

June 2026

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....



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Becky's rest day is Saturday and occasionally Friday		
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Assistant Priest:	Rev Marion Mashiter	01539 731957
	revquackers5@ gmail.com	
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MAGAZINE TEAM st-marks-natland-magazine@googlegroups.com

Articles for the **July/August 2026** edition of the magazine to be handed in by **14th June**. **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.

Did you know that 19 June is 'International Sauntering Day'? Created in 1979 the idea behind the day was to encourage people to slow down and appreciate the world around them. In the church calendar, June sees the beginning of 'Ordinary Time' a season of 33-34 weeks (so most of the year!) where we hear and study the teachings of Jesus.

Like the Biblical concept of Sabbath, Ordinary Time gives us permission to be still and know God, to sit and spend prolonged time with Jesus. To hear his voice and follow him. One of the greatest gifts we can pass onto others is the joy and healing found in resting in the company of Jesus – wherever we meet him – in scripture, prayer, communion, people, or nature.

Ordinary Time also gives us the chance to pause and genuinely see and hear the people we live with and alongside. To take notice of the communities, country and world we call home. To observe creation – its beauties and its pains. This June saunter with Jesus, take the time to see our neighbours and the natural world as He does - paying loving attention to the everyday and the ordinary.

Blessings
Rev Lucy



WING WALK TO SUPPORT ST JOHN'S HOSPICE

As you may be aware David Aris has supported St John's Hospice, Lancaster for many years following the loss of his wife, June. His money raising has included two parachute jumps and at the age of 95 was the oldest person to complete the world-famous fastest zip wire in Wales. Now for various reasons David is unable to complete any daredevil stunts. However, he has organised a friend Nerelle Kilby to do a Sky Walk on Saturday June 13.

If you are willing to support this worthy cause: -

There is a sponsor sheet located by the notice board in St Marks or online at: -

<https://www.justgiving.com/page/narelle-kilby-1>

PENTECOST

Pentecost this year falls on Sunday, 24th of May. The date changes each year as it falls exactly seven weeks after Easter Sunday. Based on the biblical account of the apostles praying together and the Holy Spirit descending on them 49 days after the resurrection of Christ. The name Pentecost comes from the Greek 'pentekoste, "fiftieth". Pentecost is a significant date in the Christian calendar which is often traditionally referred to as "Whitsun" or "Whitsunday" in the UK. It is believed to be a shortening of "White Sunday" or to have its origins in the Anglo-Saxon word "wit" meaning "understanding".

According to the Bible the apostles were inspired to talk in tongues when the Holy Spirit descended on them like a rushing mighty wind as they prayed together at the Shavuot festival. Hearing them speaking in an unfamiliar language, those gathered in Jerusalem believed them to be drunk. Peter explained to them that the apostles were inspired by the

Spirit and delivered the first Christian sermon, leading to the conversion and baptism of 3,000 people.

Whitsun immediately precedes "Whit Monday", which was traditionally a holiday in the UK until being formally replaced in 1971 by a bank holiday on the last Monday in May. It is still a public holiday in some European countries, including France, Germany and Belgium.

There are still various customs associated with Pentecost. In Poland it is known as the Green Holiday. Decorating with birch branches and other greenery on Pentecost Sunday is popular in Poland. The decorations go beyond just houses - cattle with wreaths of birch branches wrapped around their horns can also be seen during the holiday. In some churches, a carved dove is lowered into the congregation as part of a tradition known as "the swinging of the Holy Ghost". The Csiksomlyo pilgrimage is a well-known Hungarian pilgrimage that takes place each year during Pentecost. It is attended by 50,000 to 100,000 pilgrims who travel to Csiksomlyo, Transylvania to pray before a statue of the Blessed Virgin Mary associated with multiple miracles. In Greece, the statue is called "Kathara Theotoku", which translates to "the Washing of the Lord" signifying a spiritual cleaning of the church and its members. In France, Pentecost is known as a "Pentecote" and is usually celebrated with special meals featuring dishes such as fish and the "cake of the holy spirit".

from Norma Singleton

The next meeting is Meeting is on Wednesday 17th June at the Village Hall at 7.30 p.m.

Talk on cartoons by Nick Morrice
Competition - A funny card.

