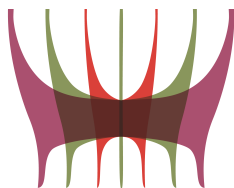
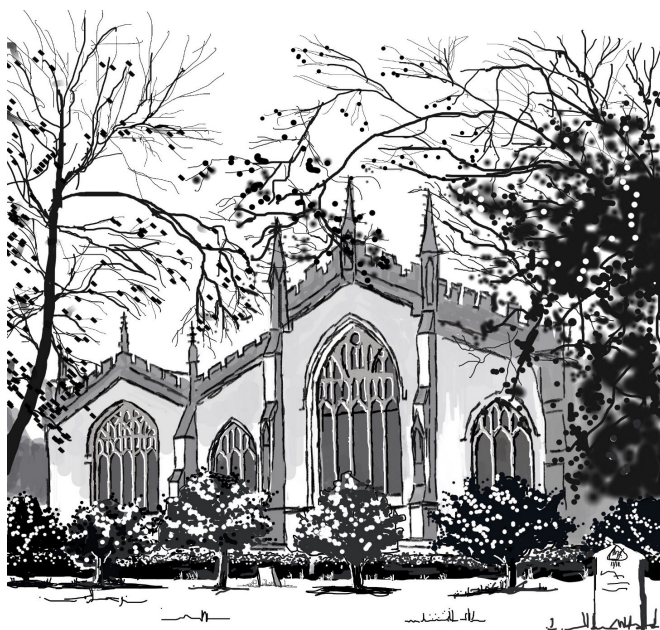


PARISH LIFE

Magazine



HOLY TRINITY KENDAL PARISH CHURCH



October 2026

50p

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As Autumn Approaches

One of the things I like most about summer is the chance to drink my early morning coffee outside. There is nothing nicer than waking up, grabbing a double espresso and stepping out into the garden to drink my coffee, read my bible, and pray. But recently, for the first time in a long while, I stepped outside this morning with my coffee, and it was cold. So cold that I needed a sweater. The warm heat of summer had gone, and in its place is that crisp chill that tells us that summer is officially packing its bags.

Now if you're paying attention, the shift from summer to autumn seems to feel less like a date on a calendar and more like a collective sigh. We seem to spend all of July running at full throttle, chasing daylight and packing our days with as much as possible and then the autumn hits, and the world just kind of slows.

For a lot of us, that physical transition mirrors what's happening on the inside of our lives. It's hard not to look at the trees dropping their leaves and feel a little kinship with them. It's as if nature is giving us a masterclass in letting go. Think about it: trees don't hold on to their old leaves all winter, grasping so tight their knuckles turn white. They just let them fall. They trust that stripping back to bare branches is the only way they're ever going to see new buds next spring.

But we seem to find it hard to let go. We hang onto old hurts, old routines, and old versions of ourselves we outgrew three years ago, terrified that if we let go, we'll have nothing left.

Yet autumn comes along with its amber and rust tones and quietly reminds us that shedding isn't the end of the story but rather it's just room being made for something new.

Growing up, I used to think faith was about holding it all together, keeping everything green and blooming 365 days a year. But autumn teaches a different theology. It tells us that dormancy isn't death; it's rest. It's God whispering; *you don't have to produce all the time. It's okay to draw the curtains, light a candle, and just be quiet for a minute.*

The earlier sunsets and cooler evenings are an invitation to pull back inward, to loosen our grip on the old, and let go. And as the leaves start turning and the nights get long, maybe we don't have to fight the chill. Maybe we can just learn to trust that whatever we're letting go of right now is just making space for what He is doing in our lives.

Yours in Him

Andy

Revd Andy Ward

Bible Come To Life Exhibition

6 to 11 October, St Thomas' Kendal

This all-age event includes a Bedouin tent, a large and impressive model of the second temple, a half-scale model of the Ark of the Covenant, a display of the biblical feasts, and a display explaining Jesus Christ: his incarnation, life, death and resurrection. People dressed as priests, prophets, shepherds, Nazarene ladies and a Roman centurion will show you round. Free ad-



mission. Sessions are open to the public on the Wednesday, Thursday and Friday evenings, 6.30–9pm, and on the Saturday, 10am–4pm.

