

October 2026

St Mark's Church
Parish News

for Natland & Oxenholme

70p per copy or £7.00 per year

Harvest



Blessings



St Mark's Church is Proud to be....



Vicar **Reverend Becky Gibbs** **074609 90631**

Becky's rest day is Saturday and occasionally Friday

Associate Priest: **Rev Lucy Foster** **074942 48183**

Lucy's rest day is Monday
revlucyfoster@gmail.com

Assistant Priest: **Rev Marion Mashiter** **01539 731957**

revquackers5@gmail.com

Lay Reader: **Graham Day** **015395 61418**

Church Warden: **Roy Watkinson** **015395 61373**

Church Warden: **John Chandler** **015395 60169**

PCC Secretary & Administrator **Cath Gaskell** **07986 707230**
admin.kendalsouthchurches@gmail.com

Treasurer:

Stewardship Secretary: **Alan Gardner** **07796 220206**

Parish Safeguarding Officer: **Roy Watkinson** **015395 61373**

Organist: **Clive Walkley** **01539 723482**

Mother's Union: **Elizabeth Chandler** **015395 60169**

Magazine Distribution

& Subscription: **Shirley Miller** **015395 61193**

St Mark's School **015395 60719**

Head Teacher: **Louise Hinton**

Anna Chaplain: **Gill Pilling** **07354 377606**

gillpilling.annachaplaincy@gmail.com

MAGAZINE TEAM st-marks-natland-magazine@googlegroups.com

Articles for the **November 2026** edition of the magazine to be handed in by **14th** 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.

Dear friends,

The Church's Season of Creation ends appropriately on the feast day of Francis of Assisi – that great advocate of simple of living, and love of God's Creation. Then we'll celebrate our Harvest Festivals - reminders that in God's provision through nature, and human labour, there is enough for everyone in the world if only humanity was as generous and un-anxious as our God who made us.

I am lucky – our freezer is full of crisp sweet runner beans (that I had no hand in growing). The damson jam (that I did not make) in its jars glows more deeply than any stained glass. The marrows on the vegetable rack are fat. I won't have to choose between heating and eating this winter. Not because I'm virtuous or hard-working but because I'm fortunate. People in this rich country will be hungry, people around the world will endure poverty. Farmers and producers in our parishes and around the world struggle to feed people in a rapidly changing climate.

God's vision for humanity is of flourishing in peace and plenty "everyone... shall all sit under their own vines and under their own fig trees, and no one shall make them afraid" (Micah 4:4). All can have enough if we learn together to live simply and share well.

Blessings
Rev. Lucy.



St. Luke – gospel writer and evangelist.

It is believed that St. Luke was born a Gentile in Antioch in Roman Syria. He trained as a doctor, was a disciple of Paul and is today acclaimed by many as the author of the gospel according to Luke and also the Acts of the Apostles. It is suggested that Luke wrote in Greek and focussed on a non-Jewish reader.

Luke's gospel emphasises God's mercy and forgiveness and Jesus' concern for the poor, for outcasts and for women. He provides a detailed account of the life and teaching of Jesus and in Acts describes the origins of Christianity and its expansion into the wider world. It is possible that Luke met and talked with Mary, the mother of Jesus, as he shares the words of the Magnificat. Luke alone mentions the census of Caesar Augustus, the journey to Bethlehem and the visit of the shepherds. He writes of Jesus' circumcision and the words of Simeon and Anna. He also gives an account of Jesus' Ascension.

In Luke's gospel we can find six miracles and eighteen parables that are not recorded elsewhere. Luke shares the healing of the ten lepers (Luke 17 v11-19) where only one of them, a Samaritan, returned to thank Jesus. He records the raising of the widow's son at Nain (Luke 7 v11-17) showing Jesus' great compassion for widows and especially this grieving woman. The parable of the good Samaritan (Luke 10 v30-35) reminds readers of Jesus' commandment to love your neighbour as yourself and the story of the prodigal son (Luke 15 v11-32) reflects God's divine grace.

Luke emphasises the inclusion in God's kingdom of all who believe and God's mercy for all who will turn to Him. Throughout the gospel Luke shows the importance of women (often marginalised in society at that time) their faith, hospitality and support for Jesus and that they were the first witnesses of the Resurrection.

