

September 2025

*St Mark's Church*  
***Parish News***  
*for Natland & Oxenholme*

*70p per copy or £7.00 per year*





## St Mark's Church is proud to be ...



Priest-in-Charge:

*During the vacancy please contact a churchwarden or a member of the Clergy Team . Emails can also be sent to: [vicar.stmarkschurchnatland@gmail.com](mailto:vicar.stmarkschurchnatland@gmail.com)*

Assistant Priest:	Rev Marion Mashiter <a href="mailto:revquackers5@gmail.com">revquackers5@gmail.com</a>	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:	Elspeth 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:	Elspeth Jayne	015395 60942
Magazine Distribution & Subscription:	Shirley Miller	015395 61193
St Mark's School Head Teacher:	Mrs Louise Hinton	015395 60719
Anna Chaplain:	Gill Pilling - <a href="mailto:gillpilling@gmail.com">gillpilling@gmail.com</a>	

### MAGAZINE TEAM

[st-marks-natland-magazine@googlegroups.com](mailto:st-marks-natland-magazine@googlegroups.com)

Articles for the **October 2025** edition of the magazine to be handed in by 17th September. **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 Ministry Team**

*The Revd Terry Wilcock writes:*

## **Want to try something different?**

You feel that need inside to stop for a cup of coffee. You have been working so hard that you really must talk to your husband about booking a holiday. You know you cannot ignore those swelling ankles anymore and you have to make a doctor's appointment, even though you hate telephone consultations. Maybe, depending on that inner call, you will push yourself over the line and take some action.

Or maybe it will take someone else, a friend, your husband, your wife, even one of your children to wind you up into moving that inner urge into reality. As soon as I mention the word "vocation" you might be tempted to switch off. I certainly do not mean that everyone reading this should train to be a priest in the Church of England. Perhaps that might not be a wonderful scenario. But you do have a calling – to be a parent, a grandparent, a godparent; or you may be working out your calling in daily life as a farmer, a teacher, a cook – whatever makes you feel good.

I think that I had a calling to ministry early on in life but I kept repressing it. But then it kept popping up but I didn't do anything about it. Just after Ruth and I married we had our first, very small home, in a village near York where we had to walk through our neighbour's garden to reach our back door. Our neighbour was churchwarden at the village church and he soon invited us to attend. We did, and continued to attend churches as my job moved us around the country. But it wasn't until some 25 years later that I started training for the ministry.

A calling has something to do with what you feel God is saying to you, in feelings, in words, in prayer, in many different ways; it is also what other people see in you that may develop into a Christian ministry. There are many ministries which do not lead to ordination. If you want to talk about this, talk to me. Or you could go on a church course, "Your Shape for God's Service", – in which case contact Rev Beverley Lock: [beverly.lock@carlisle-diocese.org.uk](mailto:beverly.lock@carlisle-diocese.org.uk)

There is of course the parable of the talents. What abilities God has given to you. Some minister in the church, others in the wider world. I think it is about living out our faith with joy, satisfaction and fruitfulness. What is your next step? Think and pray about it over that cup of coffee.

May God bless you all,

*Terry*



**‘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 September**
- ◆ **Tuesday 7th October**
- ◆ **Tuesday 4th November**



*All are very welcome*



You are invited to join us on Tuesday 2nd September when we will be ‘Getting to know’ Revd Andy Ward, the new curate at Holy Trinity Kendal Parish Church.

As usual, the meeting will start at 7pm in the vestry at Kendal Parish Church - entrance on the north side of the church.

A warm welcome is extended to men from all churches within the Mission Community.

# SHAPE 2025



Do you know what your calling is? Do you know what your spiritual gifts are and are you confident using them? This Autumn St Thomas Church Kendal is hosting a “Shape” course which aims to enable people to understand the unique SHAPE God has made them, the gifts he has given them and how he might want to use them. This is so each person can find God’s calling and ministry in the Church and in the world. It aims for each person to live and serve with more joy,

satisfaction and fruitfulness. It will influence the way each person engages with their family, friends, job, local community, and voluntary / leisure activities.

