

October 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*

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:	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
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MAGAZINE TEAM

st-marks-natland-magazine@googlegroups.com

Articles for the **November 2025** edition of the magazine to be handed in by 15th October. **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 Lucy Foster writes:

My sisters and brothers, there is so much division across the world and in our nation at the moment. So much darkness that seems to match the heavy rainclouds and lengthening nights of this season.

The road to hatred is made up of deliberate steps. Individual choices to gradually distance groups of people from each other. To deny their shared humanity. To see them as different. And more extreme - as dangerous, repellent and 'wrong'. Something the world would be better off without – something to be eliminated. It's a nasty ancient evil that raises its head wherever nationalism, oppression and genocide occur. And often wraps itself in the flag of religion to justify itself.

But there isn't a person in this world who has not been made in the image of God. Not a single person who has ever lived or will live in this beautiful, troubled world. All those people who we know and those billions that we do not are made by, in the image of and loved by God.

If in these uncertain times we are tempted to hate anyone, to think of any group as 'less than' because they are in some way different from us we should remember this - if we hold each person against a gauge of humanity, they all pass 100%. Each is known and loved by God. And each shares their humanity with Jesus Christ. If we are Christian, we cannot use Jesus to hurt those who He loves and who share his image.

And if you are reading this and fear the nastiness presently swirling around this world – and yes even in this corner of Cumbria, if you are vulnerable, please remember you are known and loved by God and precious in His sight.

Every blessing

Rev Lucy



There is an opportunity for our younger people to join Sunday School every Sunday, except the second Sunday of the month, when it's Families@4 in the afternoon. We go into the Vestry during the first hymn and return at the start of communion.

'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 7th October**
- ◆ **Tuesday 4th November**
- ◆ **Tuesday 2nd December**



All are very welcome



You are invited to join us on Tuesday 7th October when David Walker will tell us all about 'Walking the Camino' - the pilgrims route to Santiago de Compostela.

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.

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.



You are invited to join us for

Worship at Kendal Care Home

Thursday 9th October at 3pm

Home Communion

Thursday 19th October at 3pm

Hymns & Readings



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

KITTY BROWN CARNFORTH FASHION SHOW

Hosted by

**Natland &
Oxenholme W.I**

at Natland Village Hall, in aid of
Springfield Domestic Abuse Charity
and W.I funds.

**Friday
17th October
7:30pm**

£10
includes a drink
and nibbles

Tickets from 07747 199544
or 07979 887901



theWI
INSPIRING WOMEN

You are warmly invited
to join us at the Kitty
Brown Fashion Show.

Coffee and Cake @ Carrie's

On Wednesday 15th October 2025

There will be a coffee morning at

Wren House

Sedgwick Road,

Natland LA97QS

Between 10.30 and 12 .30pm

Everyone Welcome

Proceeds in aid of Macmillan Nurses



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

LIFE IN THE 17TH CENTURY, (cont.)

Quite a number of sayings are associated with kitchen and culinary things. Over the fire hung a large pot and every day the fire would be lit and the family would gradually add items to the pot. The diet consisted mainly of vegetables and as meat was relatively costly, it didn't appear very much on the menu. If you managed a good meat stew this would be eaten for dinner and then any leftovers would be allowed to go cold overnight and heated again the following day. Sometimes the pot would have food in it that had been there for nearly a month! Thus the rhyme; 'Pease pudding hot, pease pudding cold, pease pudding in a pot, nine days old'. Sometimes they could get hold of a nice piece of, say, pork. This was really special, and when that happened and 'company' came over, they even had a rack in the parlour where they would bring out some bacon and hang it there to show it off. That was a sign of wealth in the house and where an attempt was made to show that the man of the house could really 'bring home the bacon'. Sometimes a small amount would be cut off to share with guests, and so in the evening, they would all sit round and 'chew the fat'.

The tables used comprised a board that could be lifted on and off its stand, but only had one 'finished' side. The other side, less expensive to make, was left rough. When the family was alone, they would eat on the rough side. To keep the good side for when they had 'company'. When visitors came the whole top was lifted off and turned to its good side. So we say that we "turned the tables on someone".

If you had money, your plates would be made of pewter. For most people though, their plate was a square piece of wood, with the middle scooped out like a bowl! This was your 'board' If you were a young apprentice, say, travelling to another village to learn more about your craft and you needed to stay overnight, you would go to the inn where you would pay someone for your "room" and for the food for your "board".

So there it is! I hope you have found this talk interesting. I will end this talk by saying very simply, 'without rhyme or reason' and 'making no bones about it'. I will now 'throw in the towel'.

Geoff Pownall.

Thanks to Norma & Paul Singleton

Bishop's Harvest Appeal 2025



A Harvest of Justice and Peace

A gift to this year's Bishop's Harvest Appeal will help train vulnerable women in Burkina Faso to build steady livelihoods through poultry keeping and climate smart farming. Your support can provide practical skills, starter resources and mentoring so families eat more regularly, pay for essentials and restore the soil for future harvests. At the same time, your generosity will equip a new generation of deacons through the CeFA training centre in the Diocese of Northern Argentina, including women preparing for ministry.

