

April 2024

St Mark's Church
Parish News
for Natland & Oxenholme

60p per copy or £6.00 per year





St Mark's Church



Priest-in-Charge:	Rev Canon Angela Whittaker ang.whitt68@googlemail.com	01539 272422
Assistant Priest:	Rev Marion Mashiter revquackers5@gmail.com	01539 731957
Lay Reader:	Graham Day	015395 61418
Local Lay Minister & Church Warden:	David Walker	01539 732524
Church Warden:	Roy Watkinson	015395 61373
PCC Secretary:	Elsbeth Jayne	015395 60942
Treasurer:	Hilda Walker	01539 732524
Stewardship Secretary:	Martin Jayne	015395 60942
Parish Safeguarding Officer	Roy Watkinson	015395 61373
Organist:	Clive Walkley	01539 723482
MU Families Group	Barbara Nelson	015395 60120
Sunday School Co-ordinator:	Andrew Whittaker	01539 272422
Magazine Distribution & Subscription:	Shirley Miller	015395 61193
St Mark's School Head Teacher:	Louise Hinton	015395 60719

MAGAZINE TEAM

st-marks-natland-magazine@googlegroups.com

Angela Whittaker	<u>18 St Mark's Fold, LA9 7QU</u>	<u>01539 272422</u>
Diane Letheren	22 Long Meadow Lane, LA9 7QZ	015395 61103

Articles for the **May 2024** edition of the magazine to be handed in by 10th April. **Please send articles to the magazine email address above.**

The team welcomes articles for future editions of the magazine. The Editorial Team reserves the right to decline to publish any item or to amend or shorten material. Opinions expressed in this magazine are those of the contributors, not necessarily those of the PCC, or the editorial Team.

***From the Vicarage
18 St Mark's Fold***

Dear Friends,

I wonder if you have a favourite Easter hymn? Before I could read, I always enjoyed singing 'Jesus Christ is risen today!' because at the end of every line was the word 'Alleluia' and I could join in with gusto with that part whilst 'la-la-ing' the rest. In a similar vein our children used to like singing 'God's not dead. NO! He's alive!' Again, because they could remember the word 'NO' and shout it out at the top of their voices, albeit a few seconds late on some occasions! But in more recent years I've found other hymns too which have helped to encapsulate the season and speak to me.

One such hymn is 'Now the green blade rises' sung to the wonderful French carol melody 'Noel Nouvelet.' But why this hymn? Well, perhaps because it tells a story - the story of the hymn writer's life as he grieves the death of his wife - and how with time and the healing and transforming presence of 'Love' (Jesus) – in his life there is new life and hope. Also, because the hymn is about Spring - and I love Spring – and green shoots springing up all around. Similarly, because this hymn resonates with my own experience of life and faith – the inevitable moments of sadness, of winter, of grief and of death, but also of new life, hope, Spring, warmth, the presence of Jesus and even joy.

As I type it's not quite Holy Week but by the time you are reading this letter it will be Holy Week or even Easter. In this season, these fifty days of Easter, may you know 'Love is come again' ie. the risen presence of Jesus in your life comforting, warming, encouraging and enlivening you. In turn, may you be strengthened to bless those around you too.

Angela

PS. I'll be listening out for the Easter 'Alleluia's'! And even the 'God's not dead! NO!'s' Or for the quiet humming of 'Noel Nouvelet' or whatever your favourite Easter hymn happens to be! A blessed Easter to you all.

For the words of 'Now the green blade ...' please see over the page.

Now the green blade rises from the buried grain,
wheat that in the dark earth many days has lain;
love lives again, that with the dead has been:
Love is come again, like wheat that springs up green.

In the grave they laid him, Love whom men had slain,
thinking that he never would awake again,
laid in the earth like grain that sleeps unseen:
Love is come again, like wheat that springs up green.

Forth he came at Easter, like the risen grain,
he that for the three days in the grave had lain,
back from the dead my risen Lord is seen:
Love is come again, like wheat that springs up green.

When our hearts are wintry, grieving, or in pain,
then your touch can call us back to life again,
fields of our hearts that dead and bare have been:
Love is come again, like wheat that springs up green.