Perhaps you have this niggling feeling that you should be doing something different but you are not sure what. Or you may be at a decision point in your life; looking to change direction in your work, thinking about college, or towards a new chapter in your home life. It may be that your children are leaving home, you are retiring, or just feeling that a different kind of volunteering in the church or in the community might be the next step.

SHAPE has a holistic approach. The sessions involve looking at:

Your Spiritual Gifts (God’s unique gifts to you)

Heart’s Desire (what motivates and excites you; what you love to do)

Abilities (your talents, knowledge and skills)

Personality (your character, personal qualities and strengths)

Experience (your life experiences and what you’ve gained from them)

**For more details please contact: Rev. Beverley Lock:**  
**beverley.lock@carlisle-diocese.org.uk or Steve Minto: 07884 849407 or to**  
**book a place: <https://www.trybooking.co.uk/CNFA>**

**St. Thomas’ Church, Kendal, LA9 4QG. Mondays 7-9pm, 6 weeks from 4th Sept to 9<sup>th</sup> Oct.**



We will be back again in September, every Sunday except the second, when it's Families@4 in the afternoon. We go into the Vestry during the first hymn and return at the start of communion.

## MU Families Group



MU Families Group will meet after our summer break in the vestry of St Mark's Church on Thursday, 4th September at 2pm when Captain Hilary Borthwick will speak to us about The Salvation Army.

You are invited to join us for

### **Worship at Kendal Care Home**

**Thursday 11th September at 3pm**  
Home Communion

**Thursday 25th September at 3pm**  
Hymns & Readings



**Come and join us.**  
**All are very welcome.**

## Mini Marks Toddler Group

**Wednesdays from 9-11am**

in term-time

St Mark's CofE School Hall

*Enter by the hall door please.*

*£2 per adult.*





# A CELEBRATION OF **SIMON & GARFUNKEL**

AS HEARD ON  
**BBC RADIO**

PERFORMED **LIVE** BY  
**TIM CHU & IAN BAILEY**

★★★★★

"Tim and Ian moved between harmonies and shared vocals like a gestalt entity, with all the vocal nuances, dynamics and phrasing that make S&G so unique while still finding their own take on the material. Absolutely first class"

★★★★★

"A stunning blend of observation, interpretation, and perfect vocal synergy"

THE UK'S NO 1  
NON TRIBUTE SHOW.

**ST MARK'S CHURCH**

**Natland Kendal LA9 7QQ**

**FRIDAY 5TH SEPTEMBER 2025**

Doors 6.45pm show starts 7.30pm Refreshments Available



**TICKETS  
£15**

**Scan QR code above**

or text Collin on 07740 447858

[www.classicsingersongwriters.co.uk/sandg](http://www.classicsingersongwriters.co.uk/sandg)



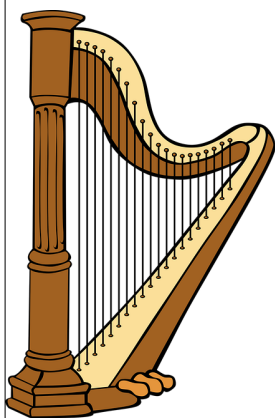
## **NATLAND CRAFT GROUP**

All are invited to come and join the Natland  
Craft Group which meets on a

Wednesday 2-4pm in the Village Hall

restarting again 3rd September

Bring your craft and enjoy the company



On 28th September at 2.30 Harps North West Performance Ensemble are delighted to be making a return visit to St Marks following their very successful concert last year. An ensemble of eleven harpists will play a variety of pieces in a variety of styles written or arranged for lever harp. We will also be joined by 2 junior harpists and hopefully a professional harpist as well. Harps North West is a registered charity which promotes the playing, teaching and appreciation of the harp. Our aim is to enable more people to enjoy this beautiful instrument.

Please see page 15 for more details and please put the date in your diary. The concert will be free with a retiring collection split between St Marks Church and Harps North West.





The next meeting of the WI will be on September 17th at 7.30pm the topic is " A History of Afternoon Tea and its Etiquette "

Competition: " A Cup and Saucer "

All are warmly welcome to all meetings.

*All are warmly welcome.*

**For more Natland News visit: [www.natlandnews.blogspot.co.uk](http://www.natlandnews.blogspot.co.uk)  
Why not also visit <https://www.stmarkschurchnatland.co.uk/>**

### **An invitation to all retired men**

We are a group from South Lakes and North Lancashire who get together once a month at Crooklands Hotel, to socialise with other men, for a drink, a knife and fork lunch followed by a speaker. The speakers cover a wide range of topics often about local matters.

