



Welcome

I am writing this on my first day back at the desk following a four day guided retreat at a Jesuit centre. The retreat was silent (mostly) and made all the more still by the heavy snow which fell on my first day in North Wales.

It was good to be away. I was able to meet with a spiritual director each day and, along with having space in several rooms (including two chapels) to reflect, there was also mass each day. Even when we were allowed to talk at our final breakfast, no one did: we were comfortable in the quiet reflective atmosphere.

The opportunity to do this came as a result of the national church offering ministers funds for training and retreat. And both are useful.

I would not want to be in that environment all the time but it gave me a chance to pray, to reflect on my spiritual life, and simply to catch up in my relationship with God.

Balance in being active or taking prayerful time is not new. Indeed the Gospels tell us it was a challenge Jesus faced. There was always more to do and more people wanting to meet him and he found it hard to get away and pray.

There isn't an easy answer (for me anyway) but I do come back to Cumbria refreshed after a week without practical responsibilities, and aiming to hold onto a balance between getting on with all the tasks which are before me and spending time listening for the Holy Spirit.

Over the last few years we have got used (as ministers and elders) to dealing with new situations quickly. Sometimes this is important, but it can exhaust us. We need to hear the Holy Spirit as comforter and disturber, sometimes encouraging us to be calm and at other times to be active—even angry—and seeking to change the church and the world.

In your prayers maybe you can ask that we all have the peace to listen for God's calling and the energy to do something about it.

Peace be with you

Martyn



Foodbanks

It remains a disgrace that in our very wealthy nation so many folk need to use foodbanks. As Christians we need continually to challenge the injustice which leads to this situation. Equally, where we can, we need to deal with the consequences of that injustice. As chair of Windermere Foodbank I know that needs are growing and that donations are tailing off slightly. Wherever you live there will be a food bank in your area: please continue to donate as you are able.

Worship With Us

Sunday Morning at 10.30 am

29 January	Joint Helm Mission Community Service at Salvation Army (Jacob's Join lunch - no service in 106)
5 February	Mark Hamblett (Communion)
12 February 10.45 am	URC Moderator at Carver Church (no service in 106)
19 February	Michael Pickles
25 February	Revd Martyn Coe
5 March	Mark Hamblett (Communion)
12 March	Revd Pam Noonan
19 March	Revd Martyn Coe
26 March	Moira Rose
2 April Palm Sunday	Revd Lis Mullen (Communion)
6 April Maundy Thursday	Revd Pam Noonan (2.00 pm)
9 April Easter Sunday	Revd Pam Noonan (Communion)
16 April	Mark Hamblett
23 April	Revd Martyn Coe
30 April	Lynne Davis
7 May	Revd Pam Noonan (Communion)
14 May	Richard Jurd

From the Secretary

Hello Everyone

It's still January, so I start by wishing you all a happy and healthy new year.



In the last issue we were looking forward to the Knitted Bible exhibition. Now it's been and gone and it all seems a long time ago. A lot of people were involved in making it such a success. There were good numbers of visitors and very favourable comments about the exhibition itself and about the warmth of the welcome. Many thanks to Sheila and all the helpers who played such a large part in this success.

Various activities over Christmas also went very smoothly despite the weather. Unfortunately the Elders' service on 18 December had to be cancelled, but there's always next year. Thanks to the elders and in particular to Nick and Sheila for all their hard work.

The next event is the joint Helm Mission Community service on 29 January at the Salvation Army hall in Gillinggate. I hope many of you will be able to attend. Don't forget the Jacob's Join lunch afterwards. There will be no service in 106 that day.

Nor will there be a service 106 on 12 February. We are invited to join members of Carver and Grange and other Cumbria URC churches for a service in Windermere conducted by Fiona Bennett, Moderator of the General Assembly. There will be a finger buffet lunch provided after this service. You should already have had information about this from Jenny.