At St George's Church, Kendal Saturday 17 October 2026

The story of Jesus as you might never have heard it before!

A public reading of the whole of Mark's Gospel

Hot/cold drinks and biscuits from 1pm The reading will start at 1:30pm and end not later than 4pm, with a short break about half-way through

Come for the whole reading or drop in and out for just part of the time Bring your friends and neighbours too!

Friends of Kendal Parish Church

The Annual General Meeting of the Friends of Kendal Parish Church will take place in church at **11.15am on Thursday 29th October**.

Since their establishment in 2013 the Friends have raised over £13,000. As we now consider the future of the Friends the AGM will include a tribute to friendship, support and service 2013–2026.

All are welcome to attend.

Picture quiz from June

June's picture was of a piece of Saxon stone which is situated in the south window of the Parr chapel.



This is one of the oldest items to be found in the church and dates from 850 AD and suggests the likelihood of an earlier church here.

There is another very interesting old piece of material to be found here, but of course, I can't tell you because that will be the subject of a future quiz picture.

This stone, with its vine motif, is believed to be part of a Saxon cross which was found in the walls of the church during some earlier restoration work.

It was inadvertently given to the Unitarian chapel in Market Place where it was used as part of a rockery for a while. Later, when its true significance was realized, it was returned here to the church.

This month's picture



St. Luke – Patron of Artists

If you were asked to write down what you know about St. Luke you might well put:

He was the author and Evangelist responsible for the 3rd. Gospel and Acts of the Apostles.

He was a gentile and companion to St. Paul on some of his missionary journeys. (eg. Acts 16 v10)

He was a doctor (Col.4v14) and is the Patron Saint of doctors.

Less likely is that you would also put down that he is the Patron Saint of artists. This is because of a story that he painted a picture of the Blessed Virgin Mary.

In Holy Trinity Church there are 3 representations of St. Luke. The first is in a stained-glass window part way down the south side, put in remembering Dr. Samuel Clarke Noble. St. Luke is shown as a doctor in the central light holding a medicine flask in his right hand, and in his left his open Gospel with a Latin text of 1v26 for 'In that time the angel Gabriel was sent by God to a town in Galilee'. The second is in the main stained-glass window at the east end which shows him as 1 of the 4 Evangelists, though why he is the only one not holding something to write with I have no idea. The third is in the Lady Chapel (Parr Chapel). It is to that chapel we can turn to see why it is fitting that Luke is the Patron of artists even if you might think he never held a paint brush in his life.

If you look at the reredos behind the altar you can see figures of the 4 Evangelists with Luke the one right of centre (he is the only one with a cap on). Look at the 5 panels in that reredos and ask yourself the question: 'How do we know what is pictured in this scene?' Look closely at the one on the outside left showing the Annunciation of our Lord to Mary, and the one on the outside right showing the post-Resurrection disclosure at Emmaus where the risen Christ was recognised as he broke the bread. The answer to 'How do we know?' is 'From St. Luke and only from St. Luke'. These 2 scenes in the reredos in this chapel in Kendal would never have been carved without Luke. The huge number of paintings on these 2 great themes would never have been painted without Luke. And what is true of these 2 things is true of so much more. For example, the Good Samaritan and the Prodigal Son are Luke and only in Luke's Gospel. The outpouring of the Holy Spirit at Pentecost (Acts 2), and the Conversion of St. Paul on the road to Damascus (Acts 9 + 22 + 26) are Luke and only Luke.

