

# Parish Life

The Magazine of Holy Trinity Parish Church Kendal

July/August 2017



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## Parish Directory

Church Office: Clergy, Hilary Murphy, Diane Letheren 721248  
Open 10am–1pm Monday–Friday or by prior arrangement  
Website: [www.kendalparishchurch.co.uk](http://www.kendalparishchurch.co.uk)  
General email: [office@kendalparishchurch.co.uk](mailto:office@kendalparishchurch.co.uk)  
Address: Kendal Parish Church, Kirkland, Kendal LA9 5AF

# *From The Vicarage ...*

Dear Friends.

As I write this letter the news is full of the terrible fire at Grenfell Tower in London, as well as the aftermath of the terrorist attacks in London and Manchester. Added to these, of course, are uncertainties over Brexit, the stability of the government and the continued troubled areas across the world. We live in a time of some uncertainty as a nation. We live concerned for what will happen and concerned for those directly affected by bereavement and injury.

We always do live, of course, with uncertainty. We have no control over what will happen, though we often fool ourselves that we do. Much of our lives can be caught up with restricting the chances of something unexpected and unwelcome happening to us. What we have seen and experienced recently isn't normal, and our sense of outrage, grief and shock are testament to this.

So, as creatures who need a sense of security and comfort, where can we turn? Well, I might first suggest that we realise that a feature of our wonderful world is that the dreadful and unexpected can happen and so we need to learn to live with that. Secondly, of course, we turn to faith. Last Sunday we sang a hymn, written by Richard Bewes, based on Psalm 46:

God is our strength and refuge,  
our present help in trouble,  
and we therefore will not fear,  
though the earth should change!  
Though mountains shake and tremble,  
though swirling floods are raging,  
God the Lord of hosts is with us evermore!

This hymn, and psalm, remind us that for all of human history there have been times when mountains appear to shake and tremble, but that the Lord of Hosts is with us

always. The Lord of Hosts is a title ascribed to God as one who is in charge of a mighty army, a host. We do not fear because God is with us. He is our strength and refuge and he is present in our trouble. He is not busy elsewhere, coming to us when he has a spare moment, but rather is with us in the present and will be with us evermore.

This is both a message of realism, there is trouble, and hope, we are not alone. Sometimes this hope is expressed, as we have seen so much in the aftermath of recent tragedies, in the outpouring of compassion and generosity towards those who have been affected, and in the quest for justice. It is also found just as tangibly in the sense of those going through difficult times that they are not alone, that God really is with them, walking with or carrying them through their trouble.

God does not promise a quiet and peaceful life. We are not immune to mountains shaking. What we are promised is that he, the Lord of Hosts, will be our strength and our refuge. And, though the earth should change because of Brexit, General Election, natural disaster or the wickedness of our fellow human beings, we need not fear.

And how should we respond in service to God? Whilst listening to Richard Harries on the radio this week, I was reminded of the Civil War era inscription on the church in Staunton Harold, Leicestershire:

“In the year 1653 when all things Sacred were throughout ye nation, either demolisht or profaned, Sir Robert Shirley, Baronet, founded this church; Whose singular praise it is, to have done the best things in ye worst times, and hoped them in the most callamitous. The righteous shall be had in everlasting remembrance.”

May we indeed know the peace of God and, firmly rooted in this hope, be those who always do the best things in the worst times, and hope them in the most uncertain.

Every blessing,  
Rob

## Anyway by Mother Theresa . . .

The following was found written on the wall in Mother Teresa's home for children:

- People are often unreasonable, irrational, and self-centred. Forgive them anyway.
- If you are kind, people may accuse you of selfish, ulterior motives. Be kind anyway.
- If you are successful, you will win some unfaithful friends and some genuine enemies. Succeed anyway.
- If you are honest and sincere people may deceive you. Be honest and sincere anyway.
- What you spend years creating, others could destroy overnight. Create anyway.
- If you find serenity and happiness, some may be jealous. Be happy anyway.
- The good you do today, will often be forgotten. Do good anyway.
- Give the best you have, and it will never be enough. Give your best anyway.
- In the final analysis, it is between you and God. It was never between you and them anyway.