The work of the church continues. We will begin the process of marriage registration and look again at the post of Outreach Worker. Jenny and Mark are going to do some work on the church website. We will investigate the feasibility of providing a regular 'warm space' somewhere in 106. Next month we hope to complete the necessary details so that we can apply for the eco church bronze award.

I'm writing this in Northern Ireland with about three inches of snow outside. Very pretty but not so good for driving! We hope it might finally go today or tomorrow. By the time I do my next report, spring should have arrived. In the meantime stay warm and take care.

Best wishes

Anne

Knitted Bible Exhibition

A huge thank you to everyone who helped with the Knitted Bible Exhibition at the end of last year. So many people got involved by helping with refreshments, stewarding, setting up the exhibition, and taking it down again.

We had five local school classes come to visit and over 200 members of the public coming in to view the exhibition.

Kendal's Mayor, Doug Rathbone, made a visit when a local school was present. The children had a great time asking him all about his mayoral duties.

We also had a visit from our local MP Tim Farron.

We collected over £630, which has been forwarded to the King's Food Bank. So thank you everyone.

Sheila



Visit of the Assembly Moderator to Cumbria on Sunday 12 February

The Revd Fiona Bennett, URC Assembly Moderator, will take the morning service at Carver Uniting Church, Windermere, on Sunday 12 February at 10.45 am.

Fiona is visiting churches in the 13 synods during her two years of office. All Cumbria URC and Uniting churches are encouraged to gather at Carver on this day.

It will be the first opportunity for our county-wide churches to worship together after lockdown had kept us separated and when only Zoom services were possible. It will be an opportunity too to celebrate Communion together and to hear Fiona's message for our churches.

All are invited to stay for a finger buffet lunch afterwards.

Judith Bartlett



New ministers welcomed at Church House

Kate Hunt and Lisa Wilson, who were ordained and commissioned in Cumbria last year, were among seven new URC ministers welcomed at Church House on 19 January. The new ministers had been due to visit Church House in November but this was postponed because of a national rail strike.

(In the photo, Lisa is second from the left and Kate second from the right)



A Prayer Diary

(contributed by Revd Pam Noonan)

The following suggestions are provided to encourage us in our prayer lives. If you have other ideas, please let me know.

Let us pray!

Week beginning 5 February

As the cold weather continues, we pray for rough sleepers, for those unable to heat their homes and for the sub-committee who are considering the possibility of offering a Warm Space in 106.

12 February

As we join with the other congregations in our Missional Partnership, we pray for the ministers serving in it, for the different congregations and for the General Assembly Moderator, Revd Fiona Bennett, as she fulfils her responsibilities.

19 February

This week sees the beginning of Lent. Let us pray for our renewal and spiritual deepening during this period.

26 February

We give thanks for the Fairtrade movement and others agencies working to promote ethical working practices particularly in developing countries where conditions can be extremely poor.

5 March

Let us give thanks for our emergency services, for the NHS, the Fire and Rescue Service, the Police, the RNLI and Mountain Rescue, praying for all who work and volunteer within them, asking for them the necessary courage and strength needed to fulfil their duties.

12 March

Let us pray for the growing number of people in strict Muslim countries who have heard of Jesus through TV, radio or the internet and have decided to follow him. Grant them the strength to persevere in face of rejection, sanctions and even death.

19 March

Let us pray for all those involved in peacemaking and reconciliation, for those protesting against human right abuses and the unequal distribution of the world`s wealth.

26 March

Let us pray for all the young people we know, their schools and colleges, and for those who give of their time in youth organisations. We also think of those young people who are suffering from mental ill health or are disabled in any way.



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We're on the web: find us on Facebook and Twitter and on our website: kendalurc.org.uk

Next issue of Embracing Life

Please send any contributions for the next issue of this newsletter by Monday 20 March 2023, to John Costello, 2 Hawesmead Drive, Kendal LA9 5HD, or email johnxcostello@btinternet.com