Then either by coincidence or happy design we have in the Lady Chapel an insight into that story that Luke painted a picture of the Blessed Virgin Mary. Not only do we have the reredos panel of the Annunciation, but in the window above, Our Lady flanked by 4 Archangels – Uriel and Michael on the north side, Gabriel and Raphael on the south side. And which of those Archangels is above the figure of Luke? It is Gabriel holding the Annunciation text: 'Ave gratia plena Dominus tecum' (Hail full of grace the Lord is with you). These are the words of the Archangel spoken to Mary found in Luke's Gospel (1v28). Luke paints these scenes in the mind which artists across the centuries with great skill and beauty have reproduced.

When at Christmas you encounter the wonder of the Christ child 'being laid in a manger because there was no room in the inn'; or with the shepherds hear 'Glory to God in the highest' about what is unfolding, think Luke, thank Luke Patron Saint of artists. Thank God that such a willing heart and hand were open for the task of proclaiming, of painting the Good News.

Howard Smith

A lovely 'Coffee Table' book!

Forgotten Churches

Exploring England's Hidden Treasures - Luke Sherlock

Not a guide book, but more a journey to "hidden churches and their treasures" discovered by Luke Sherlock on his "church crawling". Beautifully detailed drawings add to his musings.

He begins with his home county Derbyshire, but moves through Anglo Saxon, Norman, Gothic and Georgian history before visiting groupings "of atmospheric churches"; those with tales to tell in history; those with remarkable treasures; and, finally, those which provided the author with a "journey of contemplation".

He has no set formula or order for his thoughts on each, but architecture, history, stained glass, monuments, artworks, links to literature may all have a mention as might the church's setting in the landscape. However, a common theme is the "spiritual inheritance" of these churches.

“Previous generations poured their creativity, determination and love into the fabric of them. As such they are imbued with the emotions of centuries of faith and community life”.

He believes that our parish churches should be considered “as important as our most important national museums” and would encourage us all to get out and visit these buildings, share in their Christian heritage, see them as a pilgrimage destination and to acknowledge their beauty as quiet witnesses to faith which is etched into their stone.

Anne Smith



The choristers who attended the Morland Choristers' Camp in August thanked the congregation for their support by offering them chocolates to have with their coffee.

KPC Bell Ringers venture across the border into Yorkshire

On Saturday 5th September the Kendal bell ringers, along with some regular visiting ringers and ringing friends, went on a day out to visit four towers in North Yorkshire to ring their bells.

Setting off, the weather looked promising for a fine, dry, sunny day. Our first tower was St Michael the Archangel, Kirkby Malham. However, driving over the tops from Settle the cloud came down, the wind increased and it was several degrees colder than when we set off!



We were met by the local Tower Captain, George Parker, who let us into the tower and gave advice regarding the idiosyncrasies of the eight bells. The Tenor weighed in at 17cwt! The ringing room was fairly spacious, with access via a short spiral staircase. It had a glass balcony which allowed the ringers to look down into the body of the Church.



The bells were a bit of a challenge, even for some of those more experienced ringers, as most ropes had a stretch to them, making striking them well, more difficult. Our group consisted of a variety of abilities but all had a ring on different

bells.

Our next tower was St Alkelda, Giggleswick where we were met by two local ringers, Anabelle & Stewart. Again we had eight bells to ring (Tenor 10cwt) but this time the ringing room was somewhat smaller with the entrance through a trap door in the floor! These bells were a lot easier to ring, all be it lighter, although the draught (distance between the ringer and bell) was quite a



distance. We all had a good 'go' and achieved some decent ringing.

Next stop lunch; some of us retired to the local pub, The Black Horse, while others had brought a picnic.

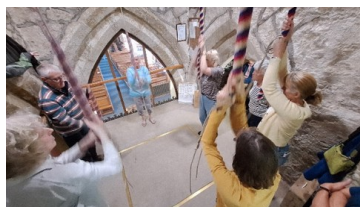
A ten minute drive back towards Kendal on the A65 brought us to the village of Clapham. The Church of St James has a ring of six bells with a Tenor of 10cwt.