## From KPC's Man in Bujumbura!

"Didn't know we had a man there."

"We haven't for long – he's only there six weeks"

"What's he doing there anyway?"

5:40am. The dawn chorus is about to start: laughing doves and boubous, bulbuls and mousebirds, together with the harsh croak of scavenger pied crows. By 6:00am it is light.

6:10am. Time to get up and shave, have a light breakfast; then the three-minute walk to the University building. It is hot and dry, with little breeze. Housed in the old cathedral, just next to the new cathedral, the Uni has two lecture rooms with white (in reality very off-white!) boards, a library, an office and a room used for worship. It is only in its second year.

At 7:30am the day begins with worship. For all apart from KPC's man, it is in their third language. Different simple versions of Morning Prayer are used on different

days of the week. Each day one of the students (or occasionally staff) will give a short talk based on one (or both) of the Bible readings.

8:00am marks the start of lectures. Apart from a half-hour break around 10am, unless you give the students some course work lectures continue solidly until 12noon, the same tutor with the same class. African students are often not used to discussion in class; their experience of education is one where the teacher tells them what they need to memorise. It takes time for them to get relaxed with a different approach. At break time the two tutors, the administrator (the Uni's only paid employee) and the (volunteer) librarian drink coffee – the conversation ranges from Uni issues to the challenges faced in Burundi today.

12noon. It is hotter. Time to go back to the Guest House. Lunch is about 1:00pm: a substantial buffet: with minor variations you know exactly what the menu will be. Salad (either pasta or green bean) with some tomato & avocado, rice, plantains, chips, beans, peas, greens, sauce with large pieces of (often quite tender) meat. You don't know what a full plate is like until you have seen how high people here pile them! Most of the time there are sodas (Coke, etc) or bottled water, except when the Guest House has run out.

After lunch and a bit of a siesta it is back to the Uni. The afternoon session runs from 2:00pm until 5:00pm but you have given the students an assignment, so can be flexible in arrival / departure. If the power is on, now is the time try to get online and send an email or two: (even when the power is on, the flash modem you have in the Guest House is not giving you good internet access.) It takes five minutes to sign on, but today you succeed: you can even access the BBC news briefly: the rest of the world does exist! It takes another five minutes to sign off! Back to the Guest House & recharge the laptop while the power is on, just in case: it may stay on fine – but you never know!

You won't need another main meal so time to go into town to pick up something light for supper and breakfast. It's now a bit cooler with more of a breeze but the town (Burundi's capital) is very dusty. Not that many cars about as there's a fuel shortage: when it is available at a garage

the queue is enormous. People have very little money so there's very little in the shops but you do find some Burundi-made passion fruit squash & some strawberry jam (the only jam on offer, made in Egypt). Lots of mandarins too. You've been shown a couple of places where expatriates (and wealthy Burundians) can buy things – these are helpful and, in western terms, not expensive.

Back to the Guest House: by 6:00pm it's nearly dark again. Time to wash clothes (hanging up in the bathroom they'll be dry by morning) and shower. In this climate having only cold water is not a problem. Arrange the mosquito net over the bed. Light supper and perhaps also an instant hot chocolate (drink and kettle brought from the UK). By 9:00pm it's definitely bedtime.

Yes, a bit different from Kendal. How much we take for granted. But this is also part of God's world. Do pray for the church and people of Burundi.

Michael Hunter

## 60 Years

On Trinity Sunday I celebrated 60 years in the priesthood and I would like to thank you for all your kind greetings and congratulations on that Sunday.

The Vicar has allowed me to write a series of articles about the changes in the Church over that period. I shall partly do this by describing my own life and how it fitted into the context of the times. I hope you will find them interesting.

First of all we all owe so much to our background and the characteristics we inherited at our birth. My life has been a very fortunate one and I am very conscious of the fact that many people have had to struggle with enormous disadvantages.

My father was a vicar and my mother was a teacher and in my 60 years I followed both professions! My father was brought up in the Anglo-Catholic tradition but moved more to a Central position over the years. My Headmaster was a Modernist in his theology. So in me was formed a love of

the church and liturgy and also a liberal theology.

