

THE NEXT PIECE ON CLIMATE CHANGE FROM LANCASTER FAITH & JUSTICE:

How can I cut my own emissions? There are many ways you can reduce your individual carbon footprint, whether it's through cutting down on your energy consumption, for example installing insulation, switching to a green energy provider, or making sure you turn off your lights when you leave the house. Or through your chosen mode of transport, by committing to one car-free day a week, having a 'staycation' rather than flying abroad, or taking up cycling. Whichever way you decide to tackle climate change, remember small actions can have big impacts, not only on the environment, but on the welfare of our brothers and sisters across the globe. Here are some other ideas.

1. Reduce your book-print and join a library instead of buying books. This will also protect our libraries.
2. Invest in a washing line; tumble dryers devour electricity
3. Use a fountain pen rather than disposable plastic pens
4. Get yourself a reusable coffee cup or reusable water bottles to reduce your waste plastic. Some sources give profits to charity, and they come in some lovely designs!
5. Give your garden a good breakfast; coffee grounds and eggshells are ideal for composting. A compost heap reduces the waste you send to landfill sites, and helps your plants grow!
6. Clean the back of your fridge. Dusty coils can increase energy consumption by 30%.
7. Give a colleague a lift to work, or a neighbour a lift to the supermarket. If no-one is going your way, join on a carshare scheme to find a passenger.
8. Instead of using face wipes, try using washable wipes of cleansing soap.
9. Make your own green cleaning products and avoid harmful chemicals—the secret is lemon juice, vinegar, and baking soda.
10. Donate your leftover paint to a community project; Britons fail to use 6.2m litres of the paint they buy each year.

COVID CHANGES

Face coverings should still be worn in church unless you are exempt.
Social distancing by blocking off the pews shall remain at the moment.
Hand sanitising will remain necessary as you arrive.

Those who wish to receive communion on the tongue should come up at the end of the communion queue at each mass (but please make sure you sit where you do not need to cross over others when you return to your place).



HOLY TRINITY & ST GEORGE CATHOLIC CHURCH

Serving Kendal and Sedbergh

TWENTY-FIRST SUNDAY IN ORDINARY TIME

22ND AUGUST 2021

TODAY'S READINGS:

"Do you want to go away too?" asked Jesus

This weekend we reach the end of St John's account of Jesus' teaching on the Eucharist. Jesus offers His disciples - and us - a hard teaching which requires both faith and trust in Him. He told His followers they should eat His Flesh and drink His Blood to enter eternal life. For some, this was too much, so they left Him. We too are called to believe in and to trust in Jesus rather than simply relying on our own abilities to make sense of the world. We are invited to encounter spiritual realities, to experience things beyond the material ones that surround us each day. We can question if God is one, how is He Father, Son and Holy Spirit? We can ask how can Jesus be fully God and fully man? Equally we can ponder how can bread and wine become His Body and Blood? To answer all these questions we simply need to reflect on the many wonders and opportunities God offers us and to trust and believe in Him. For in receiving the gift of the Eucharist we encounter the reality of God's love. Yes, we can be tempted to trust in material things, but we are also moved by the spiritual and the voice of faith within us allows us to profess with St Peter:

...Lord, I will not leave You because "You have the message of eternal life!"



COMBONI MISSIONARIES' APPEAL 2021

This weekend we welcome Fr Franco Mastromauro from the Verona Fathers who will be visiting the parish and celebrating mass. The Comboni Missionaries (Verona Fathers) was founded by Bishop Daniel Comboni in Verona (Italy) in 1867. Their activities largely consist of visiting Catholic Parishes to appeal for funds to support some of the most unfortunate and disadvantaged communities in the world, including the Central African Republic, South Sudan and the Republic of Congo.

PRAYER MEETINGS: Wednesdays at 7.30pm in the parish centre.
CENACOLO PRAYERS: Thursdays from 6pm in the parish centre.

MASSES WEEK COMMENCING SUNDAY 22nd AUGUST 2021

| | | |
|--|---|--|
| Sun 21 st 22 nd | TWENTY-FIRST SUNDAY IN ORDINARY TIME 6.00 pm Vigil: Phil Whelan birthday memories 10.00 am: John Bowman RIP 12.00 noon: People of the parish 6.00 pm: Michael McEntegart RIP | streamed from Church (at Sedbergh) |
| Mon 23 rd | St Rose of Lima NO MASS | |
| Tues 24 th | St Bartholomew 12.00 noon: Eucharistic Service | |
| Wed 25 th | Wednesday of week 21 12.00 noon: Eucharistic Service | |
| Thurs 26 th | Thursday of week 21 12.00 am: Eucharistic Service | |
| Fri 27 th | St Monica 12.00 noon: Eucharistic Service | |
| Sat 28 th | St Augustine | |
| Sun 28 th 29 th | TWENTY-SECOND SUNDAY IN ORDINARY TIME 6.00 pm Vigil: People of the parish 10.00 am: Domenica De Palma RIP NO Sedbergh Mass NO 6pm MASS | streamed from Church |

Church open every day from 7.30am – 6.00pm.

