

# Parish Life

The Magazine of Holy Trinity Parish Church Kendal

April 2017



40p

# Parish Directory

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# *From the Editor ...*

Dear Friends,

What a joy to be in spring! There is so much to be thankful for – from the nodding daffodils, blue skies (well, at least a little more often), the dawn chorus, to the simple pleasure of hanging the washing outside. There is also a lot to be thankful for in our parish. As you leaf through this month's edition of Parish Life, I do hope you are encouraged by what you read.

Over the last month or so, we have been privileged to have Cameron Butland (Bishop's Chaplain and Diocesan Spirituality Adviser) speak to us and encourage us in our prayer life. Cameron has kindly written an overview on what he shared with us, for this month's magazine – so do take a look. We have also witnessed the children and young people being presented with bibles to encourage them in their walk with God. We have seen people come to know the Lord Jesus in a personal way through the Alpha Course; and now some of those folks will take the next step in their journey with Him and will be baptised/renew their baptism vows on Easter Sunday during the morning service. Dick Forsyth's article on Holy Week is also a real encouragement and challenge to us to re-think the days leading up to Easter Sunday.

Our new Archdeacon – Revd Vernon Ross and his wife Francesca have now moved to the area. I met Vernon at Chapter a few weeks ago, and he asked us all what excited us about the parishes in which we serve. My reply was that I was excited by the new growth we are seeing in our church – particularly the joy of watching people come to know Jesus and grow in their relationship with him.

Growth means change. Take flowers for example. We see their shoots in early spring, and watch in wonderment as they are transformed into exquisite displays of scent and beauty. This is true for people too. Spiritual growth will show itself in the maturity of our lives – the way we think, speak and act towards each other and towards God. The

scripture from 2 Corinthians. chapter 2 'For we are the aroma of Christ among those who are being saved and among those who are perishing', reminds us that we are the fragrance of Jesus.

My prayer is that we all grow in our discipleship – particularly this season in prayer – so that we may carry the fragrance of Christ Jesus wherever we are and whoever we are with.

With every blessing this Easter,  
Jo

## Living a Prayerful Life

'Prayer is sitting in the silence until it silences us, choosing gratitude until we are grateful, and praising God until we ourselves are an act of praise'. Richard Rohr understands prayer to be a way of living, to be about our relationship with God and God's engagement with creation. Too often, prayer is talked of as something we do rather than the realisation that it is something we are: a living relationship with the divine. Thomas Keating expresses this intimacy with God which is vital to every faithful heart: 'We rarely think of the air we breathe, yet it is in us and around us all the time. In similar fashion, the presence of God penetrates us, is all around us, is always embracing us'. For Rohr and Keating, therefore, the life of faith is a prayerful life. Times of prayer are therefore moments when we stop to recognise the greater truth is at work within us every moment of every day.

### What is Prayer?

If Christian spirituality is about the way in which believe and are rooted in our relationship with God, how do we express this in our prayer? There are two classical categories of prayer, 'cataphatic' and 'apophatic'. We are very familiar with some forms of cataphatic prayer, as this is the basis for our popular understanding of what it means to pray. Literally, cataphatic means to pray using everything –

that is, words, thoughts, images and physical items. The problem, though, with cataphatic prayer is that if we pray only in this way, it is easy to think that prayer is something that we do rather than the truth which is that prayer is a relationship. Apophatic prayer literally means 'prayer with no external focus or stimulus'. It is the form of prayer, though which understands the Christian to be in a relationship with God through the power of the Spirit and focused on the person of Jesus. John Main tells us how we enter into this relationship each day: 'The qualities we need in this fundamental encounter between ourselves and the ground of our being are attentiveness and receptivity. 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'. John Main reminds us that prayer is about our relationship with God and the divine within us; it is about the formation of our discipleship, our journey of faith and the nourishment of our souls. Like any human relationship, the more time we spend in prayer, the more important and valuable it becomes in shaping our lives. In the same way as our relationships with our best friends suffer if we rarely contact them, if we are negligent in our prayer, our relationship with God can seem empty and dead. Imagine if we only communicated with our best friend one day a week, strictly for one hour, and that we did all the talking? Yet this is precisely the pattern of prayer for many faithful Christians. If we stop thinking that prayer is something we say occasionally and come to know it as the ground of our being, it can change our lives completely. If we are in a relationship with God, holding silence every day so that we can listen as well as know his sustaining love, then we will draw closer to Christians who achieved so much in previous generations. Richard Rohr recognises the transformation that apophatic prayer can bring: 'God tries to first create a joyous yes inside you, far more than any kind of no. Then you have become God's full work of art, and for you, love is now stronger than death, and Christ

is surely risen in you! Love and life have become the same thing’.

