

**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)**



**NOVEMBER 2023**



Free

Donations welcome

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**Letter from Rev Melanie Greenall,**  
**Minister at Sandylands and Stricklandgate Methodist Churches**

Dear Friends

Earlier this year, I had a week's holiday near Redditch. Not the most exciting of places (apologies if you're from the area) but I came across the hidden treasure of Coughton Court, the ancestral home of the Throckmorton family. I'd never heard of them before but it seems I should have as some were involved in the Gun Powder plot to kill the King which we remember every November 5<sup>th</sup>.

Why am I telling you this? Well, fast forward 400 years and in the hall now is a copy of the proclamation of the accession of King Charles III. Healing and reconciliation has been possible over time.

In these dark and dangerous times that is something we must cling to, that such is still possible.

We enter a season of remembrance with All Souls (giving thanks for all who have died) and continue on November 11<sup>th</sup> (and the nearest Sunday) to a national 2-minute silence as we reflect on two world wars and numerous conflicts, past and present.

We remember we say.

But to remember in the Biblical sense is more than simply recalling information. It is remembering the past in a way that affects us now, shapes us, but not necessarily binds us as we find the case in some many areas of conflict.

It is about recalling a God who promises to not forget us, no matter how much it can seem that way, but who also promises to remember us, to put us back together, make us whole once more.



That is something our world is desperate for more than ever – to remember we are all made in God’s image, we are all humans, deserving of dignity, of being treated well, with compassion.

40 years ago, Graham Kendrick wrote a plea for hope to be seen in place of despair.

Its sentiments seem doubly relevant today:

[Beauty for brokenness, Hope for despair](#)

[Lord, in the suffering this is our prayer](#)

We can use our experiences to learn from past mistakes, to make different and better choices about the way we live and work and relate to others.

We can do something about creating the future we want it to be. Let's make it so.

Grace and Peace

Melanie

**St Oswald's Church Burnside**

**Saturday 4th November** : Soup Lunch

Includes: Soup, bread roll ,tea and biscuits. £5

**Sunday 26th November** : Christingle at 4pm in Church ,followed by the lighting of the Christmas Tree on the Millennium Green .

Liz Bingham



**St John the Baptist, Skelsmergh:**

Wednesday 1st ( For all Souls) with Burneside.

Sunday 5th, 4th before Advent Morning Worship 11.0 am

Sunday 12th, Remembrance Sunday Holy Communion (said) 9.30am  
Morning Worship 10.45 am

Sunday 19th, 2nd before Advent Evening Worship 4.0pm

Sunday 26th, Feast of Christ the King with Burneside

**St John the Evangelist, Grayrigg**

Thursday 2nd, (For all Souls) Service to Remember with St George's

Sunday 5th, 4th Before Advent Holy Communion 9.30am

Sunday 12th, Remembrance Sunday Morning Worship 9.30am to enable  
Time at the War Memorial

Sunday 19th, 2nd before Advent Holy Communion 9.30am

Sunday 26th Feast of Christ The King Evening Worship 4pm

**St George, Kendal**

Thursday 2nd, (For all Souls) Service to Remember 6.30pm

Sunday 5th, 4th before Advent Holy Communion 11.0am

Sunday 12th, Remembrance Sunday Morning Worship 10.45am

Sunday 19th, 2nd before Advent Holy Communion 9.30am

Sunday 26th, Feast of Christ the King Morning Worship with Baptism

**St Mary, Longsleddale**

Wednesday 1st (For all Souls) with Burneside

Sunday 12th, Remembrance Sunday Abbey Service 10.30am



**St Oswald, Burneside**

Wednesday 1st, (for all Souls) Service to Remember 6.30pm  
Sunday 5th, 4th before Advent Evening Worship 4.0pm  
Sunday 12th, Remembrance Sunday 10.45am  
Sunday 19th, 2nd before Advent Holy Communion 11.0 am  
Sunday 26th, Feast of the Christ King Morning Worship 11.0 am  
Christingle 4.0 pm