In between monthly meetings we organise optional social and sporting activities that are appropriate for our members ages and interests.

We are called Kentside Probus Club and we are open to all retired or partially retired men who are looking for social contact and friendship.

If you would be interested in knowing more about us please contact John Chandler, Collin Mansfield, Mike Trelogan or Roy Watkinson (07552 919599) from our church, or others in Natland who are members, including Roy Hackney, Brian Horne, John Lowther and Ralph Rogerson for a chat to find out more about us.

If you would like to come along to a meeting as our guest without any obligation you would be made most welcome. Who said "There's no such thing as a free lunch!"

Roy Watkinson

EVERYONE IS WELCOME TO  
COME & JOINS US AT THE  
**COFFEE MORNING**



**SEPTEMBER 18th 2025**  
**ST MARK'S CHURCH NATLAND**  
**10.30 am - 11.45 am**

**£2.50 COFFEE, TEA & BISCUITS**  
**CAKE STALL**                      **RAFFLE**

# St Mark's Church Natland



**Saturday 20th September 2025**

NATLAND VILLAGE HALL

**2pm**

Admission £1

If you have any goods to donate,  
will you please either  
deliver them to: Natland Village Hall  
between 9am - 12noon on the day

Or telephone: Marion Thornton 015395 61253  
David Walker: 01539 732524; to arrange collection.

Marion is looking for helpers for the Jumble Sale  
both in the morning and at the Jumble Sale too.

There will be a helpers list to sign in church very  
soon - or please telephone Marion to let her know  
you can help. Thank you.



## WHY SUPPORT MANNA HOUSE?

*Surely there are no homeless people in Kendal? After all this is not the middle of Manchester is it? .....well there were 19 homeless helped just in July this year at Manna House. Andrea, chief officer, tells us about Ben and asks for our help. ....*

Ouch! The cost of living is pinching hard at Manna House right now. Donations from the incredibly generous public are way down, as is our success rate with grant makers. There is stiff competition for less available funds and Manna House is not alone in feeling the pain.

Many of you will be familiar with Manna House and the critical work we do keeping people off the streets, out of prison and hopeful of a better life. We work with people like Ben who was an emergency referral made by Community Mental Health Team who was referred and assessed on the same day. As a 72-year-old white male arriving from Wigton, Ben was offered no duty by the council because of accommodation planned in Barrow for the following week. Although unmedicated, he had a multiple diagnosis for physical and mental health conditions. Ben was accommodated in the POD for 4 nights while this was arranged. Manna House staff liaised with the mental health team who visited him in the POD to check on his wellbeing and update us on the placement in Barrow. POD accommodation was provided over the weekend, with Manna House staff coming in out of hours to provide both shower and laundry support, as well as a welfare check. This case highlights the POD as a flexible resource, affording both partnership working and the Manna House ability to provide support and compassion at very short notice.

Every year Manna House supports over 500 people to pursue housing security, better health and financial stability. Through no fault of our own, Manna House now finds itself in need of support. Could you help? We know church members are amongst our best and most dedicated supporters, so we hesitate to ask for more. Could you spread the word farther with friends and family or any groups you belong to? Maybe you could take part in a fundraising event for us, or even set up one of your own? If you are in any position to increase your giving, now would be the time to act in favour of Manna House.

(Continued from page 12)

Here's how:

For a one off donation or to set up a standing order, our bank details for BACS are

Sort code 16 52 21

Account number 53190423

You can also donate by clicking on the link [www.justgiving.com/mannahouse](http://www.justgiving.com/mannahouse)

Likewise, there's this PayPal link on our website: [Donate](#)

If you prefer to send a cheque, our address is The Stephenson Centre, Ann Street, Kendal, LA9 6AA, and the cheque is made payable to Manna House (Cumbria).

### Decorating Church for Harvest



Harvest is a wonderful time of the year and it is always a joy and fun to decorate the church with nature's bounty. Unfortunately I won't be able to be involved this year.