The story of the transfiguration reminds us that this relationship with God is at the heart of everything that Jesus and does. The Transfiguration is a revelation to Peter, James and John of the essential relationship of the Trinity. Peter’s words demonstrate his complete lack of understanding of this relationship at the heart of God. Rohr is saying that ‘love and life’ become the same thing in the Risen Jesus remind of the truth witnessed in this story.

### **The problem of time**

The most often quoted problem with praying, is that people don’t feel that they have ‘enough time to pray’. This complaint is based on two basic false assumptions:

- First, the prayer needs to be crammed into a busy life; rather prayer is the context for our life.
- Secondly, that prayer is ‘an activity’; rather prayer is a way of living.

To find time it is best to begin by looking at our lives and what we do each day, each week and each month. If we keep a record of how we spend our time often we can notice patterns of behaviour and natural breaks in the day. After all we find time to do things every day to maintain our health, no-one ever says they’re too busy to brush their teeth! In the same way if we make prayer part of our daily routine we will never be ‘too busy’. A helpful prayer to use each day, is the Ignatian prayer of Examen. This prayer requires us to review the day that is past and seeks God in the day to come. Jim Manney’s book on the prayer is a very accessible way into this spiritual practice, and he describes it as follows: ‘The Examen is a method of reviewing your prayer in the presence of God. Here it is in a nutshell:

1. Ask God for light. I want to look at my day with God’s eyes, not merely my own.
2. Give thanks. Be grateful.
3. Review the day. Carefully look back on the day just completed being guided by the Holy Spirit.
4. Face your shortcomings. I face up to what is wrong, in

my life and me.

5. Look towards the day to come. I ask where I need God in the day to come’.

The ways of praying, first used by St. Ignatius and his followers, resonate in the modern mind. His almost-conversational style is so helpful to those put off by the formality of Christian worship. The concentration on the person of Jesus is refreshing and simple amid all the ‘doctrines’ of the church. Jim Manney sums it up: ‘The examen isn’t the only way to pray but it’s a way that everyone can pray. It banishes the abstract and relishes the concrete. It is inexhaustible. It treats every moment of everyday as a blessed time when God can appear. It’s a way to find God in all things’.

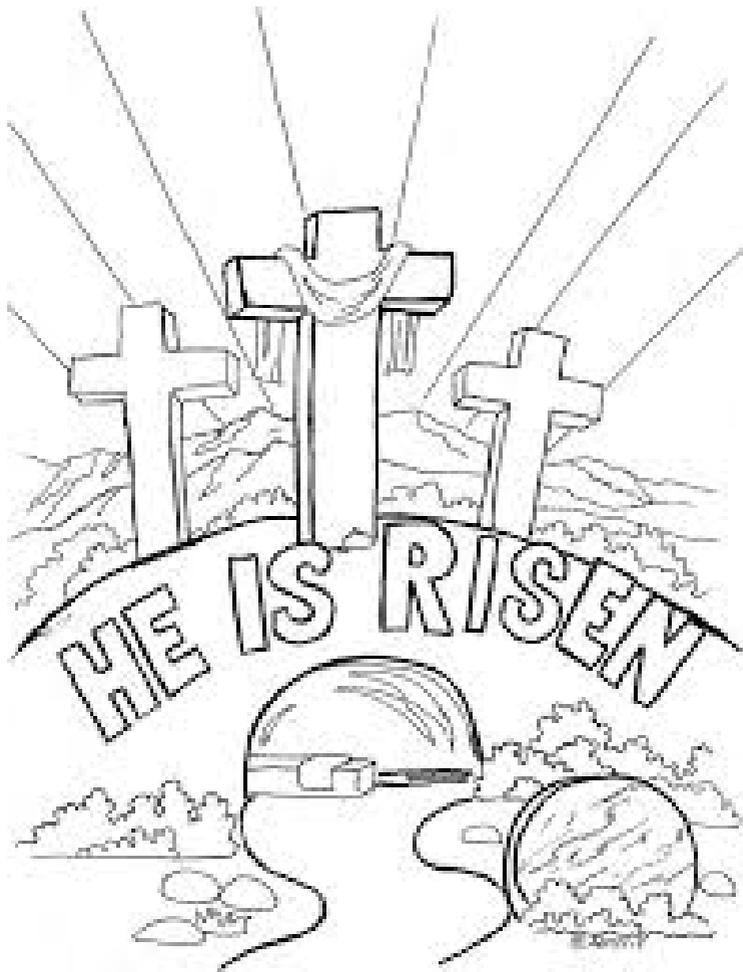
Cameron Butland, Diocesan Spirituality Adviser.