Of interest here was bell No. 5 which was cast in 1594. Originally there had only been three bells but in 2009 three more were added to make a ring of six. At the same time a new ringing room was added lifting the ringers up from the Church floor and again giving a view down into the Church.



This also means that any visitors looking round the Church can see the ringers in action. In the ringing room there was an unusual 'snug' behind a stone arch, which allowed those not ringing to sit in comfort.



Our last tower of the day was All Saints, Burton in Lonsdale, an 11cwt ring of six. It was a long climb to get us into the ringing room, at the base of the wooden spire.

Fortunately there was plenty of space to sit and catch our

breath.

A second door in the ringing room allowed access onto the Church roof with a great view back towards Ingleborough.



We had another hour of ringing, although our striking may have been less good as the bells were just above the ceiling, and were quite loud! However, we all survived and had a good time.



Although tiring, everyone enjoyed their day out in Yorkshire but looked forward to getting back to ring on their own 'familiar' bells.

Many congratulations to Ann-Marie, one of our learners at Kendal, who made fantastic progress throughout the day ringing on bells which were very different to those she is used to.

Thank you to the Tower Captains/key holders who met us and to the Vicars of the Churches, who allowed us to use their bells.

Also a big thank you to Jane for organising everything; even the weather improved for us as the day went on!

The spiders *have* been busy at Burton in Lonsdale!!



Kevin Mayfield
KPC Tower Captain



Kendal Choristers receive £4000 grant

On Monday 9 September it was announced that the Kendal Choristers have been awarded a grant of £4000 for the Choristers.

Two days later, Wednesday 11 September, Premier Christian Radio rang me at 11am requesting an interview. I didn't know until 5 seconds before going live there would be another interviewee, no less than the CEO of the Cathedral Music Trust, Jonathan Mayes! The interview was broadcast at 12.30pm. Listen to it if you can!

Jonathan visited KPC last summer on a CMT sponsored cycle ride round British cathedrals and major churches. I was away so thank you to Stephen Lockwood and Michael Thistlewood for looking after him!

The £4000 grant will mean we can fund professional singing tuition for the choristers, one to one for the seniors and in groups for the juniors. We were one of 7 major churches who were picked from 60 applicants.

On Saturday 26 September I will receive the award at Salisbury Cathedral with Inese and Tristan representing the choristers. Then on October 11th at the 9.30am service there will be a chance for the congregation to celebrate the award with special prayers and announcements.

The Kendal Choristers go from strength to strength! None of this could happen without the support and enthusiasm of so many people, congregation, choristers, choir and parents.

Jonathan Bielby

Greetings from Burundi

24 hours after our very special Confirmation Service I was nearing Burundi once again. The journey was smooth and by late Monday afternoon I had arrived, unpacked and gone out shopping for one or two bits and pieces.

Tuesday was, *'All stations go!'*

0600 The bells at the Roman Catholic centre where I am staying make sure I am awake.

0730 Morning worship with the students.

0800 Begin teaching my first year class.

1000 Taken to meet the archbishop who is in his office in the adjoining building.

1100 Back to the teaching (the students had an extra half hour for the break).

1200 Finish teaching.

1245 Go for lunch and meet up with 2 former colleagues and the Provincial Secretary.

1345 Back to my room to rest (and intending to catch up on a bit more sleep) but the afternoon sees a flurry of texts and by its end it is arranged that over the next 3 Sundays I will preach in 3 different churches!

1845 Visit from a former colleague who has recently started a new job elsewhere.

1945 Supper, followed by bed (I still have to catch up on sleep!).

The following days shouldn't be so frenetic and I hope to get into a regular routine. One person asked me on that Tuesday evening, *'How do you find Burundi now?'* I answered that it was too early to answer that question. But BCU has grown a bit, my first encounters with students have been encouraging and people here seem in general to be in good heart. I shall find out more as the month goes by.

Thank you for your prayers and interest – they make a REAL difference!
Please keep praying.

