

ROTAS:

CLEANERS: Etain, Pilar & Barbara Shaw (w/c 6th July)
CHILDREN'S LITURGY: Sarah Banks & Anne White (Sun 12th July)
COFFEE: SVP (Sun 12th July)
COUNTERS: Stephen & Barbara Shaw (w/c 12th July)

Childrens Liturgy Sundays at 10am in term-time.
Prayer Ministry & Coffee after 10am Mass.
Prayer Meetings 7.30pm Wednesdays in the parish centre.
Cenacolo Prayers in Oratory 6pm Thursdays.
Divine Mercy Chaplet recited in church 3pm Fridays.

MARY'S MEALS: "Thank you so much for your precious gift of £351.68, which is helping us to transform the lives of hungry children around the world with a nutritious daily meal in school. The promise of a nutritious meal helps to bring children living in fragile and crisis-affected areas into the safety of the classroom, providing them with a sanctuary from the chaos around them where they can learn, play and simply be children. For children affected by conflict, regular and nourishing school meals are not just beneficial. They are vital for helping children to stay healthy, supporting them in school and helping them to build resilience in the face of ongoing hardship or Kidan, a mother of three from Tigray, Ethiopia, who was widowed during conflict that broke out in 2020, our meals are a lifeline. She says: "After my husband died, I struggled to provide for my children. We had days when there was no food at home." With Mary's Meals, the pressure on Kidan has eased. She says: "By guaranteeing a meal every day for [my children], the programme protects me from rising grain prices... I can now save what would have been their breakfast and serve it for lunch or dinner." Today we are reaching more than half a million children affected by violence, instability and conflict with a nutritious meal every school day. Thanks to you, we can continue reaching children who need us most – and bring hope to many more still waiting. From the bottom of our hearts, we thank you for your incredible generosity which will have a life-changing impact on some of the world's poorest children, providing them with food, education and hope for a brighter future."



PARISH PRIESTS: Canon Hugh Pollock VG and Fr Simon Marley.
DEACON: Reverend George Bissett
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HOLY TRINITY & ST GEORGE CATHOLIC CHURCH, KENDAL

Also serving Sedbergh

FOURTEENTH SUNDAY IN ORDINARY TIME

5th JULY 2026

Today's Readings: Blest are the pure in heart...

This Sunday's readings invite us into the very heart of the Christian life. Zechariah foretells a humble King who comes not with power or violence, but in peace. That prophecy is fulfilled in Jesus, whose kingdom is built through love, forgiveness and the Cross rather than force. St Paul reminds us that we cannot live this life by our own strength. Left to ourselves we remain trapped by selfishness and sin, but through Baptism the Holy Spirit dwells within us, slowly transforming our hearts. Living according to the Spirit means allowing God's grace to guide our choices, our words and our actions each day. In the Gospel, Jesus invites all who are weary to come to Him. His yoke is the daily call to pray, forgive, love and follow Him. It may seem demanding, but it is lighter than the burdens of pride, fear and self-reliance because Christ carries it with us. As we gather around the altar, we are invited to place our burdens into the Lord's hands. A burden brought to Christ is a burden no longer carried alone. He remains the gentle and humble King who comes to strengthen His people with His grace and lead them into the peace of His kingdom.

...For they shall see God!

CAFOD-DEC VENEZUELA EARTHQUAKE APPEAL: You can help our neighbours affected by the recent earthquakes in Venezuela with emergency shelter, water and food. CAFOD is already working with local Church partners to support people who have lost their homes, but we need your support to help more survivors. Your donation will provide essential supplies and help families rebuild their lives. Visit cafod.org.uk/Venezuela or call 0300 999 0030 to donate to the appeal. There is also a basket in church if you wish to leave a donation in there. Thank you.



Seafarers and fishers play a vital role in all our lives, but they often work in difficult, hazardous conditions. **Next weekend is Sea Sunday** when the Church prays for all those who live and work at sea. Your support will make a big difference to seafarers and fishers in need. You can donate using a Diocesan envelope or a Stella Maris envelope. The Stella Maris envelope has a Gift Aid Declaration to complete if you can do so. You may also donate by visiting www.stellamaris.org.uk/donate, or by texting 'SEA' to 70460 to donate £5. This collection is vital to enable Stella Maris to continue its important work, so please give generously. Thank you.

