

**PARISH MAGAZINE OF ST. GEORGE, KENDAL**  
**ST JOHN THE EVANGELIST, GRAYRIGG**  
**[www.beaconteam.org.uk](http://www.beaconteam.org.uk)**  
**AND**  
**SANDYLANDS CORNERSTONE CHURCH**  
**[www.sandylandschurch.com](http://www.sandylandschurch.com)**



We  Believe

July & August 2025    Free - donations welcome

# Beacon Team Mission Community

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	Elizabeth Stanbridge	sandylandschurchbooking@gmail.com	
	Lisa Roberts	"	
	Paul Rodman	"	
	Jeanne Wightman	"	
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<b>Girls Brigade</b>	Karen Bell		
<b>Totters and Bumps &amp; Babes</b>	Jeanne Wightman	sandylandschurchbooking@gmail.com	
<b>Friendship Group</b>	Wendy Thomas	sandylandschurchbooking@gmail.com	
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**Letter from Rev Michelle Woodcock**  
**Priest-in-Charge of the Beacon Team Churches**

*Dear Friends,*

We had As we continue to journey through the church year, I find myself increasingly grateful for the deep well of poetry and theology that we draw from in our hymns. Trinity Sunday, which we recently celebrated, offered a perfect example. We didn't sing it, but I did play a version of St. Patrick's Breastplate *"I bind unto myself today, the strong name of the Trinity"* – a hymn that is not only majestic in melody, but rich in meaning. Through its ancient words we are reminded that faith is something we actively step into, something we bind ourselves to each day. It is both protection and proclamation – a declaration that we live surrounded by the presence of Christ before us, behind us, within us.

Hymns, in their beautiful union of poetry and music, help us express truths that are sometimes too great for ordinary words. They lift our hearts and carry our prayers. They often echo Scripture in a way that becomes etched on our minds and woven into our memory. Many of us, even without realising it, carry theology not from sermons or textbooks, but from hymns sung faithfully across the years.

Think of *"Love Divine all loves excelling"* – the words within it... *"Jesus, thou art all compassion, pure unbounded love Thou art."* Here, Charles Wesley offers us a vision of God's love that is both intimate and infinite. Or the quiet assurance of *"Dear Lord and Father of Mankind"*, which prays for rest and stillness amidst life's noise.

Hymns often do what nothing else can: they gather us together in a shared voice and they lift our thoughts to heaven. They are a gift not just of music but of faith itself – a way of remembering who God is and who we are in him. Next time you find yourself in a church, I encourage you to pay attention to the words of the hymns we sing. Let them speak to your soul. They can be prayers when our own words falter and proclamations when our hearts are full. Whether ancient or modern, familiar or new, each hymn is an invitation to draw near to the God who sings over us in love.

*Blessings*

*Michelle*

## The Nicene Creed is one of the most enduring statements of faith, uniting us with believers down the centuries and around the world.

1700 years ago, one of the most important meetings in the history of the Christian Church was held in the Bithynian city of Nicaea. It began in May 325 and went on until the end of July 325.

The Council of Nicaea was convened by the Roman Emperor Constantine, and he had an urgent job for the Christian bishops to do. He wanted them to spell out as exactly as they could the core beliefs of the Christian Church, especially with regard to the person of Christ.

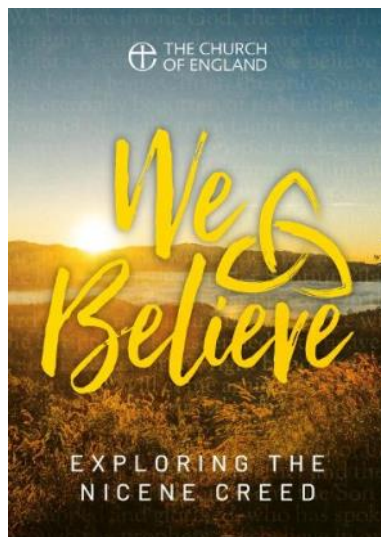
Constantine had good reason to do this: a man called Arius of Alexandria was spreading the idea that Jesus Christ was not divine, but instead was a created being. Such a belief, if accepted, would have changed the very heart of Christianity.

