

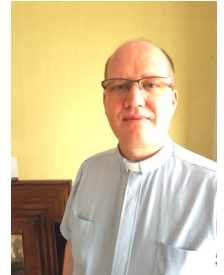


Welcome

If I am not careful, I will choose 'Now let us from this table rise' most times I lead communion—and that's several times a month. It starts with action: we rise and go from sharing communion. It's not the end but it is the strengthening of who we are to move on to the next thing with Christ.

The final verse is:

"Then grant us grace, Companion God, to choose again the pilgrim way, and help us to accept with joy the challenge of tomorrow's day" (Fred Kaan)



This helps me remember that I choose to take the pilgrim way. I choose to be part of the church; I choose to follow Christ. I do, however, need God's help on my journey and certainly in accepting with joy the challenges of tomorrow. I need help to do as Jesus taught—to leave tomorrow to itself and face it when it comes. I need God's help to accept the challenges when they come- I guess some of you, like me, can easily fail to deal with the challenges we face by spending time wishing things were different. I guess that's also in the teaching of Jesus about not worrying, but he wasn't suggesting that we do nothing. I think he was helping us all to recognise that there are many things we cannot change and so we have to deal with the world, the church and our community as we find them.

Fred Kaan's great hymn inspires me in my faith and reminds me of the need both to worship God and to act for Christ in the world. I think that's why I like it so much—but I do have to choose other hymns sometimes.

Yours

Martyn

Renewed Beginnings

During the autumn, Revd Kate Hunt will lead us in worship as we use Renewed Beginnings from the NW Synod.

Within our worship, instead of a sermon, we will be invited to reflect on the life of our church and wider community and how we might act.

Kate is one of our partnership ministers and has already led several churches in Cumbria in this way, and we hope that it will give us all an opportunity to explore, reflect and act on our faith and local community.

The Sundays when we will be doing this are 17 September, 8 October, 29 October and 5 November.

Martyn

Which way?



Church Meeting on 4 October

When we looked for a date for a Church Meeting in the autumn, it was impossible to stick to our usual Sunday Church Meeting.

For once, and to try it out, we are calling Church Meeting at 11.00 am on Wednesday 4 October. We hope that this will give us a little more time to share ideas, not simply to make decisions.

The meeting will end by 12.30 pm and will be followed by lunch.

Martyn

Worship With Us

Sunday Morning at 10.30 am

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| 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 (followed by Church Meeting) |
| 3 September | David Lamb (Communion) |
| 10 September | Revd Lis Mullen |
| 17 September | Revd Kate Hunt |
| 24 September | Richard Jurd (Harvest) |
| 1 October | Revd Lis Mullen (Communion) |
| 8 October | Revd Kate Hunt and Revd Martyn Coe |
| 15 October | Mark Hamblett |
| 22 October | Revd Lucy Foster |
| 29 October | Revd Kate Hunt |



From the Elders

Since the update in the last edition of Embracing Life a few things have happened.



We were saddened to learn that Cumbria

Boxes of Hope have had to stop their wonderful work because of the exorbitant costs now involved. We hope that some way might be found so that they can operate again in the future. This year, however, the Salvation Army are happy to receive donations for their children's Christmas appeal.

We continue our search for comfortable, easy to handle-and-store furniture for the worship space. If you have seen and sat on anything you think might be suitable, please let us know. We also really need someone to help move furniture and do general housekeeping duties. Again if you have any ideas, please let one of the elders know.

On a more positive note, we are looking forward to the arrival of Kevin Huggett, our Outreach Worker. He will start work on Monday 4 September and his welcome service will be on Monday 11 September at 5.00 pm. There will be a hot meal after the service. To help the planning, would you please let Jenny know if you wish to attend just the worship or the worship and supper. Also, if you are vegetarian or have particular food needs, let Jenny know and we will try to accommodate them.

We have received our bronze eco-church plaque from Revd Lucy Foster and it is now displayed in the entrance hall. We are very grateful to John Mullen for his beautiful bird boxes and bug hotels. Thank you, John. Lucy will be leading worship in October and after that, work will begin on the silver award. If you would like to be involved please contact one of the elders. A small group tidied our site recently. Many thanks to all those involved.

As I write we look forward to hosting two events as part of Kendal Pride weekend.

Now, a few dates for your diaries.

On Sunday 27 August we will hold our quarterly church meeting after morning worship. Our annual church meeting will be on Wednesday 4 October (probably at 11.00 am), to be followed by lunch. There will be more information about these events next month.