Michael Hunter

News from A and L, Our Mission Partners

Once we got back after our time in the UK (which we really enjoyed and were so glad to visit many of our support churches) we have hit the ground running. The boys started at their new school and A and L started their new roles at the NGO.

L is working in the early years' centre in the mornings, helping elevate practice and doing some work with children that have additional needs. In the afternoon she goes to her office next door and has started working on building an early years' training curriculum.

A started working in the kitchen, and what was initially going to be a solo job for some time, has already evolved with two of the young women in the programme helping him out. This has been amazing, not only to bring in extra pairs of hands for him, but also for the women. One in particular, has stood out as she eagerly watches everything A does in order to learn from him. It turns out she has always wanted to be a chef and hopes to one day train others. These women have just completed the end of their training and they will now be employed by the NGO to work with, and eventually take over from A, so he can pivot to building training of his own.

It's astounding and a privilege to see how God is using us already to make a difference.

L had the honour of attending the baptism of two of the young women in the programme. We were on the rooftop of a local church and in the bright sun it was amazing to hear the worship songs in the local language carry to the surrounding area. Their testimonies both told a story of just how much God had done for them and how much the teachers, counsellors and staff at the NGO have helped them into a life of not only physical, but also spiritual freedom.

It's clear we are both where we need to be, but it's also been a massive transition for the family with some big challenges with our new roles and routines. Happily, our NGO has been amazing, helping us with visas and paperwork, and they are incredibly flexible knowing we have our boys to look after too. Because there are complications with our visas we have to pay a brief visit by road to another country to resolve this matter as it cannot be done while staying in the country. A has also been unwell and we are praying that new medication will lead to his full recovery.

We are so thankful to all those who spoke to us and signed up for our newsletter – welcome!! To those of you who are already contributing financially, THANK YOU, we are incredibly grateful. We are still looking to raise funds so we can keep doing this amazing work God has brought us into.

Please pray for:

A and L as they work in their new roles: may they continue to find encouragement.

Thanks for the support of their NGO.

The three boys in their new school.

The visit to the neighbouring country to be successful in resolving their visa issue.

Good health – especially for A

Spiritual protection for the whole family.

Their funding to increase to cover their new costs.

Michael Hunter

Dipping Your Toe in the Old Testament

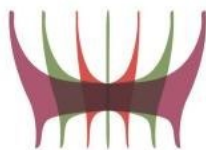
The next chance to '*dip your toe*' into the Old Testament will be held on **Saturday 7th November**. As usual we shall meet in KPC vestry: 9.30am for 9.45am – finishing by 12noon.

Many Christians find themselves struggling with parts of the Old Testament, so this time our theme will be **Tricky Texts**. How do we cope with the violence in the OT? Aren't there some contradictions? Should we see everything we are told in the OT as accurate history? How should we understand God working in the world? We probably won't end up with answers to all these (or other) questions, but it will give us the chance to do some thinking about them.

If you hope to come and there is a particular issue or text you would like to be included, please let me know in advance.

As usual, you can just roll up, but if we know you are coming (email to michaeljh45@aol.co.uk) we'll make sure there are refreshments for you! Don't forget to bring a Bible!

Michael Hunter



HOLY TRINITY
KENDAL PARISH CHURCH

FRIDAY LUNCHTIME ORGAN CONCERTS

September - November 2026
12.30 - 1.15 pm

Sept 18 Chris Totney Ambleside
Oct 2 James Robinson Clitheroe
Oct 16 Jordan English Edinburgh
Oct 30 Jonathan Bielby Kendal
Nov 13 Ian Hare Patterdale
Nov 27 Marc Murray Bury, Manchester

Admission free. Retiring collection.
Proceeds to Organ Restoration Fund



HOLY TRINITY
KENDAL PARISH CHURCH

Kendal Parish Church

Autumn 2026

SUNDAYS AT 4

September

27th Prayers for Peace

October

4th Come & be a Chorister – Choral Evensong for St. Francis
(800th Anniversary of his death)
Kendal Choristers and KPC Choir