John MacLeod Campbell Crum (1872-1958)

May you
know the joy,
peace
and hope
of Easter

*From the
Ministry Team*



The Great Spud in the Bucket competition is back



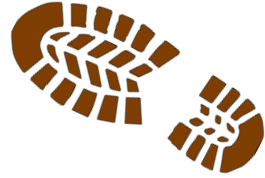
Potatoes & Buckets on sale in church up until the 14th April

The fun competition for everyone
whatever the size of their garden.
Grow potatoes in a bucket and see if you can win a prize.
Entry £3 Adults £1 under 12's

'Walk & Talk'

Join us for a gentle walk. We meet at the post box on Natland Village Green at 10.30am. We will return by 11.50am. We walk in most weathers!

- ◆ **Tuesday 2nd April**
- ◆ **Tuesday 7th May**



Mothers' Union Families Group



Spring is here and lighter nights too so the MU Families Group are moving back to Wednesday evening meetings and starting the meeting at 7pm.

This month MU Families Group meet on **Wednesday, 3rd April at 7.00pm in the church vestry** when Sue Preston-Jones will tell us about the 'Paddlers for Life'.

Bring & Share Lunch

**Sunday 7th April at 12noon
at 106 Highgate (Kendal
United Reformed Church)**

All are very welcome as we meet up and share with friends across the Mission Community.

Come even if you haven't brought any food to share.

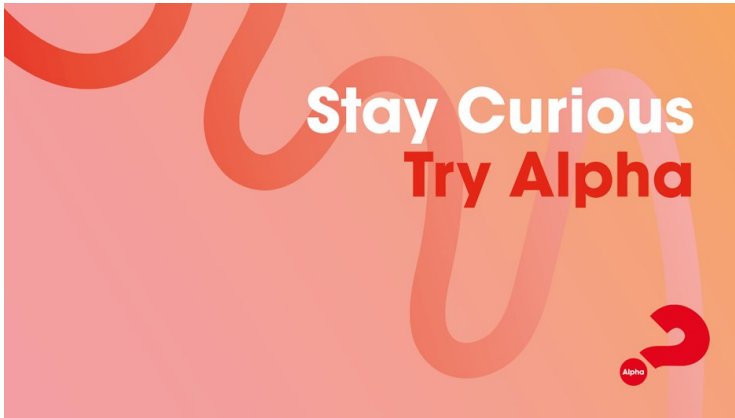
You are invited to join us for

Worship at Kendal Care Home

Thursday 11th April at 3pm
Hymns & Readings
Thursday 25th April at 3pm
Holy Communion



Come and join us. All are very welcome.



**in Kendal Parish Hall
Fridays at 6.30pm
12th April - 24th May**

**Come and explore or discover afresh
the basics of the Christian Faith**

Each evening will begin with a meal then a video/talk and discussion. There will be plenty of opportunities for questions and exploring together.

There is no cost but donations towards the cost of the meals would be welcome. Booking is essential.

<https://www.trybooking.com/uk/56688>





Families@4

meets on Sunday 14th April
at 4pm in church
for a story, songs, activities
and refreshments.

It's not just for children - but it is very child friendly. All are welcome.

At their last meeting Natland & Oxenholme showed a warm welcome to Gill Pilling who was a change of speaker and gave us an in-depth update of Malawi.

On **Wednesday 17th April** WI have their next meeting which is a group meeting and welcome Old Hutton WI and Crosscake WI.

Start time is **6.30** for those wishing to partake in a bit of supper and others can join us at the usual time of **7.30**.

All are welcome to come along.

The Speaker will be: Judy Beeston 'Preston's Most Famous Suffragette'.

Competition: A placard (A4).

theWI
INSPIRING WOMEN

Natland Parish Council

**Endmoor First Responders will be doing training
on using the defibrillator**

**Thursday 18th April from 7.00-9.00 p.m.
Natland & Oxenholme Village Hall**

The session is free but donations are welcome for the maintenance of the machine. Booking essential. To book a place please email Jenny Kelly on jennyandtigger@gmail.com or telephone her on 015395 60512

NATLAND LITTER PICKING

in partnership with Natland Parish Council

Saturday 20th April

Volunteers are needed at the church from 10am or 2pm (morning and afternoon sessions). We will provide (or you can bring your own) sacks, picking tools and high-visibility waistcoats, and suggest where you might pick.

You will need to bring your own gloves and wear sturdy shoes

Why not come and help for an hour or two?