After three months of hard work, the bishops at Nicaea had prayerfully and carefully written down as exactly as they could the core beliefs of Christianity. It became known as the Nicene Creed, and it has been the bedrock of orthodox Christianity ever since.

The Nicene Creed is unique in that it is the only Christian statement of faith that is accepted as authoritative by the Anglican, Roman Catholic, Eastern Orthodox, and major Protestant Churches.

*We Believe* is a new, full-colour booklet containing 24 short reflections which explore each line of the Creed in turn, drawing us deeper into its meaning and significance for everyday life.

*This can be ordered from Lynne Magee in the Office*





### **St John the Baptist, Skelsmergh:.**

Sunday 6th July - Holy Communion 11.00am  
Sunday 13th July - Morning Worship 11.00am  
Sunday 20th July- Morning Worship 11.00am  
Sunday 27th July- *Please join worship at another church*

### **St John the Evangelist, Grayrigg**

Sunday 6th July - Holy Communion 9.30am  
Sunday 13th July - Morning Worship 9.30am  
Sunday 20th July - Holy Communion 9.30am  
Sunday 27th July - Evening Worship 6.30pm

### **St George, Kendal**

Sunday 6th July - Holy Communion 11.00am  
Sunday 13th July- 'Worship at 4' 4.00pm  
Sunday 20th July- Morning Worship 11.00am  
Sunday 27th July- Holy Communion 9.30am

### **St Oswald, Burneside**

Sunday 6th July- Evening Worship 4.00pm  
Sunday 13th July- Holy Communion 11.00am  
Sunday 20th July- Baptism Service 11.00am  
Sunday 27th July- Morning Worship 11.00am

### **St Thomas, Selside**

Sunday 6th July - Morning Worship 9.30am  
Sunday 13th July- Morning Worship 9.30am  
Sunday 20th July- Evening Worship BCP 6pm  
Sunday 27th July - Holy Communion 11.00am



**St Mary's Longsleddale**

Sunday 6th July Abbey Service 10.30am

**Sandylands Cornerstone Methodist Church**

Sunday 6th July: Holy communion 10.30am joint service @ Stricklandgate  
Causeway 3pm

Sunday 13th July: Morning Worship 10.30am

Sunday 20th July: All-Age Worship 10.30 am

Sunday 27th July: Morning Worship with Baptism 10.30am

\*\*\*\*\*

**Every Tuesday** Evening Prayer at St. Oswald's Church, Burneside  
*No meetings until September*

**Every Wednesday** 9.30am: BCP Holy Communion  
at St. Oswald's Church, Burneside

**Online Worship is available throughout the week via Zoom**

Access : <https://us02web.zoom.us/j/86745535327>

+ 44 203 481 5237 or +44 203 481 5240 or +44 203 901 7895

**Meeting ID: 86745535327** Or join by phone on any of the numbers:

Regular weekday Zoom services include :

\* **Mondays** 8.30pm : Compline

\* **Fridays** 8.30pm : Celtic Evening Prayer

## Readings for July & August 2025

### Third Sunday after Trinity

1<sup>st</sup> Reading Isaiah 66:10-14  
2<sup>nd</sup> Reading Galatians 6:(1-6)7-16

**July 6, 2025**

Psalm 66:1-8  
Gospel Luke 10:1-11,16-20

### Fourth Sunday after Trinity

1<sup>st</sup> Reading Deuteronomy 30:9-14  
2<sup>nd</sup> Reading Colossians 1:1-14

