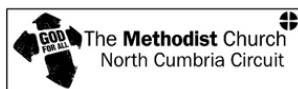


Spiritual Resources



Pray:

Using worship materials that have been sent out
Pray-as-you-go App or Take Time website
Dial-a-prayer 0808 281 2514
Wednesday Prayer Meeting on Zoom at 6pm

Worship:

Printed worship resources
Local Radio Sunday worship at 8am on Radio Cumbria
(95.6FM)
Daily Service on Radio 4 LW at 9.45am Monday to Friday.
Sunday Worship on television: BBC One 10.45am
North Cumbria Circuit Worship on Zoom, Facebook and by
phone on 01228 588 208

Bible Study:

Methodist Church Bible Study:
<https://www.methodist.org.uk/our-faith/the-bible/a-word-in-time/>

Rev Brett Murphy is doing a weekly bible study on
Wednesdays at 2pm on Facebook. Some Longtown
members have found this helpful.
Contact the Circuit Staff Team for suggestions of printed
material

Personal Spirituality:

Methodist Way of Life looks at ways in which we can live
out our Methodist faith in practical ways.

Practical Ways to Help



Pray: for Government, the local community, the houses
near to you.

Befriending Hotline: Would you like to help with our
Circuit befriending hotline? If so, please contact Deacon
Melanie Beaven.

Language Skills – there has been a request from Carlisle
in particular for volunteers who have language skills. If you
know of anyone with such skills could you ask them to
register on the website: supportcumbria.org.uk

Foodbanks, Food Pantries and Period Poverty in your
area. There is a growing number of people and families
who need this support as funds start to run out.

Volunteering: Cumbria Voluntary Service (CVS)
information on volunteer vacancies is available on the
website: cumbriacvs.org.uk

Paper copies of most of this information is available please
contact the Circuit Office.