Archbishop Michael Ramsey's address to us in our ordination retreat was 'Some Pastors and Teachers'. That was very much the emphasis in our training and ministry. I would imagine that today the theme would be 'Some Evangelists', with a strong emphasis on Outreach. This doesn't mean there wasn't evangelism in those days and that there isn't pastoral care and teaching in these days!

In my student days I went with the Franciscans on a fruit-picking mission to Wisbech. We camped with the Cockney fruit pickers and held services and Sunday Schools for the children. We used to have a Christmas Party for them in the East End of London.

I also went on a number of Parish Missions as a student.

One big movement of outreach in those days was the Industrial Mission founded in the Sheffield Diocese. Chaplains went into industry both as pastors and also to be there to see if they could help where there were problems in industrial relations.

Next month I shall move on to my first curacy on the North Hull Estate!

Michael Thistlewood

## **A Review of Thy Kingdom Come Week**

4–11 June 2017 Holy Trinity Church embraced the special week of prayer that was celebrated in 85 countries around the world this year with all manner of different approaches to pray "Thy Kingdom Come" and "Come Holy Spirit". The week started with a combined service that captured the essence of different styles of worship. Traditional and modern hymns mingled with readings, Taizé chants and even a wonderful piece of organ music based on a ninth-century Gregorian chant. The service was followed by a delicious bring-and-share lunch that was enjoyed by young and old alike.

There were all types of worship on offer for us all to try during this special week! I found the contemplative prayer evening a deeply moving experience. As someone who rarely gets two minutes of silence during the day, to be

given the opportunity to share peace, prayer and contemplation with like minded others was quite overwhelming. (The very friendly Meditation Group meet every Tuesday morning at 10am if you would like to try it too.)

Another type of worship on offer was the Northumbria Community style service that was followed by time to reflect at the nine Prayer Stations dotted around the Church. Not only were the Prayer Station activities absorbing to complete it was humbling and sometimes poignant to read the prayers and thoughts that others had written. One station in particular, caught my imagination. It was in the blue gazebo near the doors at the rear of the Church. Did you go in? If you did, you would have found yourself in semi-darkness, a torch in your hand and a map of the world in front of you. The idea is to shine your light onto different areas of the world and to pray for that area. It becomes apparent very quickly that there are a lot of places to pray for, as your eye wanders around the globe, more and more places catch your eye ... and your heart. What starts as "a bit of fun" quickly turns into heartfelt empathy for our brothers and sisters around the world.

Many different groups came into Church during Thy Kingdom Come week to explore and experience the Prayer Stations. Toddler Group, Men's Group, Alpha, The Boys' Brigade and many children from Vicarage Park School visited. A Prayer Party was also held on the Friday afternoon. 25 children came to Church after school to share fellowship, prayer, fun and food! How wonderful it was to see children enjoying Church; not because it was Sunday and their parents expected them to attend but because they LOVE Jesus and wanted to share His love with one another. Surely this is a positive sign that the future of our Church is in safe hands.

The Archbishop of Canterbury, Justin Welby summed up the week by reminding us that the two prayers that we have been praying, "Thy Kingdom Come" and "Come Holy Spirit" are extraordinary and world-changing because Jesus Himself teaches us to pray them. The Kingdom is about the perception that the visible signs of the rule and reign of God

are in our world. We are part of the answer to that prayer; in our families, in our communities, in our nations. Not so that other people look at us and say “oh, that is very special” but so that they say “There is Christ’s Kingdom being seen”.

Our second prayer was about the Holy Spirit. Justin Welby reminds us that the Holy Spirit warms people’s hearts, so that they are open to the love and goodness of Jesus Christ. At the Pentecost service we were all given a card and a cord to prompt us to pray for five people to come to know Jesus. Our actions, be it a word of witness or a demonstration of hospitality can go a long way. As the Archbishop said “Be full of the grace that God is showing to you and to me”.

I pray that the weeks’ events stay fresh in the minds of all those who attended the myriad of services and that we all continue to pray “Thy Kingdom Come”.