Harvest Festival is on 24 September.

We all hope that you have a good summer and manage to relax in some sunshine.



OPEN TABLE
Come as you are

Working ecumenically and with the other churches of the Cumbria Partnership, we are planning to start an Open Table congregation. This is an act of worship which is intended to be a safer space for LGBTIQ+ people and their friends (allies). The URC partnership supports this, and it will be part of the life of our church so that we can ensure good oversight and safeguarding. It will have its own planning group.

Most Open Table congregations meet once a month in the late afternoon on a Sunday but it is up to the group to decide that.

The first gathering will be longer than normal as it will be an opportunity to worship and to explore what is wanted in our county. If you would like to worship at Open Table or would like to consider being part of the planning group there will be a gathering at 3.00 pm on 8 October at 106. This will be led by the co-ordinator of the Open Table Network.

Martyn

Eco Church Bronze Award



Anne Morrison was presented with the award by Revd Lucy Foster, in her capacity as Northern Eco-church Officer.

URC Book Group

The next book group meeting is going to be held on Monday 25th September at 10.30 am in the top room at 106.

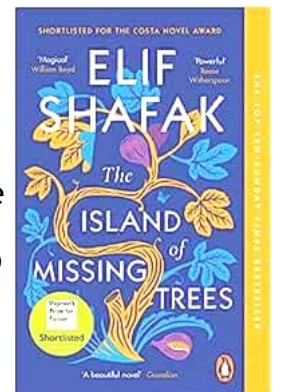
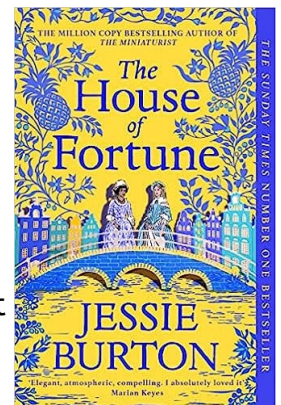
We are going to be reading a new book, *The House of Fortune* by Jessie Burton. So if you can get a copy of the book or order it from the library, do come along and join in the discussion.

We are also going to be discussing a book we read back in April, *The Island of Missing Trees* by Elif Shafak.

Everyone is welcome to come, whether you have managed to read these books or not. Also we can discuss any books you have read over the summer over a cup of tea or coffee.

Looking forward to seeing you.

Sheila Andrews



Most people will now be aware that the trustees of Boxes of Hope are sad that they are unable to continue this project.

Our church has been supporting Christmas boxes for about 15 years.

Thank you for every pencil, every penny, every prayer and every person who has wrapped and prepared a box.

Hats and scarves have been knitted, pencil cases sewn and shops scoured for bargains.

Thousands of children have felt the love that went into every box.

Thank you.

Ann Hindle

A Prayer Diary

contributed by Revd Pam Noonan (acknowledging ideas from Care Prayer Diary, July–October 2023)

Week beginning 6 August

We remember the millions of people in Britain facing cost of living rises, driving many into debt, mental health crises and family breakdown; and we ask for lasting, realistic support for all. We give thanks for foodbanks, Foodshare and all other charities seeking to help those in need and address the current crisis.



13 August

Let us pray for victims of modern slavery who are forced to work for little or no pay, live in dire conditions and who are often subjected to physical, sexual and emotion abuse. May they find safe places where they can recover and begin to rebuild their lives.

20 August

We pray that governments will increase their efforts to reduce air pollution, prioritising clean energy, better agricultural methods, advanced vehicle technology and other good production practices so that people might live more healthily.

27 August

Let us pray for all those who work in government, in local authorities or hold positions of influence in our nation, asking that they will speak up for integrity, truth and justice and reflect these values in their own lives.

3 September

Let us pray for Kevin Hewitt, the new outreach worker, as he gets to know the congregation and local area and begins to plan his future work.

10 September

As young people settle into their schooling after the summer break, we pray for all those involved in education - for teachers, for administrators, for support staff, asking that all pupils, whatever their ability, will be enabled to reach their own full potential.

17 September

Let us pray for the 6.6 million people in the refugee camps in 125 different countries who need emotional support and physical treatment for their many different illnesses, and pray that they may be enabled to progress their journey.

24 September

At this harvest season, let us give thanks for the local harvest and for the food we enjoy. We pray for farmers, remembering the different challenges they face as they respond to changing policies, and for those nations suffering the effects of climate change on their farming activities.

Church Contacts

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