

Parish Life

The Magazine of Holy Trinity Parish Church Kendal

November 2017



40p

Parish Directory

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From The Editor ...

Dear Friends,

During September I was able to spend some time with the Western Dales Mission Community. Mission Communities offer a way for churches of different backgrounds to work together so that everyone living in Cumbria will have an opportunity to discover more of God and God's purpose for their lives. Churches can share resources and show a spirit of co-operation with each other.

Anyway, the Western Dales MC consists of eight Anglican churches (located in Sedbergh, Dent, Killington, Firbank, Howgill, Cautley, Garsdale and Cowgill). Dotted around that spacious area you will also find several Methodist chapels and the URC community has a building in Sedbergh. There are a lot of churches. I was able to attend several services. Congregation numbers were few in number but the welcome was as warm and loving as anywhere I have been. This community faces challenges. Some tough decisions have had to be made. Sadly they do not have enough of a ministry team to enable every church to have a service every Sunday. So they compromise. They all have one service a month (sometimes two) and the beautiful thing I noticed was that if their church is closed one Sunday they will find out where there is a service, and go there. I realise this can be hard for someone who has attended their local church for decades but I sensed genuine warmth as they met together, in one church with others, and shared the bread and the wine.

As well as compromise and co-operation between the Anglican churches there is also co-operation between the other denominations. A monthly joint service allows them to worship together as one church. I attended a steering group meeting and heard about some of their forward

thinking. Instead of each denomination planning youth work which results in the few young people being scattered across three denominations they are thinking about hosting one regular event. This will enable the youngsters to meet more of their kind, help and encourage them to grow as disciples.

The challenges for this mission community continue to be tough but they are rising to the challenges and seeing it as an opportunity to try something new, to plan for future generations. Much of the discussion is coming from lay people who value what they have had but realise that some change may be inevitable. We all want there to be a living Christian presence in every community. This matters as much in the rural communities as it does here in Kendal.

Please pray for what is going on in Sedbergh and the surrounding areas. Pray for all the ministers and congregations of every church and chapel. If you are able to go and visit the buildings during the week you will be in awe. I am not sure they are open during the winter months but in September I was able to visit them all, sit inside in quiet prayer and enjoy time in the churchyard, often staring at the Howgills in awe and wonder. In the silence I was reminded of that moment when Jesus rode the donkey into Jerusalem (Luke 19:28-40). The crowds were cheering and the Pharisees asked Jesus to shut them up. His response, as ever, was brilliant ... "if these (people) were silent, the stones would shout out".

Even though the church in Firbank is currently hosting a service once or twice a month it is still a presence in the community. It is loved by the locals and anyone who is passing by cannot fail to be impressed by its beauty and presence. The local Christians still shout out their praise. There may be fewer people to do it so the church building shouts out on our behalf. Let us pray that God's people will be the praising voice in these beautiful locations until that time we read of at the end of Revelation occurs ... "'Surely I am coming soon.' Amen. Come, Lord Jesus!"

Mark

Natland Young at Heart Social Group for older residents will next meet on Monday, 13 November when we will be having a Christmas craft afternoon. If you would like to come along for an afternoon of tea, chat and good company please get in touch.



Lunch Club You are invited to come along to St Mark's Primary School for a Christmas lunch on Thursday, 7 December at 1:30 pm. Be waited on by the children and enjoy a delicious meal for £4.00. Places are limited, so to book or to cancel a place, please phone Age UK on 01539 728118 by 30 November. This event is in partnership with St Mark's Church and St Mark's School.

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 minutes followed by tea and chat. Come and give it a go!

Men's SEWcial – Gentlemen, would you like to learn how to: sew on a button, turn up a hem, mend a hole in a pocket or use a sewing machine? If so, then come along to the Gateway Centre on Gillinggate in Kendal on Monday, 6 & 13 November, 2– 4pm and have a go. All equipment and materials are provided. These sessions are free but please book a place in advance. Please phone 01539 728118 for more information.

Kendal Crafters – a monthly craft session on the first Friday of each month (3 November), 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).

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Enjoy playing football? Try our **Walking Football Group** for the over-60s at Kendal Leisure Centre, which meet fortnightly on Tuesdays, 3:30pm–4:30pm (7 and 21 November). Phone Age UK for more information. Have fun, make new friends and keep fit for only £2!