You are invited to

The Annual Vestry & Parochial Church Meeting

Sunday 21st April 2024

at 10am in St Mark's Church



At these meetings churchwardens will be appointed in addition to Deanery Synod representatives and PCC members.

Election forms are in church. To stand, to nominate, or to vote, you need to be on the electoral roll.

If you were on the roll last year then you are still on this year. If you are not already on the Electoral Roll of the church (and are eligible and would like to be on the roll) forms are available on the back table near the jigsaw stall.

Completed forms must be brought back to church or 2 Abbey Gardens or 18 St Mark's Fold by 8pm on Sunday 31st March 2024.

After this date the roll will close until after the Annual Meeting. The roll will be available for inspection by Saturday 6th April 2024 as will the parish accounts.

CAMEO *Come And Meet Each Other*

Sunday 21st April 2024
at 3pm in St Mark's Church Vestry

In March we enjoyed talking about our favourite flowers!
This month it's music and musical instruments.

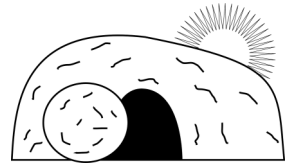
Are you learning to play a musical instrument? Can you bring it along for people to see/hear? Wendy will bring her viola for people to see, and talk a bit about it- eg. the difference between a violin and viola, how you make the sound on it, and how the two hands help produce the sound.



Stations of the Resurrection

Sunday 21st April at 7pm
with art, music, story and prayer

All are very welcome.
Followed by refreshments.



The next
Vestry Coffee
Morning

Thursday 25th April
from 10.30am -
11.45am.

Raising funds for the
Palliative Care Support
Trust in Malawi.

The earth is the Lord's and everything in it (Psalm 24:1)

Helm Mission Community **Environmental Prayer &** **Action Group**



Want to do something for climate and biodiversity as part of your Christian spirituality / faith? Come along on the fourth Saturday each month:

27 Apr Holy Trinity, Kendal Parish Church
25 May St Thomas', Crosscrake inc open air
prayer / worship in beautiful churchyard

All meetings 10.30am - noon
Arrive from 10am for refreshments
Please travel to meetings in the most planet
friendly way you can

CHURCH OUTING IN MAY

As many of you may recall for many years prior to the pandemic St. Mark's Church undertook an annual visit to a Cathedral or a significant Church. Amongst the many such places visited, Durham and Liverpool Cathedrals as well as Hexham Abbey. All visits have begun with a Communion Service. Following the difficult times we have experienced I have been asked to organise such a visit again this year.

Consequently the intention is to visit Auckland Castle, in Bishop Auckland, once the home of the Prince Bishops of Durham. In bygone years the Bishops were more powerful than the Crown. The Castle and St. Peter's Chapel is now open to the public. More recently other areas have been added including a Faith museum, a miner's art gallery and the Spanish Art Gallery. All these are well worth seeing with their individual personality. There is so much to see but it would be impossible to do it all in a day.

The outline plan is:-

On Wednesday 29th May leave St. Mark's Church at 8.20am.

Arrive at 10.30am for coffee followed by Communion Service.

A guided tour of the Castle followed by time for Lunch

There is a café on site (menu available) and there are seats in the grounds if you wish to bring a packed lunch.

A visit to the Faith Museum.

Departing the Castle at 4pm

This is all included in the cost of the trip (apart from lunch).

In addition, you could if you wish, visit the art galleries at your own expense on the day.

The cost of the day, which includes transport, coffee, the guided tour and the Faith Museum is £39. If you would like to join us on this visit then please sign the list at the rear of Church or contact me.

John Chandler

Prayers & Prompts for the Sundays in April

Easter 2 (7th April): John 20.19-31

In the Bible reading today the doors were locked because the disciples were frightened and dismayed. Into their hurts and fears Jesus speaks and brings peace. He can do the same for us and through us.

Risen Christ,
for whom no door is locked,
no entrance barred:
open the doors of our hearts,
that we may seek the good of others
and walk the joyful road
of sacrifice and peace,
to the praise of God the Father.
Amen.

Easter 3 (14th April): Luke 24.36b-48

Today another account of when Jesus appeared to his disciples when they were least expecting him. Each time he did it's as if their sense of fear and failure started to disappear. Where might you encounter Jesus' presence today? And what difference might it make?