Sarah Jones

Editor’s Note: A huge thank you to members of the Prayer Group and others from the Church for the huge amount of work which went into planning the week: from organising services to decorating the church and setting up the prayer stations around the building.

## **After the tragedy of Grenfell Tower**

As this magazine is being prepared, the news is focussed on the tragedy of Grenfell Tower. The following article is taken from the website of the Rt Revd Dr Graham Tomlin who is the Bishop of Kensington.

<<http://grahamtomlin.blogspot.co.uk/2017/06/thoughts-on-hope-in-grenfell.html>>

### **Thoughts on Hope in Grenfell**

In our community over the past few days we have been through a range of emotions that we rarely experience so close together. Even now as we meet and pray, there are people here in this church, in the surrounding streets wondering how to make sense of this.

How do you put into words what people here have

experienced, the story of the past few days?

First there was Shock. As we woke up on Wednesday morning, there was that numb feeling, incredulity that something like this could happen in our modern, C21st sophisticated city. Looking up at the Tower and imagining what the people in there was going through was almost unbearable and so hard to even imagine how awful that must be.

Then there was Compassion. Alongside the tragedy, one of the remarkable things has been to see the amazing out-pouring of compassion in this community over the past couple of days. It is as if that deep, God-given humanity in all of us has suddenly arisen to the surface and displayed itself in all its wonder and glory. Despite how diverse this community is, it has been remarkable to see that sense that underneath our differences of language, faith, colour, beliefs, there is this deep human instinct of compassion that we all share – wouldn't it be something if London was like this all the time?

Then there has been Grief. Yesterday I spent time with a family whose five-year-old son was missing and then heard the cries of grief as they heard the news that he would not be returning to them. This deep sadness and sorrow will be felt by many families over the coming weeks and months. We grieve with them and need to do all we can to support such families over the coming times strengthened by the knowledge that God does not stand apart, but grieves with them; that he is no stranger to sorrow and that as Jesus weeps with those who weep, so God our Creator grieves with those who are full of heartbreaking sorrow today.

There has also been Pride. I have been privileged to spend time with some of the emergency services over the past few days, listening to the stories of firefighters going in and out of the building with no thought of their own safety to witness the astonishing bravery and courage of those who had to take on this dreadful task. We should rightly be proud we have such people in our midst, and do all we can to thank them for the selfless and heroic way in which they do this work on our behalf. They carry a burden of the memories of the things they have done and seen, so they

should be in our prayers too as they come to terms with these past few days.

Then there is Anger. Many people over the last couple of days have expressed a deep anger that anything like this could have happened. There are serious questions to be asked about housing in this area and how we care for and provide for those who are the weakest and most vulnerable in our society. It is too early to allocate blame and to point fingers, but these questions need answers and we need to channel that anger into a patient determination to support those who are seeking to discover the cause of this tragedy, and to ensure it never happens again. Today we cry out for justice and real lasting change.

But now we need Hope. While we go through all these emotions, we also need a new sense of hope there is a future, that lives can be rebuilt, that this community can be restored, a hope for a better future where everyone, regardless of ethnicity, religion, income and background is able to live in safety and security – they deserve no less than this. Hope is what we deal in as Christians. It is perhaps one thing we can offer, because we know that beyond the cross there is Resurrection.

In the past couple of days I have often been asked what can you say to those who have lost everything, who have lost dearly loved ones. My answer? There is very little you can say. There are times when all you can do is pray – and I and many of my clergy colleagues have done that with many over these past days. Prayer reminds us there is God who weeps with those who weep, who hears the cries of the poor and disadvantaged, and while there are many things that happen in God's world that are not part of his will, in the end, his purposes will one day be fulfilled. We believe in the God of Resurrection, the God of hope. And today this is what we need – Hope that does not eliminate our shock, our compassion, our pride, our anger, but transcends it, lifts it and makes a future possible.

Our thoughts, our prayers, hearts today are with those who have lost everything, with those who are grieving, those wondering where they will be living in the next few weeks. As we watch this compassion break out around us,

as we experience it arising in our own hearts, we need to hold onto this hope that will make this compassion not just a fleeting reaction that fades as the media focus moves onto something else, but a settled, long-term characteristic of our great city.

