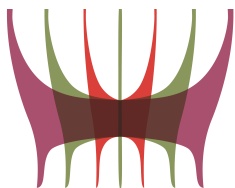
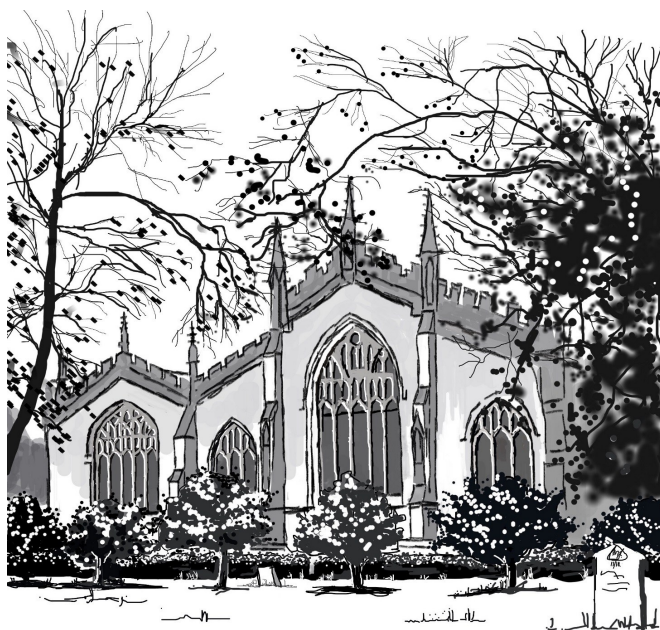


PARISH LIFE

Magazine



HOLY TRINITY KENDAL PARISH CHURCH



September 2026

50p

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Parish Hall bookings	bookkph@gmail.com	via Church Office

He sends the snow in Winter, the warmth to swell the grain; The breezes and the sunshine and soft refreshing rain

Well this year we have had the sunshine and the warmth aplenty but not much breeze and as for soft refreshing rain.....! As I write this we are still in the throes of the hottest and driest summer that many of us can recall. We recently travelled to London to inter Janet's sister's ashes in Wimbledon and the M40 corridor from Birmingham to London was just row upon row of brown fields as far as the eye could see and Wimbledon Common itself was parched and dusty. But we know the rains will come and no doubt give us cause to complain that it's too wet!

Harvest time is here again and whilst we tend to have our Harvest festival service towards the end of September or in early October, farmers will tell you that the harvest begins long before that and that this year has been particularly challenging. Each Harvest time gives us the chance to thank God for his goodness to us in creation and Harvest remains one of the highlights of the church's year. The displays of fruit and veg bring a splash of colour to the building and flowers fill the air with an abundance of scents. There are the wonderful Harvest hymns to encourage even those of us with limited musical ability to sing out with a joyful heart - all timely reminders of God's provision for another year.

In the Bible, physical and spiritual droughts serve as powerful metaphors for human vulnerability, spiritual dryness and the urgent need to rely on God rather than earthly comforts. Far from being meaningless suffering, dry seasons in scripture often precede moments of profound renewal, testing, and deep-rooted faith.

Harvest can be a powerful reminder that many have become disconnected from our dependence on the natural world and indifferent to the cycles of planting, growing and gathering requiring human endeavour, patience and dependence on conditions outside of our control. Even in this difficult year stocked shelves in our shops will be taken for granted without much thought for those in the food chain who have brought it to us where we needed it and when we wanted it - people who sow, reap or fish, people who clean, pack, deliver, store, sell – each stage vital and dependent on the previous one and the subsequent

one. We get frustrated if what we want is not on the shelves when we arrive.

I read recently that the words “thank” and “think” stem from the same root, reminding us that thanksgiving comes from thinking about our blessings. Yet, the greater God’s gifts, the less they are often recognised. As the saying goes “A hungry man is more thankful for his crumbs than a rich man for his overstocked fridge!” This is known as the law of reverse proportion.

