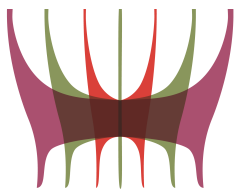
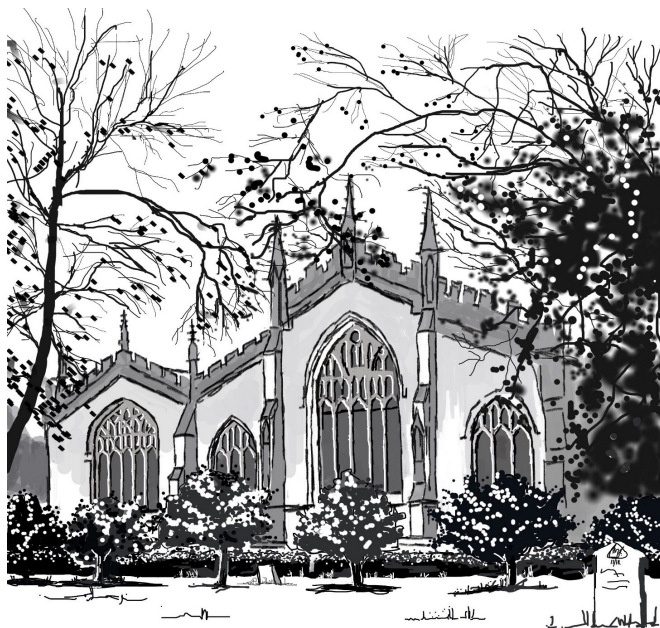


PARISH LIFE

Magazine



HOLY TRINITY KENDAL PARISH CHURCH



March 2025

50p

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Parish Hall bookings	bookkph@gmail.com	via Church Office

Journeying through Lent

Our Candlemas Eucharist on 2nd February brought to a close our celebrations of the birth of Jesus with the words “Here we turn from Christ’s birth to his passion. Help us for whom Lent is near to enter deeply into the Easter mystery.....”

Think on those last few words – “*to enter deeply into the Easter mystery*” - not to sit on the edges and dabble or to make a cursory, half-hearted effort to try and engage and understand but to **enter deeply**, with all our heart and with all our mind.

Before launching his public ministry Jesus went into isolation in the wilderness, fasted and wrestled with temptation. The desert place was where he regularly withdrew to escape the crowds, to be in closer contact with God, to experience the human lot and to recharge his spiritual batteries. In the busy helter-skelter of our own lives we all need our own little desert place or sanctuary where we too can meet and speak with God and “sort ourselves out”, whether it be a particular room at home, a special corner of the garden or a favourite walk.

The American theologian Frederick Buechner wrote that in the wilderness Jesus was trying to figure out “what it meant to be Jesus.” It was a time when he discovered, step-by-step, more about himself as he walked, talked, prayed and healed. However we choose to mark this Lent - abstaining from certain meals or luxuries such as sweets, caffeine or alcohol, committing more time to prayer and study, following the alms-giving tradition of giving to the poor - perhaps it is a good time to rediscover what it means for us as Christians to be true followers of Jesus as our Lenten journey takes us from the dusty crosses of Ash Wednesday to the wooden cross of Calvary. The liturgy – sermons, readings, hymns, music, prayers – during the next 6 weeks will serve to help us as we journey together.

Buechner concludes that through his wilderness experience Jesus “rewrote his own story” and Lent gives us a similar chance to rewrite ours. But if Lent does anything at all it should constantly remind us that the Lord we follow came to earth “not to be served, but to serve.” He emptied himself

of all his prerogatives and rights. He considered God's way the better choice and encourages us to do the same.

May you have a fulfilling journey of discovery this Lent.

Every blessing

Ashley

The Examen – a review of the day

This is an exercise to do at the end of the day as a way of looking back over the day and seeing where God has been working in your life using these ideas:

1. Be aware of being in the presence of God. Think through the day and give thanks to God for all the gifts He has given you during it. Give thanks for things received from other people and for your own gifts which have enabled you to live fully during the day.

2. Ask for grace to know where you went wrong during the day and for the wisdom to know how to correct things. Ask the Holy Spirit to guide you in this. Don't judge yourself.