Now as we face the future, we need, faith and hope that will make our love for each other grow stronger. To rebuild not just tower block, but hearts and minds towards a city that truly cares for each other and where all can find a welcome, a future and a hope.

## Parish Life

For over five years, Parish Life has been edited by a rota from the ministry team. This was only ever meant to be a temporary arrangement! We know how important the magazine is to those who read it and we believe that it can develop and be better. However, we need someone who is willing to take the role on. The job involves writing and asking for articles, collating diocesan news and looking for interesting things to include. Of course, a new editor would be expected to put their own stamp on the magazine. The typesetting is all done by David Brown so the editor does not need to know how to do layouts or design, just how to put a good magazine together.

If you are interested, please see Rob.

## From the Diocese:

### **Bishop of Zululand sends greetings**

An 11-strong group from the diocese has just returned from a two-week tour of the Diocese of Zululand to strengthen one of three companion links that exist through our Partnership for world mission committee.

To mark the conclusion of the trip, the Bishop of Zululand, the Rt Rev'd Monument Makhanya has sent his

greetings, writing:

To the people of the Diocese of Carlisle; grace, mercy and peace from God our Father and our Lord Jesus Christ. Paul, in Ephesians Ch 3, v16–17 says, ‘I pray that out of his glorious riches he may strengthen you with power through his spirit in your inner being, so that Christ may dwell in your hearts through faith.’ We have had our friends from your Diocese here, exploring some of the things we do in Zululand. It was a marvellous interaction and experience for us all. I pray that our companionship may grow from strength to strength and together we may do amazing things for God and his people.

With love in Christ,  
+Monument of Zululand

Editor’s Note: Bernadette Calvey, a member of this church, took part in the trip and brought back a gift from the local Mothers’ Union to our own branch.

## **Research Study on Church Responses to Domestic Abuse in Cumbria – Help Needed**

Researchers at Coventry and Leicester universities are working with Christian charities Restored and Churches Together in Cumbria to carry out the first major UK study of Church responses to domestic abuse. The study will collect vital data that will inform the training provided to churches. We invite everyone – whatever your gender or experience of this issue – to take part in the research. The research has received ethical approval. Participants’ confidentiality and anonymity will be assured: the church won’t be named and we don’t require your name or contact details. To complete the survey online visit <<https://coventry.onlinesurveys.ac.uk/domesticabuse>>. Paper copies are available at the back of church. All help is greatly appreciated.

**Natland Young at Heart Social Group** for older residents will next meet on Monday, 24 July when they



will be going out for afternoon tea. If you would like to come along for an afternoon of tea, chat and good company please get in touch. The group does not meet in August.

**Gentle Exercise Class** at the Gateway Centre on Gillinggate every Thursday at 10:30am. It is a fun class, predominantly chair based lasting for about 45 mins followed by tea and chat. Come and give it a go!

**Kendal Crafters:** a monthly craft session on the first Friday of each month ( 7 July), 10:15–12:15 at the Gateway Centre in Kendal, led by community artist Nicki Smith. Try new craft skills and share traditional creative techniques in a friendly and supportive environment. All abilities very welcome and all craft resources supplied. (Only £2.50). No session in August.

Enjoy playing football? Try our **New Walking Football Group** for the over-60s at Kendal Leisure Centre.

Fortnightly on Tuesdays, 3:30pm–4:30pm (18 July, 1, 15 and 29 August). Ring Age UK for more information. Have fun, make new friends and keep fit for only £2!

**Walk For Health:** These gentle walks around Kendal lasting around 45min to 1 hour will start from the Age UK shop on Finkle Street every Wednesday at 2:30pm. If you want to walk more, get more fresh air or just enjoy some of the scenery in Kendal then come along and join us. Call Wayne Singleton on 07793 532830 or the Age UK Helpline if you are interested in coming along.

**Allotment:** Come along to the opening of our new allotment on Sedbergh Road on Wed 25 July at 2:30pm.

Our new Community Action Team Officer, Helen Prince, is developing a programme of **Digital Inclusion services** in the area. These will be advertised shortly. If you have computing skills or IT training skills that you could share as a volunteer with Age UK, or have ideas about the type of

digital support that would be of benefit to you, please get in touch.

