



Welcome

If you pause for a moment and think about our what our church is like at its best, what comes to your heart and mind? Not what's your favourite thing, but what's the very best thing about the way that it lives?

One woman said that the best thing about her church was that you could come on a bad day, and no one tried to cheer you up—they were in solidarity with those who struggle but knew that we cannot simply change our lives in one morning. Many things are not that simple.

One of the strands in the bible says that new people joined the early church because it was clear how much the Christians loved one another. They were showing the best thing about themselves, demonstrating a way of being or value which made a difference to the church and was noticed by those around them.

If you take a moment to reflect on our church at its best, I would guess that for many of us it is something which is grounded in love for God and each other. We all have bad days and so do churches, but I wonder how we can be our best more of the time and what effect that might have on those we meet, talk to or who use our building.



Martyn

Pride

Kendal Pride is 21 to 23 July. We hope to do something to show that we are offering a safe welcome to locals and visitors who are in town for Pride.

Open Table Congregation

The Open Table Network is, in part, supported by the URC nationally and its new office is in the Mersey Synod Offices.

Over the last few months, the Cumbria Partnership Ministers and the Elders of some of the churches have been considering setting up a new congregation 'Open Table'. This is an act of worship, usually communion, intended to be a safer space for LGBTQI+ folk and their friends. The hope is both to provide support to people who are already part of churches as well as reach out to those who have been excluded in the past.

Kendal Elders have agreed to explore being the responsible church (for safeguarding and so on) and to offer initial space for worship at 106. This would be a group meeting at some other time than our regular morning congregation (many others meet on Sunday evening). The next step is to see if there is support for this initiative. The Coordinator of the Open Table Network will come up from Liverpool and facilitate a session for all who are interested in attending or being part of an organising group. The details will be shared as soon as we have them. If you would like to know more, please email Cumbria.URC@NWSynod.org.uk

Martyn

Worship With Us

Sunday Morning at 10.30 am

28 May	David Lamb
4 June	David Lamb (Communion)
11 June	Mark Hamblett
18 June	Revd Martyn Coe
25 June	Mike Hart
2 July	Revd Alistair Smeaton (Communion)
9 July	Revd Lis Mullen
16 July	Mark Hamblett
23 July	Revd Pam Noonan
30 July	Joint HMC service at New Hutton (no service at 106)
6 August	Revd Martyn Coe (Communion)
13 August	Revd Lis Mullen
20 August	Richard Jurd
27 August	Revd Martyn Coe



From the Elders

We are delighted that the beautiful stained glass window has been installed in the worship space and a service of dedication held. Many thanks to Debbie



Copley, the window designer, and to the Hogarth family for sponsoring it. A bookmark with a picture of the window and a prayer on the other side, was given out at the dedication service. If you haven't been given one just ask your elder and they will be able to get one for you.

We are very pleased that our new Outreach Worker Kevin Huggett will be starting work with us at the beginning of September. We will be holding a welcome service for Kevin: a date will be advised shortly.

The elders are still continuing to look for suitable stacking chairs for the worship space. Although the current chairs are very comfortable, they will not stack when we need to clear the space. If you have visited a local church that has comfortable, stackable chairs just let us know.

At our last church meeting members decided that they did not want to employ a caretaker for a few hours on a Sunday to put out chairs and do general housekeeping duties. Therefore we need a volunteer to do some of these jobs.

Even though we are now in a refurbished building, property matters are still on the agenda. The lead on the second floor balcony is letting in water above the north window of the upper room. The guttering above the church office window is leaking. Lowther and Dawson have been asked to look into these matters. They have also done extensive work at our premises that Milne Moser rent from us. This includes ventilation work to reduce dampness in the premises and redecoration. We are grateful to John Hindle who helps us by doing a monthly inspection of our premises.

The Elders have been looking at dates for some of our special services during the autumn and winter months. Harvest will be on 24 September, Shoe Box Sunday on 29 October, Remembrance Service on 12 November, and Mountain Festival on 19 November. Christmas services will include Mission Community carol singing outside 106, probably on 16 December. On Christmas Eve we thought that we might have our main Sunday worship service in the afternoon to include Christingle, and then the usual Christmas Day service on Monday 25 December.

Dedication of the Worship Space Memorial Window

Sunday 14 May felt a rather special Sunday as we had a Worship Space full to capacity, including eleven visitors with us to see the dedication by NSM Revd Pam Noonan of the memorial window for Alan Hogarth who died in 2020. This was the conclusion of an 18 month long project. Our Supervising Minister, Revd Martyn Coe led the first part of the service at the start of Christian Aid week.

We were already aware that the designer and maker of the window, Debbie Copley, had become a scholar of the Queen Elizabeth Scholarship Trust in 2022, through which she has been receiving invaluable intensive professional development training in contemporary glass design all over the country. Her biography is available to read on the QEST website.

