November 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....

Vicar	**Reverend Becky Gibbs**	**074609 90631**
Becky's rest day is Saturday and occasionally Friday		
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Lucy's rest day is Monday	revlucyfoster@gmail.com	
Assistant Priest:	**Rev Marion Mashiter**	**01539 731957**
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MAGAZINE TEAM st-marks-natland-magazine@googlegroups.com

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

In 1982, inspired by my hero, “Wonder Woman”, I became the defender of the weak on the primary playground. Taller and stronger than most of the other children, I took on the bullies, often returning home with bruised skinny shins but buoyant. Sadly, in 1983 the bullies began to get bigger and I lost my first fight. I hung up my magic golden lasso!

In the last few weeks I have found two new heroes, again on TV. Ross Kemp and Miranda Hart; at the time of going to press, two “Faithfuls” in The Celebrity Traitors. For those unfamiliar with the show, celebrities gather in a Scottish castle, where the Faithful must work out who among them are secretly Traitors. As this magazine arrives, the final will either be approaching or we'll know who has won!

I like Ross and Miranda because they join in wholeheartedly, sometimes risking murder or banishment to raise more money for charity or stand up for a friend. I hope they don't become Traitors, but if they do, I'll forgive them. After all, it's just for fun.
Part of the appeal of The Traitors is that it's a game, it's pretend and the consequences aren't real. It's an escape from a world where people are genuinely hurt, broken and oppressed every day.

November is a month when we remember people whose courage and sacrifice have shaped our lives, sometimes at enormous cost. On the 1st, we give thanks for the saints, both those who have days named after them and the ordinary saints remembered by those whose lives they touched. On the 8th, Remembrance Sunday, we will pause to remember those who gave their lives in two world wars and pray for peace.

Jesus said, “Whatever you did for one of the least of these brothers and sisters of mine, you did for me.” (Matthew 25:40)

This verse appeals to me because it reminds us that heroism isn't necessarily about extraordinary acts but about the ordinary choices we make to stand alongside others.
I may have hung up my lasso in 1983 but in 2026 I haven't entirely given up

wanting to help those who need someone by their side.

Who might need you to be their hero today?

With love,
Reverend Becky

St. Andrew – first apostle and evangelist

St. Andrew is known to many of us as the patron saint of Scotland and St. Andrew's cross, the saltire, has been the national flag of Scotland since 1320. Andrew came from Bethsaida on the sea of Galilee and was a fisherman who worked with his brother Simon Peter (Mark1 v16-18) and the two were fishing partners with James and John. In John 1 v35 we learn that Andrew was a disciple of John the Baptist who on seeing Jesus announced to his followers 'There is the Lamb of God'. Andrew, we are told (John 1 v39-40) spent the day with Jesus and then went to find his brother and bring him to Jesus, telling Peter, 'We have found the Messiah'. (John 1 v41)

It is interesting that Andrew's name is not a Hebrew one but is Greek. At this time Greek language and culture was evident in Galilee and in the Byzantine Church Andrew is given the name Protokletos which means the first called, he was the first to follow Jesus.

It is Andrew who finds the boy with the five loaves and two fishes and says to Jesus, 'but what is that among so many' (John 6 v8-9). On another occasion Jesus foretells the destruction of the temple and Andrew with Peter, James and John asks Jesus when this will happen. Jesus responds telling them not to be alarmed by events but to be on their guard and ready to proclaim the gospel to the whole world (Mark 13 v1-10). Just before Passover (John 12 v20-22), John records that Greeks who had come to worship spoke to Philip asking to see Jesus. Together Philip and Andrew told Jesus and He shares a message to Gentiles. Some theologians wonder if Philip and Andrew were Greek speakers who could act as

translators. Following Pentecost, Andrew became an evangelist to the Greek world.

It is thought that Andrew preached around the Black Sea and Greece and he was martyred around 60AD in Patras. This may have been the outcome of bringing the gospel to Maximilla, the wife of the Roman Pro-consul who was so angry about this that he ordered Andrew's crucifixion. Tradition has it that Andrew requested to be placed on a X shaped cross as he felt unworthy to die on the same shaped cross as Jesus. Following the Resurrection and Ascension of Jesus, legend records Andrew preached the gospel as far as the Ukraine where he planted a cross and prophesied the foundation of a great Christian city, thought to be the Kyiv of today.

