

## Church events next week

### Monday 16th March

- 9.00am Morning Prayer, Church
- 9.30am Baby & Toddler Group, Parish Hall
- 9.30am Quarter Peal being rung by visiting bellringers
- 7.00pm Ministry Team Meeting, Vicarage

### Tuesday 17th March

- 10.00am Vestry booked for meeting
- 12.00pm Connect Café, Salvation Army
- 12.00pm Experiencing Easter, Church
- 2.00pm Lower Vestry booked for meeting
- 5.30pm Twilight Communion

### Wednesday 18th March

- 9.15am Morning Prayer via Zoom  
(please email office@kendalparishchurch.co.uk for link)
- 10.00am Coffee and Cake, Vestry
- 12.30pm Lent Lunch, Kitchenette Area
- 2.30pm Care Home Service at Gillingreane
- 7.30pm Bell Ringing Practice

### Thursday 19th March

- 9.00am Morning Prayer, Church
- 10.30am Holy Communion (BCP)
- 2.30pm Kendal Tea Service

### Friday 20th March

- 3.45pm Kendal Choristers practice
- 7.15pm Choir Practice

### Saturday 21st March

- 9.00am Men's Breakfast at Wetherspoons
- 1.00pm Levens Choir setting up, Church & Vestry
- 7.30pm Levens Choir Concert (Handel's Messiah)

### Sunday 22nd March

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

A welcoming Christian community serving the people of Kendal

# Sunday 15th March 2026



HOLY TRINITY  
KENDAL PARISH CHURCH

## Welcome to our Services today

If you are new to the church, please make yourself known to us.  
A Loop System is in operation for hearing aid users with a 'T' switch.  
Gluten Free wafers are available at all Communion services.  
During the service you may be invited to stand. If you prefer to remain seated please do so.  
If you need any information or assistance, please ask the Duty Warden.

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### This week we pray for:

**The sick** - Saffie Done

**The departed & their families** - Charles Edmondson

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## TODAY'S SERVICES

**8.00am Holy Communion (BCP)**

**9.30am Parish Communion (CW)**

**Setting Mass of St. Francis Bielby**

**Introit** Lent Prose (verse 4) Plainsong

*Hear us, O Lord, have mercy upon us: for we have sinned against thee.*

Sins oft committed now we lay before thee  
with true contrition, now no more we veil them  
grant us, Redeemer, loving absolution.

*Hear us, O Lord, have mercy upon us: for we have sinned against thee.*

**Hymns** 362 Tell out my soul

242 The Angel Gabriel

241 Sing we of the blessed Mother

453 Great is Thy faithfulness

**During Communion** My soul rejoices (Magnificat) Owen Alstott

**Final Voluntary** Allegro from Violin Concerto in G - Johann Ernst,  
arranged J S Bach BWV592

**10.45am Refreshments and Fellowship**

**11.15am The Gathering**

**Charles Edmondson** - we were shocked and saddened to learn of Charles' sudden death this week. As well as a true gentleman, Charles was a talented and much sought after musician and at the time of his death was Director of Music and Organist of St Paul's Church, Grange - a post he had held for many years. Over many years he established and conducted a number of choirs both locally and further afield and was a regular contributor to our fortnightly organ concert series. We send our love and condolences to Eileen and the rest of the family in their loss. He will be much missed.

**Book of Remembrance** - from Easter 2026 only names added to the Book of Remembrance after the beginning of 2020 will be read out at the Thursday 10.30am service. If you would like older names to be read out please complete the slip on the Book of Remembrance case and return it to the office. Thanks.

**Lent lunches** - the next one in support of Christian Aid will be on **Wednesday 18th March**, then the final one will be on 25th March. Lunch will be served between 12.00pm and 1.30pm. Offers of soup, (in a slow cooker if possible), cake, bread rolls, butter, and help with serving or clearing up will be greatly appreciated. Most of all do come and bring your friends. Please speak to Liz Lockwood or Ian and Marilyn Fishwick if you are able to help.

**Carbon Fast for Lent** - Lent is a time when Christians traditionally fast and focus on God. As a positive action to take during Lent we encourage you to take up the Carbon Fast. The challenges differ from week to week (except for weeks 1 and 2), so please check either our Facebook or Instagram posts or the Kendal Parish Church Environmental Action notice board at the back of the Church for advice on the challenges.