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

60 Years

The 1960s was a time of great upheaval in the Church and in the world. There was a lot of radical theological thinking, which was typified by the publication of *Honest to God* by John Robinson. One interesting result of this was that the book was condemned by Archbishop Michael Ramsey, but he later said that he had been wrong to condemn it. Some of the radical thinking in it was similar to some of the writings of the Christian mystics.

Many were shocked by it, but so too many found it very liberating – freed from a sort of dogmatic straight-jacket. I believe that some people came to ordination through reading it.

The other area of radical thought was in moral theology and this was typified by a book on Situation Ethics by Michael Keeling. There is always a tendency to look at moral issues in terms of black and white, while ignoring the shades of grey. Situation Ethics was asking us to look at the context in which the moral problem has arisen before making a judgment. I have often thought myself that in many of the more complex problems we are often asked to choose between the lesser of two evils.

In addition to this there was a strong feeling amongst many that the Church was out of touch with ordinary people. South Bank, London was the home of radical theology and the place where people were being trained for ordination in the place where they lived and worked. The Reverend Nicholas Stacey, who died recently, was a radical

young vicar in the South Bank area and he opened up his church for all sorts of activities to help people with their problems. In the end he felt that that didn't work either and so he went full time into social work – mainly in the area of housing.

Other clergy followed this pattern and moved out of parish work. I was one of them and moved into teaching in 1972. It was a time when multi-cultural teaching was moving into R.E. and I did my Dip.Ed. in that subject. I found it a fascinating and stimulating time and felt that we were helping to promote tolerance and understanding. There have been criticisms of multi-culturalism, but I still feel it was right, in spite of some the negative things that have been done in its name.

Next time I hope to write about the liturgical changes which have taken place in my ministry and the final one will be about my interesting church work in retirement.

Michael Thistlewood

Local Support Services for Sexual Abuse and Domestic Violence

Domestic violence can be defined as any incident or pattern of incidents of controlling, coercive, threatening behaviour, violence or abuse regardless of gender or sexuality. The abuse can encompass, but is not limited to, the following types of abuse:

Psychological, Physical, Sexual, Financial, Emotional.

One day you may become aware of someone who needs help in very difficult circumstances. The organisations below all offer support to people living in Cumbria.

Birchall Trust <www.birchalltrust.org.uk>

email: <info@birchalltrust.org.uk>. Tel: 01229 820828

Counselling for men, women & children who have been raped or sexually abused.

Counselling for family/friends of victims.

Counselling rooms are located in Kendal, Barrow, Lancaster & Morecambe.

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The Bridgeway Sexual Assault Support Service

<www.thebridgeway.org.uk>

email: <info@thebridgeway.org.uk>

24/7 Help line, telephone: 0808 118 6432.

Support & advice for men, women & children who have been raped or sexually assaulted.

Emotional & practical support for victims and family and friends

Referral to counselling & other support services

Letgo

<www.impacthousing.org.uk/let-go-domestic-violence-service>

email: <letgosouth@impacthousing.org.uk>

Tel: 01229 582386

Support & advice for men and women aged 16+ who have suffered domestic abuse or sexual violence. Practical support is for victims only

Victim Support

<www.victimsupport.org.uk>

24/7 Help line telephone: 0808 1689 111.

Tel: 0300 3030 157 for support in Cumbria, Mon–Fri, 9am–7pm.

Support & advice for anyone affected by domestic abuse, rape and sexual assault, or victim of any other crime or traumatic incident.



"Then David said to the Philistine [Goliath], 'You come to me with a sword, and with a spear, and with a shield. But I come to you in the name of the Lord of hosts, the God of the armies of Israel, whom you have defied.' " *1 Samuel 17:45*

Some items on display at the back of church that we can sometimes miss ...

We know about Manna House and everything they do to help those in need within our community. They have made a request for items (kitchen stores) that they frequently use. The next time you do your big shop it would be a real help if you could pick up some of the following and drop it round at theirs:

Vegetable oil, veggie stock cubes or bouillon powder, tinned chopped tomatoes, custard powder, instant coffee, pasta, UHT milk, flour, sugar, dried mixed herbs, paprika powder, ground spices – cinnamon, pepper, nutmeg, coriander, ginger, mixed spice, Worcester sauce, soya sauce, olive oil, tinned fruit, jelly cubes, cheese, eggs, butter, onions, garlic, lemons, potatoes, carrots, celery & fresh fruit.