I have been privileged to read Debbie's 'blog' or computer diary which covers the period when she was working on the design of the window, her biggest commission to date. She comments in the diary 'this has really been my best job so far'.

She was at first somewhat daunted by the sheer size of the window, around 3 metres by 1 metre and a Gothic shape, which fortunately was split into six panels by glazing bars. This meant that each section was of a size to fit on Debbie's workbench. She could only see two panels alongside each other at a time because of the space constraints of her studio. The source of the glass was a hand glass workshop at Alvechurch in the West Midlands.

So what does the window show? We did see Debbie's preliminary ideas on the screen: a slanting cross and, as part of the buildings' scene, a drawing of the Town Hall. This resulted in good feedback and a flurry of ideas to which Debbie responded and refined her ideas. As May 2023 is an important anniversary year for the Hogarth's Jewellery shop, 100 years since Alan Hogarth's father purchased the shop, references to the shop were requested. In the middle of the picture the distinctive criss-cross iron façade of the shop and its sign can be seen. The hallmark of the Hogarth shop is seen at the bottom of the window. A tiny badminton racket is portrayed at the foot, a reference to a favourite pastime of Alan's.

All the above references are set against a backdrop of the distant Kentmere fells and, nearer to us, the valley in which Kendal has developed, with houses tumbling down the western side and the river at the foot of the window. There is hand-painted detail of the two churches from which our present congregation originates: the St John's Presbyterian Church on Sandes Avenue and Zion Congregational/URC. This reference to buildings in our history gives a sense of place. Overlying all the many features of the window is the golden cross with a reflected cross to the left.

A final oil paint layer was applied to the town buildings and dried before the window panels were taken to Furness Glass to be encapsulated and put into double-glazed units.

Now we have a pleasing feature window in the Worship Space on which we can gaze at the tapestry of colour and texture created by a young designer.

Pauline Goodridge



A (very) advance notice

On Sunday 16 June 2024, Revd Dr John Bradbury will be in Cumbria and will lead a joint service on that Sunday.

Martyn Coe

Boxes of Hope, Cumbria 2023

Can you help? If you are able to pack a box this year, maybe you would like to start gathering items to put in it. An ideal box should contain:

- A hat, gloves and scarf
- A pair of socks
- A notebook
- A pencil case containing pens pencils, pencil sharpener, rubber, crayons of felt tips and a small ruler.
- A soft toy
- A collection of toiletries, i.e. soap, facecloth, toothpaste, tooth brush and a brush or comb.
- A small gift
- A plastic cup
- A ball
- A small packet of sweets (best before date after March 2024)
- A toy car (small). I have lots: if you need one for your box or boxes please ask.

If you feel unable to pack a box but you still want to help, you may wish to donate money to help someone else to pack one for you, or money towards transport costs.

Please pray for this worthy cause.

Ann Hindle

Last year one of our boxes found a home in a Ukrainian orphanage!



Time out with God

At Kendal Parish Church

Quiet Day

Jesus said - 'Come to me'

Saturday 15 July at Ings Village Hall from 10.00am to 3.30pm

Come to me.....

And rest

And watch how I work

And be refreshed



You are invited to our **Church Quiet Day**

Bring your own lunch - tea / coffees provided

Cost - £5 to cover the cost of hiring the Hall.

This is an opportunity for anyone who lives a busy life - that's all of us - to spend a day with God, hopefully with an opportunity to spend some time outside enjoying God's creation.

We will be reflecting on Matthew 11: 28 - 30 (from The Message)

Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me - watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly.

There will be plenty of silence for you to spend time with God by yourselves - resting in him and being refreshed in the living water of his love.

Book in with Marjorie Arnold - mm.arnold@btinternet.com or 07565 331044

Inter Faith Network

Have you heard of IFN, the Inter Faith Network (IFN)? You actually belong to it because both the URC (in England) and Churches Together (in Britain and Ireland) are members. On 31 March IFN received a letter from the Department for Levelling Up, Housing and Communities (DLUHC) saying that as from April no further funding would be given. It would be valuable if **you** could write to Tim Farron or Michael Gove MP or Baroness Scott of Bybrook, asking for the funding to be continued.

Why should we be interested in inter-faith and “other faiths”? I had always assumed Christianity was The Faith (capital F), until one day at a meeting of different faiths I discovered that to other faiths (small f) we Christians were just *another faith* (small f). Some of the faiths around Britain are Baha’i, Buddhist, Christian, Druid, Hindu, Humanist, Islam, Jain, Jewish, Muslim, Rastafarian, Scientology, Shinto, Sikh, Taoism, Zoroastrian; and there probably are still White Witches in Cumbria. All these faiths are based on different tenets, but the resulting behaviour of their followers invariably includes caring and being good people. Amongst my friends in Kendal are many Christians; some atheists (no faith nor religion); one **Buddhist** - the Buddhist Group of Kendal meet monthly; several **Baha’i** who regularly meet in their homes; one **Pagan** - the Kendal Pagan Moot gathers monthly (a religion not a faith). Lastly there a growing band of those of no faith and no religion.

