

**PARISH MAGAZINE OF ST. GEORGE, KENDAL**  
**ST JOHN THE EVANGELIST, GRAYRIGG**  
**[www.beaconteam.org.uk](http://www.beaconteam.org.uk)**  
**AND**  
**SANDYLANDS CORNERSTONE CHURCH**  
**[www.sandylandschurch.com](http://www.sandylandschurch.com)**



**June 2024**

**Free - donations welcome**

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<b>Sandylands Seniors</b>	Jenny Mellor	sandylandschurchbooking@gmail.com	

**Letter from Rev Michelle Woodcock,**  
**Priest-in-Charge of the Beacon Team Churches**

Dear Friends,

As I write this letter, it is exactly a month since I was licensed as Priest-in-Charge of the Beacon Team. And what a busy month it has been! I love the varied nature of this job where I skip from one task to another, one moment praying with those who have been bereaved and the next baptising a baby or helping a couple to plan their wedding along with getting to know all the children in our local schools. I have met so many people already and have learned so much about all sorts of things I never thought I would need to know!

This week I have spent a couple of my lunchtimes standing next to Windermere cheering on the Class of 2024 as they run 10 marathons in 10 days for the Brathay Trust. It's 3 years since I completed this event now and as I've watched them this week I can still hardly believe that I did it. It was a huge commitment of training and fundraising, but something I will never forget. There have been times in the last month where I've felt like I'm in the middle of a marathon as I keep plodding on through all the new learning and trying to make my diary look like something reasonable! This verse from the Bible has encouraged me to keep going on days when everything is getting a bit too much...

*"...let us strip off every weight that slows us down...And let us run with endurance the race God has set before us." (Hebrews 12:1)*

This can be applied to all sorts of things, not just marathon running. Life certainly has its ups and downs and I am aware of many who may be feeling that daily life is an exercise in endurance at present. Illness, family difficulties, financial worries, growing older, and many other things can cause us to lose hope and feel weighed down by life and its burdens. God is in all of this with us and is interested in all the things that concern us no matter how big or small they are. This verse reminds me to 'keep on keeping on' even when the going gets tough. Perhaps it might encourage you this month too?

*Best wishes*

*Michelle*

## Sunday 30th June — Joint Team Service

On the fifth Sunday in a month, we come together for worship as a team. This month we will be gathering together at St Mar's Church in Longsleddale.

The service starts at **11am** and will be followed by a Jacob's Join (bring & share) Lunch.

### Readings for June 2024



#### The First Sunday after Trinity

1st Reading Deuteronomy 5:12-15  
2nd Reading 2 Corinthians 4:5-12

June 2nd, 2024

Psalm 81:1-10  
Gospel Mark 2:23-3:6

#### The Second Sunday after Trinity

1st Reading Genesis 3:8-15  
2nd Reading 2 Corinthians 4:13-5:1

June 9th, 2024

Psalm 130  
Gospel Mark 3:20-end

#### The Third Sunday after Trinity

1st Reading Ezekiel 17:22-end  
2nd Reading 2 Corinthians 5:6-17

June 16th, 2024

Psalm 92:1-4,12-end  
Gospel Mark 4:26-34

#### The Fourth Sunday after Trinity

1st Reading Job 38:1-11  
2nd Reading 2 Corinthians 6:1-13

June 23rd, 2024

Psalm 107:1-3,23-32  
Gospel Mark 4:35-end

#### The Fifth Sunday after Trinity

1st Reading Lamentations 3:22-33  
2nd Reading 2 Corinthians 8:7-end

June 30th, 2024

Psalm 30  
Gospel Mark 5:21-end

# Worship With Us

## **St John the Baptist, Skelsmergh:.**

Sunday 2nd June - Morning Worship 11.00am  
Sunday 9th June - Holy Communion 11.00am  
Sunday 16th June - Holy Communion 11.00am  
Sunday 23rd June - *joint service at Burneside*

## **St John the Evangelist, Grayrigg**

Sunday 2nd June - Holy Communion 9.30am  
Sunday 9th June - Morning Worship 9.30am  
Sunday 16th June - Holy Communion 9.30am  
Sunday 23rd June - Evening Worship 6.30pm

## **St George, Kendal**

Sunday 2nd June - Holy Communion 11.00am  
Sunday 9th June - Morning Worship 11.00am  
Sunday 16th June - Holy Communion 9.30am  
Sunday 23rd June - Morning Worship & Baptism 11.00am

## **St Oswald, Burneside**

Sunday 2nd June - Evening Worship 6.00pm  
Sunday 9th June - Holy Communion 11.00am  
Sunday 16th June - Holy Communion 11.00am  
Sunday 23rd June - Holy Communion 11.00am