Risen Christ,
you filled your disciples
with boldness and fresh hope:
strengthen us
to proclaim your risen life
and fill us with your peace,
to God's glory. Amen.

Easter 4 (21st April): John 10.11-18

Today is Good Shepherd Sunday, though we're celebrating it two weeks running (including a Lambing Service at New Hutton on 14th). Jesus describes himself as the good shepherd - one that cares for his sheep and can be trusted. He also teaches his sheep to hear his voice and follow and obey - and that's what the Christian life is all about - taking time to listen to Jesus, to get to know him and to seek to follow each and every day.

Risen Christ,
faithful shepherd of your Father's sheep:
teach us to hear your voice
and to follow your command,
that all your people
may be gathered into one flock,
to the glory of God the Father. Amen.

Easter 5 (28th April): John 15.1-8

Abiding in Jesus is a clear theme and message in today's gospel reading. The popular hymn 'Abide with me' might spring to mind as you hear this word, but again it links back to last week's reading and listening out for the voice of Jesus, being open and receptive to what he has to say to us, and sticking with him each and every day (just like he sticks with us).

Eternal God,
whose Son Jesus Christ
is the way, the truth, and the life:
grant us to walk in his way,
to rejoice in his truth,
and to share his risen life. Amen.

Continuing with our Platinum Jubilee snapshots from John Chandler ...



The Queen celebrated her 60th birthday



The Queen visited China the first British Monarch to do so



The Nissan Car Plant at Sunderland was built on an old aerodrome and replaced shipbuilding and coal mining as the main employer



The Phantom of the Opera with music by Andrew Lloyd Webber began captivating audiences in the West End



John McCarthy a British Journalist was held hostage by Islamic Jihad terrorists in Lebanon for over five years

1986



Terry Waite, the Archbishop's envoy was taken hostage in Beirut



The Duchess of Windsor's jewellery was sold for over £31 million

General Synod votes for the Ordination of Women.

An IRA bomb exploded at The Remembrance Day Service held at Enniskillen



IKEA opens its first store in the UK at Warrington



Earlier on today, apparently, a woman rung the BBC and said she

heard there was a hurricane on the way... well, if you're watching, don't worry, there isn't!"

1987



Once the largest shipbuilding town in the world, the last shipbuilding facilities on Wearside, Sunderland closed with 2400 jobs lost.

The 1988 Education Act created a National Curriculum, Key Stages, National Testing, League Tables and Local Management of Schools.

1988 was a year of disasters notably the Piper Alpha North Sea Rig explosion which killed 168 and the Lockerbie Pan Am flight in which 273 people died.

The Ordination of women was set to begin from 1992.

The Social Democrats and the Liberal party merged in 1988 to form the Liberal Democrats.

Sandy Lyle became the first British player to win the US Masters Golf Tournament.

The first Red Nose Charity Day took place and the £1 note ceased to be legal tender.

1988



Princess Diana opened an Aids Centre in London



The Berlin Wall came down as Communism collapsed



Student demonstration Tiananmen Square was violently ended by the Chinese authorities



Aung San Suu Kyi, Myanmar leader, under house arrest



Hillsborough Disaster

1989



SKY Television was launched and the House of Commons was televised for the first time

Thank you to Norma and Paul Singleton for this article:

God's Word

Martin Luther was a German monk and church reformer. The Bible was extremely important to him and his ideas were central to the Protestant Reformation. In this extract he affirms the importance of scripture.

He writes: "We must make a great difference between God's word and the word of man. A man's word is a little sound which flies into the air, and soon vanishes; but the word of God is greater than heaven and earth, yes, it is greater than death or hell, for it is the power of God and remains everlastingly. Therefore, we ought diligently to search for God's word, and we must know certainly and we must believe that God himself speaks with us."

Martin Luther (1483-1546)

And The way, the truth and the life

Erasmus was a leading scholar of his day. He was critical of a number of Christian practices and beliefs current at that time but unlike many other Reformers he did not join the Protestants, but remained committed to the Catholic Church. He nevertheless had considerable sympathy with many of Martin Luther's criticisms of the Church.