**July 13, 2025**

Psalm 25:1-10  
Gospel Luke 10:25-37

### Fifth Sunday after Trinity

1<sup>st</sup> Reading Genesis 18:1-10a  
2<sup>nd</sup> Reading Colossians 1:15-28

**July 20, 2025**

Psalm 15  
Luke 10:38-end

### Sixth Sunday after Trinity

1<sup>st</sup> Reading Genesis 18:20-32  
2<sup>nd</sup> Reading Colossians 2:6-15(16-19)

**July 27, 2025**

Psalm 138  
Gospel Luke 11:1-13

### Seventh Sunday after Trinity

1<sup>st</sup> Reading Ecclesiastes 1:2,12-14; 2:18-23  
2<sup>nd</sup> Reading Colossians 3:1-11

**August 3, 2025**

Psalm 49:1-12  
Gospel Luke 12:13-21

### Eighth Sunday after Trinity

1<sup>st</sup> Reading Genesis 15:1-6  
2<sup>nd</sup> Reading Hebrews 11:1-3,8-16

**August 10, 2025**

Psalm 33:12-end  
Gospel Luke 12:32-40

### Ninth Sunday after Trinity

1<sup>st</sup> Reading Jeremiah 23:23-29  
2<sup>nd</sup> Reading Hebrews 11:29- 12:2

**August 17, 2025**

Psalm 82  
Gospel Luke 12:49-56

### Tenth Sunday after Trinity

1<sup>st</sup> Reading Isaiah 58:9b-end  
2<sup>nd</sup> Reading Hebrews 12:18-end

**August 24, 2025**

Psalm 103:1-8  
Luke 13:10-17

### Eleventh Sunday after Trinity

1<sup>st</sup> Reading Proverbs 25:6-7  
2<sup>nd</sup> Reading Hebrews 13:1-8,15-16,

**August 31, 2025**

Psalm 112  
Gospel Luke 14:1,7-14



Our May meeting was held at Grayrigg Coronation Hall. We welcomed Stef and Nicola, who live in Grayrigg. Jennie led us in prayer. Sadly, Bolton MU (near Appleby) could not join us because of the death of one of their members.

David and Pauline Last were our speakers. Through excellent slides and explanations we were taken on a journey through Cambodia, Burma (or Myanmar) and Vietnam. We saw amazing Buddhist temples, smiling children with lotion on their faces, statues of Buddha, beautiful countryside. David and Pauline had been in a hot air balloon, and had taken some lovely photos. David explained that sadly over the years these areas had suffered from war and dictatorships. Many hundreds of people had been killed, particularly during the Pol Pot regime. The female leader, Aung San Suu Kyi, had been under 'house arrest' for many years. Apologies for the short report – I was so enjoying the talk and slides I did not take notes, but I'm sure you will have your own recollections.

We then enjoyed a time of fellowship. Once again, a huge thank you to Helen for organising and providing tea and cakes, also to everyone who brought cakes and biscuits.

Members were asked if they agreed to a name change and there was an overwhelming YES. I have consulted Ann Wodeman (Diocesan President) and she is happy for this to happen; this will be discussed with Rev Michelle later in the Summer.

**Sunday 6th July** - nine members plan to go to this service at Greystoke, when the World Wide President will be attending. A report about our Summer Outing to Conishead Priory will be in the next magazine.

Please remember members who are not well in your prayers; and also the family of Myra Moorby, a former member who died recently.

We meet again at 2pm on **24th September**, when Rev Michelle will be our speaker, at St George's Kendal. If you have not been to a meeting please come along, whichever church area you live near or belong to. Everyone is welcome.