**St Thomas, Selside**

Wednesday 1st, (For all Souls) with Burneside  
Sunday 5th,, 4th before Advent Morning Worship 9.30am  
Sunday 12th, Remembrance Sunday Morning Worship 10.45 am  
Sunday 19th, 2nd before Advent Evening Worship 4.0 pm  
Sunday 26th, Feast of Christ the King Holy Communion 11.0 am

**Sandylands Methodist Church**

Sunday 5th, Morning Worship with Communion 10.30am  
Causeway Service 3.15pm  
Sunday 12th, Morning Worship 10.30 am  
Sunday 19th, All Age Worship 10.30am  
Sunday 26th, Morning Worship 10.30am

**Every TUESDAY** 6.00pm Short Evening Prayer at  
St. Oswald Burneside

**Every WEDNESDAY** 9.30am: BCP Holy Communion at  
St. Oswald, Burneside

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

Access: <https://us02web.zoom.us/j/87329356785>

Meeting ID: 873 2935 6785

Regular weekday Zoom services include :

\* **Mondays** 8.30pm : Compline

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

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.

### **ONLINE WORSHIP TOGETHER**

Do join us on Monday for Compline at 8.30pm and Friday at  
8.30pm for a short service of Celtic Evening Worship

The access is: <https://us02web.zoom.us/j/87412362439>

**Meeting ID :87412362439**

## Readings for the Month of November 2023

**05/11/23**

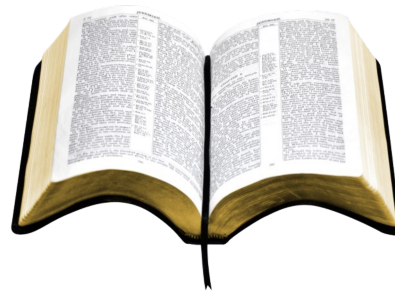
**The Fourth Sunday before Advent**

First Reading Micah 3:5-end

Psalm 43 or 107:1-8

Second Reading 1 Thess. 2:9-13

Gospel Matt. 24:1-14



Or

**All Saints Sunday**

First Reading Rev 7:9-end

Psalm 34:1-10

Second Reading 1 John 3:1-3

Gospel Matt. 5:1-12

**12/11/23**

**The Third Sunday before Advent (Remembrance Sunday)**

First Reading Amos 5:18-24

Psalm 70

Second Reading 1 Thess. 4: 13-end

Gospel Matt. 25:1-13

**19/11/23**

**The Second Sunday before Advent**

First Reading Zephaniah 1:7,12-end

Psalm 90:1-12

Second Reading 1Thess. 5:1-11

Gospel Matt. 25:14-30

**26/11/23**

**The Sunday next before Advent (Christ the King)**

First Reading Ezekiel 34:11-16,20-24

Psalm 95:1-7

Second Reading Ephesians 1:15 - end

Gospel Matthew 25:31 - end

Our Autumn programme commenced on the 27th of September .

All present were welcomed, including the speaker Rowena Pavey from South Lakes Carers, and two visitors Jane and Christine.

After the aims, purposes, and notices were read Elizabeth led the prayers.

This was followed by Rowena's presentation and film about the South Lakes Carers Service. The aim of the Carer service is about improving the lives of carers whatever their age. The main aim being to enable, support and advocate.

We were amazed by the number of unpaid carers who are usually family members of which 10% were under the age of 18yrs, looking after a family member with illness or a disability. Parent carers take total responsibility for an ill or disabled child.

**Some of the services offered by the service :**

**Care** : They provide 1:1 confidential care and support either at home or at the carers hub.

**Counselling** : is provided in order to make things less overwhelming.

**Sitting Service:** This is to provide the carer a chance to have a break of up to three hours. This is provided by volunteers who are properly vetted. Carers can access this service for a maximum of 12 sittings a year.

There are volunteer telephone calls, support groups, and carer connect as additional part of the service provided.

Volunteers play a vital part of this service and volunteers find it very rewarding, an opportunity to meet others, attend social events and also share experiences.

Finally Jennie thanked Rowena for a most informative talk.

Members had brought with them articles for the Shoebox appeal which was given to Rowena, who had previously spoken to us about the Shoe box appeal.

