



HOLY TRINITY KENDAL PARISH CHURCH

Prayer Calendar March 2026

“When you fast, do not look sombre as the hypocrites do, for they disfigure their faces to show others they are fasting.

Truly I tell you, they have received their reward in full. But when you fast, put oil on your head and wash your face, so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.”

Mathew 6:16-18



Upcoming Collective Prayer opportunities

Every Wednesday	9:15-9:45 am	Morning Prayer on Zoom (ID: 883 1792 7919/Passcode 519219)
24th March	10:00-10:30am	Contemplative Prayer Church (4th Tuesday)
29th March	4:00-4:30pm	Prayers for Peace Church

Mon 2nd	For everything there is a season, and a time for every matter under heaven. (Ecclesiastes 3:1) March can feel like a "waiting" month — waiting for spring, waiting for Easter. Pray for the patience to trust God's sovereignty over the "seasons" of your life.
Tues 3rd	Even in dark times help me Lord to be able to find moments of joy in my life. "The fulness of joy is to behold God in everything." <i>Julian of Norwich</i>
Wed 4th	For Kendal and its residents, businesses, communities and services – that God's Kingdom may come in righteousness, service and integrity.
Thurs 5th	For persecuted Christians across the world; continuing and largely forgotten in Somalia, Yemen, Sudan and Eritrea, and worsening situations in China and Iran. Lord strengthen and protect our brothers and sisters.
Fri 6th	WORLD DAY OF PRAYER Come to me, all you who are weary and are carrying heavy burdens, and I will give you rest. Matthew 11:28
Sat 7th	He makes wars cease to the ends of the earth. He breaks the bow and shatters the spear; he burns the shields with fire. Psalm 46:9 Dedicate time to pray for nations experiencing war. Pray specifically for "disarmament and dialogue" over violence, and for the safety of those living in crossfires.
Sun 8th	INTERNATIONAL WOMEN'S DAY We give thanks for the blessing, wisdom, and gifts of women everywhere. We pray for those facing oppression, particularly in Afghanistan and Iran at this time, and for all who work to bring about justice and respect. For all victims of domestic abuse, regardless of gender.
Mon 9th	For Bishop Rob in his ministry across Carlisle diocese.
Tues 10th	Help me today to do every little bit of good I can.
Wed 11th	"If the only prayer you say today is Thank You that is enough." <i>Meister Eckhart</i>

Thurs 12th	For Alan and Lex our mission partners – for God to bless their family, strengthen their work and guide them in decisions over the next few months.
Fri 13th	The compassion of God is for all that has been made. Psalm 145:9
Sat 14th	For the UK church and its mission – Lord strengthen all that is good, and enable new and effective bridgeheads into today’s culture. For young people to find God as they search for meaning and purpose in a godless culture. For lasting fruit from the ‘quiet revival’ happening in UK.
Sun 15th	MOTHERING SUNDAY For everyone with a mothering role. We give thanks for them and for their reflection of God’s care in our lives. We pray for those who have a difficult relationship with their mothers; may they find the right path to healing and wholeness. For all who mourn today.
Mon 16th	For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink... Matthew 25:35 Lent is traditionally a time of fasting, which makes us more mindful of those who hunger involuntarily. Pray for those who do not have enough to eat.
Tues 17th	ST. PATRICK (died c.460) Christ with me, Christ before me, Christ behind me, Christ in me, Christ beneath me, Christ above me, Christ on my right, Christ on my left...(from <i>St Patrick’s Breastplate prayer</i>)
Wed 18th	“The price of inaction is far greater than the cost of taking responsibility.” <i>Meister Eckhart</i> Heavenly Father, give us the courage to act boldly when there is a need.
Thurs 19th	JOSEPH of NAZARETH Father, help us to understand better the trauma when we hear of people being displaced from their homes in fear - just as Mary, Joseph and Jesus experienced. Point us to ways we can show your care and love.
Fri 20th	St. CUTHBERT - Bishop of Lindisfarne (died 687) “Almighty God, in your mercy grant that we, following the example of Cuthbert, may bring home to your fold those who are lost.” <i>David Adam</i>

Sat 21st	<p>The earth is the Lord's, and everything in it, the world, and all who live in it. Psalm 24:1</p> <p>As spring begins to take hold pray for a global commitment to protecting the environment.</p> <p>Pray for our own stewardship and ask God to prompt us to what we can do to care for the world around us.</p> <p>Lord, help me to appreciate this day's newness and freshness.</p>
Sun 22nd	<p>For those struggling with guilt or despair – that they may turn to Christ and discover His rest, love, forgiveness and freedom.</p>
Mon 23rd	<p>Give thanks for our young families, the faith and commitment of their parents, and for Inese, Jane and others as they lead and teach our young people. For the Baby and Toddler Group, for Dot and leaders.</p>
Tues 24th	<p>“We have learned a bit too late in the day that action springs not from thoughts but from a readiness for responsibility.”</p> <p><i>Dietrich Bonhoeffer</i></p>
Wed 25th	<p>THE ANNUNCIATION</p> <p>Be it unto me according to your word. Luke 1:38</p> <p>“Mary believed that when she listened carefully she could trust what was going to happen.” <i>Henri Nouwen</i></p>
Thurs 26th	<p>Learn to do right; seek justice. Defend the oppressed. Take up the cause of the fatherless; plead the case of the widow.</p> <p>Isaiah 1:17</p> <p>Pray for those with "hidden" needs in your city: the homeless, the lonely in nursing homes, or families struggling with the rising cost of living.</p>
Fri 27th	<p>For the US government, ‘cracking the pillars of free society’ (Amnesty International) as it attacks civil liberties, press freedom, democracy and the rule of law itself.</p> <p>For the Church in US, to speak out courageously and follow Christ not Christian nationalism.</p>
Sat 28th	<p>For ourselves, that we may follow daily, care deeply, speak boldly and tread gently as we grow in faith, love and obedience.</p> <p>For Shanthi and others as they lead and teach.</p>
Sun 29th	<p>PALM SUNDAY</p> <p>“As we enter Holy Week rouse us from apathy, deliver us from cosiness, rescue us from complacency and teach us the lessons of the Cross.” <i>Canon Arthur Howells</i></p>