18th Choral Evensong for St Luke
KPC Choir

November

1st Service of Thanksgiving and Remembrance for All Souls
KPC Choir

22nd Prayers for Peace

29th An Advent Procession with Carols
KPC Choir

December

20th A Festival of Lessons and Carols
Kendal Choristers and KPC Choir

January

10th An Epiphany Procession with Carols
KPC Choir

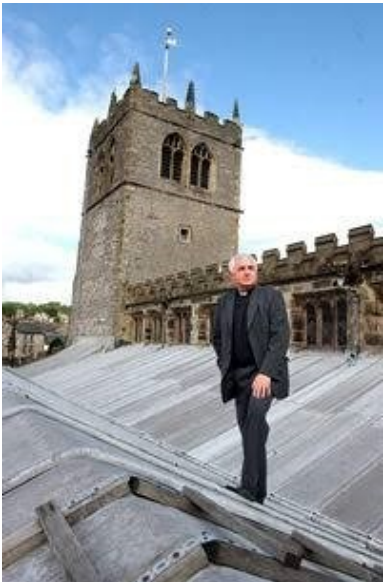
The Choristers sing Evensong on the second Friday of the month at
5.00pm in term time
ALL WELCOME

Canon Ron Metcalfe – Vicar KPC 2000-2007

Ron died peacefully on 6th September in a nursing home in Darlington where he had been living with vascular dementia for the past few years.

Ordained in 1967, Ron spent all his ministry in the Diocese of York before moving to Kendal, serving a curacy at Saltburn on Sea, an incumbency at Crathorne and then holding various training, mission and ministry posts within the Diocese as well as being a residentiary canon of York Minster.

Ron joined KPC as vicar in 2000 following George Howe’s appointment as Archdeacon of Westmorland and Furness. During his time here he led a successful appeal for £250,000 to repair the roof at the south end of the church and undertook a reordering of the sanctuary.



Those who knew Ron well will remember his encouragement of the laity, his passion for choral worship, his love of a good parish party or get-together, the rather splendid wine collection he kept at the vicarage and his wonderful sense of humour, which he retained right up to the final days of his life. I have particular cause to be grateful to Ron as it was he who encouraged me to pursue a call to ordained ministry in 2002.

Ron's farewell service at KPC was held on Easter Day 2007 after which he and Fiona retired to Darlington. Here Ron obtained permission to officiate and helped out at local churches, especially at St Cuthbert’s in the town. Ron leaves behind Fiona and daughters Claire and Paula and their families.

May he rest in peace and rise in glory. **Ashley**

+++++

From the Registers

Weddings

August 29th	Jason Harte & Rebecca Blackshaw
	Jack Ballinger & Orla Collier
September 12th	Paul Crowdy & Emily Thomas
September 19th	Mark Robertson & Charlotte Curwen

Funerals

September 8th	Bruce Payne	
September 9th	Jenny Boak	18

Sunday Services in October

Sunday 4th	Eighteenth Sunday after Trinity
8.00am	Holy Communion (BCP)
9.30am	Parish Communion (CW)
11.15am	The Gathering, Café Style
4.00pm	Evensong for St. Francis

Sunday 11th	Nineteenth Sunday after Trinity
8.00am	Holy Communion (BCP)
9.30am	Parish Communion (CW)
11.15am	The Gathering, with Baptism

Sunday 18th	Twentieth Sunday after Trinity
8.00am	Holy Communion (BCP)
9.30am	Parish Communion (CW)
11.15am	The Gathering
4.00pm	Evensong for St. Luke

Sunday 25th	Twenty First Sunday after Trinity
8.00am	Holy Communion (BCP)
9.30am	Morning Prayer, with Baptism
11.15am	The Gathering, with Communion
4.00pm	All Souls Service

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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or the Anglican Parish Church