He writes: Lord Jesus Christ, you have said that you are the Way, the Truth and the Life. Suffer us not to stray from you who are the Way. Nor to distrust you, who are the Truth. Nor to rest in anything, other than you Who are the Life. Amen.

Desiderius Erasmus (1466-1536)

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60p per copy or £6.00 per year

Parish News subscriptions (at the bargain price of £6) are due in April. Thank you to everyone who has paid already.

You can pay by cash or cheque. Alternatively you can pay by BACs - just mention your SURNAME and MAG when you make your payment:

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Thank You

- ◇ to all subscribers
- ◇ to all distributors
- ◇ to Shirley & John Miller who co-ordinate the distribution
- ◇ to contributors
- ◇ to Diane in her editorial role

Holy Week at St Mark's

As we go to print Holy Week is not quite over but here are just a few of things which were happening at St Mark's or out in the parish ...

Palm Sunday

During the 10 o'clock service we paused to hear the **Passion Gospel** - two whole chapters read from St Mark's gospel by a group of readers. A very poignant feature of St Mark's account of the death of Jesus is Jesus' cry of abandonment from the cross and we were reminded of this as we listened to Mark's words. Thank you to our readers.

In the evening nineteen people enjoyed an **Agape Meal** in the Vestry and prayers, readings and songs too. An enjoyable and thought-provoking start to the week with lovely food and company. Thank you to Gill Pilling for organising this event and to all who made food for us or helped the event to run so successfully.

Holy Tuesday

At 10.30am we were out for a 'Walk, Talk & Reflection', enjoying some sunshine along the way. This was one of our tarmac walks due to heavy rainfall previously. We headed up Helm Lane, over Helm, down through the railway station, Strawberry Fields and the hospital grounds, and up Burton Road. A good number of the walkers then came for lunch in the Vestry too which was the final Lent Lunch of this season. Thank you to all supporters and helpers. We have enjoyed delicious food, lovely company at the lunches and all in a good cause raising funds for Child Poverty Action Group & Red Cross (Israel and Occupied Palestinian Territory Appeal).



Holy Wednesday

Appletree School children and staff visited church, made crosses, heard the Easter story and walked The Stations of the Cross. A little later in the day we had a packed church for St Mark's School Easter Celebration with every class (and child) contributing an item to the service. It was great and a super end to a busy term. Meanwhile there is new floor covering in the toilet, corridor and church kitchen which was fitted this week too!

Did you know?



Freedom to travel for less

Westmorland & Furness are promoting: Freedom to travel for less in Westmorland & Furness - the new reduced fare bus travel card for 5-20 year olds. Whatever you're into, the A2B NoWcard can get you there.

If you are aged 5-20 and live in Westmorland and Furness, you can travel on local buses for up to £1.80 for a single journey or £3.00 return. Go anywhere in Westmorland and Furness and as far as Keswick, Carlisle and Lancaster for less. Get an application form from your local library or download from westmorlandandfurness.gov.uk/a2bnocard

Eco tips for April Fit more active travel into your day and daily routine. Reevaluate your journeys: explore walking or cycling options, or modify your route to include some form of active travel, i.e. disembark a stop early and complete the remaining part of your journey on foot, indulge in a leisurely stroll, or opt for a bike ride along a cyclist-friendly route. Consider connecting with your local Ramblers or cycling group for shared experiences. Use the extra steps or the changed travel arrangements as a prompt to pray for God's creation, nature's preservation and the reduction in fossil fuel usage.



Mini Marks Toddler Group

Mondays in term-time

from 9-11am

St Mark's CofE School Hall

Enter by the hall door please.

£2 per adult.





Can you help?

There are lots of different ways in which to support the wonderful work of TWAM (Tools With A Mission) including giving financially and donating unwanted tools and equipment. For further information check out the website: www.twam.uk or speak to **Margaret Myers**. By helping TWAM we also support UK communities through volunteering opportunities and contribute to environmental sustainability by reducing waste and carbon emissions. If you're having a spring clean or a de-clutter these are the kinds of tools needed:

Agricultural tools: fork, spade, hoe, garden rake, hand fork and trowel, lopper, secateurs and hand shears

Builders' tools: spade, shovel, 3ft spirit level, axe, crowbar, fork, sledgehammer, bow saw, bolsters, chisels, all types of hammers and trowels, pin and lines, tape measures, hacksaws and Stanley and hacksaw blades