3. Look over the day and see where God has been working. Look for the stirrings in your heart and the thoughts which God has given you. Some useful questions to ask yourself in this time are: 'For what moment today am I most grateful?' and 'For what moment today am I least grateful?' or 'When did I give and receive the most love today?' and 'When did I give and receive the least love today?'

4. Expressing sorrow for your wrongdoings and asking God's forgiveness and then accepting it.

5. Think through what you are going to be doing tomorrow and ask for God's help. Talk it over with God in your prayers.

Other pairs of questions which could be used:

When was I happiest today?

When was I saddest?

What was today's high point?

What was today's low point?

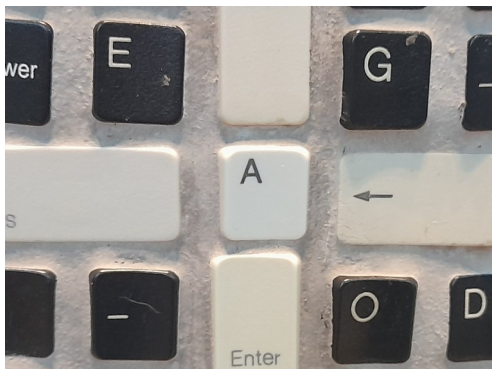
When did I feel most alive today?

When did I feel most life draining out of me today?

Another way of doing it is to reflect on the past day and think about how God has shown His love for you and how you have responded.

Marjorie Arnold

Parish Church Quiz No. 4



Last month's picture was of a small section of the sculpture "The Last Supper" which was created in 2019 by Peter Barnes, and was brought into church at the end of October, it's original destination being unable to accept it due to it's size.

The sculpture is a three-dimensional reproduction of the Leonardo da Vinci famous painting in Milan.

It is an unusual piece of work stretching four metres long and made from mosaic tiles, it depicts Jesus and his twelve disciples.

The sculpture consists of some 50,000 recycled keys taken from old computer keyboards.

Some are laid out to create words and phrases from the Bible, others are simply at random, whilst a careful look at the work will reveal a number of hidden messages.

Apart from being here in Kendal, the sculpture has also visited Windsor, Chester, Dorchester and many other churches.

March Quiz Picture:



Things ain't what they used to be

Jack Grayston, who died recently just 11 days short of his 100th birthday, sent this anecdote for the March 2013 edition of Parish Life. We reprint it here in memory of Jack as it will surely strike a note with many and hopefully bring a few smiles too!

“Eating in the UK in the Fifties”

Pasta had not been invented

Curry was a surname

A takeaway was a mathematical problem

A pizza was something to do with a leaning tower

Bananas and oranges only appeared at Christmas time

All crisps were plain; the only choice was whether to put the salt on or not

A Chinese chippy was a foreign carpenter

Rice was a milk pudding and never ever part of our dinner

A Big Mac was what we wore when it was raining

Brown bread was something only poor people ate

Oil was for lubricating, fat was for cooking

Tea was made in a teapot using tealeaves and was never green

Coffee was Camp and came in bottle

Cubed sugar was regarded as posh

Only Heinz made beans

Fish didn't have fingers in those days

Eating raw fish was called poverty, not sushi

None of us had ever heard of yoghurt

Healthy food consisted of anything edible

People who didn't peel potatoes were regarded as lazy

Indian restaurants were only found in India

Cooking outside was called camping

Seaweed was not a recognised food

Kebab was not even a word, let alone a food

Sugar enjoyed a good press and was regarded as being white gold

Prunes were medicinal

Surprisingly muesli was readily available – it was called cattle feed

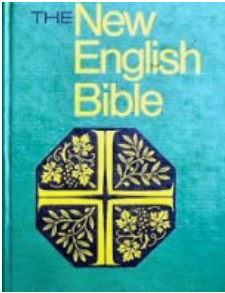
Pineapples came in chunks in a tin; we had only ever seen a picture of a real one

Water came out of the tap; if someone has thought of bottling it and charging more for it than petrol then they would have become a laughing stock

And the one thing we never had on our table in the Fifties? – was elbows!