Living in the midst of so many faiths and religions, and people with neither, what should KURC be doing? Should our attitude to people of other faiths be different to our attitude to those of no faith? How can we fulfil our mission to “Go forth and tell the Good News.....”? Our situation on the main shopping street is a wonderful asset: remember how Frothimoon used the windows to advertise their beautiful wedding attire. We are offering for sale love and hope and a way of living. Times are changing - are we keeping up with them?

Anne D Wilson

In September of this year I will be going to Rwanda to visit projects run by the charity Global Grassroots. Global Grassroots is a charity that empowers women using the tools of mindfulness and self-empowerment.



Global Grassroots
CONSCIOUS SOCIAL CHANGE FOR WOMEN

In their own words:

Our core program is our Academy for Conscious Change, a social venture incubator that catalyses vulnerable women and girls as self-reflective change leaders who wish to launch their own grassroots organisations benefiting other women and girls. Our participants include widows, teen mothers, genocide survivors, women with HIV/AIDS, women with only a primary school education, the heads of orphan households, and women subsistence farmers.

I started supporting this charity in July 2021 after the death of my mum. Mindfulness and female empowerment were very important for my mum, so we wanted to ensure that the charity focused on these. My younger sister found Global Grassroots, www.globalgrassroots.org, we contacted them, and they offered to have a zoom meeting with them. We watched the video on the website, and it made us laugh and we knew that our mum would love it. We decided to support the charity.

In September of this year my younger sister Hannah died suddenly of cardiac arrest due to sudden adult death syndrome. We decided that we would also use the same charity to raise money in her honour. The charity was very grateful and informed us that the money that we had raised allowed them to extend their projects.

I asked the charity if I could do a self-funded project to see their work. They agreed and I will be visiting them in September. If you would like to donate, please either see me at church or donate online. If you donate online please leave a tribute to Liz Cooper or Hannah Melling so that we can be aware of how much is raised. Thank you so much.

Nicky Melling

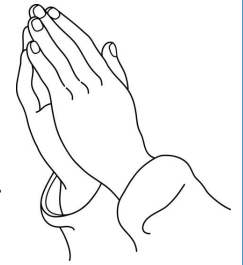


A Prayer Diary

(contributed by Revd Pam Noonan)

Week beginning 4 June

Let us pray for Clare Downing as she is inducted on Saturday as the Transitional Moderator for our Synod. We give thanks that she is willing to serve in this three-year post and pray that she will bring the stability and leadership this Synod needs.



11 June

We continue to pray for our government and local authority as they seek ways of addressing the many different challenges that our nation and local communities face.

18 June

Conscious of the problems that those who work in the NHS and Social Care services face, let us pray for wisdom for all who play a strategic role in planning for the future, and strength and resilience for those who care for the ill, the vulnerable, the disabled and the elderly day by day.

25 June

As we pray for all who seek to negotiate peace in the war-torn areas of our world, we also remember those whose lives have been turned upside down through the war in Ukraine—those continuing to live there and those who have sought refuge elsewhere.

2 July

We pray for the ministers within our Missional Partnership, Martyn Coe, Kate Hunt, Alistair Smeaton and Lisa Wilson, and for the elders here in KURC as they respond to the vision God has given them.

9 July

During this “marching season” in Northern Ireland, we pray that the annual celebrations may proceed without incident and that a solution may be found to the current impasse in their government.

16 July

Conscious of the profound influence that the media play in our lives, we pray for all employed in this industry—television, radio, social media and newspapers—that they might report accurately and sensitively, always seeking the truth.

23 July

At the end of another school year, we remember those who will leave or change schools and those who will miss the structure of school life over the summer break. We also think of those families who have to turn to foodbanks and other charities to replace school meals.

30 July

We give thanks for the many Christian holiday camps that take place during the holiday period, and pray that through them, young people, many of whom have little understanding of the Christian faith, might realise God’s love for them.

Church Contacts

Martyn Coe (07973 359882) unitedchurch@btinternet.com
 Anne Morrison (015395 60849) kurc106secretary@outlook.com
 Jenny Andrews (01539 727812) kurc106ad@outlook.com
 Nick Andrews (015395 61988) kurc106treasurer@outlook.com

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 24 July 2023, to John Costello, 2 Hawesmead Drive, Kendal LA9 5HD, or email johnxcostello@btinternet.com