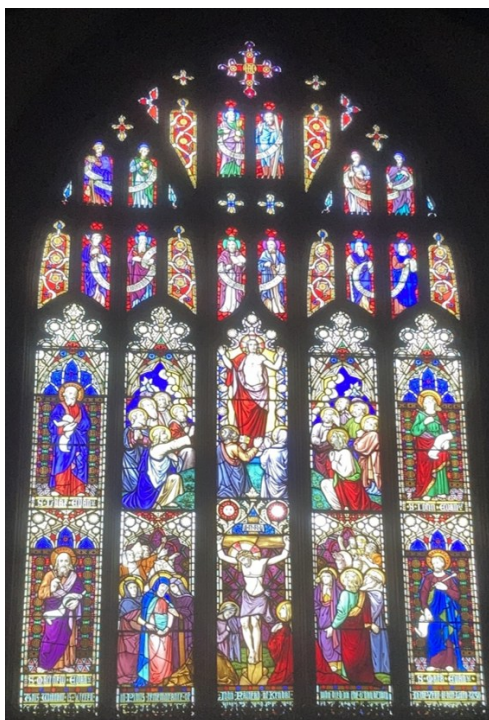
We can be heartened by God’s promise on the rhythm of the seasons in Genesis 8: 22 - “As long as the earth endures, seedtime and harvest, cold and heat, summer and winter, day and night will never cease”.

And as the hymn writer puts it “all good gifts around us are sent from heaven above”. So let’s thank the Lord for all his love – yesterday, today and tomorrow.

Every blessing

Ashley

The East Window



The Creed in the glass

Shining at the East end of Holy Trinity, Kendal is the great stained-glass window. Christ crucified and risen is central. Surrounding him are many other figures, each with their story to tell. At the top are the 12 Apostles. Before the story they are telling can be told, it is worth trying to identify them. (To examine this upper section of the window you might find binoculars helpful.) Their names are not in the glass. Some have an identifying symbol, sometimes connected with the tradition of their martyrdom, sometimes for other reasons. Details about Saints and their symbols can be found on the Internet, or in written sources.

The New Testament gives 4 lists – Matthew 10 v2-4, Mark 3 v14-19, Luke 6 v13-16, & Acts 1 v13-14. The 3 Gospel passages give 12 names including Judas Iscariot; Acts gives 11 names following the death of Judas and before the election of Matthias. Though these 4 accounts overlap a lot, which is what you would both hope and expect, at some points they do not either in order or sometimes in name. The design and order of the window is:

		1		2		
	3	4			5	6
7	8	9	10	11	12	

The identification of the 12 Apostles with the evidence and other things of note is:

1. Peter shown by the keys in his left-hand LH. (Matthew 16 v 13-20)
2. Andrew shown by saltire cross LH with right hand RH pointing up.
3. James shown by pilgrim's symbols – staff in RH, bag, shell on hat; with book in LH.
4. John shown by holding chalice with LH and blessing with RH.
5. Philip shown by book in LH, staff in RH.
6. Bartholomew (sometimes identified with Nathaniel – John 1 v 45-51) shown by flaying knife in RH.
7. Thomas shown by spear in RH.
8. Matthew shown by book in RH.

* By this point it is only the Matthean order which is being followed, which is reinforced by Simon at 11.

9. James shown by book in LH.

10. Thaddaeus (usually identified with Jude) shown by club in RH.

11. Simon shown by saw in RH.

12. Matthias (replacing Judas – Acts 1v 21-26) shown by pointing to ‘Amen’ with RH.

Matthias pointing to ‘Amen’ gives a lead into another item which all 12 have. They all have a text, and the text is part of what is called the ‘Apostles Creed’. By the 4th Century the legend had developed that each of the Apostles had contributed a particular article. Examples of this legend can differ where the order of the list of saints varies in who is attached to a specific article. Here in the window of Holy Trinity a text is held by each Apostle. The text is in bold and where the article is shortened its completion is shown in brackets.

Peter – **I believe in GOD** (the Father Almighty, Maker of heaven and earth:)

Andrew – **and in Jesus Christ** (his only Son our Lord,)

James – **who was conceived by the Holy Ghost**, (born of the Virgin Mary,)

John – **suffered under Pontius Pilate** (was crucified, dead, and buried)

Philip – **he descended into hell**. (The third day he) rose again (from the dead, he ascended into heaven)

Bartholomew – **and sitteth on the right hand of GOD** (the Father Almighty.)

Thomas – **From thence he shall come to judge** (the quick and the dead.)

Matthew – **I believe in the Holy Ghost, the holy catholic church**,

James – **the communion of saints**,

Thaddaeus – **the forgiveness of sins**,

Simon – (the) **resurrection of the body**,

Matthias – **and the life everlasting. Amen**

Here at Holy Trinity, the Trinitarian Faith is proclaimed in 19th Century stained-glass and the 21st Century worship by the Church. The Apostolic Faith is with Christ crucified and risen at the heart of the revelation of God, to which we are bold to respond ‘I believe’.

