your guide for the week.

If you cannot be at this meeting please email Stephen - sthoyland@gmail.com

Recommended group sessions through the week:

5.30pm cup or tea, 6pm start, 7pm finish - all in **Kendal URC, 106 Highgate, Kendal**

-Workshop on Monday, Ways of Praying 1

-Workshop on Tuesday, Ways of Praying 2

Closing meeting Friday 27th June 2025 5.30pm for 6pm start, 7.00pm finish, in **Holy Trinity & St George Centre**

RETREAT IN DAILY LIFE

What is a retreat in daily life?

It is a daily time of prayer (aiming at 30 minutes) and daily half-hour individual meeting with an experienced prayer guide during the week. We are running it ecumenically with a team and participants from many churches.

Who is it for?

Anyone who is already Christian and who wants to deepen their prayer life, or someone who is not sure what they believe but is willing to take a risk and seriously explore the reality of God. Either way, it is for any generous soul willing to commit to the

What is the programme?

The core elements of the week are prayer for half-an-hour each day, reviewing how that prayer time went, and meetings with your prayer guide four or five times. There are other components of the week. Introductory and closing meetings top and tail the week with helpful suggestions. There will be optional workshops on different *ways of praying, discernment, images of God*. These are open to anyone, including those not doing the 1-2-1. Bring family and friends.

Why do the retreat?

When we are generous, God is more so. We encounter a God who loves and calls us. It can also be a great help in making or confirming decisions, big or small. God really likes retreats.

How much does it cost?

The retreat is subsidised by the Jesuits and most of the guides work as volunteers. To help towards our costs participants may contribute £50 or whatever they can afford. Cheques can be made out to Holy Trinity and St George.

How will the retreat fit in with the rest of life?

You'll be busier in the week of the retreat because of these extra demands, hence the need to be generous. The retreat runs alongside your normal week, however, so you won't lose any housework responsibilities. Sorry.

How do I sign up?

As soon as you know you want to participate, hand in your completed form and fee. It helps the organisers to know how many are taking part as soon as possible. We can still sometimes take people right up to the start. Just turn up!

But I don't know how to pray?

Join the club! This is not a problem. In fact, such honesty is a good start.

Will I be asked to do anything embarrassing?

No. Honest. Unless you want to.

Who organises the week?

A team of trained prayer guides led by Stephen Hoyland who works for the Jesuits. He leads retreats and training courses around the UK and overseas. sthoyland@gmail.com

Faith on the Frontline



Come and join us for a series of informal **Sunday evenings at Costa Coffee, Elephant Yard, Kendal 5.00 - 6.45pm.** Panellists from the local community will answer questions about how their Christian faith is experienced in their everyday working lives:

April 27th - Faith in Healthcare

May 18th - Faith in Education

June 15th - Faith in Criminal Justice

July 13th - Faith in the High Street

Sept 21st - Faith in the Church

Oct 19th - Faith in Politics

Spiritual Accompaniment



You, Me and God - journeying together

For further information contact

Ruth Lee

e: sd.cesg@gmail.com

t: 01768 898604

w: cesg.org.uk

Cumbria Ecumenical Spirituality Group

CTiC Trustees and Staff

Our Trustees:

Revd Richard Snow - CTiC Vice President - rector@therainbowparish.org

Revd Kath Dodd - CTiC Treasurer - kath.dodd@btinternet.com

Derek Lacey - Social Responsibility Forum Chair

Bill Bewley - Church Leaders Representative

Paul Burden - Churches Together Group Representative

Revd Alistair Smeaton

Our Staff:

Samantha Pester - Anna Chaplaincy Lead -

ac@churchestogethercumbria.org.uk

General Enquiries - admin@churchestogethercumbria.org.uk

Danielle Henshaw - Administrator danielle@churchestogethercumbria.org.uk

Team:

Jonny Gios - jgios@me.com

Jo Phillips - jo@churchestogethercumbria.org.uk

Lois Sparling - lois.sparling@gmail.com

Churches Together in Cumbria

Church House, 19-24 Friargate, Penrith CA11 7XR
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