If you want to know more about prayer, Cameron is leading a Lenten Prayer Workshop in Natland Parish Church, 10am to 12:30pm on Saturday, 1 April, all welcome.

If you need any advice please contact him on 017687 77556 or via email <cdsa03@gmail.com>. If you would like to receive regular updates of quiet days, teaching on prayer, spirituality courses and retreats please contact Anna Walker on <cesg@lunesdale.community> to join the Cumbria Ecumenical Spirituality network.

## Ketchup Bibles

Thanks to grant funding and money raised from the Hymn Book Angels we were able to hand out Bibles to all the regular members of Ketchup in March. The Bibles chosen were the Beginners’ Bible for those aged 6 and under, the NIV Adventure Bible for those aged 7 to 12, and the NIV Soul Survivor Youth Bible for those 13–19. We will also be handing out Ketchup Catch Up Bookmarks each week to Ketchup members with a summary of what we have looked at that morning and some ideas for exploring it further as a family. Please pray for the children, young people and their families that they may be encouraged to share in God’s word together and grow together in their faith. Libby.



Thank you God for Easter.  
Thank you God for flowers.  
Thank you God for lambs.  
Thank you God for chicks.  
Thank you God for rabbits.  
Thank you God for chocolate.  
Thank you God for sending Jesus.

by Megan Tulley, aged 7

## **Evensong**

Thank you to all those who responded to my letter about the timing of Evensong. Following that consultation, the PCC has agreed to change the time of Evensong to 6pm in the summer time, and 4pm during winter. The time will normally change with the clocks. However, the first 6pm service will be on the 7 May.

Rob

## **God For All, Mission Communities, Moving Mountains ...**

Sometimes people ask, “What is God for All? How does it fit into the ‘Green Book’, ‘Growing Disciples’ and ‘Mission Communities’? And what’s this ‘Moving Mountains’?” Of course, some or all of these terms may be completely new to you. Here’s a short guide, then, which we hope will enable everyone to tell their Mission Action Plan from their Ecumenical County ...

God for All is the overall strategy of the Anglican, URC, Methodist and Salvation Army churches in Cumbria. These churches have entered into a covenant to work together particularly closely, though it doesn't mean that we are not also working closely with other churches, such as the Roman Catholic Church. Indeed, many of these churches were represented when the covenants were signed over the past few years. The Ecumenical County is where we have an ecumenical partnership across the whole county, rather than just locally (you may have come across a Local Ecumenical Partnership elsewhere). Essentially, this makes it easier practically for the different churches to work and worship together.

God for All has at its heart the purpose that “By 2020 every person in Cumbria of all ages and backgrounds will have had an opportunity to discover more of God and God’s purpose for their lives, so that they will discover more of Jesus and the Good News and become followers of Jesus within a Christian community.” Everything else, all the other initiatives and plans, are a means to helping this to happen. God for All is the development of ‘Growing Disciples’ (also known as the Green Book), the diocesan

vision document launched seven years ago.

Mission Communities is one of the ways that the different churches hope to see the God For All vision achieved. Across the county, new groups of churches from the different denominations are working together to see this happen. Here in Kendal, we are at the beginning of discussions about how this will look here.

Moving Mountains is another, more focussed, part of the churches' plan to see God for All happen. In March 2018, church leaders from across the North of England will gather in Cumbria to assist different events and activities where we share the good news of Jesus Christ with our communities. How this will happen, and what they will be involved with, will differ from place to place. Moving Mountains provides a particular focus for activities which are part of our normal and everyday work as churches. Again, how this will look in Kendal is currently being decided.

How does this affect us at KPC? Well, we are committed to 'God for All', and to playing our part fully in the work of the wider Church (whatever the denomination) across the county. The plan we launched five years ago will continue as we seek to provide different ways to help people encounter God and to serve our community. We are also very much part of discussions about Mission Communities in Kendal, and will keep people posted about how these develop. We will also support Moving Mountains, and see it very much as part of what we try to do every day here.