**Notices:** Information from the Deanery meeting :

**1: Advent Service** : 4th December 2pm Staveley Church

**2:** Patterns for teddy bears, angels, and hearts. Please contact Jennie H .



3: Subscriptions: This will be £26 .We will collect this at our January 2024 AGM please.

4: Members are to be made aware of all MU meetings in the Deanery though not sure when this information will be available .

5: Anyone can join the MU as long as they agree with our values.

6: We will meet on the 1st of November to plan our next years programme. If you have any ideas or suggestions please let me know.

7: If you have any ideas for our Christmas lunch do let me know.

Eileen Allen thanked everyone for their cards and good wishes following her knee surgery.

Lastly but most importantly I thank you all for your continued love and support. You are all amazing .

November Meeting : Radley Room St George's at 2pm.Talk re-Gideon's Bible  
All very welcome.

Love  
Mary

Mary Atkinson Group Leader.

## From The Registers

### Baptisms

22<sup>nd</sup> October – St Thomas Selside –

Kaitlyn Christina Ridding

### Funerals

19<sup>th</sup> October – Beetham Crematorium - Derek Dragonetti

Thanksgiving Service

16<sup>th</sup> October – St Oswald's Burneside – Christine Greenfield



## 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 (and 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**

November 9th : Rev Tiras Dainty –Share Methodist minister  
Arnside

November 23rd : “Where does this go”? Local Recycling:

Andrew Vickers Westmorland and Furness Council.

All welcome £2 per meeting which includes tea and biscuits.

Wendy Thomas

### **Sandylands Seniors 1st and 3rd Thursdays 10am**

Games can be played, scrabble, dominoes, uno etc.

Not into games just come and chat.

1st Thursday 2nd November is followed by a cooked lunch.

This must be pre-booked [mellor.family@tiscali.co.uk](mailto:mellor.family@tiscali.co.uk)

3rd Thursday 16th November tea, coffee and cake are served

Donations are accepted towards the food and energy costs .

GIRLS BRIGADE



1st Kendal Girls Brigade is for all girls and women. Aged 4 plus (girls must be at school).

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

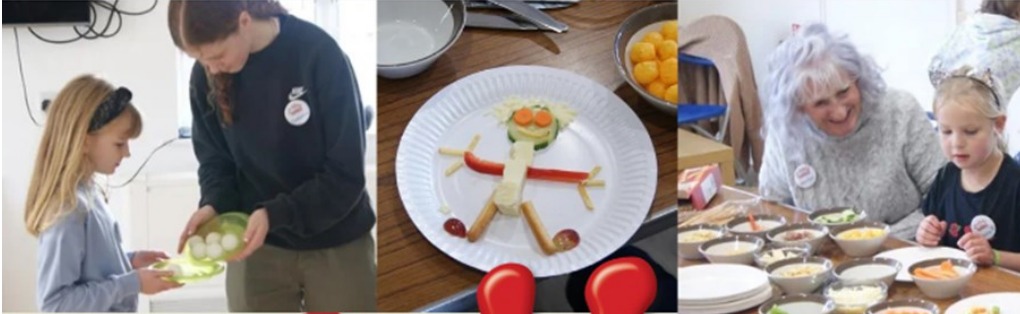
Sometimes our very youngest members leave after a drink and biscuit at 7.15pm Our n'vestigate group is 4-7years olds, n'gauge for

8-10's. n'counta for 11-13yrs old and the 14 plus organise themselves, and an n'spire group.

We play games. listen to stories,, be 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 11th November**

**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)

## Letter from Rev. Jean Radley Associate Priest – Beacon Team

Dear Friends

November brings with it a host of memories. On November 1<sup>st</sup> we remember the Saints who have gone before us. On November 2<sup>nd</sup> we remember all those whom we have loved but see no more. We remember with gratitude those who gave their lives for the freedom of our country and also those who returned from the First and Second World Wars and subsequent conflicts with life-changing physical and mental scars on November 11<sup>th</sup> and Remembrance Sunday.