Thank you Jack



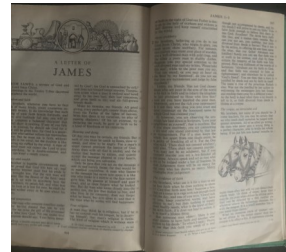
Letter of James: The evidence of faith.

I started the Alpha course in April 2024, which became an opening to a weekly bible course.

Currently we are studying “A Letter of James”, and having just read ‘the evidence of faith” I felt the urge to write.

In the New English Bible chapter 2 verse 20, James writes “But can you not see, you quibbler, that faith divorced from deeds is barren?” and in chapter 2 verse 26 he writes “As the body is dead when there is no breath left, so faith divorced from deeds is lifeless as a corpse.

This made me think about personal lifestyle changes to help mitigate Climate Change.



Outright Climate Change deniers still exist, but most people now accept our climate is changing. But two new denial arguments have emerged which is either thinking that we are doomed, and so it's futile to try to take on personal responsibility to mitigate Climate Change, or believing in the over optimistic opinion that humans will come up with something in time to save our futures, and so again this takes away our personal responsibility to act. There are also people who believe that unless every government and business in the world and everyone collectively in all nations act to reduce carbon emissions, there is little point anyone playing their part.

There is no doubt that the situation is dire and last year's average temperature of over 1.5 C since the start of the fossil fuel era makes the future look very scary.

However, there are signs governments, and businesses are changing, albeit too slowly, working at reducing carbon emissions. And we all must reduce our personal emissions immediately and significantly.

As we know, it is mostly the poorest in the world who are suffering most and who have done the least to cause our climate to change; so it's a social justice issue.

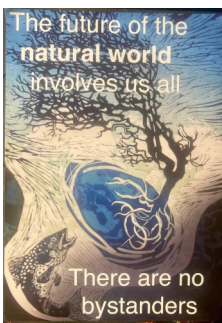
However, as seen recently in Los Angeles, the wealthy are not immune from the ravages of extreme weather events.

As Christians, faith is considered a virtue, but as James said we need to act. Faith without deeds is barren. So yes, let's change our behaviour to reduce our carbon footprints, showing our respect for each other, and for the biodiversity of our planet, God's wonderful creation.

Pastor, Brian McLaren (who I heard speak at last year's Greenbelt Festival) wrote in his book "Life after Doom" we have four outcomes:

1. Collapse Avoidance. We all wake up in time to prevent collapse of our civilization.
2. Collapse/ Rebirth. We don't act with sufficient urgency resulting in Climate Change causing collapse of our civilisation (loss of habitable land due to sea level rise and desertification of land masses, loss of land that can support growing food, resulting in mass migration of populations, more wars and societal breakdown). Very ugly. The few survivors regroup and rebuild new communities in a severely disabled global ecosystem.
3. Collapse/Survival . Similar to outcome 2, but much worse for the few survivors.
4. Collapse/Extinction.

We are all hoping for outcome 1, Collapse Avoidance, but we all must act fast and significantly to support this. Perhaps it isn't achievable, but don't you want to be part of the effort in love of God's Creation, and in love of our neighbours?



Kendal Quaker artist Caroline Stow's beautiful poster carries the words "The future of the natural world involves us all. There are no bystanders. You may have seen the poster displayed on some windows and clothing.

Facing my own mortality is hard, but facing the death of my mortality project (the continuation of life after my death) is so very much harder.

References:

New English Bible. A Letter of James

Life after Doom. Wisdom and Courage for a World Falling Apart, Brian McLaren

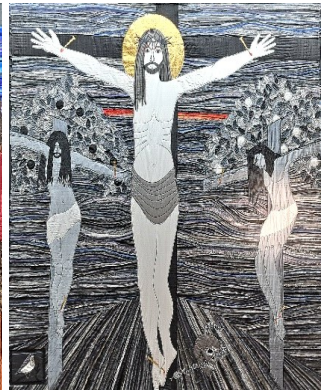
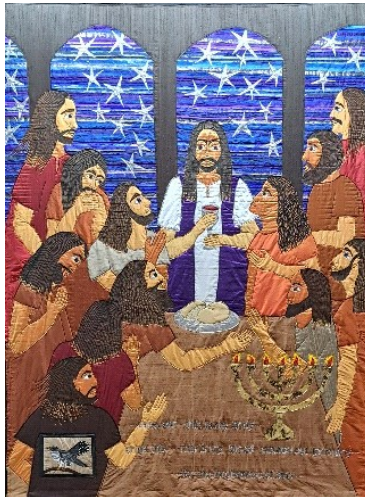
Caroline Stow. Poster.