# Barrow Pilgrimage Easter 2017

Monday, 10 to Thursday, 13 April 2017

Quakers in Kendal and Sedbergh Area Meeting are concerned that recent changes to the welfare state are deeply wounding to the very fabric of our community and are hitting those who are the most vulnerable in our society. This challenges our belief in equality, peace and social justice.

We welcome you to walk with us:

- As a sign of our common humanity and our solidarity with the poorest and most vulnerable.
- To support our belief in an inclusive society in which all are considered of equal worth.
- To show support for our welfare system.
- To show willingness to pay a level of taxation that will support the care and dignity of all.

Our journey will take us from Sedbergh via Kendal, Rookhow and Ulverston, with accommodation arranged en route. Our walk will end outside Barrow Town Hall with a period of silent witness.

Contact Sally on 07939569559, or Andy on 07815547292, or email <justsally1961@gmail.com> if you wish to join us for all or part of the walk, or

if you can offer space to sleep, or refreshments, or transport for those less able to walk the 15–20 miles each day. Leave your phone number if no reply.

## **Inspired by Faith:**

Taking action for the Common Good on  
behalf of Quakers in Kendal and Sedbergh  
Area Meeting

## May we who share Christ's body live his risen life

Now that we have coffee in Church between the two principal services on a Sunday, it seems to me that we have immediate opportunity to put this prayer into practice:

- By making visitors feel at home, as well as meeting up with friends;
- By having fellowship with people attending the other service: there may be differences in style of worship, but we are one Christian family, united in love for our Lord, for each other and for His world.
- By paying heed to the house rules:
  - Everyone is welcome, and everyone is welcome to a second cup;
  - Everyone is free to give what they like and when they like;
  - No one is left to sit on their own.

Sometimes our faith may present us with difficult challenges, but these are clear ways in which – right here and right now – we can begin to show that we whom the Spirit lights give light to the world

From your Churchwardens

# Alpha

The Alpha Course runs over 12 weeks and is a wonderful opportunity for everyone and anyone to explore the Christian faith. It's for Christians too, who would like to strengthen their existing faith.

Alpha is friendly and informal, with a meal, the latest Alpha film and then some conversation where you can say as little or as much as you like. There is no charge for the course.

Jesus said to his first disciples "come and see". The invitation is open for you too, "come and see". You will be made most welcome. For further details or to book a place please contact Nigel or Diane (Parish Office).

## **Holy Week: what might you try this year?**

Probably everyone who reads this article will get to church on Easter Day to celebrate our Lord's Resurrection triumph, and lots of people who won't be reading it will be there, too! How many, though, will get to a service between Palm Sunday and Easter? Everyone agrees that Holy Week is a very important time, but relatively few actually make it to any of the services over the week – 'they're only for the really committed and anyway I'm a bit too busy'.

Making time to be with others in listening again to, reflecting on and praying through the story of Jesus' Passion puts Easter in its proper setting and joy. The services early in the week focused on the coming betrayal are followed by the commemoration of Jesus' final meal and foot washing with his disciples – and betrayal – on Thursday; on Friday there's contemplation of his trial, suffering and execution, a time to be silent before the Cross; and on Saturday the night-time first celebration of his rising again with the Easter Fire.

So this year might you try to get along and try something a bit new? It'll be time well spent as we journey and grow through the love that was obedient even to death. It's easy for me, I know, retired, without children at home and living nearby, but please give something new a go!

Dick Forsyth

## **More than a good yarn**

If you love biblical stories, the book of Exodus is a must-read, with its courageous women, a murderer reluctantly dispatched on some fantastic mission, the extraordinary means and twists and turns of that rescue mission, the miraculous food provision for a people who don't know how to rest, and the difficult negotiations of how to journey on with God without turning God into an idol, to mention just a few examples. But the book of Exodus is far more than just a good yarn, for its stories turn out to be amazingly fresh and relevant, as we consider how to live as

disciples of Christ in our own time, with all the challenges that brings.

Karl Möller, Principal of Initial Ministerial Education at Cumbria Christian Learning, will be offering four evening sessions on this important and fascinating book. The sessions will be held at Kendal Parish Church, Kirkland, Kendal, LA9 5AF on Tuesday, 2, 9, 16 and 23 May 2017. Each session will run from 7 to 9pm and, following a talk by Karl, there will be plenty of opportunity for questions and stimulating discussion.