I have just read an amazing article which is to be found on the Church of Scotland's website of the reflections of a minister who, ten years ago, lost many members of his family during a double bomber suicide attack at All Saints Church in Peshawar, Pakistan. It's an amazing story of forgiveness, and I thought that you might be as moved as I am to read it.

*A minister whose mother and 19 relatives were murdered by terrorists a decade ago has told how he has resisted feelings of revenge and hatred.*

*The Revd Aftab Gohar said he found peace through the teachings of Jesus Christ, following a double suicide bomber attack at All Saints Church in Peshawar, Pakistan on 22<sup>nd</sup> September, 2013. Worshippers had just left the building to join the fellowship meal on the lawn when two explosions ripped through the crowd, killing 122 people and injuring more than 250.*

*Among them was Mr Gohar's 79-year-old mother, his nieces, nephews, cousins, uncles, aunts and friends. The minister of Eddlestone, Peebles Old Parish, and Stobo and Drumelzier churches in the Scottish Borders, said they "died for their faith" and that surviving family members still miss them terribly.*





*Founded in 1947, Pakistan's constitution gives every citizen 'the right to profess, practice, and propagate his religion'. However, the official religion is Islam, and religious minorities are frequently attacked, with Pakistan's blasphemy laws being used to discriminate against non-Muslims. Mr Gohar believes that the controversial law is used to justify attacks, such as a recent spate of church and house burnings in Jaranwala near Faisalabad.*

*Early this autumn, he and other campaigners handed over a petition to Syed Zahid Raza, Consul General of Pakistan for Scotland and Northern Ireland, at the Consulate of Pakistan in Glasgow. It called on the government of Pakistan to improve safety for religious minorities and use the blasphemy law to punish those who desecrate Bibles and burn down churches and homes.*

*It was on 22<sup>nd</sup> September, 2013, when Mr Gohar was preparing to lead a church service, that he received a text message to say there had been a bombing in Pakistan and his mother and other relatives had died.*

*"It was hard for me to forgive those responsible, but with the strength of God I did so and freed myself from the extra burden of hatred and revenge. On the cross, Jesus prayed for those who were crucifying Him: 'Forgive them Father, they don't know what they are doing.' Jesus said 'Love your enemies and pray for those who persecute you' – a lesson that some people find impossible to follow."*

*Mr Gohar was inspired by the words of Corrie Ten Boom, a Dutch watchmaker who helped Jewish people escape the Nazis during the Holocaust. "She said 'forgiveness is the key that unlocks the door of resentment and the handcuff of hatred,' added the minister. "It is a power that breaks chains of bitterness and the shackles of selfishness." Mr Gohar grew up in Peshawar and was ordained into the Church of Pakistan in 1995. After studying in Edinburgh he served at Abbotsgrange Parish Church in Grangemouth until his move to the Scottish Borders last year. Mr Gohar and his wife Samina and their two grown up sons, Shahan, and Zeeshan, are now British citizens.*

*The Church of Scotland has an official partnership with the Church of Pakistan, which is marking the 10th anniversary of the atrocity.*

*With love and prayers  
Jean*

## Grayrigg Church and Community News

### St John The Evangelist , Grayrigg

#### Church Cleaning Rota

Nov 19th Sally and Wendy

Dec.3rd Gill Yates

Dec 10th Carol Service

Dec17th Sally and Wendy

The rota will be published in the magazine each month

### Coronation Hall

#### 200 Club October Draw

1: Lucy Hodgson

2: Mr and Mrs Womack

3: Mr and Mrs Colin Kendal

#### Pub Night

November 3rd

December 1st: Italian Evening

December 15th Christmas pub night with pool darts and Domino  
Competition

All enquires and bookings for Hall contact : Sue Harper

07917840538

## **Firbank Dominoes**

**Tuesday 14th November**

Church Hall 7.30pm



### **25th November : Annual Christmas Fayre**

There will be stalls, cakes, tea and coffee, mince pies, a raffle and Father Christmas who always manages to find time to visit Grayrigg despite his busy schedule . Please come along to buy some things for the festive season and begin to feel the spirit of Christmas

### **1st December : Italian Themed supper**

The Italian themed supper will be a three course meal costing £15 per head . Tickets for reservations are available from David Last on 01539824468 or [davidlast@dockergarth.co.uk](mailto:davidlast@dockergarth.co.uk) .When ordering tickets please state if you have any special dietary requirements . There will be vegetarian and gluten free options available . We cannot guarantee that there will be no traces of nut in the food . Tickets will be limited to forty five people on a first come first served basis.