St. Andrew is the patron saint of several countries including Romania, Russia and the Ukraine. One tradition tells us that around 345AD St. Regulus had a dream to take the relics of St. Andrew from Patras 'to the ends of the earth'. He was shipwrecked close to modern day St. Andrews.

St. Andrew showed his love of the Gospel and his fearlessness in crossing borders to take the message of Jesus across the world.

We celebrate St. Andrew's day on 30th November.

From Heather Worsley



Ministry at Kendal Care Home

Every Thursday the 'Anna Chaplaincy' Team visits Kendal Care Home. Gill Pilling and myself are licensed Anna Chaplains - Gill for St Marks, and whilst I'm Salvation Army, I am actually licensed to KCH, and am Chaplain to the home. Margaret, Pam, Shirley, Heather, Audrey and Debbie are all Anna Friends

Originally St Mark's was responsible for every other week, and the Salvation Army for the others, but we soon realised that we could provide a much better service for the residents by amalgamating… They get all of us every week!

I currently have 3 of my congregation living in KCH.
We are very blessed that Joan from the URC and Gill W from St Mark's play for our hymns. (Currently on a keyboard as the home owns not one, but two of the most out-of-tune pianos imaginable!)
Every Thursday afternoon at 3pm, we hold a church service, that is attended by up to 30 residents. It isn't a tokenistic offering; for many of the residents of KCH it is their only church service, and we set the table and prepare our hearts and minds thoroughly.

After the service, the team divides into pairs to go and visit anyone who can't get to the service, or would like a visit. We visit those of all faiths and none, and we also chat to families and staff. There can be up to 15 people needing visits, and at times we have been there until 6pm!
On the second Thursday of the month Rev Becky leads a service of Holy Communion, and takes Communion to all who would like to receive it but aren't well enough to attend the service.

Our Rural Dean Rev Cannon Anne Pettifor is now on our rota to lead, as well as Rev Amy Bland (Hospital Chaplain,) and Rev Marie-Anne Kent (Methodist Minister.) We even had a retired Bishop come in to confirm one of the residents.

We have 3 residents who love to read Scripture in our services, all in their 90s.

Some family members and visitors make sure they come in on a Thursday afternoon, because they want to join in with the service.
It is a beautiful community. It is Church.
Come and join us!

P.S. If you are free about 3.30pm on Thursday 17th December we need carol singers so that we are able to sing to all the residents we visit….
Please come and join us.

Captain Canon Hilary Borthwick
Kendal and Carlisle Salvation Army
Tel: 07795 007821
email: hilary.b...@salvationarmy.org.uk

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

Thursday 5th November at 3p.m. - Hymns and Readings
Thursday 12th November at 3p.m- Holy Communion
Thursday 19th November at 3p.m. – Hymns & Readings
Thursday 26th November at 3p.m. – Hymns & Readings
Thursday 3rd December at 3p.m. - Hymns and Readings

Come and join us. All are very welcome.



I need some work doing on my roof, but last year a friend was scammed by rogue traders posing as roofers and they lost a lot of money. How can I protect myself from scammers?

You are right to be wary. Citizens Advice consumer service has seen a growth in roofing scams, from doorstep and telephone callers, and online. Don't feel pressured into choosing the first person who gives you a quote. Scammers know how to trick people to get what they want. Take your time to find the right trader, do your research, and if you think something isn't right, get help from our consumer service.

The best way to find a good trader is to get recommendations from people you know. If this isn't possible, ask the trader for references and check they are genuine. Check paper qualifications, and you can check online if they are a member of a trade scheme or association. Be wary if they just give a mobile number.

Meet traders before you hire them, ask for a quote, and be suspicious if they won't put it in writing. You should also be cautious if their price is a lot lower than other quotes you get. Check that they are properly insured. Avoid traders who only accept cash or want you to pay everything upfront.
If you're not comfortable with a particular trader, don't use them. You can always find someone else to do the work. Contact the Citizens Advice consumer service if you need more help - a trained adviser can give you advice over the phone (0808 223 1133) or by online chat, to help you spot and avoid scams, and get the support you need if you've been scammed.