Carpenters' tools: bevel, braces, clamps, hand drills and bits, all types of files and hammers, Stanley knife, all types of planes and saws, pliers, rules, all types of saws and screwdrivers, squares plus screws, nails and bolts

Electricians' tools: allen keys, hand drills and bits, all types of pliers and hacksaws, screwdrivers, spanners, soldering iron, voltmeter

Motor mechanics' tools: allen keys, cold chisels, breast drill and bits, all types of hammers and pliers, punches, metric socket sets, spanners, adjustable spanners, cantilever toolboxes, tyre pressure gauge

Plumbers' tools: basin or tap wrench, wire brush, breast drill and bits, various grips and saws, screwdriver, oil can etc

Garage workshop: hydraulic jack, axle stands, battery charger, ramps and large engineer's vice

Power tools: hand and bench drills, sander, planer, jigsaw, circular, band and chop saws, lathe, cultivator, rotavator, welding machine and generator

Sewing machines: manual, electric, treadle and industrial

Knitting machines: machine and hand wool, needles and patterns

Haberdashery: needles, cottons, large material pieces/rolls, buttons, zips, tapes

Fully working IT equipment: desktop computers and laptops running a minimum of Microsoft Windows 7, modern flatscreen monitors, tablets

Can you help? Contact Margaret <margaretm@twam.uk>

Natland Lunch Club

Enjoy a catch up with friends and a freshly cooked meal on the 3rd Tuesday of every month at The Punch Bowl, Barrows Green at 12 noon.

If you are interested in joining, please contact our Social Engagements Officer, Wendy Ingham, on 01539 728118 or wingham@ageuksouthlakeland.org.uk

Booking essential

Lunch Club Dates 2024

16 April	21 May	18 June	16 July	20 August
17 Sept	15 Oct	19 Nov	17 Dec	

Gentle Exercise Classes

in Natland every Monday (*except the 3rd Monday*) from 2-3pm in the Village Hall, Natland

Gentle exercise for the over 50's. Stay healthy and active with simple, chair-based exercises aimed at improving mobility and fitness. ***There's no need to book a place or call ahead - simply come along to a class.***

Administrator: Wendy Ingham 01539 728118

Cash In The Attic

Thank you for all donations so far. If you have any items that you think might be saleable and which are also capable of being consigned to the post then please send details for consideration to Collin. Thank you.

If in doubt speak to or call Collin on 07740 447858 or collin4mansfield@me.com



For more Natland News visit:
www.natlandnews.blogspot.co.uk

Why not also visit <https://www.stmarkschurchnatland.co.uk/>





South Lakes

My council tax seems very high this year, but my income has stayed the same. Everything else seems more expensive - how can I cope?

Contact the council if you are having problems paying your council tax.

Firstly, there are discounts available to some people. If you're the only adult in your home, you'll get a 25% discount on your bill. Some adults, e.g. student nurses, are disregarded. If everyone who lives in the property is disregarded, there is a 50% discount.

Next, if you are on a low income or receive benefits, you might be able to get your council tax reduced. The council will ask you details about your income and your circumstances, so they can work out if you're entitled to a reduction. If you have other people living with you who are aged 18 or over, you might all be responsible for paying council tax. The council will make the calculations.

You may also be eligible for additional support if you're reached State Pension age.

Even if none of the reduction criteria apply to you, the council can still make a 'discretionary reduction'. They'll normally only do this if you can show that you're suffering severe hardship. If your immigration status doesn't let you claim public funds, you can still apply for a discretionary reduction, as this doesn't count as public funds.

Council tax is a priority bill because you can be taken to court if you get into arrears, so it's important to tell the council if you can't keep up payments. Contact South Lakes Citizens Advice for more help.