## **St Thomas, Selside**

Sunday 2nd June - Morning Worship 9.30am  
Sunday 9th June - *joint service at Selside* 11am



Sunday 16th June - Evening Worship 6.00pm

Sunday 23rd June - Morning Worship 11am

**St Mary's Longsleddale**

Sunday 2nd June Abbey Service 10.30am

Sunday 30th June **11am** Joint Team Service followed by Jacob's Join lunch

**Sandylands Cornerstone Methodist Church**

Sunday 2nd June: Morning Worship 10.30am Causeway 3pm

Sunday 9th June: Morning Worship 10.30am

Sunday 16th June: All age Worship 10.30am

Sunday 23rd June: Morning Worship 10.30am (& Zach's Dedication)

Sunday 30th June: Holy Communion 10.30am

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**Every Tuesday** 6.00pm Short Evening Prayer  
at St. Oswald's Church, Burneside

**Every Wednesday** 9.30am: BCP Holy Communion  
at St. Oswald's Church, Burneside

**Online Worship is available throughout the week via Zoom**

Access: : <https://us02web.zoom.us/j/86745535327>

+ 44 203 481 5237 or +44 203 481 5240 or +44 203 901 7895

**Meeting ID: 86745535327** Or join by phone on any of the numbers:

Regular weekday Zoom services include :

\* **Mondays** 8.30pm : Compline

\* **Fridays** 8.30pm : Celtic Evening Prayer

# coffee morning

and

Spring

# PLANT

sale



ST. OSWALD'S CHURCH  
BURNESIDE

## Saturday

## 1st June

plants  
teas  
coffee  
cakes

10AM-NOON

Made with PosterMyWall.com

*“And why worry about your clothing? Look at the lilies of the field and how they grow. They don’t work or make their clothing, yet Solomon in all his glory was not dressed as beautifully as they are. And if God cares so wonderfully for wildflowers that are here today and thrown into the fire tomorrow, he will certainly care for you.” Matthew 6:28-29*



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**Revd Charles Cowling** has informed us that his ordination as a priest (by Bishop Rob Saner-Haigh) will take place in Kirkby Stephen Parish Church at 4pm on **Saturday 29th June**.

Charles did part of his training in the Beacon Team and welcomes any who wish to join him for this special occasion.

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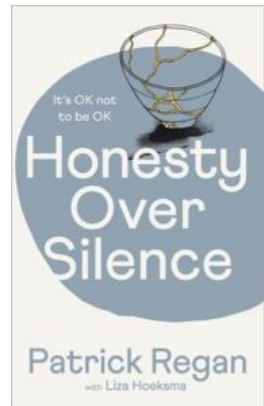
## BOOK REVIEW

**Honesty Over Silence – it's OK not to be OK**  
By Patrick Regan, SPCK, £9.99

This book opens the conversation on spirituality and mental health in a way that shows you that you are not alone.

Honesty Over Silence tackles topics that many find difficult, such as trusting God when life is painful, dealing with anxiety and depression, learning to look after ourselves, developing our character, and living with thankful hearts even in tough seasons.

It examines our strength in letting go of our need to be in control, as well as looking at how we can stop comparing ourselves to others, and instead live authentically and honestly as we grow into the people God has created us to be.



*Books can be ordered through Lynne Magee 01539 720018  
admin@beaconteam.org.uk*

## *Special Dates in June*

### 16th June — Fathers' Day

In the UK, USA and Canada, the third Sunday in June is Father's Day. On this day, fathers and father figures are honoured and celebrated with cards, gifts, and special gestures of appreciation. .

How do these special days ever get started, anyway? Well, Father's Day began because way back in 1909 there was a woman in Spokane, Washington, named Sonora Louise Smart Dodd. That year she heard a church sermon about the merits of setting aside a day to honour one's mother. Mother's Day was just beginning to gather widespread attention in the United States at this time. But Sonora Louise Smart Dodd knew that it was her father who had selflessly raised herself and her five siblings by himself after their mother had died in childbirth. So the sermon on mothers gave Sonora Louise the idea to petition for a day to honour fathers, and in particular, her own father, William Jackson Smart.

Sonora Louise soon set about planning the first Father's Day celebration in Spokane in 1910. With support from the Spokane Ministerial Association and the YMCA, her efforts paid off, and a 'Father's Day' was appointed. Sonora Louise had wanted Father's Day to be on the first Sunday in June (since that was her father's birthday), but the city council didn't have time to approve it until later in the month. And so on 19th June, 1910, the first Father's Day was celebrated in Spokane.