To register your interest, or if you have any further questions, please contact James Bober at Cumbria Christian Learning on <admin@cumbriachristianlearning.org.uk>, or 01768 807765.

## **The Sunday next before Easter**

Such is the heading for the collect for Palm Sunday – another one of the collects to come from 1549 – and so another which is the work of the Reformers.

‘Almighty and everlasting God, who, of thy tender love towards mankind, hast sent thy Son our Saviour Jesus Christ, to take upon him our flesh, and to suffer death upon the cross, that all mankind should follow the example of his great humility: mercifully grant, that we may both follow the example of his patience, and also be made partakers of his resurrection; through the same Jesus Christ our Lord. Amen.’

What a tremendous collect to take us through Holy Week! It leads us through the life, death and resurrection of Jesus in simple fashion and in a very short space. It is this which gives the collects their power.

So as we begin Holy Week, we are taken back to the birth of Jesus (‘hast sent thy Son’). God, in his love, sent his son to live among us. He refers to Jesus’ humility and patience. This led to his death on the Cross, but it also led to his resurrection. In one short prayer we are focussing on the most tremendous events in our faith!

The prayer for ourselves is that we should follow the example of Jesus’ humility and patience. Humility doesn’t mean belittling ourselves. I am afraid too many people do

this and have no sense of their own value. Humility is recognising the truth about ourselves – our good and bad points; our successes and failures. Patience is not so much wanting everything done yesterday, as a steady endurance through life whatever it may throw at us.

Michael Thistlewood

## Night Shelter

The Winter Shelter for 2016/7 finished at the end of February. Five different Church venues were used and five members of KPC were volunteers, different ones helping on different evenings at various venues. Members of KPC provided the main courses and veg for Sunday evenings: this worked really well and was very much appreciated. A big thank you to all who helped in this way.

The Shelter ran very smoothly at the different venues. Except for three days over Christmas when there was a chance for the guests to go away, the Shelter operated every night from 1 December until 28 February. 12 guests used the Shelter at different times with about six being the maximum on any one evening. Two have moved out of the area, some have been helped to find accommodation, some are still sleeping rough but there are possibilities of accommodation for most of them and Manna House staff are continuing to work on this.

Some people have asked if the Shelter could not be open for longer, so that all the cold weather is covered. The simple answer is almost certainly that this would need more volunteers – could you offer help next year?

Michael Hunter – Night Shelter Volunteer

## Manna House

Manna House has received some good news, after a long period of uncertainty; it has received funding from the National Lottery, which will cover about half the running costs over the next three years. The next major projects for Manna House are the search for new premises along with further fund raising.

Manna House is open three days a week for drop-ins

from 10 to 3pm with refreshments, a meal, shower facilities, laundry service, a change of clothing and any advice the clients may need (the number of clients can vary, but can be around 30). On one of the drop-in days there are usually some activities arranged and on one other day in the week it is open for information, help and advice.

## Poem by Jane Rothery (care home worker)

This is my chair, this is where I sit.  
It's not your chair, yet  
It's mine and this is where I am now,  
Sitting, to sing my song.

It's where I watch the world,  
So often, now, increasingly unknowable.  
And this is where the world can see me;  
Shocked by the knowing of how hard it is to relate to,  
To connect with, to avoid  
Me – and what I have become.

It is the chair from where I look back  
And contemplate my life within the indecent privacy  
Of the torn and tattered curtains of confusion.

I can appreciate with equanimity,  
Both my most precious joys and secret griefs,  
I can still tune in to memories, though they are  
Well-tempered by time  
And this lack of a constant mind.

So, I sit,  
In my chair,  
And sing my story  
I take some small comfort  
In this music of mine.

# April 14<sup>th</sup> 2017

## Good Friday

### Walk of Witness



**10.30 am joint service at  
Stricklandgate Methodist Church**

**11.15 am leave Stricklandgate  
for Westmorland Shopping Centre  
and "The Bird Cage" then on to  
Kendal Parish Church Kirkland**

Everyone welcome to join at any point



Queries to Anne [ctikd@hotmail.co.uk](mailto:ctikd@hotmail.co.uk)

## What's on ...

Kendal, Oxenholme,  
Staveley, Burneside &  
Whinfell



### Avoiding Scams

No one likes to feel that they've been conned, but unfortunately there are increasing numbers of scams designed to cheat you out of your money, empty your bank account, or steal your identity. However, you can avoid being deceived by scammers if you know what to look for. Age UK has published a guide called "Avoiding Scams" which gives you lots of helpful advice and tips on how to stay safe. Please contact us if you would like a copy.