*Wishing you all a lovely Summer and looking forward to seeing you in September.*

*Mary Atkinson (Branch Leader)*

# Worship in the Churches - August 2025

## **St John the Evangelist, Grayrigg**

- \* Sunday 3rd August 9.30am Holy Communion
- \* Sunday 10th August 9.30am Morning Worship
- \* Sunday 19th January 9.30am Holy Communion
- \* Sunday 26th January 6.30pm Evening Worship

## **St George's, Kendal**

- \* Sunday 3rd August 11.00am Holy Communion
- \* Sunday 10th August 4.00pm Worship@4
- \* Sunday 17th August 11.00am Morning Worship
- \* Sunday 24th August 9.30am Holy Communion

## **St Oswald's, Burneside**

- \* Sunday 3rd August 4.00pm Evening Worship
- \* Sunday 10th August 11.00am Holy Communion
- \* Sunday 17th August 11.00am Morning Worship
- \* Sunday 24th August 11.00am Holy Communion
- \* **Sunday 31st August** 11.00am Holy Communion *Team Service*

## **St Thomas Selside**

- \* Sunday 3rd August 9.30am Morning Worship
- \* Sunday 10th August 9.30am Holy Communion
- \* Sunday 17th August 6.00pm Evening Worship (BCP)
- \* Sunday 24th August 11.00am Morning Worship

## **St John the Baptist, Skelsmergh**

- \* Sunday 3rd August 11.00am Morning Worship
- \* Sunday 10th August *with Selside*
- \* Sunday 17th August 11.00am Holy Communion
- \* Sunday 24th August *please worship with another church*

## **St Mary's, Longsleddale**

- Sunday 3rd August 10.30am Abbey Service

## **Sandylands Cornerstone Methodist Church**

- \* Sunday 3rd August 10.30am Morning Worship
- \* Sunday 10th August 10.30am Holy Communion
- \* Sunday 17th August 10.30am Morning Worship
- \* Sunday 24th August 10.30am Morning Worship with Baptism
- \* Sun. 31st Aug. 10.30am Morning Worship—joint service @Sandylands

# ANY YARN WILL DO

**Join us**

**Friday 7pm-9pm**

**@ Sandylands Methodist Church**

Come along for a yarn and to work with  
some yarn.

Tea, Coffee and cake provided

£5 charge for costs\*

No experience needed

\* Any excess money goes to 4Cs charity

## Some of our Groups

### **Causeway**     First Sunday of Every Month

3.15pm for Chat and Coffee, Service begins at 4pm

Friendship and praise with our friends in the community with supporting needs, to come together for chat and worship.

### **Sandylands Friendship Group**

This meets at **2pm** on alternate Thursdays, often with a speaker, followed by refreshments. £2 per meeting for all attendees.

*This groups sessions will begin again in September.*

### **Sandylands Seniors**

We meet twice a month from **10am – noon** on a Thursday morning in the church hall. We have a coffee morning with drinks and cake, board games such as Scrabble, Dominoes, Uno etc are available, or just come and chat.

Every other meeting is followed at noon with a cooked lunch.

*Thursday **3rd July** 10am followed by lunch  
(please email [mellor.family@tiscali.co.uk](mailto:mellor.family@tiscali.co.uk) to book).*

*No meetings during August*

### **Sandylands Drop In**

Every Wednesday from **10am** till noon.  
Why not join us for coffee cake and chat?  
Everybody is made welcome.

*No meetings during August*



## 1st Kendal Girls Brigade

Sandylands Methodist  
Church

Mondays from 6pm to  
7.30pm (**term time only**).



We welcome all girls and young women, from age 4+ years (girls must be at school). We play games, listen to stories, get creative, and discuss life issues, all with a Christian ethos underpinning it. Our motto is "Seek, Serve, and Follow Christ" but fun and friendship is important.

There are 4 age groups:

n'vestigate for 4-7's

n'gauge for 8-10's,

n'counta for 11-13yrs old

n'spire organised by the 14+ themselves

For more information contact Karen at [1stkendalgb@gmail.com](mailto:1stkendalgb@gmail.com) or just pop down on a Monday night.

### **Totters and Bumps and Babies**

#### **Totters**

A very lively popular and friendly group which attracts between 40-50 toddlers plus adults every **Monday 9 - 11am**.