Luke joined Paul on his missionary journeys and finally was with Paul in Rome. Paul valued this friendship and referred to Luke as 'the beloved

physician' (Coloss. 4 v 14) Also in 2Tim. 4 v11 Paul notes that only Luke is with him. In Rome, Luke was not in prison but able to visit and support Paul in his imprisonment. It is very likely that Luke stayed with Paul until he was martyred. Luke continued to complete writing his gospel and Acts of the Apostles, and according to early Church tradition preached in Greece, Libya and Egypt. He is also thought to have painted icons of the Virgin Mary.

Luke wrote about the separation of Christianity from Judaism (Acts 15 v 6-29) reporting the Gentiles who turn to God should have no 'irksome restrictions' placed on them. This reinforced the view that outward physical marks do not affect a person's standing before God.

Tradition considers Luke to have died around 84AD in Thebes, with some saying he was hanged from an olive tree. Acts of the Apostles ends around 60-62AD while Paul was under house arrest in Rome and there is no further record of what Luke did next. The American author Taylor Caldwell published a fictionalised biographical novel about Luke in 1959, entitled 'Dear and glorious physician'.

We celebrate St. Luke's day on **October 18th.**

From Heather Worsley.

Space to Breathe

Monthly Sunday evenings, 6pm at St Mark's Church Natland.

Life can feel busy and noisy. Space to Breathe is an 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

Caring for God's Creation

The Helm Mission Community Environment Group gathers every month at a different church to pray, share, act and learn about our responsibility as Christians to love and care for God's Creation.

The next meeting is on 24th Oct at The Salvation Army, Gillinggate and is entitled 'Laudato Si' Roman Catholicism & creation care.

Everyone welcome - any age. No expertise or special knowledge needed - just a love for our planet and nature. We meet at 10am for refreshments, then pray and learn together between 10.30am and noon.

Just turn up on the day or speak to Rev Lucy revlucyfoster@gmail.com



Thank you for pausing with us.

Thank you to everyone who visited our A Place to Pause prayer stations and shared prayers, hopes, ideas and reflections with us. We are very grateful for every contribution and are now taking time to listen carefully and reflect on what you have told us. Your feedback will help us as we pray and think about the future of our churches and how we can best serve our communities. We look forward to sharing some of what we have heard and our thoughts about what might come next very soon.

Reverend Becky

Music at St Mark's Saturday 31st October

Chris Bannister celebrates John Denver

Another evening of classics including all of the hits, Annie's Song, Take Me Home Country Roads, Alaska and Me plus many more.

Doors 7pm. Concert 7.30pm - Tickets: £15 (plus booking fee)

Text 07973 802637 to reserve or book online: [booking.com/uk/GWXC](https://www.booking.com/uk/GWXC)

JUST ONE.

One song can spark a moment.
One flower can wake the dream.
One tree can start a forest.
One bird can herald spring.
One smile begins a friendship.
One handclasp lifts a soul.
One star can guide a ship at sea
One word can frame the goal.

One vote can change a nation.
One sunbeam lights a room.
One candle wipes out darkness.
One laugh will conquer gloom.
One step must start each journey
One word must start each prayer.
One hope will raise our spirits.
One touch can show you care.

If a matter is not serious enough to pray about, then it is not
Serious enough to worry about, and if it is serious enough to pray
About, and we have prayed about it, then there is no need to
Worry about it.

From Norma and Paul Singleton

I've heard about plug-in solar panels that can sit on my balcony or in my garden – are they really worth it?

Plug-in solar panels can help lower your energy bills by generating your own electricity. While they produce less power than traditional panels, plug-in kits are a much cheaper upfront alternative. You can only have one per household but they can work well for renters and those living in flats with outdoor spaces. The government estimates you could save up to £110 a year on your energy bills.

But your actual savings will depend on how you position your panel, any shading that might block the sun, and if you have the flexibility to use appliances during the day. And you have to use it or lose it. The current rules mean you can't store electricity in a battery and you can't get paid for any unused power generated by your kit.

Check with your landlord or local council to see if you need their permission (read the manufacturer guidance). Make sure you have an all-in-one kit with a 3-pin UK plug and a UKCA (UK Conformity Assessed) mark. Never plug into an extension lead.

It's very important that you register your kit with your electricity network company. They provide the wires to your home and are different from the company you pay your bills to. Instructions on how to register are included in the Energy Saving Trust's guidance for essential safety and installation advice (available online).

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

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

Thursday 1st October at 3p.m. - Hymns and Readings

Thursday 8th October at 3p.m- Holy Communion

Thursday 15th October at 3p.m. – Hymns & Readings

Thursday 22nd October at 3p.m. – Hymns & Readings

Thursday 29th October at 3p.m. - Hymns and Readings

Thursday 5th November at 3p.m.- Hymns & readings

Come and join us. All are very welcome.