All new members welcome



theWI
INSPIRING WOMEN

A Place To Pause

This summer our churches will be hosting a series of interactive prayer stations called A Place to Pause with spaces for reflection, prayer, creativity, and conversation. Across four themes — Follow Daily, Speak Boldly, Care Deeply, and Tread Gently — visitors of all ages are invited to explore what faith, hope, community and care for creation mean for us in everyday life. Each church will offer simple activities, such as thoughts to ponder or opportunities to leave a prayer and ways to share hopes and ideas for the future of our churches and communities. You are warmly invited to pause, step inside and add your voice to the conversation - whether you come to church regularly, occasionally, or are simply curious. Starting from 1st June, everyday in Crosscrake, Natland and New Hutton, Mondays, Wednesdays and Fridays in Old Hutton.

Reverend Becky Gibbs

Vicar of the Benefices of Crosscrake, Natland, and Old Hutton and New Hutton

07460990631

My rest day is Saturday and occasionally Friday



Follow Daily **Care Deeply**
Speak Boldly **Tread Gently**

Space to Breathe

Monthly Sunday evenings 6pm at St Mark's Church Natland. Starting 7th June.

Life can feel busy and noisy. Space to Breathe is a new informal monthly gathering offering time to slow down, reflect and reconnect with God and one another.

Through music, quiet reflection, conversation and prayer, we'll explore themes of courage, compassion, gentleness and everyday faith.

No experience or background expected — simply come as you are.

To find out more email revbgibbs@outlook.com

Helm Mission Community Environmental Group Meeting

Each month The Helm Mission Community Environment Group meet to pray and learn together about nature and climate and think how we as Churches and individual Christians we can Tread Gently in God's world. In May we heard from our friends from Crosthwaite Church about their 'Eco Initiatives'. Our next meeting is on 27 June at St Stephen's, New Hutton. Refreshments from 10am, meeting 10.30am 'til noon. Contact Rev Lucy revlucyfoster@gmail.com or just turn up on the day.

Prayer prompt: 05 June is World Environment day – take time to reflect on / in the beauty of God's creation and to pray for its protection and restoration."

Blessings

Lucy

Rev Lucy Foster

Associate Priest, Helm Mission Community

07494 248183

Part-time in parish - available Saturdays & Sundays. Day off: Monday

You are invited to join us for Worship at Kendal Care Home

Thursday 4th June at 3p.m.- Hymns and Readings
Thursday 11th June at 3p.m.- Holy Communion
Thursday 18th June at 3p.m. – Hymns & Readings
Thursday 25th June 3p.m. – Hymns & Readings

Come and join us. All are very welcome.



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

Tel: 01539 725534



CancerCare's Cross Bay Half-Marathon Can you take part?



Alex Robinson | Marketing and Communications Officer

T 01539 735800 W cancercare.org.uk

**You are invited to Families @4
in church**

on Sunday 14th June 4pm



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.



CREAM TEAS

At Crosscrake Church 28th June
2-4 p.m.
In the Hub



MOTHERS' UNION

Summer Meal Out



The Station Inn on 4th June, at 12.15p.m

Members please contact Margaret Bateman if you wish to come but haven't put your name down yet.

120 Years of the Mothers' Union in Natland.

It is only recently that records relating to the Mothers' Union were found in the cellar when the Victorian Vicarage was sold. Consequently we have registers, some photographs and information about the early years of our branch.

On December 13th 1905, the first meeting of the Mothers' Union took place with 18 ladies attending. We have no evidence as to why that date was chosen when it was probably cold weather. The meeting was not in this Church, which was only built in 1910, but in the former Church on this site.

In 1905 Henry Campbell-Bannerman was the Liberal Prime Minister and there were no votes for women, that came later in 1918 and 1928. The Vicar at the time was William Kewley but he was replaced in 1907 by Edward John Miller who was vicar here for 43 years and according to the records was a regular speaker at Mothers' Union meetings.

The annual subscription was one shilling, or five pence, whereas the average weekly wage was fifteen shillings, or 75 pence. A loaf of bread was four and half pennies (a little less than 2 new pence).