John C Hall

Threads through the Bible

Chris and I were fortunate to be able to visit this amazing tapestry exhibition at Liverpool Cathedral in early February, having seen it advertised on BBC Look North West.

It is an extraordinary piece of art, created by one person, Jacqui Parkinson. Unfortunately, by the time you read this, the exhibition will have moved on from Liverpool Cathedral. Dates and locations of future exhibitions of this work are at the end of this article. Here is just a taste of what we saw.... The panels are LARGE!



The following information is from the website Threads through the Bible | Jacqui Parkinson Textile Artist

Declaring God's love in 25 million stitches.... A moving story in three parts that engages visitors of all backgrounds speaking out clearly the Christian message. Following the tradition of storytelling with colour and pattern in stained glass, painting, tapestries and sculpture.

*An astonishing display of extraordinary artwork, 44 panels that inspire and delight
Three spectacular sequences created by one person over ten years.*

Threads through Creation

From the first pages of the Bible, twelve huge panels retell the wonderful creation story from Genesis.

Threads through the Cross

At the heart of the Bible, eighteen huge panels start with the birth of Jesus, and then move on to his death, resurrection and ascension.

Threads through Revelation

Fourteen huge panels re-imagine the scenes from the last pages of the Bible. From tragedy here is triumph; the exhibition ends with spectacular panels, a great vision of hope.

2025 Exhibition Dates

Threads through the Bible | Creation + Cross + Revelation

16th January – 2nd March – LIVERPOOL CATHEDRAL

7th March – 5th May – SOUTHWELL MINISTER

9th May – 30th June – ELY CATHEDRAL

Threads through the Cross

3rd July – 4th August – RIPON CATHEDRAL

7th August – 22nd September – SHEFFIELD CATHEDRAL

25th September – 3rd November – GUILDFORD CATHEDRAL

2026 & 2027 Exhibition Dates

Threads through the Bible | Creation + Cross + Revelation

TBC January – 2nd March – BATH ABBEY + ST MICHAELS + ST SWITHENS

9th May – 29th June – CHESTER CATHEDRAL

4th July – 31st August – LINCOLN CATHEDRAL

We would highly recommend visiting this extraordinary exhibition if you are in the vicinity of any of the above venues at the right time.

Rachel Marshall

Communicating Climate Action

Kendal Parish Church, an historic landmark, is a symbol of resilience and community. There are increasing challenges & opportunities due to climate change.

KEPCEA is working towards achieving the Silver status & together through faith & stewardship, we can implement practical, achievable solutions.

1. Relate Climate Action with Faith and Values

Climate change is not just a scientific issue; it is a moral and spiritual one.

We are stewards of God's creation & are responsible for looking after it for our children's future & for all living creatures.

2. Focus on Solutions and Hope with Clear, Simple Actions

Instead of giving desperate, gloomy messages, let's highlight the positive steps we can take as individuals and as a church community as it encourages hope & commitment.

Here are some simple steps which we can take on board to reduce our Carbon Footprint: –

- Use public transport, walk, or cycle when visiting the church
- Reduce energy use & switch to renewable energy providers
- Reduce food waste and choose sustainable products
- Support environmental charities, local conservation projects & campaigns by participating or by donations
- Plant trees and protect green spaces.
- Get involved in planting wildflower meadows & native flowers for bees, butterflies & birds
- Create habitats for local wildlife - Hedgehog Highways & Bug Hotels. No mow meadows

3. Use Relatable and Local Examples

Climate change can feel distant with so much scientific evidence, so let's bring it closer to home. We can see how changing weather patterns affect Cumbria's natural beauty, agriculture & flood risks. Our community is already adapting; we can inspire others to take action & make a difference.

4. Engage Through Conversations, Not Lectures

Effective communication is a two-way process. It is important that we have events for discussion - whether through sermons, small group discussions, or community events. It encourages our community to share thoughts and concerns & helps build a shared understanding and a collective commitment to action.