#### **Cornerstone Bumps and Babies (CBBs)**

This small and friendly group runs in *term time only* on a Monday afternoon from 1.30 - 3pm.

Please note that these two groups run in term time only.



**Saturday 12th July**  
**3.30-5.30pm**

**Sandylands Methodist Church**

**Food**

**Celebration**

**Fun  
activities**

**Free!**



**No need  
to book**

**Messy Church is part of the Bible Reading Fellowship (BRF),  
a Registered Charity. [brf.org.uk](http://brf.org.uk)**

Please note that there will be **no** Messy Church meeting in August



The next *Faith on the Frontline* meeting is on Sunday July 13th at Costa Coffee. Come along and bring a friend.

# FAITH ON THE FRONTLINE



Come and join us for a series of informal Sunday evenings at Costa Coffee, Elephant Yard, Kendal 5.00 - 6.45pm  
Panellists from the local community will answer questions about how their Christian faith is experienced in their everyday working lives



Hosted by  
**CORNERSTONE**  
SANDYLANDS METHODIST CHURCH  
 <http://sandylandschurch.com>  
 [www.facebook.com/sandylandschurch](http://www.facebook.com/sandylandschurch)

- |                        |                           |
|------------------------|---------------------------|
| April 27 <sup>th</sup> | Faith in Healthcare       |
| May 18 <sup>th</sup>   | Faith in Education        |
| June 15 <sup>th</sup>  | Faith in Criminal Justice |
| July 13 <sup>th</sup>  | Faith in the High Street  |
| Sept 21 <sup>st</sup>  | Faith in the Church       |
| Oct 19 <sup>th</sup>   | Faith in Politics         |

.....

It's that Wimbledon time of the year

The 'pop' of a ball on a racket  
The voice of the Umpire so clear  
here is nothing in quite the same bracket  
As that Wimbledon time of the year!  
'Fault!' cries the line judge, eyes beady,  
The ball boys and girls on their toes;  
For more of these matches we're greedy:  
The bug for this game grows and grows!  
The weather may shine, or be raining  
The temperature warm, mild or chill;  
Our appetites won't be restraining  
For strawberries on Henman Hill.  
The queues may be long, but endure them  
You'll get to the court – have no fear  
Just settle and watch, and be sure then –  
It's that Wimbledon time of the year!

By Nigel Beeton

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# Grayrigg Church and Community News

## Grayrigg Rainfall



The rainfall in May 2025 was 40.0 mm or 1.96 inches

The rainfall in May 2024 was 98.8mm or 3.89 inches

The average May rainfall for the last 33 years is 85.6mm or 3.37 inches.

## Howgill and Firbank WI

will be holding their next meeting  
at 7.30 pm. on **Thursday 3rd July** at Howgill Village Hall.

This will be a Members Night

## The Grayrigg Good Neighbours

Join us every second Tuesday of the month in the Coronation Hall at 7.30pm for a get-together and talks or craft activities. All welcome.

The meetings will start again on **September 9th** with a speaker to be announced closer to the date.

There will be 9 monthly meetings: Annual Membership £12 £3 per visit for non-members.

**Grayrigg Table Tennis Club** - holds matches in the Coronation Hall from September to May. Anyone who would like to play in a team please contact Kevin Hunter on 07813 133507



## UPCOMING EVENTS IN GRAYRIGG

**4th July** Pub night in the Coronation Hall 7.30pm onwards

**1st Aug** Pub night + food in the Coronation Hall 7.30pm onwards

**24th August** Plot to Plate Sunday Lunch (everything grown in our gardens will be turned into a lunch – soups/quiches/salads/puds etc). Organiser: Kath Dickinson.

**28th August** Selside & Grayrigg Show - New for this year 'Scarecrow Competition'. Enter your scarecrow into the Show, then display them outside your home. Closing date for entries 21st July. See page 20 and Facebook for more details.