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

Environmental Group Meeting

Our last meeting of 2026 will be on 28th November when we'll be hearing from local hedgehog carer and enthusiast Julie Merrall (who spoke brilliantly to Natland MU earlier this year) at Kendal United Reformed Church at 106 Highgate. She will have lots of footage of hogs in her garden tto inspire us to help our endangered spiny friends.

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.

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

Coffee every Thurday 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.

The October coffee morning raised £260 for the Mother's Union Away From it All project here in Cumbria. This enables families to have a caravan holiday at St. Bees.There are also funds to support other activities.

Thank you to everyone who baked, served,bought and enjoyed the coffee.
Elizabeth Chandler

The next fundraising coffee morning is on:-

November 12 In support of Manna House.
Kendal's centre of support for those who are homeless, vulnerably housed, lonely, or needing help.

Advance notice - **Christmas coffee morning** - In aid of Church funds will be on Sat 12 Dec. with seasonal refreshments and stalls as well as the usual cake stall and raffle.



CHURCH CLEANING



Martin and Elspeth Jayne 7th November
Joyce and Roy Watkinson 14th November
Tony and Liz Bontoft 21st November
Hazel Carter and Kath Cater 28th November
Di Outhwaite and Gilly Peters-Parr 5th December

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

MOTHERS' UNION

The next meeting of Natland Mothers Union will be on Thursday, 5th November, at 2pm when Colin Kendal, one of the volunteer riders for the Blood Bikes, will be coming to speak to us about the amazing work they do. He also hopes to bring one of the liveried bikes to show us.

You would be very welcome. Please come and join us

Refreshments will follow.

St. Mark's Natland Mothers' Union

At the October meeting members thoroughly enjoyed an illustrated talk on "A Month in Japan" given by Cherrie Trelogan. The presentation ranged from the busy streets of Tokyo and Kyoto to tranquil gardens and pilgrimage walks in the countryside. Different styles of Art and Calligraphy were a highlight. The traditional furnishings and beds had members wondering how they would get up from the floor!! An excellent afternoon of fellowship.

Elizabeth Chandler



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

NATLAND CRAFT FAIR

in the Village Hall
(LA9 7QL)

Saturday 7th November

10am – 4pm

Admission Free

Raffle Refreshments



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*



South Cumbria ageUK
Let's change how we age

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.

Natland Lunch Club – unfortunately due to the Punch Bowl closing, this lunch club is no longer running.

We do have lunch clubs at the Station Inn, Oxenholme; Hansens Ice Cream Parlour, Kendal; Gilpin Bridge, Levens; The Wheatsheaf, Beetham and Crooklands Hotel as well as several others in the local area.

For more information please call our admin team on *01539 728118 or email ad...@ageuksouthcumbria.org.uk*

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



TIME FOR A CHUCKLE.

The statements below are said to have been written by actual students and are genuine, authentic, and not retouched or corrected:-

1.
In the first book in the Bible, Guinessis, God got tired of creating the world, so he took the Sabbath off
2.
Adam and Eve were created from an apple tree.
3
Noah's wife was called Joan of Arc.
4
Noah built an ark, which the animals come on to in pears.
5
Samson slayed the Philisteens with the Axe of the Apostles.
6
Moses led the Hebrews to the Red Sea, where they made unleavened bread without any ingredients.
7
Moses died before he ever reached Canada.
8
David was a Hebrew king skilled at playing the liar, he fought with the Finklesteins, a race of people who lived in Biblical times.
9
The epistles were the wives of the apostles.

Signs outside Churches.

Give God what's right - not what's left
Man's way leads to a hopeless end! God's way leads to an endless hope
A lot of kneeling will keep you in good standing.
Don't wait for six strong men to take you to church.
The church is prayer-conditioned.
Suffering from truth decay? Brush up on your Bible.

From Norma and Paul

Donations are always welcome

MANNA HOUSE

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

King's food bank

The kings food bank thank us for our gift of food throughout the year.

According to the website the following items would be particularly welcome:

Instant pasta
Instant noodles
Instant mash
Long Life semi-skimmed milk
Large tins of vegetables(eg carrots, sweetcorn)
Custard
Tinned meat in sauce,
Tinned Ravioli
Tinned Rice Pudding
Corned beef
Cup a Soup
Microwave Rice
Cereal
Biscuits,
Coffee,

Please leave any donations of food inside the box in Church. the box is emptied each Monday(except Bank holidays)

BISHOP'S HARVEST APPEAL

Harvest Supper and Produce auction

£236 was raised for Christian Aid in Burkina Faso, and CMS in Northern Argentina.