5. Use Inspiring and Inclusive Language

Climate action is a hopeful, shared journey & not a burden makes it more inviting. Phrases like “caring for God’s creation” or “building a greener future together” can be more motivating than technical terminology.

6. Lead by Example; Actions speak louder than words.

KPC plays a vital role to promote a faith-driven response to climate change. Together, we can encourage meaningful change, not just within our congregation, but across our wider community.

Let’s talk, take action, and work together towards a more sustainable future.

Revd.Prof. Ian James

What’s going on here then

High level grandstand seating for enlarged congregations ?

New climbing frame for more active seniors ?

TV camera viewing platform for Christenings ?

Answer in next months magazine.....



Lent Lunches



The first Lent Lunch this year is on Ash Wednesday **March 5th** and then each of the following five Wednesdays. Please come and bring your neighbours and friends.

Each week enjoy a variety of homemade soup and cakes and help to raise funds for Christian Aid.

Help is needed not just making soup (ideally in a slow cooker) and cake but also providing bread and butter, serving our guests and washing up. Look out for the sign up sheet at the back of church which still has many blanks.



This year the focus of Christian Aid is on climate change particularly in South America. Uncertainty looms over Indigenous farming communities in the Alta Verapaz region of Guatemala, Central America. In this forested area of mountains and rivers, the livelihoods, traditions and very survival of farmers and their families are threatened by deadly droughts, savage storms and monster monoculture plantations.

That includes Amelia, a resourceful and determined 24-year-old farmer who lives with her husband and their two children, 8-year-old Lázaro and 4-year-old Yakelin, on ancient and beautiful land that's been in Amelia's family for generations. 'I have always been fascinated by planting and have loved it since I was very young,' she says. The family belong to the Indigenous Q'eqchi' community, who are close, and live by a blend of Mayan and Catholic traditions.



Amelia's farm, first and foremost, feeds her young children. She tries to grow a range of crops and root vegetables that will provide them with a balanced diet, such as bananas, peppers and cassava. This

way, Amelia can protect them from malnutrition. But the climate crisis is ravaging farms like Amelia's, causing both the dry and rainy seasons that would once arrive with predictability to intensify and shift erratically. Recent harvests have failed, and fruit and vegetables have become unobtainable locally.

The family's diet now largely consists of rice and tortillas.

'My first priority is to feed my family,' says Amelia. 'I worry about what my children will eat.'



Inese Vaivode

Our new Families and Children's Worker is Inese Vaivode. She is a member of the choir and, with her son Tristan, helps with the Kendal Choristers. Her family have lived in Kendal 15 years.

Inese had been working in Leeds in hospitality and came to Cumbria almost by chance whilst looking for childcare for son Daniel.

Inese grew up in Latvia in Daugavpils, the second city, which is about twice the size of Kendal. She has a degree in education and has trained as a singer. Latvia is a small country but its population are known for their voices. School hours end in the early afternoon and Inese attended music school 3 times a week after school studying theory, conducting and as a soloist.



In recent centuries Latvia has had a fluid history and Daugavpils is close to Lithuania, Belarus and Russia. Independence from the Soviet Union came in 1991. Although Inese learned English at school, it was working in Leeds that she achieved fluency, working on the frontline of a 4star hotel.

She has been studying for another qualification from UCLAN and has worked as a class assistant at Kendal College with students with special needs.

At Kendal Parish Church, Inese is already immersed in Messy Church, Sunday morning activity for young people and a lunchtime club at Vicarage Park School.

However it's not just Inese's job to boost the numbers of our young folk in church. That's our job too!!



Come and Join us for family fun
at Messy Church



8th March 2025

9am-11am

at Kendal Parish Church

Enjoy breakfast, bible stories, crafts and
activities for all ages

Booking <https://www.trybooking.com/uk/EMUG>

For more details contact
inese@kendalparishchurch.co.uk

All children must be accompanied by an adult

On **Saturday 22nd March** there will be a further chance to 'dip your toe' into the Old Testament. Under A Tale of Two Prophets, we shall look at Amos and Hosea, two men who were totally different from each other yet whose messages overlapped. What did they have to say and why? Are they important for us today and, if so, how might we apply what they said? We will meet in the vestry at 9.30am for 9.45am and will finish by 12 noon. Don't forget to bring a Bible! You can just roll up but, as usual, if we know you are coming (email to michaeljh45@aol.co.uk) we'll make sure there are refreshments for you! Michael Hunter.