<www.manna-house.org.uk>

Telephone: 01539 725534



Manna House is also busy preparing for its annual Christmas auction. If you would like to support this and help them raise much needed funds for the coming year:

24 November
6.30–9.00pm at Kendal URC
£3 entry

Kendal's Winter Shelter

Lois Sparling – Winter Shelter & Volunteer Coordinator

How often do we read the headlines about how the numbers of people living on our streets are rising and think 'But what can I do about it?'

Fortunately, in Kendal, we all have the opportunity to offer real support directly to people facing homelessness in the depths of winter through the Winter Shelter – set up only a few years ago, following a national model, and coordinated by Manna House. The Shelter will be held at various churches in Kendal.

We ask our volunteers to commit to one night a week between 1 December and 28 February (excluding 24 to 27 December) to join a small team of experienced volunteers to:

- make, serve and share supper with up to six or seven homeless people (carefully vetted and referred to the Shelter by Manna House) in a church venue in Kendal;
- make up beds and spend the evening chatting/playing board games, etc. until lights out;
- stay over if you can (only two volunteers need to stay over each night and most of our volunteers do NOT stay over); and
- serve breakfast and pack things away in the morning (Shelter closes at 9am).

It's an incredible way to feel that you are directly helping people with truly hard lives in our local area. Most of the guests that we put up over last winter moved on to more permanent housing and even into jobs, with the support of Manna House's housing and benefits team and the encouragement of the Shelter volunteers.

All volunteers receive training (two hours early evening on 11 November or 15 November this year – but other dates will be arranged if necessary) and most come back year after year.

Please consider volunteering or passing this information on to other people who might be interested.

Full information, including a volunteer application form,

is available on the Manna House website at:
<www.manna-house.org.uk/winter-shelter>.

If you are not sure but would like to know more, ask Linda or Michael Hunter who have been volunteers for the past three years.

(As in previous years, we may be asking members of KPC to help provide meals for the Shelter on Sunday evenings).

Every church in Cumbria recently received this letter from the Bishop of Carlisle:

2017 Winter Warmth Appeal

In a bad winter, 300 people die in Cumbria through the effects of cold weather, a fatality rate higher than most other areas of the UK and the elderly are among the most vulnerable.

Cumbria Community Foundation's Winter Warmth Appeal raises funds to help older people across the county stay protected from the cold weather.

The Winter Warmth Appeal, in partnership with Age UK across Cumbria, is now in its eighth year and in that time, through the warm generosity of others, has raised £630,000. More than a thousand people who struggle to afford to heat their homes benefit each year. This year the charity hopes to raise £100,000 to help keep Cumbria's most vulnerable warm and well this winter.

The cost of fuel is rising and there are many old, rural homes in Cumbria which cost more to keep warm. It's becoming increasingly harder for people to afford to heat their homes, especially for those that no longer have a steady income. This is why the Winter Warmth Appeal has never been more important.

Please consider donating the Winter Warmth Appeal and help those who have to choose between heating and eating.

You can donate online:

<<https://mydonate.bt.com/events/winter-warmth-2017>>, or send a cheque (made payable to: 'Cumbria Community Foundation' and write 'Winter Warmth' on the back) to:

Cumbria Community Foundation, Dovenby Hall, Dovenby, Cockermouth, Cumbria, CA13 0PN. Or simply phone: 01900 825760 and we can take your donation over the telephone.

Operation Raleigh

In October's Parish Life you will have spotted the article entitled Mambo! by Jess Letheren. Jess will be spending three months volunteering in Tanzania for the International Citizen Service & Raleigh International. She will be part of a team involved in humanitarian work and is currently involved in fundraising activities. On the Wardens' Table you will find copies of a 'Country Anagram Quiz'. It only costs £1 to take part and there is a fantastic prize for the winner. Please help Jess achieve her target. Thank you.

KPC Men's' Fellowship

At the November meeting we are welcoming Brian Lock who has an interesting life as the husband of a vicar, Beverley, vicar of Ambleside. Brian has his own interesting tale to tell and I know it will be an entertaining evening as he shares the many insights he has collected as a male clergy spouse! We meet in the Vestry at 7pm on 7 November. Look out for the signup sheet if you want to go to the Ring O' Bells for sandwiches and a pint afterwards.

The December meeting is mysteriously billed as a 'Seasonal Evening ... followed by mince pies'!

Please do get involved. David D would love to hear any ideas you might have for 2018.