Howard Smith

A Manna House Challenge

Manna House does amazing work as a homeless prevention charity. During a year it serves over 7,000 free lunches, holds over 700 Housing and Benefits appointments and engages in over a thousand 1x1 support sessions. It holds dear people who otherwise slip through the cracks of mainstream health and social care services.

For over 10 years KPC has had close links with Manna. It is one of the mission charities we are linked with and has a focus in our intercessions and Prayer Diary. Before Storm Desmond, the Nether Hall was used as one of the bases for the Winter Night Shelter run by Manna. And until the Night Shelter was discontinued in Covid, a good number of KPC members provided the evening meals on Sundays.



Here is one snapshot showing why its work is still needed. In July 2016 there were 6 people presenting as homeless at Manna. In June 2020 there were 5 and in July 2023 there were 8. By contrast, in July this year (2026) there were 33 (Yes, 33; this is not a typo!). The emergency homeless pod was used every single night in July. If you ever doubted that Manna House was needed in a gorgeous place like South Lakeland, here is the truth. Another truth is that there is a raging financial crisis affecting every sector of society, and, of course, those most vulnerable and the charities that support them are the hardest hit.

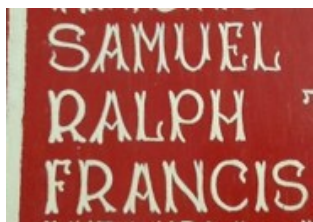
Despite its excellence, Manna House is gasping for funding in this climate. In the financial year ending in August 2025 it had a 38% reduction in income; the predicted deficit by August this year is £80,000. In September Manna will be reducing staff hours for the first time in 15 years, resulting in reduced services, less people supported, more crises coming to boiling point. It is urgently in need of sustainable solutions now that will allow it to remain committed to its work with those experiencing homelessness, insecure housing and hardship.

To give you an idea of the costs involved, the monthly outgoings are just over £25,000, all included. Manna does not do what it does to make money; it does it because it knows it is just. But if the situation does not change, the possibility of Manna having to close by the end of this year is real.

Could you make a donation? Are you sitting on a legacy? Have you considered doing a fundraiser for Manna House? Do you have any wealthy and/or influential friends or relatives? What about joining Friends of Manna House for just £10+ a year? Do you have other suggestions to help Manna meet this challenge and continue its help to those in need? Contact details: Manna House, The Stephenson Centre, Ann Street, Kendal O1539 725534 info@manna-house.org.uk

Michael Hunter

Church quiz No. 20



An easy question last month was of course a small section of the Vicar's Board which is to be found at the back of church facing towards the black marble font. The board contains a continuous list of vicars of this church dating from the first one in 1190, Archard de Kirkebi-Kendale during the reign of Richard I. As a former signwriter, I find it strange that the monarch was listed in this way. How did they know that there was going to be a Richard II? He didn't come along for almost two hundred years!

Then I noticed that this numerical listing (I) was only given to the male monarchs but not to any of the female ones, they were simply listed as Elizabeth and Victoria. There is an impressive list of forty-six vicars on the board, but only one female, Shanthi, she is the first!

This Month's Picture



En Route to Burundi Again

On September 13th (Yes, I know it's the day of the Confirmation Service, but my air ticket was bought before that was fixed!) I set off again for Burundi. Once again, I'm really grateful for the interest people have shown, the prayers I know are being prayed and the very generous financial help some people have been able to offer. It all strengthens Linda's and my awareness that I'm not going it alone. To both the University and the different Churches I visit I shall take greetings from KPC.

I fly from Manchester on the Sunday evening, change planes at Addis Ababa and will get to Burundi early on Monday afternoon, rather short of sleep! After catching up on sleep (as before, I'm staying in a very nice Roman Catholic Guest House just 10 minutes' walk from the University), Tuesday morning will find me at Morning Prayer with the students at 7.30am before starting teaching at 8.00am.

I start with the 11 first year students (7 days of teaching on the Wisdom Books of the Old Testament) and then move on to 10 days teaching the Minor Prophets to the 13 second year students. As I couldn't go last year, I won't know any of the students and they may well take a bit of time to adjust to my teaching (in your prayers please remember that for most of them English is probably their third language!)

Teaching runs from 8 until 12 each weekday, with a coffee break in the middle. The students do their own studying in the afternoons: both they and I prefer not to have lectures in the afternoons – the daytime temperatures are typically about 30 degrees. Each course has 2 pieces of coursework and then a written exam at the end.