The branch was led by Mrs Crewdson, whose family were benefactors of this Church. The Crewdson name appears on the foundation stone. Pictures of this ceremony show the elaborate Edwardian hats. It is interesting to note that Mrs Crewdson always paid five shillings a year for her membership.

Registers were kept for each meeting and sadly some of these surnames, Howson, Fallowfield, Armer, Fothergill and Ellera also appear on the War Memorial, most likely their husbands and sons.

Meetings continued throughout the First World War and into the 1920's and it appears that there was usually about £4 in the bank each year.

By 1936 there were 35 members and meetings continued through the Second World War. In 1948 the Enrolling Member was asked to bring half a pound of tea for a Deanery meeting as it was a time of rationing. The records show that the topics for speakers at this time were mainly about the home, bringing up children and the responsibilities of mothers.

In 1942 there was a campaign to attract younger members!!! (Nothing changes) In the fifties and sixties the branch was very active especially with outings to Liverpool, York and Keswick. The records also include photographs of the branch taking part in the Kendal Deanery Pageants. The old records finish at this point but have been a wonderful resource in finding out about the early days of the Branch.

At this 120 years anniversary time we think about those 18 Edwardian Ladies who in 1905 began this branch. No doubt hats and long skirts were the order of the day.

At this special time we remember those ladies who met and shared fellowship during the uncertainty of two World Wars.

We give thanks for all our members over the last 120 years who have shown commitment and dedication not only to the Mothers' Union but also to St. Mark's Church.

Elizabeth Chandler.

Natland Lunch Club

The Punch Bowl, Barrows Green

Enjoy a catch up with friends and a freshly cooked two course meal at a reasonable price every 3rd Tuesday of the month at 12 noon. Booking is essential.

Gentle Exercise Classes



Natland Village Hall every Monday at 2pm – 3pm *except the 3rd Monday of the month.*

Stay active and healthy with simple exercises aimed at improving your mobility and fitness. All welcome, no need to book.

For more information or to book a lunch please call our admin team on 01539 728118 or email ad...@ageuksouthcumbria.org.uk

Postage Stamps


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



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



CHURCH CLEANING



Di Outhwaite and Gilly Peters-Parr 6th June
Margaret Bateman and Debbie Sutherland 13th June
Clive and Gill Walkley 20th June
John and Shirley Miller 27th June

Thank you to everyone who keeps the church sparkling clean throughout the year. Elspeth Jayne 015395 60942

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.



I bought a jacket online and when it arrived it looked nothing like the images shown. The company said if I want a refund I must pay to ship it to an address in China, but the website claimed the brand was UK-based. Is this a scam and how do I avoid it in future?

This is a really frustrating situation and unfortunately it's very common. It's a type of retail scam where companies pretend they're based in the UK using fake brand names and UK websites or postal addresses. What they actually do, as in your case, is ship low-quality items from overseas. Shoppers are then asked to fork out for expensive international shipping fees if they want their money back. Understandably, many people don't bother. When sellers are based overseas, UK consumer laws are far harder to enforce, so it can be difficult to recover your money.

There are a few steps you can take to help you avoid these scams. Research companies before buying - check online reviews. Watch out for too-good-to-be-true prices, be especially alert to targeted shopping adverts in your social media feeds, and check if images look as though they were created by AI. Also check the company's website delivery information – overseas stores take much longer.

If you paid by debit card, ask your bank to use the 'chargeback scheme'. If you paid by credit card and the item cost less than £100, you can ask to use the same scheme. If it cost between £100 and £30,000, tell your credit card company you want to make a 'section 75' claim.

The Competition and Markets Authority (CMA) has the legal power to enforce UK consumer laws against traders based abroad, but they rely on people reporting it. The Citizens Advice Consumer Service can offer

support with individual situations. You can also report an advert you think is a scam to the Advertising Standards Agency.

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.

New opening hours:

Tuesday - Drop in at Wainwright's Yard, Kendal 10am - 1pm, last client at 12.45

Wednesday - Pre-booked appointments

Thursday - Pre-booked appointments

Adviceline: 0808 278 7984

Consumer Helpline: 0808 223 1133

Universal Credit Helpline: 0800 328 5644

Home Communion or Visit

If you are at home and for whatever reason, not back to church yet or 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)



Keep in touch

St Mark's Church Website

<https://>

www.stmarkschurchnatland.co.uk/

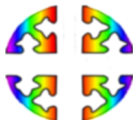
St Mark's Church

Facebook page:

@churchofstmark

For more Natland News visit:

www.natlandnews.blogspot.co.uk



The background is a light blue gradient with various musical notes and symbols scattered throughout. A large, stylized treble clef is positioned on the left side of the page. The text is centered and uses a mix of bold and italicized fonts.