If you would like to be involved in any way at all and even co-ordinate(!) please contact me on [jennyandtigger@gmail.com](mailto:jennyandtigger@gmail.com).

The Church is usually decorated for Harvest on the preceding **Saturday, 4th October this year from 10am - 12noon**. Any offers of help, foliage and autumn coloured flowers will be very welcome.

Thank you Jenny

The Fundraising and Social Committee have been kept busy this year and have much planned for you during autumn.

There have been some very well attended concerts and coffee mornings, the Spud in a bucket and Afternoon Tea were well supported too.

From a financial point of view, we are halfway to the target of £4,000 which the PCC set us to raise for church funds from our general activities. In addition, we had nearly £2,000 pledged to pay for electricity and gas. By the end of the year, we should have raised a similar sum from plant and produce sales.

As well as raising money for church funds we raise money for charities. We are well on target to meet the PCC commitment to give the equivalent of 13% of our Planned giving to charity.

For any more information on the financial side please speak with me, or our Treasurer, Hilda Walker.

All of our coffee mornings for the rest of the year will be for church funds and the next one is on 18th September. As well as coming along to support these events it is much appreciated if members of the congregation can donate home baking for sale on the cake stall which is very popular.

Future events include "Simon and Garfunkel" who are returning to perform on 5th September. Also returning on 28th September are Harps North West who put on an excellent afternoon of entertainment last year and who, this year will be presenting professional harpist as well as an up-and-coming performer. We have a jumble Sale in October and a Christmas coffee morning as well as welcoming Becky to our parish in November.

We have recently welcomed Carrie and Miggy to the committee and bade farewell to Megan at our meetings but she is still going to play an active part in our events and be our point of contact with Castlesteads View. And, finally I informed the PCC earlier this year that I will be stepping down from FunCom at the end of 2025. I am sure the work will go on.

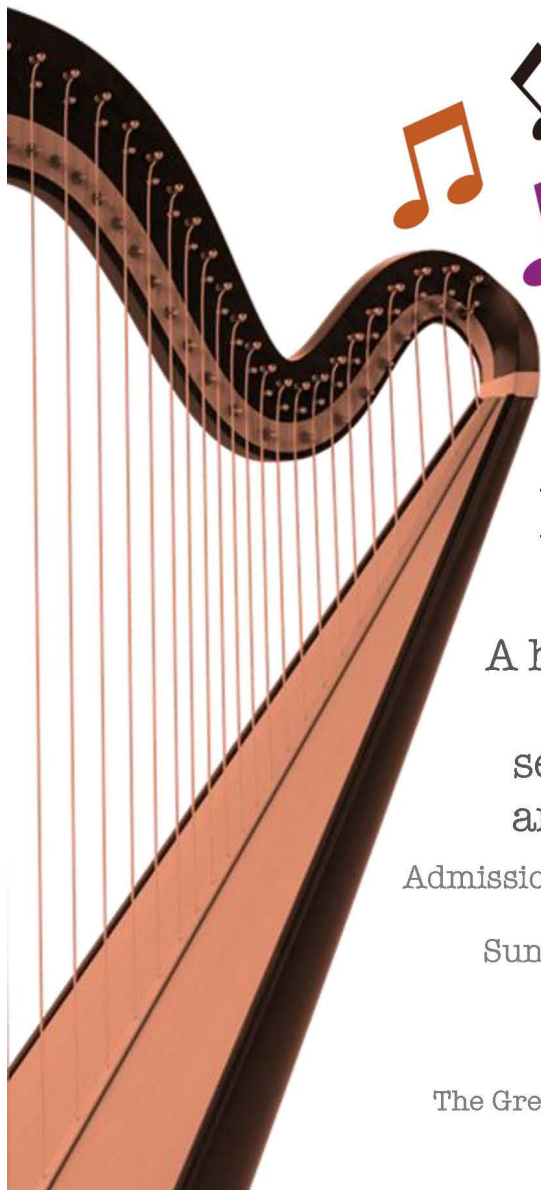
A big thank you to the FunCom team and everyone who has volunteered to help during this year and to all those who have come along to support events.