AUGUST MASS TIMES: Please double check the Mass times throughout August as Fr Hugh will be away for part of the month.

PLEASE REMEMBER IN YOUR PRAYERS:

LATELY DEAD: Margaret West.

SICK: Holly Howe, Will Flitcroft, Philip Barry, Pat Newton, Trish Hoad, Varlien Vyners-Brooks, Archie Scott, Jamie Banks Wallhead, Mary Brady, Bob Dickie, Ian Muir, Sylvia Duckworth, Winnie Edgar, Adrian Jennings, Christine Stoker, Barbara Banks, Netta Baxter. Eileen Halstead, Thomas Smith, Jane Johnson, Malcolm Nightingale, Patrick Dolan, Mike Nicholson, Heidi Walmsley, Ken Jamieson, Edward Sykes.

ANNIVERSARIES: James Matthews, Maureen Garnett, Caroline Dale, Francis Hayton, Mary Gledhill, David Mitchell, Teresa Ratajski, Marshal Keating, Grace Mitchell, John Bowman, Joan Tideswell, William Cragg, Sheila Goodwin, Stanley Wilkinson, Eileen Harrison.

PRESBYTERY CONTACT: (01539) 720063. E-mail: kendalcatholicchurch@gmail.com
WEBSITE: www.kendalcatholicchurch.uk
Lancaster R.C. Diocesan Trustees Registered – Registered Charity No. 234331

CAFOD is responding to significant crises across the world this week:

They are working with local Church organisations in Haiti to deliver emergency aid to people affected by the catastrophic earthquake and tropical storm. In the tragic situation in Afghanistan, they are working to ensure the safety of our local partners and their communities. They are supporting local aid workers to deliver urgent food and water supplies to those facing extreme hunger in Tigray in Ethiopia, South Sudan and north-east Nigeria. You can read more at: <https://cafod.org.uk/News/Emergencies-news>. Thank you for your prayers and support for CAFOD's work across the world.



CLEATOR PILGRIMAGE 2021

The annual pilgrimage to the Diocesan Shrine of Our Lady of Lourdes will be on **Sunday 12th September**. The principal celebrant and preacher will be Bishop Paul Swarbrick & the theme 'Our Lady, help of the sick – pray for us'. Refreshments will **not** be provided this year but please bring your own. The SVP will provide transport if there is sufficient interest. Please sign up on the sheet in the narthex by **Friday 27th August**.

GUIDED WALKS with Kendal Civic Society: Next walk is 29th August, 2pm at Parish Church. Just turn up - £2 contribution to the Society. Contact Trevor K. 724302.

LIVING LAUDATO SI': YOUR PLANET AND YOUR PARISH

ZOOM WEEKEND 3rd-6th September led by Boarbank Hall and the Ecological Conversion Group with guest speakers Bishop Paul and Archbishop Vincent Nichols. The weekend will be a great opportunity to find out and share ideas about how to be part of an 'ecological conversion' throughout the Diocese, something Pope Francis called us to in *Laudato Si'*. Shared projects are a great way of getting the parish together, bringing in young people and people who are not already involved with the Church. For more details email margaret@boarbankhall.org.uk

CRAFT FAIR: Kendal Parish Church, Saturday 27th November. If you are interested in having a stall or would like to make things for KPC's stall, please contact Beverley: bevmoore.annachaplaincy@gmail.com>



KENDAL TORCHLIGHT MARSHALLS WANTED! If you would like to help with marshalling at any of the events over the weekend of Friday 24th & Saturday 26th September please contact penny@kendaltorchlight.co.uk

JOHN BRADBURNE CENTENARY PILGRIMAGE: Saturday 11th September from 11am. Join in the climb up Cross Fell, Skirwith (about 5-6 hours) with prayers being said by the Bishop of Lancaster at the top. To book & make your donation, please visit www.johnbradburne.com and go to the events page or call Kate 07979 187498.