**Proceeds will be split between the Coronation Hall and St John's Church**

### **18th December: Community Carol Singing in St John's Church 7.30pm**

This is to raise funds for the over 60's . There will be a variety of traditional carols and other Christmas themed songs . There will also be refreshments and a raffle ,so why not come along and get into the spirit of Christmas. Everyone who came last year enjoyed it very much .

David Last

### ***Thought for the Week***



You can get a 'Thought' for every week on BeaconTeam facebook. You don't need a facebook account just look up Beaconteam facebook or go to ([www.facebook.com/Thebeaconteam](http://www.facebook.com/Thebeaconteam)).

Every Monday a new 'Thought' is published Some of the thoughts in the past month have been: Too Good to be True!! Every Life Matters, and Telling the Truth You can find all the weekly thoughts by scrolling down the pages on Facebook.

*Available in accessible, large print format: If you would like a copy for yourself or to forward to or print-off for someone else, contact [admin@beaconteam.org.uk](mailto:admin@beaconteam.org.uk)*

We're happy to have topics suggested for a 'Thought'. If you have an idea for one. – just let us know

### **St George's Church Chatter and Natter**

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

(27/11/23) From 10am until 11.30am

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

All are welcome For further information ring

Sue Whittaker 07866341554





## **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***

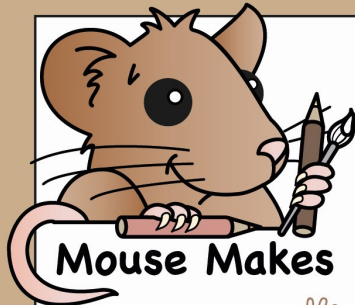
### **Grayrigg Rainfall**



The rainfall in September 2023 was 208.1mm or 8.19 inches

The rainfall in September 2022 was 114.5mm or 4.15 inches

The average September rainfall over the last 31 years is  
127.2mm or 5.01 inches



"Do not be anxious about anything,  
but in every situation, by  
\_\_\_\_\_ and \_\_\_\_\_

"The \_\_\_\_\_  
is \_\_\_\_\_

with thanksgiving, present your  
\_\_\_\_\_ to God."

*Philippians 4:6-7 NIV*

to all who \_\_\_\_\_

on him in \_\_\_\_\_"

*Psalm 145:18*

"For where two or three \_\_\_\_\_

in my name, there  
I am with them."

*Matthew 18:20*

SAY SORRY

PRAY FOR OTHERS

PRAY FOR YOURSELF

THANK GOD

FOR MY FAMILY


PRAY FOR FRIENDS

PRAY FOR THE NEEDY

PRAY FOR THE SICK

PRAISE GOD

PRAY FOR THE CHURCH

NIV  
  
Look up the Bible verses,  
fill in the blanks then  
find them in the word search

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

Find these words too:  
APPROACH  
MEDITATE  
HEAR • LISTEN  
BLESS • PRAISE  
FORGIVE • NAME  
CRY OUT • AMEN

" \_\_\_\_\_  
always, \_\_\_\_\_  
continually, \_\_\_\_\_  
\_\_\_\_\_ in all circumstances."  
*1 Thessalonians 5:16-18*

"Therefore, \_\_\_\_\_  
your sins to one another and  
\_\_\_\_\_ for one another,  
that you may be healed."  
*James 5:16*

" \_\_\_\_\_  
yourselves  
to prayer, being  
watchful and  
thankful."  
*Colossians 4:2*



## Drop In

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



## Angel Advocates

'...For my angel is with you.' Bar 6:7

Angel Advocates is a new Christian based independent and legal advocacy charity launching later this year.