### Top Tips

Don't open emails or attachments from someone you don't know. Your bank will never call you and ask for your PIN number or for you to give your card to a courier.

With doorstep callers remember: Lock, Stop, Chain, Check. Avoid pension scams by getting independent advice before making decisions.

Don't believe letters claiming you have won a fortune. If you haven't entered a lottery or prize draw, you can't have won it. Don't be embarrassed to hang up, say no, or ask someone to leave.

### Who to contact for further help:

Action Fraud – to report a scam – 0300 123 2040.

Citizens Advice – consumer service – 0345 404 0506.

### Lunch clubs

Please support your local lunch club. Meet a group of friends and enjoy an excellent, freshly cooked meal. Bookings required – contact our Helpline for more information on 01539 728180.

Pumpkins Bistro, Kendal	1st Tuesday
The Station Inn, Oxenholme	3rd Tuesday
Carus Green Golf Club, Burneside	3rd Monday
The Watermill, Ings (Staveley Lunch Club)	3rd Wednesday
The Hare & Hounds, Levens (Levens & Heversham Lunch Club)	2nd Tuesday
Maggs Howe, Kentmere	1st Wednesday
Mens Pie and Pint Club, Burgundy's Brewhouse	1st Thursday



Here for people with mental or emotional health problems.  
Can we help?

- Counselling
- Drop-in sessions
- Peer Support
- Massage Therapy

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- Drop-in sessions
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- Massage Therapy

Our drop-ins are informal, friendly places to visit as you wish. You can meet friends and make new ones, enjoy a cup of tea or coffee, or just sit quietly and wind down. You can share problems or talk in confidence to one of our staff or trained volunteers.

No need to let us know – just turn up!

Kendal: Stricklandgate House, 92 Stricklandgate, LA9 4PU

Monday 10am–noon: Board Games  
1–3 pm: General drop in

Tuesday 10am–noon: Creative Writing and Reading  
1-3 pm: General drop in

Wednesday 10am–noon: Art and Craft Group  
1–3 pm: General drop in

Thursday 10am–noon: Women's Group  
1–3 pm: General drop in

Friday 10am–noon: Mindfulness / complementary  
therapy

1–3 pm: General drop in

Contact: tel: 01539 740591, email <[info@slmind.org](mailto:info@slmind.org)>

Supported by: Cumbria County Council, Lloyds TSB Foundation, Frieda Scott Trust, The Allen Lane Foundation and Kendal Town Council.

# Sight Advice South Lakes

Events listed at The Bradbury Centre are at 116 Highgate, Kendal LA9 4HE. Open Monday to Thursday 9:30am–4pm.  
Tel: 01539 769055

## April

Every Wednesday, except Wed 19th, What Do you Want to Know? Information Session, Bradbury Centre, 10–noon.

Every Thursday, Computer Support Drop-in, Bradbury Centre, 10:00–12:00

Tue 4: Dual Sensory Loss Group, Bradbury Centre, 2–3:30pm

Wed 5: Visually impaired Family / Carer's Information Session, Bradbury Centre, 1:30–pm–3:00pm.

Thu 6: Social & Games Drop-in for visually impaired people, Bradbury Centre, 2:00pm–4:00pm.

Sat 8: Open day for our visually-impaired children, young people and their families, Bradbury Centre, 11:30–1:30pm.

Mon 10: Kendal Information & Support Group for visually-impaired people, Bradbury Centre, 2:00–4:00pm.

Tue 11: Pre-Exhibition Advice at Bradbury Centre 9:30–4pm.

Wed 12: Monthly Social Group for visually-impaired people, Kendal Day Centre, Dowker Lane 7–9pm.

Tue 18: Kendal Low Vision Clinic – contact office for appointment.

Wed 19: Future Vision – at Stricklandgate House, Kendal, an exhibition of equipment and services for people with sight problems. 10am–3pm.

12 exhibitors displaying an extensive range of equipment including: magnifiers and reading machines, accessible / easy-to-use smartphones, talking / magnified / easy-to-use computers, talking books / newspapers.

Thu 20: Social & Games Drop-in for visually-impaired people, Bradbury Centre, 2:00–4:00pm.