Collin Mansfield



# Harps North West

*Ensemble & friends*



## Concert Programme

A harmony of harpists  
with an eclectic  
selection of music for  
an autumn afternoon

Admission free (retiring collection)

Sunday 28<sup>th</sup> September 2025  
at 14:30

St Marks Church  
The Green, Natland, Kendal LA9 7QJ

## 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 us on 01539 728118 or [admin@ageuksouthlakeland.org.uk](mailto:admin@ageuksouthlakeland.org.uk)

### *Booking essential*

#### Lunch Club Dates 2025

16 Sept

21 Oct

18 Nov

16 Dec

## Gentle Exercise Classes

in Natland every Monday in September from 2-3pm at 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.***

For more information about this or other exercise classes, please call on 01539 728118 or email: [admin@ageuksouthlakeland.org](mailto:admin@ageuksouthlakeland.org)

## 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](mailto:collin4mansfield@me.com)



For more Natland News visit:  
[www.natlandnews.blogspot.co.uk](http://www.natlandnews.blogspot.co.uk)

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





A free phone line of hymns,  
reflections and prayers

## Postage Stamps



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

## Help & Support

If you are in need of help at this time (or someone you know is) please let us know and we will try to help.

Please contact us on:

01539  
732524  
(David  
Walker)



Castlestead View, Oxenholme

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07525803994 to arrange an  
appointment

## Keep in touch



**St Mark's Church Website**

[https://](https://www.stmarkschurchnatland.co.uk/)

[www.stmarkschurchnatland.co.uk/](https://www.stmarkschurchnatland.co.uk/)

St Mark's Church

Facebook page:

**@churchofstmark**



For more Natland News visit:

**[www.natlandnews.blogspot.co.uk](http://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).

## Short Course on Leading Intercessions:

**Wednesday 17th September 10am**

Revd. Shanthi Thompson from Kendal Parish Church has offered to run a short course on how to lead intercessions. Her course comes highly recommended and it will be very helpful for those volunteering with Anna Chaplaincy and also for those who lead intercessions during our services. For further information please speak to Gill Pilling.



## Easyfundraising

Did you know that whenever you buy anything online – from your weekly shop to your annual holiday – you could be raising free donations for St Mark's Church with easyfundraising?



There are over 7,000 brands on board ready to make a donation – including eBay, Argos, John Lewis, ASOS, Amazon, Booking.com and M&S – and it won't cost you a penny extra to help us raise funds.

All you need to do is:

1. Go to **[https://www.easyfundraising.org.uk/causes/stmarkschurchnatland/?utm\\_campaign=raise-more](https://www.easyfundraising.org.uk/causes/stmarkschurchnatland/?utm_campaign=raise-more)** and join for free, or scan the QR code above
2. Every time you shop online, go to easyfundraising first to find the site you want and start shopping.
3. After you've checked out, the brand will make a donation to St Mark's Church at no extra cost to you whatsoever!

There are no catches or hidden charges and St Mark's Church will be very grateful for your donations. Thank you for your support.

# CHURCH CLEANING



Joyce and Roy Watkinson

6th Sept.

Tony and Liz Bontoft

13th Sept.

Hazel Carter and Kath Cater

20th Sept.

Di Outhwaite and Gilly Peters-Parr

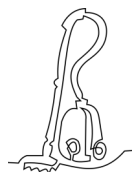
27th Sept.

Margaret Bateman and Debbie Sutherland 4th Oct

*Thankyou to everyone who keeps the church so clean throughout the year.*  
Elspeth Jayne 015395 60942



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.**

**September 7th & 14th**

**Hilary Atkinson**

**September 21st & 28th**

**Available at time of printing**

**October 5th & 12th**

**HARVEST FLOWERS**  
**(please see page 13 for details)**

**October 19th & 26th**

**Hilary Atkinson**

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

## **LIFE IN THE 17TH CENTURY, (contd from July/Aug magazine)**

Let's just return to the subject of bathing and hygiene. As I said earlier, they took their yearly bath in May, but the bath would have been just a large tub filled with hot water. The man of the house would have the privilege of the first bath in the nice clean water, then all the other sons and workmen, then the women and children, finally the babies of the house. By now you can imagine the water was pretty thick and dirty, - hence the saying, "DON'T THROW THE BABY OUT WITH THE BATH WATER".