Advocacy builds bridges, builds community, builds trust, and builds confidence. It can change lives. Can you help us build that mission? We are looking for volunteers and supporters across Cumbria. We would love to come and speak to your congregation or group about advocacy and the differences it can make to the most vulnerable in society.

Be an angel?

Email: [info@angeladvocates.co.uk](mailto:info@angeladvocates.co.uk) Call: 07760 987908

### 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)

Compliant with the Institute of Professional Willwriters Code of Practice

## Advertise here!!

You can have a space like this space for just £25/year

## **4c's coffee Morning at Sandylands Church 5th December**

In aid of Shelter Box. Most people in Kendal say what is that ,so I thought I would write a piece to let you know.

Shelter Box provides temporary accommodation for people who have lost their homes either by natural disaster or through war.

It consists of a large green box filled with a tent, blankets, mats, cooking utensils, mosquito nets, water filters etc.

It was started by the rotary Club of Helston Cornwall in the year 2000, they adopted it as their millennium project

They set up a warehouse, purchased the contents then packed the boxes in the warehouse.

In fact my husband along with other Rotarians from Cornwall would go down to Helston to help pack boxes.

Over the years the charity has grown. Its main headquarters are in Truro. Its patron is the Queen. She became its patron in 2007 when she was Duchess of Cornwall.

Through Rotary International, monies are donated from across the world. However half of all monies comes from the UK .

To date £54 million has been raised by this charity.

We are hoping to have a demonstration box at the coffee morning so you can see it for yourselves.

Hope to see you there .

Jenny Mellor

4CS PRESENTS

FREE  
ENTRY

# CHRISTMAS Coffee Morning

@ SANDYLANDS  
METHODIST CHURCH

2nd DECEMBER | 10-12

Enjoy coffee, cake and a catch-up  
CAKES • PRESERVES • CRAFT ITEMS

JOIN OUR RESIDENT CRAFTER IN THE  
CORNER FOR SOME CHRISTMAS FUN

ALL PROCEEDS GO TO  
SHELTER BOX

shelter  
BOX

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**St. John's Church, Grayrigg**  
**CHRISTMAS FAYRE**



**Saturday, 26th November**

**Grayrigg Coronation Hall**  
**10 am — 1 pm**



**HAMPERS**

Gift Hampers/Baskets to suit everyone  
from the Gardener to the Bird Watcher & the Animal Lover  
the Fruit Picker to the Beer / Wine Drinker  
and the lover of local produce

**POTTED BOWLS & PLANTS**

Incl. Hyacinths, Crocus, Cyclamen, Tete-a-Tete,

**CHRISTMAS & GENERAL GREETINGS CARDS**

**CALENDARS OF LOCAL LIFE**



**CAKE STALL**



**FATHER CHRISTMAS WILL ALSO BE VISITING**

**Proceeds for St. John's Church, Grayrigg, LA8 9BU**

For further information contact  
Kath on 01539 824630 / 07736 125236 or Ann on 01539 824276

**Admission: £1 to include coffee/tea &  
mince pies**



**Kath's Italian Evening - 1<sup>st</sup> December 2023**

**Profits to be split between Grayrigg  
Church & the Coronation Hall**

**STARTERS**

***Caprese Salad*** (GF & Vegetarian option available)

OR

***Minestrone Soup*** (GF option available)

**MAIN COURSE**

**Lasagne with Salad & Garlic Bread**  
(GF & Vegetarian option available)

**SWEETS**

***Tiramisu***

OR

***Strawberry / Raspberry Panna Cotta*** (GF & Vegetarian option available)

**BOOKING ESSENTIAL. Seating restricted to a maximum of  
45**

***Tickets @ £15 available from David Last. Tel: 01539  
824468***



**Independent Family Business**

**Established 1892**

**Captain French Lane**

**Kendal, LA9 4HS**

**Tel: 01539 720105**

**Day and Night 24 Hour Service**

**Alma Winder**

**Mobile: 07768155511**

**Mobile: 07768155522**



**Prepayment Funeral Plans Arranged**

**Golden Charter**   
Funeral Plans