# From the Cartmel Peninsula Team

Exciting News – thank you so much for coming to the Women at the Well day at St Mary’s Allithwaite, we hope you enjoyed the day as much as we did. After getting together to pray recently, we felt that God has much more in store. We have invited Dr Kate Coleman to come and lead a day for all women on Saturday, 23 September at St Mary’s Allithwaite, 10am–4pm, cost £10, bring a packed lunch. Booking essential, please email <refreshallithwaite@gmail.com>

Rev Dr Kate Coleman is founding director of Next Leadership. She has nearly 30 years of leadership experience in the church, charity and voluntary sectors and is a mentor and coach to leaders.

Kate recently completed a term as Chair of the Evangelical Alliance Council (2012–2014), is a former president of the Baptist Union of Great Britain (2006/7), and a Baptist Minister.

A popular speaker and lecturer, Kate has gained a reputation as a visionary and an inspiration to many. She is a strategic advisor who mentors, coaches and supports leaders and organisations locally, nationally and internationally. Her network extends across all sectors and church denominations. Kate is author of 7 Deadly Sins of Women in Leadership. Kate is also speaking at Landmark 2017 and at the New Wine Summer Conference, Week 1.

Revd Rachel Stavert, Team Vicar Cartmel Peninsula Team  
tel: 015395 83187 & 07813962740  
email: <revrachstav@gmail.com>  
New Wine Cumbria Network Leader

# Curate's Cooking Corner

## Lemon Drizzle Cake



I seem to have made this a few times recently for various lunches and coffee mornings. It is really delicious and a reminder that summer is on its way. I prefer to heat the drizzle topping gently until the sugar dissolves so that you don't get a crunchy topping. However, if crunchy is your thing then follow the topping instructions below.

### **Lemon Drizzle Cake**

225g unsalted butter, softened

225g caster sugar

Four eggs

Finely grated zest of one lemon

225g self-raising flour

For the drizzle topping

Juice 1½ lemons

85g caster sugar

Heat oven to 180C / fan 160C / gas 4. Beat together 225g softened unsalted butter and 225g caster sugar until pale and creamy, then add four eggs, one at a time, slowly mixing through. Sift in 225g flour, then add the finely grated zest of one lemon and mix until well combined. Line a loaf tin (8 x 21cm) with greaseproof paper, then spoon in the mixture and level the top with a spoon.

Bake for 45–50 minutes, until a skewer inserted into the centre of the cake comes out clean.

While the cake is cooling in its tin, mix together the juice of 1-1/2 lemons and 85g caster sugar to make the drizzle. Prick the warm cake all over with a skewer or fork, then pour over the drizzle – the juice will sink in and the sugar will form a lovely, crisp topping. Leave in the tin until completely cool, then remove and serve. It will keep in an airtight container for three to four days, or freeze for up to one month.

“Make it a practice to judge persons and things in the most favourable light at all times and under all circumstances.”

St Vincent de Paul (1581-1660)

I came across this quote the other day. The world and the church still seem to be making it a practice to do the exact opposite. Let us, therefore, be counter cultural ...

Rob



# 4th Kendal Brownies Sleepover

In February, 15 girls and six leaders from 4th Kendal Brownies had a successful sleepover at Guys Farm Activity Centre near Lancaster, with the theme for the weekend being “Underwater”.

We had a number of indoor activities, such as making suncatchers, painting pot tealights, wind chimes and much more, all with an underwater theme. The girls also made their own sandwiches and baked cakes, with these activities going towards the Cooks Badge, which they all passed. Before bedtime – when everyone slept really well – our Saturday evening movie, with popcorn, was Finding Dory.

The girls took part in outdoor activities too, including archery, abseiling and the climbing wall, with many pushing themselves to attempt the latter especially as it was something they had not done before. We also had a go at geocaching to find gold coins and the treasure chest and there was a chance to go on the assault course as well.

We all had a great time and we never went hungry with fabulous meals and snacks keeping us going all weekend.

Kathryn Chapman (Brown Owl)

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## Flowers

### For Easter Sunday – Sunday, 16 April 2017

Pedestal 1: Arthur Moss – In memory of my dear wife  
Ann

Pedestal 2: Joan Carnaffin – Birthday memories of Ross,  
a dear son

Pedestal 3: Sheila Brooks – In loving memory of Peter

Pedestal 4: Anne Sloane – in memory of Mike and family

Pedestal 5: Jean-Anne Tillotsun – with loving thoughts of  
my brother, Norman Hunter, at Eastertime