‘Walk & Talk’

Walk & Talk will resume on Wednesday 7th October - meet in front of the Church at 10.30 with Reverend Becky.



NATLAND CRAFT FAIR

in the Village Hall
(LA9 7QL)

Saturday 7th November
10am – 4pm

Admission Free

Raffle Refreshments

DONATIONS AND HELPERS NEEDED FOR THE CRAFT FAIR

Can you help?

There will be many wonderful Craft Stalls - great to start your Christmas shopping.

Contributions of raffle prizes and cakes for refreshments will be gratefully received.

Also volunteers needed to assemble the tables on the previous evening at 6.30pm would be much appreciated.

See Hazel Carter or any member of the Village Hall committee.

MOTHERS' UNION



The Mothers Union meeting on Thursday, 1st October will be in St Mark's Church at 2.00pm when the talk will be on 'Book Club' Ourselves.

Refreshments will follow.

The Brewkelele Band at Natland Mothers Union

On Thursday, 3rd September, the Brewkelele Band came to St Mark's Church to entertain us.

Since we were going to be in the church itself and not the vestry where we usually hold our meeting, we had invited local Mothers Union groups to join us and also any members of the congregation if they wished to hear the Band.

There were over thirty people listening to and enjoying the music.

There were six members of the Band with one also playing a bass ukelele and the harmonica and one playing a variety of whistles. The Band played a variety of tunes, some from the distant past including Elizabethan dances and rounds to the haunting theme from Chariots of Fire by Vangelis. There were also a variety of singalong tunes such as Blueberry Hill, Catch the Wind, Ain't Misbehavin' and Sunny Afternoon which were sung enthusiastically by the audience.

This was a very different Mothers Union meeting but was thoroughly enjoyed by everyone who attended, with laughter, fellowship and of course, followed with tea and biscuits.

Margaret Bateman

Coffee every Thursday Morning

Coffee is served every Thursday morning in the Church at about 10.30. after the 10am Holy Communion Service and is open to all whether they have attended the service or not.



September's fundraising coffee morning raised over £180 to help look after the church for the whole community. Thank you for everyone who came along and all who worked hard to run it.

The next fundraising coffee morning is on:-

October 15th Hosted by the MU

In aid of their scheme 'Away from it all'. A scheme providing families with a caravan in St Bees offering much needed respite to people unable to afford or access a break due to difficult circumstances.

NATLAND CRAFT GROUP



All are invited to join the Natland Craft Group on



Wednesdays 2-4pm in the Village Hall
Bring your craft and enjoy the company

USED POSTAGE STAMPS

Used postage stamps are always welcome for the Royal National Institute for the Blind.

Please cut a 1cm border around the stamps before placing in the box at the back of Church or left in the porch.



Thank you, 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.*

Endmoor Village Hall every Tuesday at 10.30 – 11.30am

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 admin@ageuksouthcumbria.org.uk



CHURCH CLEANING



Hazel Carter and Cath Cater 3rd October

Di Outhwaite and Gilly Peters-Parr 10th October

Margaret Bateman and Debbie Sutherland 17th October

Clive and Gill Walkley 24th October

Shirley and John Miller 31st October

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

MANNA HOUSE NEEDS YOUR SUPPORT!

But if you receive the Westmorland Gazette you probably knew that already! Or maybe you heard the plea for £100,000 by December on the local radio? As you will know all charities are finding funding very difficult at the moment. Manna House was in a similar position this time last year but somehow we have survived..... just. We need a substantial amount before the end of the year otherwise we will have to close in January or at least have to close down some of our services when they are most needed; staff have already cut their hours this month.

As Andrea, chief officer at Manna House writes: 'this is not financial mismanagement. Manna House has been and continues to be truly excellent. (We were given the Queen's award for voluntary service several years ago). As the only homeless prevention charity in South Lakeland and as mean and lean as we are, we serve over 7000 free lunches a year, hold over 700 Housing and Benefits appointments and engage in over one thousand 1 to 1 support sessions. We are responsible for holding dear all the people who otherwise slip through the cracks of mainstream help and social care services'.

In honour of Homeless Awareness Month, Manna House will have 'Keep the Door Open' throughout October. There will be an art exhibition from 4th to 31st when you are encouraged to buy local art and items made by the women's group 'Sew What', starting with Open House on Sunday 4th 1-4pm. There's even a midnight walk 16/17th!