Free, confidential advice and help is available from South Lakes Citizens Advice on any aspect of debt, consumer problems, benefits, housing, employment or any other problems. South Lakes Citizens Advice, your local charity, is here for you. How to access: Call [015394 46464](tel:01539446464) - this is being staffed from 9:30 – 2pm

- ***Adviceline: 0808 2787 984***
email advice via our submission page on our website
www.southlakescab.org.uk

Help to Claim (Universal Support): 0800 144 8 444

St Mark's Church

If you would like to give a donation to St Mark's Church there are several ways in which this can be done:

- ◇ Write a cheque to 'St Mark's Church Natland' and send it to **'The Treasurer c/o The Vicarage, 18 St Mark's Fold, Natland LA9 7QU'**
- ◇ Leave a donation on the collection plate by the font at the beginning or end of services
- ◇ Use our contactless machine at services or events
- ◇ via the QR code
- ◇ Make an online donation (quoting your name) to:
HSBC Bank, 64 Highgate, Kendal, LA9 4TF
Sort Code 40-26-02 Account Number 61594214
Account Name St Marks Church Natland
- ◇ Ask about setting up a regular standing order.



All donations are gratefully received. Thank you.

Jams & plants

We are very grateful to all who support our church porch sales and to those who keep the porch well stocked with plants and different kinds of produce.



Thank You

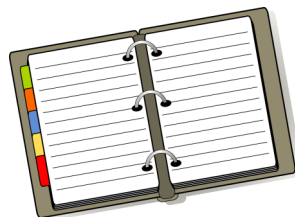
For your diary...

Thursday 16th May 2024
Christian aid Coffee Morning

Wednesday 29th May 2024
'Cathedral Outing' to Auckland Castle (see p.10)

Friday 31st May
Concert in church with High Society Jazz Band

Saturday 6th July
The Great Spud In A Bucket Weigh-In



Eco Church

or more details about eco church contact David Walker (see p2) or email revlucyfoster@gmail.com



Natland Past and Present

Facebook Group

Sharing memories of Natland from the past to present day

Find us on 

Natland past and present

www.facebook.com/groups/natlandpastandpresent

Men's Group Social

Please feel free to get in touch with Collin if you would like to join a group of men for a lunchtime meal.

07740 447858 collin4mansfield@homecall.co.uk

Keep in touch



St Mark's Church Website

<https://>

www.stmarkschurchnatland.co.uk/

St Mark's Church

Facebook page:

@churchofstmark



For more Natland News visit:

www.natlandnews.blogspot.co.uk

Home Communion or Visit



If you are at home and, for whatever reason, not back to church yet or not out and about as much as you would like to be we can arrange for a Service of Holy Communion in your own home. Please just contact a member of the Ministry Team to request this or indeed just a visit (contact details on inside cover).

For more Natland News visit: www.natlandnews.blogspot.co.uk

CHURCH CLEANING

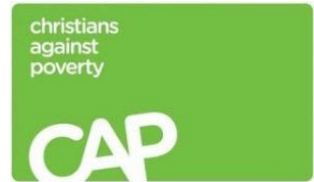


Tony and Liz Bontoft	6 th April
Margaret Myers and Hazel Carter	13 th April
Di Outhwaite and Rhian Peters	20 th April
Elsbeth Jayne and Shirley Miller	27 th April
Jean and John Dobson	4 th May

*Thankyou to everyone who keeps the church so clean throughout the year.
New recruits are very welcome.*

Elsbeth Jayne 015395 60942

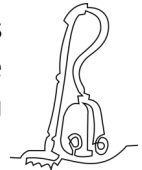
Kendal & District Debt Centre



Please pray
for the centre;
for the work of CAP nationally;
for our local Debt Centre Manager;
for the trustees and volunteers;
and for those who are being helped to live debt-free.



If you are coming on your own to arrange flowers or work in church please ensure you have a mobile phone with you or that someone knows where you are. Thank you.



Altar Flower Rota

Thank you to everyone who helps to beautify the church with flowers. **If you would like to 'pay for' the flowers but not arrange them please send an email to the editors and we will pass the message on.**

April 14th & 21st

Available at time of going to print

April 28th & May 5th

Barbara Nelson

Please note flowers can be placed at any time of year in the Lady Chapel in remembrance of a loved one.

King's food bank

The Kings Food Bank thank us for our gifts of food throughout the year. **According to the website the following items would be particularly welcome:**

- instant pasta
- instant noodles
- instant mash
- UHT semi-skimmed milk
- large tins of vegetables (eg. carrots, sweetcorn)
- sponge puddings
- custard
- crisps

Please leave any donations of food in the box in the porch. The box is emptied each Monday (except bank holidays).

Spring has Sprung, the plants are back!!