Friday Lunchtime Organ Concerts

This successful venture continues to thrive. We have two recitals in church this November.

Our very own Andy Plowman is giving a recital on 10 November and on the 24th we have a performance from David Brindle.

The timing for both concerts is 12:30 to 1:15. They are free events but any proceeds given do go towards the Organ Restoration Fund.

Coffee & Cake ... Knit & Natter

The final coffee morning of the year will be at 10am on Wednesday 29 November. We do not usually have a Coffee & Cake in December but do keep your eyes peeled for a special event. I would like to give my warmest thanks to everyone who has helped, turned up, made cakes, brought along some craft work and joined in during this last year,

The Helm Group Confirmation Service

Holy Trinity, along with the other churches in the Helm Group are having their annual confirmation service on Sunday, 19 November at 4pm. The venue is here at KPC. Please do try and attend as it will encourage those being confirmed as they move forward in their Christian faith.

Kendal Tea Service Concert

We held our very first tea service concert followed by afternoon tea in September.

We were entertained by the fabulous Lloyd family music ensemble. In the process a fair amount of money was donated to add to the £5 Challenge. It was lovely to be able to sit and relax afterwards sharing fellowship whilst being entertained by our local vocalist Krystal Helen Clark singing songs from the musicals. I think this will be an annual event, as there were approximately 80 people in attendance. Many thanks to all who helped with this in any way.

First birthday of the Tea Service

I can't believe that it's been 12 months since we launched our monthly Tea Service. For the first time our reading and poem was read by people in our congregation living with dementia. We were lucky enough to once again have this filmed and promoted by Border Lookaround for the TV News. The segment can be seen on our YouTube channel. For details of this please contact me. We hold the Tea Service on the third Thursday of every month at 2:30pm

and it is inclusive to all. We would love to see you; the cakes are not bad either. Bev Moore

All Souls Service

Our annual All Souls Service will be held at 6pm on 5 November. This is a time when we particularly gather to remember and give thanks for loved ones who have died. Please do invite others to this special service.

Evensong

Please note that Evensong will move to its earlier time of 4pm during the winter months from the 12 November.

Today if ye will hear His voice

By the time you read this, an historic event will have happened. 29 October will have seen the last Sunday service of Prayer Book Matins.

Imagine Kendal Parish Church full, with 817 people present. Each of them carries a card indicating a year, from 1201 to 2017, and bearing the name of the principal – in other words, best attended – service for that year. For a few, the service would be our current 9:30 Common Worship Communion, over 350 cards would refer to the medieval Mass in use till 1549, but for most of the years – from early in the reign of Elizabeth I until well into that of Elizabeth II – the principal service was Matins. When people came to pray under threat of invasion from the Armada or from Bonaparte, or to give thanks after Blenheim, when that young couple came to church in 1914 just before he embarked for France (with him summoning up courage for the lunchtime conversation with her parents about marriage), when that couple's daughter came here in 1943 to pray for her husband in the Eighth Army, it was to Matins that they turned.

And now we come to the close of this chapter in our history. I am glad to say, though, that we are not closing the book. The Prayer Book continues to play an important part

in the worship of this church – with our weekly timetable of Sunday services beginning with BCP Holy Communion and ending with Evensong. Long may this book continue to challenge us (“we have erred and strayed from our ways”) and to comfort us (“He pardoneth and absolveth all them that truly repent”).

To end on a personal note, I am grateful to the Vicar and the PCC for making it possible for Matins to continue on a quarterly basis following the introduction of the Gathering six and a half years ago. I rejoice, though, at the increase in numbers attending the Gathering and at the wide age range to be found there. It is my prayer that, whatever service we attend, we may have an ever-deepening sense of the presence of the Lord in our midst and – if I might give the final word to one of the canticles at Matins – that we may know that “His truth endureth from generation to generation”.

David Richardson

Boxes of Hope

Boxes of Hope leaflets and shoe boxes are now available from the notice board at the back of Church. We also have a collection point there for items to add into boxes and are taking any financial donations, for topping up or spending on boxes, via the Church office (please mark your envelope Boxes of Hope). The boxes go to needy children in Romania giving them and their families not just toys but much needed basic life essentials. Please do take a leaflet and a shoebox and return the filled box to the back of Church by 19 November.