To find out about any of the above activities or any services which Age UK South Lakeland can offer older people, please call our Helpline on 01539 728118.

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# Stonecross Care Home Summer Fair

22 July, 1pm to 5pm

All are welcome – Free entry  
Entertainment includes  
children's entertainment  
BBQ with burgers and hotdogs,  
with tea, coffee & soft drinks  
Tombola  
Face painting  
Lucky Dip  
Cake stall

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## Sunday Services — July 2017

### **Sunday, 2 July – Third Sunday after Trinity**

8:00am Holy Communion (BCP)  
10:45am Mayor's Civic Service  
12:00 noon Said Holy Communion (CW)  
1:00pm Holy Baptism  
6:00pm Evensong (BCP)

### **Sunday, 9 July – Fourth Sunday after Trinity**

8:00am Holy Communion (BCP)  
9:30am Parish Communion (CW)  
11:00am The Gathering with Communion  
6:00pm Evensong (BCP)

### **Sunday, 16 July – Fifth Sunday after Trinity**

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

### **Sunday, 23 July – Sixth Sunday after Trinity**

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

### **Sunday, 30 July – Seventh Sunday after Trinity**

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

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## Sunday Services – August 2017

### **Sunday, 6 August – Eighth Sunday after Trinity**

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

### **Sunday, 13 August – Ninth Sunday after Trinity**

8:00am Holy Communion (BCP)  
9:30am Parish Communion (CW)  
11:00am The Gathering with Communion  
6:00pm Evensong (BCP)

### **Sunday, 20 August – Tenth Sunday after Trinity**

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

### **Sunday, 27 August – Eleventh Sunday after Trinity**

8:00am Holy Communion (BCP)  
9:30am Parish Communion (CW)  
11:00am The Gathering with Communion  
6:00pm Evensong (BCP)

# From The Registers

## Baptisms

21 May	Jaxon Lee Wells Lilly Isabella Wilson Layla Amanda Kilpatrick
18 June	Eleanor Rose Ellis.

## Weddings

27 May	Thomas McKenzie and Katie Pearce
3 June	Andrew Tanner and Abigail Lovick.

## Funerals

1 June	Dennis Taylor
6 June	Brian Sumpter
7 June	Sarah Cummings
9 June	Pamela Scales Richard Rooke
13 June	Annie Peill.

## Book of Remembrance

The following names have been added to the Book of Remembrance:

Verna Borthwick, David James Jenkinson, Ellen Grindal, Delia Shaw, Carol Anne Williams.

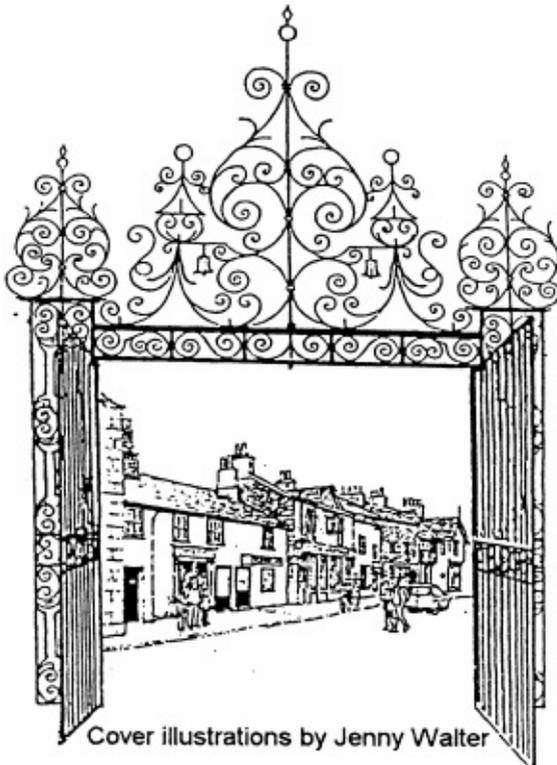
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## Worship

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		6:00pm
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