Plants have started to appear for sale in the church porch and will do very soon on our sales bench. These sales provide a significant income for church and also draw a wide range of visitors into the churchyard and church who might otherwise never venture through the gates.



As usual we would welcome all donations of plants and related items to sell. Please pot up any plants, put a label on them with a name (it doesn't have to be a fancy Latin one) and a price. If in doubt about the price have a look at what other plants are marked at for sale. And, of course do not forget to look for some bargains to buy for your own garden or window sill.

Collin Mansfield

RNIB

See differently



Please keep saving postage stamps to help the work of the RNIB. They can be left in the porch or in church.

Sponsorship of gas & electricity

Thank you to everyone who has already offered to sponsor a particular day/week. The sponsorship display has been taken away but there are still 'spaces' More info from Collin Mansfield (details p21) or Hilda Walker (details p2)

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For more Natland News visit: www.natlandnews.blogspot.co.uk
Why not also visit <https://www.stmarkschurchnatland.co.uk/>



WRL maintenance



TEL: 07884414245

TEL: 07825558640

wrl.maintenance@yahoo.com

PRAYER PAGE

Resurrection Thou -
Bright Morning Star -
Lord of the Dance -
Leap of Faith -
Stillness of Joy -
ALL HAIL!

Jim Cotter

Ever-living God,
help us to celebrate our joy
in the resurrection of the Lord
and to express in our lives
the love we celebrate.
Grant this through our Lord Jesus Christ.
Amen.

The Liturgy of the Hours

Lord you are a present help in trouble.
Come revive
Redeem
Restore
In our darkness come as light
In our sadness come as joy
In our trouble come as peace
In our weakness come as strength
Come Lord to our aid
Revive
Redeem
Restore us

O Lord
Open our eyes to your Presence
Open our minds to your grace
Open our lips to your praises
Open our hearts to your love
Open our lives to your healing
And be found among us.

by David Adam

Please pray for Charlie, Rachel & James Day as they prepare to move to a new parish at the end of May and for Charlie as he prepares to be ordained on 29th June.



DIARY FOR APRIL

Tuesday 2nd	10.30-11.50am	Walk & Talk
Wednesday 3rd	7pm	Mothers' Union Families Group
Sunday 7th	12noon	Bring & Share Lunch at 106 Highgate (Kendal United Reformed Church)
Thursday 11th (and 25th)	3pm	Service at Kendal Care Home
Wednesday 17th	6.30	WI Meeting
Saturday 20th	from 10am or 2pm	Natland Litter Pick
Sunday 21st	10am 3pm 7pm	Annual Vestry & Parochial Church Meeting CAMEO (Church Vestry) Encounter (Church Vestry)
Wednesday 24th	2.15pm	Celebrate St Mark's Day with St Mark's CE School in church
Thursday 25th	10.30am - 11.45am	Vestry Coffee Morning
Saturday 27th	10.30am	Eco Prayer & Action Group Holy Trinity Kendal Parish Church

From the Registers

Baptism

17th March 2024 Ellis Christopher Faulder



'God has called you by name and made you his own.'

Marriage

9th March 2024 Thomas Robert Hayhurst & Sherry Kathleen Bitniak

'God is love and those who live in love live in God and God lives in them.'

SERVICES IN APRIL	Readers	Readings	Sides people
7th April (Easter 2) 10am Holy Communion	Linda Wood Tony Bortoft	Acts 4.32-35 John 20.19-31	Di Outhwaite Rhan Peters
14th April (Easter 3) 10am Parish Communion 4pm Families@4	John Chandler Kirsten Cannon	Acts 3.12-19 Luke 24.36b-48	Carole Stephenson Marion Studholme
21st April (Easter 4) 8am Holy Communion 10am Morning Service with APCM 7pm Encounter	Di Outhwaite Graham Day	Acts 4.5-12 John 10.11-18	Hilary Atkinson Audrey Bott
28th April (Easter 5) 10am Parish Communion	Collin Mansfield Gill Pilling	Acts 8.26-40 John 15.1-8	Collin Mansfield Paul Singleton
5th May (Easter 6) 10am Holy Communion	Barbara Nelson Nigel Mitchell	Acts 10.44-48 John 15.9-17	Graham & Penny Day
Every Thursday there is a said Holy Communion Service at 10am. On Sunday mornings there is a creche and Sunday School in the Vestry. Come along.			