Items you may wish to pack into your box or put in our donations box might include soap, toothbrushes, toothpaste, hair brush or comb, small toys, games, a teddy bear, balls, pens, pencils and sharpeners, notebooks, socks, scarf, gloves, hair accessories.

Please remember to give only items that are new or appear to be new and would fit in a shoe box. Sweets can be included but must have a use-by-date of later than March 2017. Please do not include war-related toys, liquids or

electrical items. Thank you for your support.

For further information about the charity visit
<www.boxesofhopecumbria.co.uk>.

Messy Church

This October over 70 of us celebrated Harvest at Messy Church with fun and food.

With our donations of fruit and vegetables we made a rainbow to display in our harvest window (these gifts

then went to Manna House), we decorated squirrel and hedgehog biscuits, did printing with fruits and vegetables and made autumn and harvest pictures with leaves and some of us had our faces painted. We played parachute games and thought about where our food comes from, the importance of sharing and thanking God for all he provides.

Several of our Messy Church families have now joined us in our Sunday worship. Please do encourage them and make them feel welcome and please do pray for all our Messy Church families, for the planning and preparation, for the events and for our wonderful committed team. In November we will be having a 'Bright Lights' Messy Church and Decembers one will be on a Christmas theme. Looking ahead a big Messy Church Cumbria is planned for 11 March at Rheged bringing together Messy Church families from across the county. Please do invite families you know to come and join us each month. We know that being on time with children can be quite challenging so we run quite a fluid programme for all ages with people arriving when they can, often with people staying and talking and praying well beyond the finish time. For further details please contact the Church Office.

Libby

Future Dates:

- Saturday, 4 November
- Saturday, 16 December
- Saturday, 27 January.



Sunday Services – November 2017

Sunday, 5 November – Fourth Sunday before Advent

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

Sunday, 12 November – Third Sunday before Advent

8:00am	Holy Communion (BCP)
9:30am	Short Parish Communion (CW)
10:45am	Civic Remembrance Service
4:00pm	Evensong (BCP) – note new time for Winter Months

Sunday, 19 November – Second Sunday before Advent

8:00am	Holy Communion (BCP)
9:30am	Parish Communion (CW)
11:00am	The Gathering, with Communion
1:00pm	Holy Baptism
4:00pm	Helm Group Confirmation Service

Sunday, 26 November – Sunday next before Advent

8:00am	Holy Communion (BCP)
9:30am	Parish Communion (CW)
11:00am	The Gathering
4:00pm	Evensong (BCP)

From The Registers

Baptisms

1 October Freddie Nicholson
 Max Newton
15 October Thomas Butler.

Weddings

14 October Wayne Crowcroft &
 Kalvinder Kaur Harra.

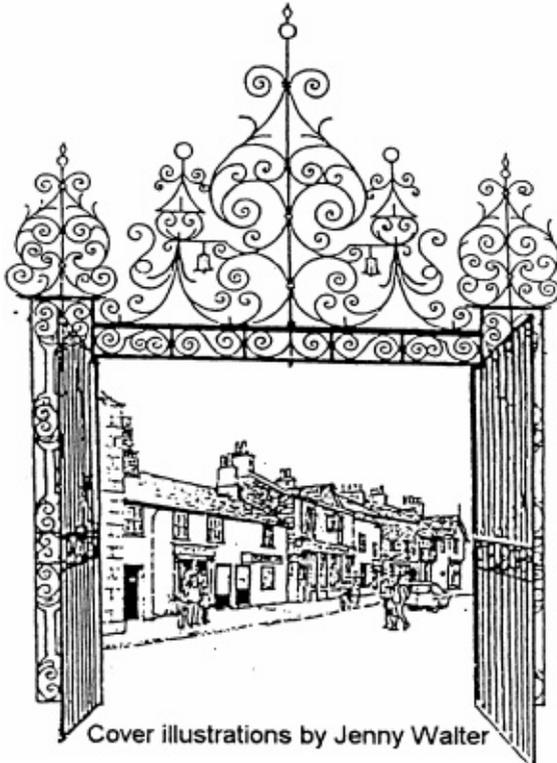
Funerals

22 September Jan Watt
9 October Pauline Fleming
17 October Dorothy Dennison.

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Worship

Holy Communion (BCP)		8:00am
Parish Communion		9:30am
(Common Worship, except Matins BCP on 5th Sunday)		
The Gathering		11:00am
(with Communion 1st & 3rd Sundays)		
Evensong		4:00pm
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