I'll find out more about the situation in the university and the country once I'm there. But I already know that, among other things, the fresh experience I have will be a strong reminder of how fortunate we are in this country to have a fairly stable currency and so many crucial facilities like social services and the NHS!

I'm due back on October 12th but, as before, I aim to write a few short blog articles while I'm there. If you'd like to read them, you can find them at <https://michaelinburundi.wordpress.com>.

[If you scroll down, you will find a place where you can subscribe so you get sent them automatically.]

Thank you again for all the interest shown.

Michael Hunter

Music Sunday June 21st 2026 - a talk given by Jonathan Bielby

This is my story, this is my song, praising my Saviour all the day long.

At Music Sunday on June 21st the 9.30am service celebrated the glories of music in worship. The communion setting was Mass for Two Choirs and Two Organs. The congregation participated in Colin Mawby's responsorial Psalm 150 and enjoyed learning a new hymn "*Sing Alleluia forth, ye saints on high*". The organ acclamation after the Gospel was played by Tristan, one of our choristers, He played Bach's Menuet in G. The special intercessions were quietly accompanied on the chamber organ and the communion anthem was "*When, in our music God is glorified*".

Without music, worship cannot soar. It brings us together, it recharges our batteries, it inspires us, it connects us with God, it educates us in the faith of the Church.

Sermons! During the past 70 years I must have listened to thousands of them. But how many sermons can you remember the next day? As the bishop said to his chaplain, "Be brief, make three points and then shut up!"

So my first point is this - **Think about the words**. As Director of Music my job is to find the right music to fit in with the readings, the special occasions, as we go through the Church's Year. I sometimes write a new composition or arrangement if nothing else is suitable. Church music gives the spirit wings but it should also make you think. An anthem is a sermon in music. On the weekly sheet you will always find the words of the choir items. I hope this is helpful. So let us **Think about the words** and meditate on them.

My second point is **Be open to change**. The church music tradition is dynamic not static.

We all love Mass of St. Thomas, but it would be wrong to sing it every Sunday of the year!

So I wrote Mass of St. Francis to vary things a bit. It's quite difficult writing a really simple, tuneful communion setting! We have just reintroduced the Rawsthorne setting and during Advent we sing Mass of St. Piran.

In our communion settings the choir give a strong lead but we can't hear

very much from the congregation in the front rows let alone the back rows! How can we improve? At the beginning of the service please accept the congregation music copy offered to you. Even if you can't read music, look at the notes going up and down and go for it - that's what I tell the choristers! The wonderful thing about KPC is that we are encouraged to sing such a varied repertoire from plainsong to contemporary music. Occasionally the choirs are given the opportunity to sing a choir setting on their own. Nobody should feel threatened. We want to send you out recharged and with a smile on your face! **Be open to change.**

My third point is **Support our musicians.**

The devotion and commitment of KPC Choir and the Kendal Choristers and the musicians at the Gathering is tremendous. Support them by helping them recruit more members, particularly boys and men! Talk about our astonishing church at work, at school, at college, at sport, at all your activities.

But our musicians don't just sing and play on Sunday mornings! Support them by coming along to the occasional services at 4pm on a Sunday. There you will hear them spreading their wings and singing Evensong or other imaginative specially devised services. Flyers at the back of church give details of the Sundays at 4 series. The Choristers sing Evensong once a month on the second Friday at 5pm and would love you to come and join them. More information is available on Facebook and on the church website where the music pages have just been updated.

Support our musicians for they are an integral part of the mission of Kendal Parish Church. They are our musical ambassadors as we sing and energise other Christians in the churches of South Cumbria. Many a church member has found God through music! Let us support, affirm and encourage each other - musicians, congregation and clergy.

How do we make music work in this historic building? Our communion setting today celebrates two choirs and two organs sounding at opposite ends of the church. We worship in one of the widest churches in England.

Acoustically one of the nicest places to sing in the church is the Bellingham Chapel where two of our Choristers, Maryam and Zara sang:

*“Seek ye first the kingdom of God and his righteousness
And all these things shall be added unto you. Alleluia!”*

Finally the whole choir sang together. Today is 21st June, the summer solstice, when we celebrate the longest day and the shortest night of the year. So that's why we sang *Sumer is icumen in* which dates from c.1325 and is written for six voices all singing different parts at the same time, one of the earliest examples of this style of singing.

Sumer is icumen in. Loudly sing cuckoo...

