

Actively Promoting God's Love for Everyone



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Deadline for Newsletter submissions: 2nd to last Friday of the month (21st February 2025)

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.

Our keynote speaker is Doral Heyes: Principal Officer for Ecumenical Development and Relations, Churches Together in England and the theme will be "**A snapshot of the ecumenical landscape in England**"

Booking information will follow in due course.

Social Action Audit - Results



Following three local presentations in November there was a zoom presentation in January. If you weren't able to access any of these, and would like to know the results of the audit and explore the potential that they highlight, then you can follow this link to the CTIC

website <https://www.churchestogethercumbria.org.uk/Groups/415185/Soc...>

The Church Leaders and Trustees have met and clarity is emerging with regard to the way ahead for the Social Responsibility aspect of CTIC's work. As these are important decisions which will shape our work for the next few years, we invite you to pray for God's guidance. Thankyou.



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 - Good News



The Blessing, when things have become too much.

An insight into the challenges of dementia

Article by Sam Pester: Anna Chaplaincy Lead Cumbria

It seemed an ordinary day for Rachel, Anna Chaplain as she delivered the local news magazine to villagers in her coastal town. The sea was far out in the bay and a gentle wind blew in to the shore.

But the day was to turn out anything but normal. Rachel was about to be a blessing sent from God when things had simply become too much for an elderly couple, who were struggling with the devastating effects of dementia. Posting the magazine through each door, a cheery wave often given in return, she noticed an elderly gentleman standing by his front gate in slippers. He was clearly upset and agitated, eagerly glancing up the road looking for someone while becoming more upset and frightened.

Rachel stopped and asked him if he was okay. He replied that his wife was missing. Fred had called police and was now waiting for them to arrive. It quickly became apparent that Fred had dementia. Rachel stayed with him, praying and chatting, while waiting for his wife to return and hoping she was safe.

The police arrived and found Fred's wife sheltering at a neighbour's house very distressed over her husband's behaviour.

Fred had in his lifetime been a well-loved local Baptist Minister. But now the couple had become increasingly isolated as Fred's behaviour worsened and the community were no longer sure how to help.

Over the next few days the police were called again and so were the mental health services. This time it was Fred's wife, a small, genteel lady in her eighties, who stood anxiously by the gate waiting for police, as she feared for her safety. Fred had refused to be moved into a home to give his wife respite. He'd also refused carers coming in. His wife was under huge emotional and physical strain.

The decision was made to admit Fred to a mental health hospital. The services tried everything they could but there wasn't a mental health bed available in the country. So Fred had to stay at home with his frightened wife.

Rachel decided to step in. Not only was she an Anna Chaplain, she had also been an Occupational therapist. To give Fred's wife a break, she sat and played dominoes with him, prayed, or looked at books and photos.

Gradually Fred became more aggressive and, for the next few days whilst mental health services urgently looked for a bed, Rachel stayed at the couple's home so that Fred's wife could get some sleep and so that it was safer with another person there. Rachel said that there were many times she feared for both of their safety, but that she wanted to do whatever she could to help.

On New Year's Day a bed was finally found for Fred at the other end of the country. Rachel stayed with Fred's wife as she gave a tearful goodbye. Fred stayed there for nine months before being discharged to a care home where sadly he passed away a few months later.

Rachel and Fred's wife have become lifelong friends.

All names have been changed and some of the details to protect identity of those involved.



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



Vision for 2025

In January, the Cumbria Ecumenical Spirituality Group (CESG) met to prayerfully consider what events we might offer this year. We were given the sense that we are called to be more 'missional' i.e. reaching out to those on the edge, or beyond, of church who want to know how to pray.

There are no immediate plans to run the very popular 'Nourishing the Soul' course or a Spiritual Direction training course. However, the team want to explore if Spiritual Directors in the network can be drawn upon to help with future courses or to use their expertise in different contexts.

The team plan to run two resource days for Spiritual Directors, one in the north of the county and one in the south, and we are also looking at delivering online training in how to run an effective peer supervision group to support directors in the network. There will be the usual Network Day in Rydal at the end of October.

Ali Betteridge

Centrifugal Force



When your world is spinning much too fast
You're worried that your hope won't last
Then it's time to press in.

Now is not the time for flouncing off

Or even renouncing all you've fought for
Or the promises you've sought for ...
(Oh, where are they now?)
No, it's time to press in.

When circumstances squeeze you
Till the pips squeak, and you feel you
Just can't take anymore,
With your back to the wall
There's no place left to fall
You've no choice but 'Press in!'

As an embryo to womb's lining
Clings on for dear life
And thus survives to see the light of day,
So we press in.

Chrissie Greaves

But we do not belong to those who shrink back and are destroyed. But to those who have faith and are saved. Heb. 10 v 39.

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

Churches Together in Cumbria

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

United Kingdom