**Men's Breakfast** - this is held every third Saturday of the month, the next one being **Saturday 21st March**, from 9.00am to 10.30am at Wetherspoons on Allhallows Lane. All men welcome.

**Music and Readings for Passiontide** - next Sunday is Passion Sunday and you are warmly invited to this special, newly devised service at 4.00pm. At the beginning there will be seven lit candles on the altar, but as the service progresses these will all be gradually extinguished until we reach the darkness of Good Friday. The choir will sing incredible music by Allegri, Stainer, Tallis, Telemann and Franck and there will be 4 well known hymns. Please come!

**Tour of the Church** - Sue Ratajski and Norman Holloway have offered to give a guided tour of the church (approximately 45 minutes) on **Monday 23rd March** at 11.00am. A great opportunity discover more about our beautiful church - there are always new things to be revealed! If you plan to come please let Anne Smith know. [annemsmith27@tiscali.co.uk](mailto:annemsmith27@tiscali.co.uk)

**Organ Concerts** - the next concert in our Spring series will take place on **Friday 27th March** and will be given by John Pennington from Fleetwood.

**Dipping Your Toe in the Old Testament** - The Old Testament provides many challenges and because of this we can sometimes dodge it and stick to the New

Testament. But it can also greatly enrich our understanding and faith. So on **Saturday 28th March** there will be a further chance to 'dip your toe' into the Old Testament. This time we shall take a bird's eye view to gain an overview of the Old Testament as a whole. How are we to understand it? How did it develop? What kinds of material does it contain? What about the difficulties it raises? How do different voices relate to each other? Etc We shall meet in the vestry: 9.30am for 9.45am and shall finish by 12 noon. You can just roll up but, as usual, if we know you are coming (email to [michaeljh45@aol.co.uk](mailto:michaeljh45@aol.co.uk)) we'll make sure there are refreshments for you! Don't forget to bring a Bible! Michael Hunter

**Date for your diaries** - Sue Charnley and Ian James extend an open invitation to all their friends to their wedding service on **Easter Sunday 5th April** at 1pm in Kendal Parish Church, and afterwards for refreshments and speeches in the Parish Hall.

**Prayer for Children and Young People in the South Lakes** - come and share what's happening in your area, drink coffee, eat cake and pray.

URC Church, 106 Highgate - **31st March & 2nd June**

St. Mary's Church, Windermere - **5th May & 7th July**

All 10.30am - 12.00pm. For more information, see the flyer at the back of church or contact [lily-beth.smith@carlisle-diocese.org.uk](mailto:lily-beth.smith@carlisle-diocese.org.uk) (07353004822) or [chris.mason@carlisle-diocese.org.uk](mailto:chris.mason@carlisle-diocese.org.uk) (07770099260)

**Interfaith Silent Climate Vigils** - the next one is on **Monday 6th April** at 10.30am at the Birdcage, Finkle Street, Kendal. The vigil will last 45 minutes, and it is important to wear thermal clothing to keep warm. Some people bring fold up chairs and a blanket. A flask containing a hot drink is advisable. Vigils are held on the first Monday of each month & are organised by Kendal and Sedbergh Friends Sustainability Group.

**Kendal Food Bank** - this month they need Dried Pasta, Microwave Rice, Small Coffee jars, Biscuits, Tinned Meat, Tinned Fruit, Tinned Vegetables, Instant Noodles, Tinned Rice Pudding, Custard. These can be left in the box at the back of church - thanks. The latest King's Foodbank newsletter is available on the table by the food bank collection box.

**Contacting Shanthi** - if you wish to email Shanthi privately, please use [revshanthi@kendalparishchurch.co.uk](mailto:revshanthi@kendalparishchurch.co.uk). If you wish to speak to her/text her privately, please use 07494704288. Shanthi's usual rest day is a Saturday.

**Please send any notices to 'office@kendalparishchurch.co.uk' by Wednesday pm**

**Bookstall** - If you wish to order any Christian Resources, please contact Lynne Magee: [slchristian\\_resources@outlook.com](mailto:slchristian_resources@outlook.com) Easter cards, gifts and chocolate eggs from the Meaningful Chocolate Company are now available