I'll describe the house a little. We are all aware that most of the houses had thatched roofs and basically that's all they were. Thick straw, piled high with no wood underneath. They were the only places for the little animals to get warm. So all the pets, dogs, cats, other small animals, mice, rats, bugs, all lived in the roof. When it rained the thatch became so slippery that sometimes the animals would slip and fall off the roof. Thus the saying, 'IT'S RAINING CATS AND DOGS'.

Since the thatched roofs were somewhat flimsy and not of the obvious standard they are today, there was nothing to stop things from falling into the house. The only thing they could do was to clean up as best they could. But this posed a real problem in the bedroom, where bugs and other droppings could mess up your nice clean bed. So, a canopy was needed, but how could it be held up. Easy! Erect four big posts, one at each corner and hang the sheet over the top. So, that's where those 'BEAUTIFUL BIG FOUR POSTER BEDS WITH CANOPIES' came from.

When you entered a house at this time, you would have noticed that most times the floor was nothing more than dirt. Only the wealthy had something better. So the poor became 'DIRT POOR'. The wealthy would have had slate floors, which in the winter, as we say today 'STONE COLD' often cold enough so that bare skin coming into contact with it would actually 'stick'. In the winter the slate would become rather slippery when wet. The idea came to start spreading thresh (straw) to help the occupants keep their footing. As the winter wore on, extra layers of straw would be added until when the door was opened it would all start slipping outside. To stop this occurring, they placed a piece of wood across the doorway which we now know as 'THRESH HOLD'

At some point, this straw (thresh) obviously had to be cleaned out, so when the cold winter ended, the straw was collected up and thrown away. The start of our annual 'SPRING CLEANING'.

We will continue our meanderings in the next issue.

*Thank you to Norma and Paul Singleton for this.*





**I am on a limited income and trying not to spend too much each month. Council Tax seems a big expense. Is there any way I can pay less?**

You might be able to pay less council tax or not pay it at all depending on your circumstances. It's a good idea to contact the council and ask them.

If you're the only adult in your home, you'll get a 25% discount. When working out how many people live in a property, some people aren't counted - they're called 'disregarded people', e.g. student nurses. If everyone in a house is disregarded there is a 50% discount. If everyone is a student or severely mentally impaired, you won't pay any council tax.

If you're entitled to a discount because someone has moved out, you're entitled to the discount from when the person moved out, even if you told the council later.

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, to work out your entitlement. You may also be eligible for additional support if you've 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.

Contact South Lakes Citizens Advice for more help if you are still having problems.

***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. How to access:***

- **Call [015394 46464](tel:01539446464) (9.30am – 2pm, Monday – Friday)**
- **Drop in sessions at Wainwright's Yard, Kendal, LA9 4DP (10am – 1pm, Tuesday and Thursday)**
- **Adviceline: 0808 2787 984 (9am - 5pm, Monday – Friday)**
- **email advice via the submission page on our website**

**[www.southlakescab.org.uk](http://www.southlakescab.org.uk)**



There are lots of different ways in which to support the wonderful work of TWAM including giving financially and donating unwanted tools and equipment. See the website for further details: [www.twam.uk](http://www.twam.uk) or speak to Margaret Myers.



# 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).

**We hope that one day the food bank will no longer be needed, however looking back over the past months and years know that this is not going to happen soon.**



## **Donations are always welcome**

We are currently asking for:

- ◇ cheese
- ◇ sugar and coffee
- ◇ butter/margarine
- ◇ tuna, corned beef, spam and other tinned meats
- ◇ gravy granules
- ◇ honey
- ◇ olive oil
- ◇ evaporated or UHT milk (blue top)
- ◇ custard
- ◇ deodorants and toothpastes (male and female)
- ◇ laundry liquid tabs
- ◇ washing-up liquid
- ◇ tin-foil
- ◇ toilet rolls
- ◇ carrier bags for wrapping food parcels
- ◇ long-johns and winter vests

**Please note we have enough tea, beans, pasta and rice at the moment. Thank you.**

*Manna House, The Stephenson Centre,  
Ann Street, Kendal, LA9 6AA*



# *Hayes & Parkinson Ltd.*

*Funeral Directors*



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Kendal  
LA9 6EN  
T: 01539 735583

Edward Waller  
07779 025745  
Tony Knowles  
07967 774 825

[www.ableworldofstone.co.uk](http://www.ableworldofstone.co.uk)  
[sales@ableworldofstone.co.uk](mailto:sales@ableworldofstone.co.uk)

## CUMBRIA SUZUKI

Mintsfeet Road

Kendal

Cumbria

LA9 6LU



Way of Life!