Gradually, other people in other cities caught on and started celebrating their fathers, too. Finally, in 1972, President Richard Nixon signed a presidential proclamation declaring the third Sunday of June as Father's Day – a permanent, national holiday.

While no specific date marks its first observance, it is believed to have gained popularity in the UK after World War II; this adoption was partly influenced by American culture and soldiers stationed in the UK during the war.

At our April meeting all we welcomed, including our speaker. Revd Howard Smith, our vicar Revd Michelle Woodcock, and David & Pauline from Grayrigg. After the aims & purposes were read, Revd Jean Radley took the service to enrol Mo Little and Jean Shepherd as members.

Revd Howard was introduced, and he led us in an enjoyable afternoon of singing 'Folk songs of the North'. He explained the reasons behind the songs, we sang some and joined in the chorus of others. We then enjoyed a time of fellowship, also singing Happy Birthday to Helen and Georgina.

On Tues 7th May Holme & Burton Mothers' Union celebrated their centenary, and three members attended the service from our branch.

On Wed 8th May there was a Sharing Day for Carlisle Diocese MU. It was well attended with folk from all over; three of our members attended. The speakers were Claire Markey (Bridgeway Sexual Abuse Support Service), Jane Conlan (What we need to know about Trafficking), Kelly Jackson (Springfield Women's Refuge), Julie Clayton (Eden Valley Hospice – the aims and compassionate care).

The sessions were interesting, very thought provoking and at times challenging. We looked at how the MU can help practically, by supplying toiletry bags for both men & women. But more importantly we were made aware of whom we should speak to in our own churches if we are made aware of an adult/child who needs help; how to listen and not to judge or give advice. The day started with a service, we shared mid-day and closing prayers. Please chat to me if you want any more information.

***Mon 24th June: Summer Outing to Orrell: meet at St George's at 10am.***

Following this we will take our summer break and meet again on  
***Wednesday 26th September: Jonathan Bielby on Things to Come***

Please come along and join us – all are welcome.

*Best wishes*

*Mary Atkinson (Branch Leader)*

# Sandylands Cornerstone Church and Community News

## Totters and Bumps and Babies

### Totters

A very lively popular and friendly group which attracts between 40-50 toddlers plus adults every Monday 9 - 11am. It runs in term time only. The group is run primarily by a team of 5 volunteers. We provide support for the adults as well as activities for the children. Drinks for adults included in the fee. There are plenty of toys (large and small), sit and ride toys, art and crafts, tuff tray messy activities, play dough, sand and sometimes a bouncy castle etc. We also have a quieter room for adults and children who find the other rooms too noisy and busy. The session ends with a healthy snack and a singing time.



### Cornerstone Bumps and Babies (CBBs)

This small and friendly group runs in term time only on a Monday afternoon from 1.30 - 3pm. It is run by 2 volunteers. We have between 6 - 14 babies from birth to 1 year old plus adults attend on a regular basis. We offer friendship, advice and support to the adults. This is a safe place to come and experience the highs and lows of being a new parent. We attract mums, couples, dads and grandparents (particularly when mum returns to work). We have play mats, rugs etc for the tiny babies and good quality, safe and stimulating toys and a ball pool for the babies to play with as they begin to sit up, move and eventually walk. There is opportunity to weigh the babies as well. Included in the low price is a choice of hot and cold drinks and a selection of lovely homemade cakes or biscuits.

## Some of our Groups

### Causeway

First Sunday of Every Month

3.15pm for Chat and Coffee, Service begins at 4pm

Friendship and praise with our friends in the community with supporting needs, to come together for chat and worship.

### Sandylands Friendship Group

13th June @ 2pm Members Afternoon tea

### Sandylands Seniors

Come and join us for board games from 10am to 12 noon, on

6th June - followed by a cooked lunch, which must be pre-booked (please email [mellor.family@tiscali.co.uk](mailto:mellor.family@tiscali.co.uk)).  
Donations towards costs accepted .

20th June to include coffee and cake; donations towards costs accepted

### Sandylands Drop In

Every Wednesday from 10.00 till noon.  
Why not join us for coffee cake and chat.  
Everybody is made welcome.



GIRLS BRIGADE



1st Kendal Girls Brigade is suitable for all girls and young women, from age 4+ (girls must be at school).

We meet at Sandylands Methodist Church on Mondays from 6pm to 7-30pm (term time only).

Sometimes our very youngest members leave after a drink and biscuit at 7.15pm

Our n'vestigate group is 4-7years olds, n'gauge for 8-10's, n'counta for 11-13yrs old and the 14 plus organise themselves as an n'spire group.