ALTAR FLOWERS

A big thank you to all those who provided flowers, produce and foliage and helped decorate the church for Harvest. A great team effort.

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

'Walk & Talk'

Walk & Talk will resume on Wednesday 4th November - meet infront of the Church at 10.30 with Reverend Becky.



Women's Institute

The next meeting is Meeting is on Wednesday 18th November in the Village Hall at 7.30pm

Annual General Meeting And

Jacobs Join Supper

All new members welcome

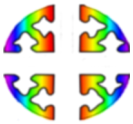
Home Communion or Visit



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





From the Registers



Baptism :-
Iona Isobel Waine 27th September
Evelyn Rose Flanaghan 18th October
Lucy Clarke 22nd October

Wedding :-
Elena Nagle and Luke Helmn 25th September

"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'

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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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Fitness Classes in Natland Village Hall

Fun & friendly fitness for all!

Mondays

10-10:45am
Piloxing Class
(Dance, Boxing, & Pilates style exercises to music) £7

11-11:45am
Mat Based Pilates Class
(Working on improving posture, balance, flexibility, and core & back strength) £8.50

6-6:45pm
Circuits Class
(A variety of exercise stations with different fitness kit targeting both building strength and improving cardiovascular fitness) £7

Thursdays

6-6:45pm
Full Body Fitness Class
(Bodyweight exercises or bring your own weights. A variety of exercises to build full body strength and fitness) £7

SARAH BROOK FITNESS

Instructor: Sarah
Sarah Brook Fitness
sarahbrookfitness@outlook.com
www.sarahbrookfitness.com



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

0800 804 8044
DailyHOPE
A free phone line of hymns, reflections and prayers

Follow Daily Care Deeply
Speak Boldly Tread Gently

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.





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.



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INVESTORS IN PEOPLE We invest in people Platinum | Dementia Friends | disability confident COMMITTED | HDN YOUR NETWORK TO DIVERSITY

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.





PRAYER PAGE

In this season of Remembrance,
bring comfort to those
coming to terms
with the unexpected
loss of a loved one.
Bring healing to those
alive but broken

by serious injuries
and related trauma.
Bring unity to those
working for peace
and understanding
between communities.
Bring your warmth
to those whose hearts
are cold and empty,
and bring your blessing
on all who in such times
are there to share your love.
Amen. *(from www.faithandworship.com)*



For those
who walked with us,
this is a prayer.
For those
who have gone ahead,
this is a blessing.
For those
who touched and tended us,
who lingered with us
while they lived,
this is a thanksgiving.
For those
who journey still with us
in the shadows of awareness,
in the crevices of memory,
in the landscape of our dreams,
this is a benediction.

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ST. MARK'S CHURCH NATLAND & OXENHOLME			
Services	Readers	Readings	Sidespeople
1st November (All Saints Day) 10am Holy Communion	Nigel Mitchell Cath Gaskell	Revelation 7:9-end Matthew 5:1-12	Marion Studholme Margaret Myers
8th November (Remembrance Sunday) 10am Holy Communion	John Chandler Colin Gaskell	Colossians 3:12-17 Matthew 5:1-14	Liz Bontoft Tony Bontoft
15th November (2nd before Advent) 8am Holy Communion 10am Morning Prayer	Hilary Atkinson Roy Watkinson	1 Thessalonians 5:1-11 Matthew 25:14-30	Di Outhwaite Jenny Kelly
22nd November (Christ the King/Stir up Sunday) All Age Holy Communion 10am	Collin Mansfield Pam Noonan	Ephesians 1:15-end Matthew 25:31-end	Paul Singleton Penny Day
29th November (Advent 1) 10am Holy Communion	Miggy Scott Bill Wood	Isaiah 64:1-9 Mark 13:24-end	Stuart Game Shirley Miller
6th December (Advent 2) 10am Holy Communion	Hilary Atkinson Graham Day	Isaiah 40:1-11 Mark 1:1-8	Mike Trelogan Miggy Scott
Every Thursday there is a said Holy Communion Service at 10am			