**5th September** Houghton Weavers in Coronation Hall 7.30pm For Church Funds. Tickets available from Kath 07736 125236 / email: kath.dickinson@btinternet.com)

**27th September** Afternoon Tea in the Coronation Hall 3pm For the Over 60s Funds. Admission by ticket only -see *poster overleaf*

**3rd Oct.** Pub night + food in the Coronation Hall 7.30pm onwards

**25th October** Soupa Saturday in the Coronation Hall - 11.30 am to 2.00 pm - for church funds.

**7th Nov.** Pub night in the Coronation Hall 7.30pm onwards

**29th November** Christmas Fayre in the Coronation Hall - 10.00 am to 2.00 pm - for church funds.

**5th Dec.** Pub night + food in the Coronation Hall 7.30pm onwards

**15th December** Carol Singing in the Church - for over 60s fund.

### St John The Evangelist , Grayrigg Church Cleaning Rota

If anyone would like to help, please contact Pauline Robson.



# **AFTERNOON TEA**



***Saturday 27<sup>th</sup> September  
Grayrigg Coronation Hall at 3pm***

***Vegetarian & GF options available.***

***Tickets £15.00  
or £18.00 to include a glass of Prosecco***

***Admission by ticket only - available from  
Amanda Eastwood - 07753 696018  
or amanda\_eastwood@hotmail.com***

***Organised by the Grayrigg Over 60's Committee***

***Proceeds for the Grayrigg Over 60s funds***

The logo for Renew Wellbeing is centered within a dark grey rectangular box. The box is set against a background of light green vertical stripes. The word "Renew" is in white and "Wellbeing" is in a light green color, matching the background stripes.

Renew Wellbeing

## Mental Health and Emotional Wellbeing Training Sat 5th July 10am—12 noon

Come to St Thomas's, Lancaster find out more about how your church can simply safely and sustainably attend to mental and emotional wellbeing for both church and community

Ruth Rice Director and founder of [renewwellbeing.org.uk](http://renewwellbeing.org.uk) will deliver training on how to set up a space where you are.

Being present

Being prayerful

Being in partnership

You will leave this training session with everything you need to start your own space.

There will also be a chance to find out more about Renew for families and some new resources for both school and church for primary school aged children. To book go to

[Renew Wellbeing Training \(05-Jul-2025\) · ChurchSuite Events](#)

### *Lost in translation*

Last year, some friends took their six-year-old on a car trip to France. To help pass the time on the way down to the Channel, they encouraged their son to practise his new reading skills by calling out road signs. He fell asleep just before they entered France. When he awoke, he saw the French motorway signs and rubbed his eyes. In a worried tone he whispered, "I think I forgot how to read while I was asleep."



# **SELSIDE AND GRAYRIGG SHOW**

**Thursday 28<sup>th</sup> August from 9am**  
**Little Docker, (Kendal side of**  
**Grayrigg) LA8 9LB**

**Livestock classes**  
**Produce classes**  
**Handicrafts classes**  
**Children's classes**  
**Garden competition**

## **NEW FOR 2025!**

### **SCARECROW COMPETITION**

**Classes are open to anyone living within 10 miles**  
**of the show site. (LA8 9LB)**



**Email -**  
**grayriggshow@gmail**  
**.com for your show**  
**schedule now.**



## From The Registers

### Funerals:

17th June: Beetham Crematorium  
Mary Moorby (Burneside)  
19th June: St Oswald's Burneside  
Robert Morgan

30th June: Beetham Crematorium  
Tony Dixon

### Baptisms

8th June: St Oswald's Burneside  
– Theo Harry

### Weddings

7th June – Alison Ediss & Robert  
Eason - St Mary's, Longsleddale

## St George's Church

### Chatter and Natter

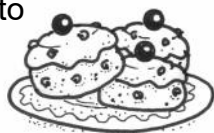
Come and join us on the last Friday of every month in the Radley Room for Tea/coffee, cake and meet-up with friends.