Gifts will help with teaching, travel to remote communities and learning resources, so local churches can serve their neighbours with hope, dignity and compassion.



LOVING LORD,

Thank you for raising up leaders in remote communities across Northern Argentina. Bless the CeFA training centre and those preparing for diaconal ministry, including the women beginning this year.

Strengthen Jorge, Luis and their fellow students; keep them safe as they travel, provide for their families, and help them to serve with courage and humility.

LOVING LORD,

Thank you that you bless the work of our hands. Please prosper the women in Burkina Faso learning poultry keeping and biochar/soil-building skills through Christian Aid. May flocks grow, harvests improve, and steady income help families to eat, learn and thrive.

Bring protection, peace and hope amid drought and ongoing conflict.

LOVING LORD,

Thank you that we belong to one Church with sisters and brothers near and far. Help us to remember, support and pray for the Church in Northern Argentina and Burkina Faso, and to notice the life you bring there as well. In the name of

Jesus,

AMEN.

To Donate



<https://carlisediocese.org.uk/donate>



I would like to say a huge thank you to everyone who has contributed to the purchase of the medicines which I will be taking to Malawi on 30th September. The response over the last year has been overwhelming and I have been so grateful, and so are the clinic staff who are struggling to provide medicines for their patients. The huge cut in US aid and the cut in UK aid too, have had a huge impact on the country and on the hospital of which the clinic is part. The availability of everyday medicines at the hospital pharmacy is haphazard, even simple drugs for heart failure or diabetes are often not in stock. With your support I have been able to purchase 18,000 tablets of various sorts for the clinic. These are medicines not available in Malawi, mainly antiepileptics and drugs to prevent severe muscle spasms in children with brain damage from various causes. I will have enough funds remaining to be able to facilitate the purchase of several thousand other drugs which can be bought locally in Malawi. There will still be some change to provide food supplements for those who are really malnourished or struggling to feed their families due to their illness. So thank you all very much ... your contribution will make a difference. Having medication to treat their patients helps the staff too, there is nothing worse, if you are a nurse, than having nothing to offer a sick patient who is suffering.

I leave the UK on 30th September and arrive in Malawi at midday on 1st October. Please will you pray that all the medicines, and the donation of second hand computers for the College of Medicine there, which I will be carrying in hand luggage, arrive safely and pass through the Customs and Immigration in Malawi without a hitch.

Gill Pilling



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.



We are very grateful to all who help and come along to support our Coffee Mornings



We are very grateful to all who helped and came along to support, A Celebration of Simon & Garfunkel and Harps North West.



We are very grateful to all who helped and came along to support our the Jumble Sale. A total of £365 was raised for church funds.

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

Booking essential

Lunch Club Dates 2025

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

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/>





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)



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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/

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).

COMING UP - Natland Craft Fair on Saturday 8th November

Can you help?

For this popular annual event help from the community is always much appreciated by the village hall team. Donations of home-baked cake for serving to visitors or items suitable for raffle prizes, or on the day volunteer help for an hour either on the door or serving refreshments.

Get in touch with Sarah 07488 535251
or email natland.villagehall@yahoo.co.uk if you can help.

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** 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



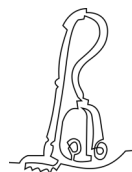
Margaret Bateman and Debbie Sutherland	4 th Oct
Clive and Gill Walkley	11 th Oct
John and Shirley Miller	18 th Oct
Bill and Linda Wood	25 th Oct

Martin and Elspeth Jayne	1 st Nov
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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.**

October 5th & 12th	HARVEST FLOWERS (please see page 4 for details)
October 19th & 26th	Hilary Atkinson
November 2nd & 9th	Barbara Nelson
November 16th & 23rd	Jenny & Alan

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

WHEN I WANDER

When I wander
don't tell me to come and sit down.
Wander with me.
It may be because I am hungry, thirsty, need the toilet.
Or maybe I just need to stretch my legs.

When I call for my mother
(even though I'm ninety)
don't tell me she has died.
Reassure me, cuddle me, ask me about her.
It may be that I am looking for the security
that my mother once gave me.

When I shout out
please don't ask me to be quiet...or walk by.
I am trying to tell you something,
but have difficulty in telling you what.
Be patient. Try to find out.
I may be in pain.

When I become agitated or appear angry,
please don't reach for the drugs first.
I am trying to tell you something.
It may be too hot, too bright, too noisy.
Or maybe it's because I miss my loved ones.
Try to find out first.

When I don't eat my dinner or drink my tea
it may be because I've forgotten how to.
Show me what to do, remind me.
It may be that I just need to hold my knife and fork
I may know what to do then.

When I push you away
while you're trying to help me wash or get dressed,
maybe it's because I have forgotten what you have said.
Keep telling me what you are doing
over and over and over.
Maybe others will think
you're the one that needs the help!