Spring Cleaning Session - 5th April 10.00am -12.00pm Do you like polishing silver, brass or wood? Could you help tidy any corners of the church building that need a bit of tlc? If so, please put the date in your diary; details to follow. Our cleaners do a wonderful job, but there's always more to do! Many thanks, The Wardens.

A Prayer for our new Bishop

Everlasting God, You have welcomed each one of us in Jesus and called us to be your people in this place: Send us your Holy Spirit, and fill us with vision, energy and faithfulness in prayer that we may be true to our calling to follow daily, care deeply, speak boldly and tread gently. Guide us as we seek to discern who you are calling to be our new Bishop, that they may be a wise and gentle shepherd of your people, ready to serve us with joy, build us up in faith and be a herald of your son, our Saviour, Jesus Christ
Amen

Andy Ward, Network Youth Church Leader in Barrow will be ordained on 28th June at Carlisle Cathedral and will be licenced to serve as Assistant Curate (in training) at Holy Trinity Kendal. Please pray for Andy and his family as they prepare to move to Kendal and join our church family.



Sunday Services in March

Sunday 2nd Sunday Next Before Lent

8.00am Holy Communion (BCP)
 9.30am Parish Communion (CW)
 11.15am The Gathering, Café style

Sunday 9th First Sunday of Lent

8.00am Holy Communion (BCP)
 9.30am Parish Communion (CW)
 11.15am The Gathering, with Communion
 4.00pm Evensong

Sunday 16th Second Sunday of Lent

8.00am Holy Communion (BCP)
 9.30am Parish Communion (CW)
 11.15am The Gathering

Sunday 23rd Third Sunday of Lent

8.00am Holy Communion (BCP)
 9.30am Morning Prayer, with Baptism
 11.15am The Gathering, with Communion
 4.00pm Evensong

Sunday 30th Mothering Sunday

8.00am Holy Communion (BCP)
 10.30am Joint Service (CW)

MOTHERING SUNDAY

A WEEK ON



FLOWERS MAY BE PAST THEIR PEAK,
 CHOCOLATES DEVoured BY CHILDREN



CARDS NOW BEING USED BY FAMILY
 MEMBERS AS DRINKS COASTERS



BEDROOMS HAVE REVERTED
 TO THEIR NATURAL STATE

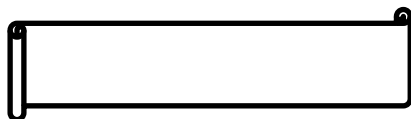


TO DO
 MAKE LUNCHES
 LIFTS SHOPPING
 CLEANING
 LAUNDRY
 COOKING
 PICK UP MISC
 UNDERWEAR
 FROM FLOOR
 ETC ETC

THINGS ARE GENERALLY
 BACK TO NORMAL

LENT FASTING

Lent is a time when many Christians traditionally take part in some type of fasting. The Environment Group would like to encourage the wider congregation to take part in the Climate Stewards 'Fast For Lent'. Each week features a different theme designed to help us take climate action. We will put details on the board at the back of Church, or you can sign up yourself online.



From the Registers

Funerals

3rd February	Robert Armitstead
5th February	Jill Hewitt
6th February	Roy Gudgeon David Lunt
12th February	Martyn Carlton
14th February	Harry Brown
17th February	Terry Metcalfe
18th February	Christine Tonnet
21st February	Sue Rowley
24th February	Leslie Carradus
27th February	Christine Reid

Thank you very much to all who have contributed to this magazine. We would love to include your articles, notices, funny stories etc in future magazines. Do let us know if you would like any help or advice with articles.

Please email items to magazine@kendalparishchurch.co.uk - we need to receive them by 15th of the month before publication.

Stephen Lockwood and Susan Heyes, *Editors*



Kendal's oldest building, one of England's widest churches.

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Any views expressed in this magazine are not necessarily those of the editors
or the Anglican Parish Church