Pedestal 6: Anne Pimblett – in loving memory of  
a dear Mum and Dad

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## Services – April 2017

### **Sunday, 2 April – Fifth Sunday of Lent**

8:00am	Holy Communion (BCP)
9:30am	Choral Communion (BCP)
11:00am	The Gathering (Café)
1:00pm	Holy Baptism
2:00pm	Holy Baptism
6:30pm	Evensong

### **Sunday, 9 April – Palm Sunday**

8:00am	Holy Communion (BCP)
10:30am	Joint Communion Service for Palm Sunday with procession (CW)
6:30pm	Evensong

### **Monday, 10 April – Monday in Holy Week**

7:00pm	Evening Prayer (Informal)
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### **Tuesday, 11 April – Tuesday in Holy Week**

7:00pm	Compline
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### **Wednesday, 12 April – Wednesday in Holy Week**

7:00pm	Evening Prayer (CW)
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### **Thursday, 13 April – Maundy Thursday**

7:00pm	Holy Communion (CW) with Footwashing and Stripping of the Altar
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(continued ...)

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## Services – April 2017

### **Friday, 14 April – Good Friday**

9:45am      Family Service  
11:00am      Matins  
Lunchtime    CTiK Walk of Witness  
2:00pm      Hour before the Cross

### **Saturday, 15 April – Easter Eve**

9:00pm      Easter Vigil

### **Sunday, 16 April – Easter Sunday**

8:00am      Holy Communion (BCP)  
10:30am      Joint Communion Service for  
Easter Day (CW)  
6:30pm      Evensong

### **Sunday, 23 April – Second Sunday of Easter**

8:00am      Holy Communion (BCP)  
9:30am      Parish Communion (CW)  
11:00am      The Gathering with Communion

### **Sunday, 30 April – Third Sunday of Easter**

8:00am      Holy Communion (BCP)  
9:30am      Parish Communion (CW)  
11:00am      The Gathering  
1:00pm      Holy Baptism  
2:00pm      Holy Baptism  
6:30pm      Evensong.

# From The Registers

## Baptisms

19 February	Rachael Connett Ryan Connett Chloe Connett Finlay Oscar Connett Evie Rose Waller
5 March	Joel Patrick Butler
19 March	Daniel James Duncan.

## Weddings

11 March	Ben Dyson & Nancy Evans.
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## Funerals

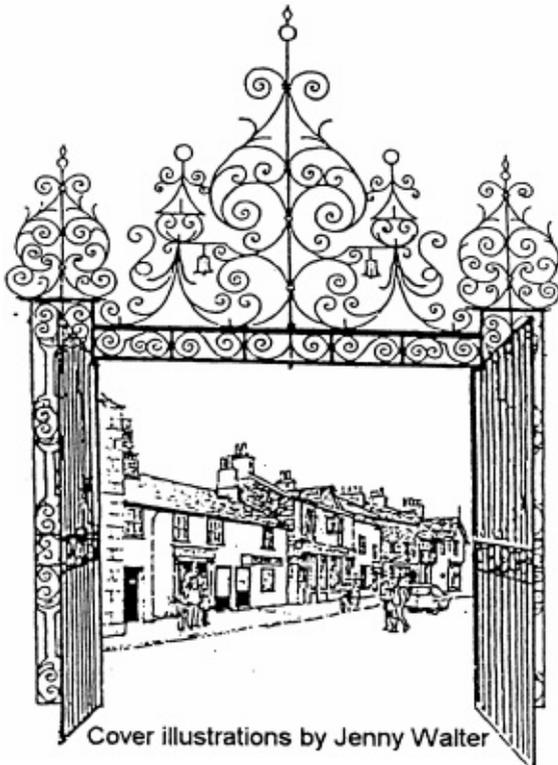
23 February	Cedric Perie
27 February	Gerald Robinson
6 March	Mervyn Dixon
23 March	Margaret Smith.

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## Worship

Holy Communion (BCP)		8:00am
Parish Communion		9:30am
(Common Worship, except 1st Sunday BCP)		
The Gathering		11:00am
(with Communion 1st & 3rd Sundays)		
(Except Matins BCP on 5th Sunday)		
Evensong		6:30pm
Mid Week		
Morning Prayer	Tuesday, Thursday	9:00am
Morning Prayer	Wednesday	10:00am
Meditation	Tuesday	10:00am
Holy Communion (BCP)	Thursday	10:30am
Kendal Tea Service (Dementia Friendly)		
	3rd Thursday	2:30pm
(Saints' Days and Holy Days as announced)		



Cover illustrations by Jenny Walter