With all my thoughts and maybes,
perhaps it will be you
who reaches my thoughts,
understands my fears,
and will make me feel safe.

Maybe it will be you
who I need to thank.
If only I knew how...

~Unknown Poet





I got a text asking me to click on a link to reschedule a parcel delivery I'd missed. I was waiting for a parcel at the time, so I clicked on the link and was asked to make a payment. Luckily, my daughter told me the text is a scam and to ignore it, but how can I spot the signs of a scam for myself?

Parcel delivery scams are very common. They aim to trick you into giving away your financial details, so your bank account can be accessed.

If you're waiting for a parcel, and get a message that asks you to pay to get it, it's usually a scam. Delivery companies won't ask you to pay them through a link in an email or text. Don't click any links or attachments, but you can check if a link is genuine, by hovering your mouse over the link without clicking on it, or pressing and holding on the link on a mobile device. You should be able to see the address the link goes to - check carefully to see if it's the same as the company's official website address.

Other signs of a scam include bad spelling and grammar, and starting with a general greeting instead of your name. But scam messages can sometimes be sophisticated.

If there's something you're unsure about, don't feel pressured to act. You can check if something is a scam, using an online tool on the Citizens Advice website. Remember that scammers are clever and scams can happen to anyone.

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



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 or speak to Margaret Myers.

10am on Tuesdays at Crosscrake Church

Our free all-age community drop-in continues through the winter months providing a warm space for anyone needing a break or some company for a couple of hours. We've loved welcoming around thirty people so far from all parts of our community and aged from a few months to 90-something to share cuppas, and conversation (and play!). Healthy snacks are provided for young children alongside cakes and biscuits. The kettle's always on so please join us in church between 10am and noon on Tuesdays.



Helm Mission Community

Date for your diary

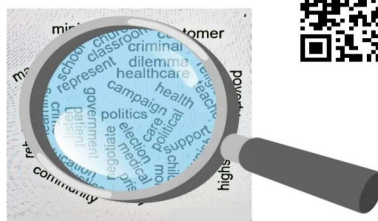
November 30th Advent Service Holy Trinity Kendal Parish Church at 4pm.
Again we will have our own morning services.

Even though 28th December is not a 5th Sunday we will have a joint service at the Salvation Hall at 10.30am with Bacon Butties before hand.

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

April 27th

May 18th

June 15th

July 13th

Sept 21st

Oct 19th

Faith in Healthcare

Faith in Education

Faith in Criminal Justice

Faith in the High Street

Faith in the Church

Faith in Politics

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*



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Contact 07741 460676 or 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
- ◇ 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 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

From the Registers



Baptism

24th August 2025 Henry Milburn

21st September 2025 Ivy May

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

Lord help us to



Care Deeply



Follow Daily



Speak Boldly



Tread Gently

PRAYER PAGE



A prayer from Christian Aid

Creator God who has made the earth
The oceans and the rivers teeming with life
The heartbeats of creatures large and small
We thank you for giving us this wondrous ecosystem

Creator God who calls us as stewards
We confess that we have neglected our duty
That human choices are robbing the planet of its life
That climate breakdown has been at our hands

Lord of justice who longs for equality on the earth
We stand with earth defenders and climate strikers
Around the world we join their call for climate justice
May our actions and our words speak life in all its fullness.

Amen.

Bible Sunday (26th October)

Blessed Lord,
who caused all holy Scriptures
to be written for our learning:
help us so to hear them,
to read, mark, learn and inwardly digest them that,
through patience, and the comfort of your holy word,
we may embrace and for ever hold fast
the hope of everlasting life,
which you have given us in our Saviour Jesus Christ. Amen.

The Helm Mission Community

Please pray for each of our churches and communities
in the 'Helm Group' in our continuing work at this time
- for Old Hutton, New Hutton, Crosscrake, Natland, Holy
Trinity Kendal, Kendal United Reformed Church and the
Salvation Army - and for the work and ministry we share with the Methodist
Church and other denominations across Kendal.



SERVICES IN OCTOBER	Readers	Readings	Sides people
5th October (Harvest) 10am Holy Communion	Miggy Scott David Smethurst	Deuteronomy 26.1-11 John 6.25-35	Elspeth & Martin Jayne
12th October (Trinity 17) 10am Holy Communion	Graham Day Dorothy Smethurst	2 Timothy 2.8-15 Luke 17.11-19	Collin Mansfield Mike Trelogan
19th October (Trinity 18) 8am Holy Communion 10am Morning Worship	Linda Wood Mike Trelogan	2 Timothy 3.14-4.5 Luke 18.1-8	Liz & Tony Bontoft
26th October (Trinity 19, Bible Sunday) 10am Holy Communion	Tony Bontoft Margaret Myers	Romans 15.1-6 Luke 4.16-24	Margaret Myers Marion Studholme
2nd November (All Saints Sunday) 10am Holy Communion	Gill Piling Nigel Mitchell	Hebrews 12.18-24 Matthew 5.1-12	John & Shirley Miller
<p>Every Thursday there is a said Holy Communion Service at 10am <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>			