**July 25th** 2025 from 10am to 11.30am

For further information  
ring Sue Whittaker  
07866341554

Looking forward to  
seeing you all.

*No meeting in  
August*

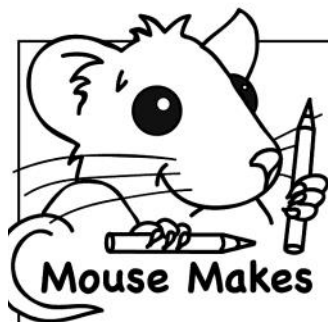


## St George's Community Hub

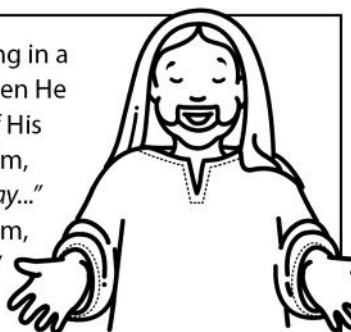
Soup, sandwiches, cake  
and fruit, tea, coffee and  
squash are available  
between 11.45am and 1pm  
on Thursdays.

There is a listening ear  
available for  
anyone who would find that  
helpful.

*There will be a break for the  
Summer during August —  
reopening 11th September*



"Now Jesus was praying in a certain place, and when He had finished, one of His disciples said to Him, "Lord, teach us to pray..." And He said to them, "When you pray, say...."



Our \_\_\_\_\_  
in \_\_\_\_\_,  
hallowed be your  
\_\_\_\_\_, your  
\_\_\_\_\_ come,  
your \_\_\_\_\_ be done,  
on \_\_\_\_\_ as it is in  
\_\_\_\_\_.

Give us today our daily  
\_\_\_\_\_.  
\_\_\_\_\_ us our  
S \_\_\_\_\_ as we forgive  
those who sin against us.  
Lead us not into

\_\_\_\_\_ but \_\_\_\_\_  
\_\_\_\_\_ us from \_\_\_\_\_.  
For the kingdom,  
the \_\_\_\_\_ and  
the \_\_\_\_\_ are  
yours now and forever.  
Amen

D	T	E	O	P	R	G	O	D
F	E	E	B	R	E	A	D	I
O	M	G	T	O	P	P	G	S
R	P	W	R	T	E	O	L	C
G	T	L	E	E	N	W	O	I
I	A	O	S	C	T	E	R	P
V	T	R	P	T	A	R	Y	L
E	I	D	A	I	N	A	M	E
N	O	S	S	O	C	D	A	S
E	N	P	S	N	E	V	F	W
S	K	P	E	V	I	L	A	I
S	I	R	S	I	N	S	T	L
Y	N	A	E	A	R	T	H	L
G	Y	H	E	A	V	E	N	
I	D	E	L	I	V	E	R	E
F	O	R	G	I	V	E	V	E
A	M	E	N	W	O	R	L	D
I	L	F	L	J	E	S	U	S



Fill in the missing words of the Lord's Prayer then find them and these extra words in the word search:

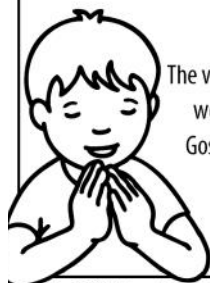
**LORD'S PRAYER**  
**DISCIPLES**  
**JESUS**  
**GOD**  
**WORLD**  
**NEEDS**  
**FORGIVENESS**  
**TRESPASSES**  
**PROTECTION**  
**REPENTANCE**



The versions of **The Lord's Prayer** we say today come from the Gospels of Matthew and Luke.  
*Which version do you use in your church?*



**Read**  
Matthew 6:9-15  
and  
Luke 11:1-4





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### Lord Mayor's Sunday

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service

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