We play games, listen to stories, get creative, and discuss life issues, all with a Christian ethos underpinning it.

Our motto is "Seek, Serve, and Follow Christ" but fun and friendship is important.

We look forward to meeting you. For more information contact Karen at [1stkendalgb@gmail.com](mailto:1stkendalgb@gmail.com) or just pop down on a Monday night.



# Messy CHURCH

**Saturday 8th June**

**3.30-5.30pm**

**Sandylands Methodist Church**

**Food**

**Celebration**

**Fun  
activities**

**For more details contact :-**

**[cornerstonemessychurch@outlook.com](mailto:cornerstonemessychurch@outlook.com)**

**Free!**



**No need  
to book**

**Messy Church is part of the Bible Reading Fellowship (BRF),  
a Registered Charity. [brf.org.uk](http://brf.org.uk)**

# Afternoon Tea



THE TAILOR OF GLOSTER



Sat 29th June

• Afternoon tea  
served between  
2.30pm-4pm

• @ Sandylands  
Methodist Church

• Money raised will go  
to refurbishing a  
room for SC to use



SQUIRREL NUTKIN



PETER'S RABBIT





Kendal  
Anna Chaplaincy in Cumbria

Everyone is welcome to the  
**KENDAL TEA SERVICE**  
**BRINGING PEOPLE**  
**TOGETHER**

A short service with a Bible reading,  
3 traditional hymns and prayers  
Followed by Tea and Cake

**Thursday 20th June, 2.30 pm at Kendal Parish Church**  
For more information about the Tea Service or Anna Chaplaincy  
in Kendal please contact Beverley Moore 07507 749238 or  
bevmoore.annachaplaincy@gmail.com

## From The Registers

### Baptisms:

5th May – St George’s Kendal - Archie Dean Stephenson

### Funerals:

3rd May – St John’s Skelsmergh – June Elizabeth Cooper

16th May – St John’s Skelsmergh – Bernard Haigh

23rd May - Beetham Crematorium - Joyce Wightman



# Grayrigg Church and Community News

## St John The Evangelist , Grayrigg Church Cleaning Rota

June 2th Tracy Strickland  
June 16th Sally and Wendy  
July 7th Mary Kendal  
July 21st Sally and Wendy

The rota will be published in the magazine each month. If you wish to join the team contact Ann Kendal on 01539 824276

## Howgill and Firbank WI

will be holding their June meeting  
at 7.30 pm. on Thursday 6th June at Firbeck Village hall.

Rev'd Carol Marsden will be speaking.  
Her talk is entitled 'Is it true Miss?'  
The competition is 'A childhood toy'

## The Grayrigg Good Neighbours

The Grayrigg Good Neighbours will be starting again in early September

Sep 10th MOUNTAIN RESCUE TALK	Tony Womack
Oct 8th THE FRIENDS OF AMASANGO UK	Martin Coombs
Nov.12th CRAFT NIGHT – PEN & WASH CHRISTMAS	Margaret Jarvis

There will be 10 monthly meetings which will be £12 for anyone who would like to become a member for the 10 months, or £3 per visit for non-members.

## Firbank Dominoes

Tuesday 11th June.  
Firbank Church Hall at 7.30pm  
Tuesday 9th July 7.30pm in the Church Hall



## Upcoming Events

### September 14th - Afternoon Tea



This will be in the Coronation Hall starting at 3.00 pm. All proceeds for the Over 60s funds. Further details nearer the date, but please make a note in your diary!

The Soupa Saturday held on April 27th raised the sum of £390.50 for Grayrigg Church funds. Our thanks are due to all those who helped to make the event such a success. There was a very good attendance and the people who were there enjoyed chatting to their friends and neighbours. The next Soupa Saturday will be on October 26th.

**David Last**

## Grayrigg Rainfall

The rainfall in April 2024 was 175.9mm or 6.93 inches,

the heaviest April rainfall in the 31 years I have been measuring the rain

The rainfall in April 2023 was 108.1mm or 4.26 inches

The average April rainfall over the last 31 years is 80.7mm or 3.18 inches.



## St George's Church Chatter and Natter

Come and Join us on the last Friday  
of every month in the Radley Room

June 28th 2024 from 10am to 11.30am

For Tea/coffee, cake and meet up with  
friends.

All are welcome For further information ring

Sue Whittaker 07866341554  
Look forward to seeing you all!



A weekly email with news and updates on services is available -  
please contact [jean.radley@outlook.com](mailto:jean.radley@outlook.com) if you would like to be  
added to the list.