TEL 01539 723318

FAX 01539 734321

Website: [www.cumbria.suzuki.co.uk](http://www.cumbria.suzuki.co.uk)

## The Fell Gardener

Local, qualified & friendly. Year-round horticultural care to bring your garden to life. Weekly or fortnightly slots available.

Contact 07741 460676 or [Tom@TheFellGardener.co.uk](mailto:Tom@TheFellGardener.co.uk)

## 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.

**CancerCare**

Registered Charity Number: 1120048

# Join us for our monthly coffee mornings at CancerCare

**Blackhall Road, Kendal, LA9 4BT**

All welcome for homemade cakes,  
hot drinks, raffle and good company

**Friday 26th September 10am - 12noon**

**Friday 31st October 10am - 12noon**

**Friday 28th November 10am - 12noon**

**Christmas Coffee Morning**

**Friday 12th December 10am - 12noon**



For more Natland News visit: [www.natlandnews.blogspot.co.uk](http://www.natlandnews.blogspot.co.uk)

## From the Registers

### Baptism

29th June 2025 Aggy Sharpe

*'God has called you by name and made you His own.'*



### Marriage

28th June 2025 Eleanor Latham and Robert Henderson

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



# PRAYER PAGE

## For a new school year

Father God,  
Come with us today.  
Fill our hearts with joy.  
Fill our minds with learning.  
Fill our classrooms with peace.  
Fill our lessons with fun.  
Fill our friendships with kindness.  
Fill our school with love. Amen.

Read more at: [https://www.living-prayers.com/children/prayer\\_before\\_class.html](https://www.living-prayers.com/children/prayer_before_class.html)

## Holy Cross Day (14th September 2025)

Lifted up among us, O God,  
is Jesus the crucified:  
sign of your steadfast love  
and pledge of your will to save.  
To those who look upon the cross with faith  
grant healing of soul and life eternal.  
We ask this through our Lord Jesus Christ,  
your Son, who lives and reigns with you  
in the unity of the Holy Spirit,  
God for ever and ever. Amen.

Lord help us to .....



## The God for All Prayer

God for all, you reached out to the world  
in your Son Jesus Christ.  
Help us to reach out in faith and love  
and witness to all.  
God for all, you send your Holy Spirit  
to empower and gift your Church.  
By your Spirit help us grow in unity,  
grow as followers of Jesus Christ,  
and grow your kingdom in Cumbria  
and in this world. Amen.

### Kendal & District Debt Centre

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

<b>SERVICES IN SEPTEMBER</b>	<b>Readers</b>	<b>Readings</b>	<b>Sides people</b>
<b>7th September (Trinity 12)</b> 10am Holy Communion	Di Outhwaite Collin Mansfield	Philemon 1-21 Luke 14.25-33	Pam Noonan Gill Pilling
<b>14th September (Trinity 13)</b> 10am Holy Communion	Mike Trelogan Gill Pilling	1 Timothy 1.12-17 Luke 15.1-10	John & Shirley Miller
<b>21st September (Trinity 14)</b> 8am Holy Communion 10am Morning Worship	Pam Noonan Roy Watkinson	1 Timothy 2.1-7 Luke 16.1-13	Di Outhwaite Audrey Bott
<b>28th September (Trinity 15)</b> 10am Holy Communion	Martin Jayne Hilary Atkinson	1 Timothy 6.6-19 Luke 16.19-end	Miggy Scott Hilary Atkinson
<b>5th October (Trinity 16)</b> 10am Holy Communion	Miggy Scott David Smethurst	2 Timothy 1.1-14 Luke 17.5-10	Elspeth & Martin Jayne
<p><b>Every Thursday there is a said Holy Communion Service at 10am</b></p> <p><i>Sunday School, for all ages, meets in the Vestry every Sunday (except for the second Sunday of the month when it's Families @ 4). Pre school children should be accompanied by an adult.</i></p>			