Think about the words, Be open to change, Support our musicians.

Jonathan Bielby

News from Our Mission Partners

It was very good to welcome A, L and their boys to KPC on July 19th. We had the chance to learn at first hand something about the work they have been doing and about the new roles they will have on their return to S.E. Asia at the end of August.

Up until this time, L has been teaching in an international school and pioneering special educational needs both within the school and more



widely in the country.

Meanwhile, A has done some work with a charity helping those seeking rehabilitation from addiction but he has primarily been the main carer for their three young boys.

On their return both A and L will be starting work with an NGO which exists to help those (particularly women) who have been trafficked. This NGO works in partnership with the Government and L will be helping to develop an early years' training programme in partnership with the Ministry of Education. Her focus will be to see that educational inclusion

and trauma-informed care are both embedded in the programme.

A will be using his experience as a chef in the RAF to build a vocational training programme in food preparation for the NGO. This will help to give clients one possible route to becoming financially self-sufficient.

At the same time as their parents begin these new roles, the three boys will be moving to a new school. Happily, not everything will be different as they will continue to live in the same house and to employ the same lady to provide some of the help they will need at home. By employing her they are also enabling her to buy her own land and build her own house so that her future becomes more secure.

Because the boys are now going to a new school and their mother is not a teacher there, the family need increased funding to cover the school fees.

Both the PCC and a number of individuals within KPC contribute through the Church Mission Society towards the support of A and L. If you might be able to help in this way, please take one of the forms by the Church Mission Board or have a word with Linda or Michael Hunter.

Please pray for:

- A and L as they begin their new roles: that they may find encouragement in the early days, be quick learners and imaginative in their new work.
- Good relationships with their new colleagues and the clients of the NGO.
- The three boys as they start in their new school.
- Spiritual protection for the whole family.
- Their funding to increase to cover their new costs.

Michael Hunter

Home wanted from November

1 or 2 bed self-contained flat/house or Granny Annex or independent space in shared house. Long term rent ideally but other terms considered for single local non-smoker lady & pet. c.£650-£900 pcm excluding bills (depending on size). Please contact: Steve Rowlinson at sjrowlinson1@gmail.com or find me at church (at the Gathering or coffee time just beforehand most weeks).

News From the Ringing Chamber

Several of our bellringers achieved a milestone ringing on ten bells - only possible thanks to the extra Friday practices.



Lancashire Association

On Friday, 26 June 2026

Kendal, Cumbria

Holy Trinity

Tenor: 23-3-3 in C#

108 Stedman Caters

- 1 Jayden R Milby (C)
- 2 Matthew W Goodship
- 3 J Andrew Pollock
- 4 Hilary J Atkinson
- 5 Rachel Hallows
- 6 Nigel J Goodship
- 7 Carolina M Goodship
- 8 Robin A Daw
- 9 Kevin Mayfield
- 10 Dave Salisbury

First touch of Stedman Caters - 5 & 7.

For the LACR 150 'firsts' for the 150th anniversary.

Lancashire Association

On Friday, 26 June 2026

Kendal, Cumbria

Holy Trinity

Tenor: 23-3-3 in C#

108 Stedman Caters

- 1 Kevin Mayfield
- 2 Sue Fellows
- 3 Susan M Darby
- 4 Jane Markby
- 5 J Andrew Pollock
- 6 Matthew W Goodship
- 7 Robin A Daw
- 8 Roger E Fellows
- 9 Nigel J Goodship
- 10 Jayden R Milby (C)

First touch of Stedman Caters - 2, 3, 4 & 8.

For the LACR 150 'firsts' for the 150th anniversary.

Sound Advice

We are lucky to have so many able and willing readers at all our services but sometimes these mellifluous voices are not heard as well as they could be. Please try to make time to do a sound check. “*Testing, testing one, two three*” is not enough. Read the first lines of the reading until the sound desk person is happy with the level. It is likely that the reader needs to stand closer to the mic than they think, it’s easier to turn the sound down rather than up. If the reader is too far from the mic and the desk increases the level, even a bit, that’s when the whistling starts.

We have skilled sound desk operators too, but they can’t make many adjustments once the reader has begun and then the message of the reading will be missed.



Commercial and Spiritual in a Scottish town..