Save the Date!

Music at St Mark's

**Saturday 25 July
FELLas Kendal Male Choir**

**Saturday 26 September
Close Quarters:
Acapella folk singing**

**Saturday 31 October
Chris Bannister
celebrates John Denver**

Look out for further details

Money raised for Christian Aid

Thank you to everyone who responded so generously to the Christian Aid Week appeal. After the Coffee Morning we found that we had raised £1,157.57 and £145 will be added to this as a result of people filling in the gift aid form. A fantastic result which will go a long way to help rescue people who find themselves barely able to survive.

Elspeth Jayne

From the Registers

Funerals

5th May Norma Hewertson

"When the goodness and loving-kindness of God our Saviour appeared, he saved us, not because of any works of righteousness that we had done, but according to his mercy, through the water of rebirth and renewal by the Holy Spirit." Titus 3:4-6

'Nothing can separate us from the love of God'



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.

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

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 (green top)
Custard
Tinned fruit
deoderants and toothpaste (male and female)
laundry liquid tablets
Washing-up liquid
tin foil
toilet rolls
carrier bags for wrapping food parcels

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

Thankyou.

*Manna House, The Stephenson centre,
Ann street, Kendal, LA9 6AA*



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LA9 6EN
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Edward Waller
07779 025745

Tony Knowles
07967 774 825

'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 June

All are welcome

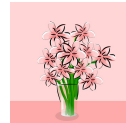


ALTAR FLOWERS

The new rota from June 2026 - June 2027 is at the back of the church. Volunteers needed to sign up.

Thank you.

Jenny Kelly 015395 60512



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.



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.



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

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07525803994 to arrange
an appointment



Tricorn House | 51-53 Hagley Road | Birmingham B16 8TP



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



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.



CUMBRIA SUZUKI

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Cumbria
LA9 6LU



Way of Life!

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FAX 01539 734321

Website: www.cumbria.suzuki.co.uk

Prayers for Pentecost and Trinity

**PRAYER
PAGE**

Breath in me, Holy Spirit,
That I may think what is holy.
Move me, Holy Spirit,
That I may love what is what is holy.
Guard me, Holy Spirit,
That I may keep what is holy.



God for us, we call you “Father”.
God alongside us, we call you “Jesus”.
God with us, we call you “Holy Spirit.”
Together, you are the Eternal Mystery
That enables, enfolds, and enlivens all things,
Even us and even me.
Every name falls short of your goodness and greatness.
We can only see who you are in what is.
We ask for such perfect seeing –
As it was in the beginning, is now, and ever shall be.
Amen.

Fr Richard Rohr (2016)

Where the day is dark
And dangers hide
Where the fire in my heart has died
Where the earth cries out
From freedom’s tide
Come Holy Spirit

Gerald Kelly (2011)

ST. MARK'S CHURCH NATLAND & OXENHOLME

<u>Services</u>	<u>Readers</u>	<u>Readings</u>	<u>Sidespeople</u>
7th June (Trinity 1) 10am Holy Communion	Nigel Mitchell Linda Wood	Psalm 33: 1-12 Matthew 9: 9-13, 18-26	Penny Day Collin Mansfield
14th June (Trinity 2) 10am Holy Communion 4pm Families@4	Dorothy Smethurst Bill Wood	Psalm 100 Matthew 9: 35-10: 8	John Miller Shirley Miller
21st June (Trinity 3) 8am Holy Communion 10am Morning Worship	Collin Mansfield Miggy Scott	Psalm 69: 14-20 Matthew 10: 24-39	Paul Singleton Hilary Atkinson
28th June (Trinity 4) 10am Holy Communion	Hilary Atkinson Graham Day	Psalm 89: 8-18 Matthew 10: 40-end	Mike Trelogan Marion Studholme
Every Thursday there is a said Holy Communion Service at 10am			