Friday 23rd there will be a jazzy Hot Pot supper. 6-9pm.

For further details go to www.manna-house.org.uk. Then follow links, What we do, Our newsletter, Update autumn 26 and you will find much more information.

To donate go to <https://www.justgiving.com/mannahouse>

Or by BACS to Manna House (Cumbria)

sort code 16-52-21. account number 53190423

To contact them by phone: 01539725534

> Or by letter: The Stephenson Centre, Ann Street, Kendal, LA9 6AA

Please pray and get involved in any way you can

Thankyou

Margaret Myers



**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.**

Thank you.

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.



ALTAR FLOWERS

Harvest Sunday 11th October

We will be decorating the church for Harvest on Saturday 10th October. Extra help is needed from 10.00 am if you would like to join the team for what is always an enjoyable morning. Gifts of autumn flowers and foliage, fruit and vegetables appreciated please.

Thank you. Jenny
(015395 60512 or jennyandtigger@gmail.com)

Harvest Supper
Sunday 11 October @ 6pm
Bring and share buffet in Church
£5.00 Children free
All profits to the Bishop's Harvest Appeal



Please save the date. More details next month's magazine

BISHOP'S HARVEST APPEAL

In aid of Christian Aid in Burkina Faso and CMS in Northern Argentina.

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

www.stmarkschurchnatland.co.uk/

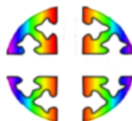
St Mark's Church

Facebook page:

@churchofstmark

For more Natland News visit:

www.natlandnews.blogspot.co.uk



From the Registers

Baptism :-

30th August Mylo Clough



"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'

Women's Institute

The next meeting is Meeting is on Wednesday 21st October
in the Village Hall at 7.30pm

Talk entitled 'Flood Risk Prevention in Kendal'

Competition - A pair of wellies

All new members welcome



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.



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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

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/

10am on Tuesdays at Crosscrake Church

Our free all-age community drop-in continues providing a friendly 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 the Community Hub between 10am and noon on Tuesdays.



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.



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.



Castlestead View,
Oxenholme
80% sold
Lovely community feel
Views and gardens
Please ring Margaret Doust
07525803994 to arrange
an appointment



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



INVESTORS IN PEOPLE
We invest in people Platinum



Prayer for St Francis Day (October 4th)

God of unrelenting beauty,
You are the origin and home of our deepest longing;
You are the beckoning word
That draws us into the truth of ourselves.

Through Jesus Christ
Through the Holy Spirit,
And through one another,
May we be released
From all that stands in the way of real freedom,
So that,
Naked to the eyes of the world,
We may revel in the rich garments of your grace and truth. Amen

Julie Greenan

Praise (after St Francis)

Composer of the cosmos
All offers you praise:

Brother Sun
Who orchestrates our days

Sister Moon
Singer of light and tides

Brother Wind
Who gives voice to the skies

Sister Water
Her music fluent through streams

Mother Earth
Who nurtures each season's song.

May we too share
your bounty.

Mover of mountains
Enable us to change.

Mary Palmer

PRAYER PAGE



Prayers (reproduced with permission from "Acorns and Archangels" Resources for Ordinary Time, Ruth Burgess);

Reverend Becky Gibbs



A free phone line of hymns,
reflections and prayers



Follow Daily Care Deeply
Speak Boldly Tread Gently

ST. MARK'S CHURCH NATLAND & OXENHOLME

Services	Readers	Readings	Sidespeople
4th October (Trinity 18) 10am Holy Communion - Marking St Francis	Miggy Scott David Smethurst	Micah 6:6-8 Luke 12:22-34	Stuart Game Shirley Miller
11th October (Trinity 19 - All age Harvest) 10am Holy Communion	Graham Day Dorothy Smethurst	Deuteronomy 8:7-18 Luke 17:11-19	Pam Noonan Collin Mansfield
18th October (Trinity 20) 8am Holy Communion 10am Morning Prayer	Mike Trellogan Linda Wood	Exodus 33:12-23 Matthew 22:15-22	Hilary Atkinson Mike Trellogan
25th October (last after Trinity) 10am Holy Communion	Tony Bontoft Margaret Myers	Deuteronomy 34:1-12 Matthew 22:34-end	Elspeth Jayne Martin Jayne
1st November (All Saints Day) 10am Holy Communion	Nigel Mitchell Cath Gaskell	Revelation 7:9-end Matthew 5:1-12	Marion Studholme Margaret Myers
Every Thursday there is a said Holy Communion Service at 10am			