Services and news from the Beacon Team, as well as an online copy  
of this magazine, can also be found at

<https://www.beaconteam.org.uk/>

Have you visited the Church of England website [https://  
www.achurchnearyou.com/](https://www.achurchnearyou.com/)

Each of the churches in the Beacon Team have their own entry and  
pages listing services, events and weekly pew sheets and monthly  
magazines. Just type in the town/ village you are interested in and  
the church or churches there will be listed. Please contact  
[admin@beaconteam.org.uk](mailto:admin@beaconteam.org.uk) if you want more information.



## St George's Community Hub

Soup, sandwiches, cake and fruit, tea, coffee  
and squash are available  
between 11.45am and 1pm on  
Thursdays.

There is a listening ear  
available for  
anyone who would find that helpful.

**DO COME AND JOIN US –  
ALL ARE WELCOME**

# NHS Health Checks

Friday 14th June 2024

9am-1pm

St Oswald's Church Hall, Burneside

**FREE**

- Blood Pressure Checks
- BMI (Body Mass Index)
- Local Support Services
- Educational Materials

**NO  
APPOINTMENT  
NEEDED**



### Professional Staff

- A skilled local healthcare team from the NHS

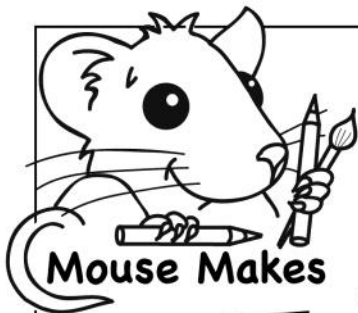
### Community Support

- Engage with neighbours to foster a stronger community

### Invest in Your Wellbeing

- Proactively embrace a healthier lifestyle





## Mouse Makes

Change each letter in this bible verse to the letter before it in the alphabet.

TFF XIBU LJOE PG  
MPWF UIF GBUIFS  
IBT HJWFO UP VT  
UIBU XF TIPVME  
CF DBMMFE  
DIJMESFO PG HPE  
POF KPIO UISFF: POF

Solomon's father defeated a giant and became a King. Who was he?

-----  
1 Samuel 48-50

Whose daughter was healed by Jesus?

-----  
Mark 5:21

A G A D A U G H T E R E G  
V A S E Z E C H A R I A H  
J M O S E S A J A C O B O  
A Z L I B O F A T H E R P  
I J O S E P H J A N O A H  
R O M A D A V I D G E H N  
U B O A E I D A S O N A O  
S V N C E E Z E A D A M A

WHO IS MY FATHER?

Who was created by God and became the first father?

-----  
Genesis 2:20

Who had a son when he was very old?

-----  
Genesis 21:5

*Shem Ham and Japheth's father built a huge boat, who was he?*

-----  
Genesis 6:10-14

Who gave his son Joseph a robe of many colours?

-----  
Genesis 37:2-3



This Roman puzzle square reads the same from the top, bottom and sides and translates:

*"Arepo the sower guides the wheel with skill."*

ROTAS  
OPERA  
TENET  
AREPO  
SATOR

If you rearrange the letters it can spell **PATER NOSTER** which means "Our Father".

A  
P  
A  
T  
E  
R  
N  
O  
S  
T  
E  
R  
O

Look up the Bible verses to find the fathers then look for them and the words below in the word search.

FATHER • GOD  
SON • DAUGHTER  
JOSEPH • ISAAC  
MOSES • JOB  
SOLOMON  
ZECHARIAH  
ZEBEDEE

**SKELSMERGH  
COMMUNITY HALL  
PRESENTS**



**Skelsmergh**

**SATURDAY**

**22<sup>ND</sup> JUNE**

2024

**1:45PM**

**Sports  
Day**

INCLUDES  
**TRADITIONAL  
SIT DOWN TEA**

EVERYONE WELCOME!

ENTRY+FOOD: CHILDREN £3  
ADULTS £5

## Thank you Mary

We would like to say a big thank you to Mary Moorby for editing this magazine over the past two years.

Mary is no longer able to do this on a regular basis and so we are looking for someone willing to step into the gap.

Access to a computer is required, but the work is not too tasking. Training will be given.

Please speak with Revd Michelle or Lynne in the Beacon Team Office for more details.

## Kendal Wills Ltd.

For Wills and Lasting Powers of Attorney

Tel 01539 728020  
[enquiries@kendalwills.co.uk](mailto:enquiries@kendalwills.co.uk)  
[www.kendalwills.co.uk](http://www.kendalwills.co.uk)

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**Prepayment Funeral Plans Arranged**

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