David Donnison

St Faithful's, Havnot

St Faithful's is a fictional parish, imagined by a real-life parish priest. It reflects familiar church cultures, observed with affection and humour, in the belief that theology still has something to say. We aim to be a place that is kind, humble, and laughs a lot. Accounts of parish life, more theology smuggled in under nonsense, more books, more chaos, or a mug that quietly suggests you have survived a PCC meeting can be found here: <https://tinyurl.com/4k9jtpbe>

That link will take you to Canon Tom Kennar's books, e-books, audiobook, merchandise and Substack, all gathered together in one slightly alarming but useful place.

A note on AI: ChatGPT —known in Havnot as Artie Fischal — is often deployed to help shape, sharpen and illustrate the posts. The drafting and publishing responsibility is entirely human.



From Judith M. Crowther Parish Administrator, St. Faithful's

For those who may be considering standing for the PCC, I have been asked to provide a brief and honest account of what actually happens at a Parochial Church Council meeting. This is so that no one may later claim they were “not warned”, and so that others have sufficient time to move house to another parish.

Let me first clear up a common misunderstanding. PCC stands for Parochial Church Council. It's a different thing entirely from the Parish Council - which is concerned, mainly, with granting planning permission for extensions, and arranging for dog-poo bins at the park to be emptied. There is no formal link between the two councils - for which we are eternally grateful.

A PCC meeting begins, in theory, with prayer. This is usually sincere, occasionally moving, and sometimes delivered while several members are still rummaging urgently in bags for their glasses, a pen, or the agenda they printed but have somehow lost between the church door and the chair they are now sitting on.

The minutes of the previous meeting are then approved. This takes longer than you might think, given that no one remembers the previous meeting in any detail, except for the one point that affected THEM personally, which they remember vividly and slightly differently from how it is written. Corrections are suggested. Corrections to the corrections are suggested. At least one person says “I don’t think it matters, really”. It does. Otherwise we wouldn’t be doing this.

Matters arising follow. These are matters which arose at the previous meeting and were confidently assigned to someone who is now looking faintly startled to discover this has not gone away on its own.

Finance is next. At this point, several people lean forward, several people lean back, and one person develops a sudden and intense interest in the ceiling. There will be numbers. There will be acronyms. There will be at least one sentence beginning “What you have to understand is...”, followed by something that no one understands at all. Someone will then ask whether this means we are “doing terribly” or “actually not too badly, all things considered”. The answer will be “both”.

Safeguarding is then addressed. Everyone becomes very serious. This is good. No jokes are made. No jokes should be made. This is not a funny topic.

Buildings come next. This section lasts forever. The church roof is discussed. The heating is discussed. Something that was fixed last year is now mysteriously broken again. At least one sentence will contain the phrase “It’s only temporary”, referring to something that has been temporary since approximately 2007.

Mission and ministry are discussed. This is where we remind ourselves why we are here. It is also where someone says “We really should be doing more about...”, followed by something which everyone agrees is important, but which no one is quite sure who should actually do.

Someone suggests a sub-group. Everyone else looks frightened.

Any Other Business follows. This is not, as the title suggests, small incidental matters. This is where the REAL ISSUES emerge. This is where someone remembers something crucial that they forgot to mention earlier. This is where strong opinions surface about candles, notices, coffee, chairs, flowers, or the Vicar's tone of voice when saying "Let us pray".

The meeting ends with prayer. This prayer is shorter. People leave feeling tired, oddly bonded, slightly exasperated, and faintly surprised that the Church of England continues to function at all.

And yet — and I say this with only moderate sentimentality — this is the Body of Christ at work. Different parts. Different gifts. Different tolerances for spreadsheets and prolonged discussion about radiators. It's sometimes clumsy. Often frustrating. Occasionally hilarious. But still, somehow, a body. Still turning up. Still caring. Still trying to discern together what faithfulness looks like in this place, at this time.

If, having read this, you are still considering standing for the PCC - wonderful.

Please see me after church tomorrow. I have forms. And biscuits.

From the Registers

Wedding

August 8th Daniel Ward & Chelsea Knowles

Funerals

July 2nd	Daniel Nicholson
July 8th	Gill Jackson
July 13th	Barbara Gee
July 21st	Malcolm Denney
July 28th	John Stanley Berry
August 6th	Baby Benji Kenyon
August 21st	Elizabeth Ross

Sunday Services in September

Sunday 6th Fourteenth Sunday after Trinity

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

Sunday 13th Fifteenth Sunday after Trinity

8.00am	Holy Communion (BCP)
10.30am	Confirmation Service

Sunday 20th Sixteenth Sunday after Trinity (Harvest)

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

Sunday 27th Seventeenth Sunday after Trinity

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

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



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