MASSES WEEK COMMENCING SUNDAY 5th JULY 2026

Sun 5 th	FOURTEENTH SUNDAY IN ORDINARY TIME 10.00 am: People of the parish 12.00 noon: at Sedbergh 6.00 pm: Joan Baines RIP
Mon 6 th	St Maria Goretti 10.00 am:
Tues 7 th	Tuesday of week 14 12.00 noon: Requiem Mass for Kevin Heffernan
Wed 8 th	Wednesday of week 14 12.00 noon: Paul Leyland RIP
Thurs 9 th	St Augustine Zhao Rong 12.00 noon:
Fri 10 th	Friday of week 14 12.00 noon:
Sat 11 th	St Benedict 9.30 am: Dennis O'Donnell RIP Confessions: 10 – 11am and Adoration
Sun 12 th	FIFTEENTH SUNDAY IN ORDINARY TIME 10.00 am: 12.00 noon: People of the parish at Sedbergh 6.00 pm:

KIRKBY LONSDALE: Please pray for Mike Cunningham who died recently.
Mass at 5.30pm on Saturday 4th July will be offered for Michael Cunningham LD.
Mass at 5.30pm on Saturday 9th July will be offered for John Cunningham RIP.
Confessions available on request.

Rosary prayed every Tuesday at 4.30pm.

GUIDED HOLY HOUR for World Peace - every 2nd Wednesday of the month at 10am with tea and cakes at 11am. All welcome.

PLEASE REMEMBER IN YOUR PRAYERS:

LATELY DEAD: Kevin Heffernan, Gianni Berton, Thomas Whitehead.

THE SICK: Jamie Banks Wallhead, Thomas Smith, Jane Johnson, Mike Nicholson, Heidi Walmsley, Edward Sykes, Sylvia Chambers, Christopher Brown, Sandra Jones, Teresa Harbatch, Olimpia McAvoy, Christine Ellwood, Maria Parrott, Moira Ferguson, Diane Dixon, Elizabeth Cartmell, Maureen Dundon, Janet Merrett.

ANNIVERSARIES: Lily Jackson, Lesley Kholond, John Garrity, Francis McElhill, Robert Treadgold, Elizabeth Robinson, James Airey, Paul Leyland, John Corby, Sheila Richardson, Ted Cafferty, Dennis Dundon, Elizabeth Kitchen, Wladyslaw Lenartowicz, Colin Fleming, Connie Morris, Thomas Fleming, Ernest Stoker, Gerald Wheatley, Annie McGarry, Domenic Perruzza, Desmond Cookson, Patricia Chapman, Ellen Martindale, David Rainford.

TO WATCH THE 10AM SUNDAY MASS LIVESTREAM GOOGLE KENDAL CATHOLIC CHURCH LIVESTREAM YOU TUBE AND FOLLOW IT FROM THERE

SUMMER PARISH MAGAZINE NOW OUT! Copies are in church or you can view on the website by following this week's post (Fourteenth Sunday OT). Thanks for all your contributions and to Celeste and Raymond for their hard work putting it together.



THE POPE'S PRAYER INTENTIONS FOR JULY 2026

For respect of human life.

Let us pray for the respect and protection of human life in all its stages, recognising it as a gift from God.



Thank you for your generous offertory donations for April £3982.08, May £5778.58, Ecclesiastical Education Fund £419.90, World Communications £285.39.

Our Lady's Messages given to Marija Pavlovic-Lunetti on 25th June 2026: "Dear children, Rejoice with me because the Most High permits me to be with you, to lead you to Him Who is the Way, the Truth and the Life. Rejoice, little children, and be joyful also in difficulties and you will have the strength, because you will be aware that you are transient and you will know to offer everything to God. That is why, do not forget: I am your Mother and I love you. Thank you for having responded to my call. "

YOUTH PRESENCE COMMUNITY CELEBRATION - THURSDAY 9TH JULY

Join us on Thursday 9th July between 4.30pm & 6pm for our community celebration at Kendal Rugby Club. Youth Presence will share updates on all their projects, alongside thanking all their supporters. Refreshments will be provided. Under 18 years must be accompanied and supervised by an adult. If you would like to come along, please email Youth Presence so they can plan for catering – info@youthpresence.org.uk

ADORE SPIRITUAL MINI-RETREAT: Saturday 25th July, 10am – 1pm on Zoom. "HIS BANNER OVER US IS LOVE." Mass, Adoration, Praise, Prophecy, Prayer for the gifts of the Holy Spirit and inspiring talk. Register at bit.ly/ADOREJUL2026

KINGDOM BUILDERS HOLIDAY CLUB at Kendal Parish Church, 26th, 27th, 28th August, 9.30am – 12noon. See poster for details.

A WARM WELCOME TO OUR VISITORS

At Sunday 10am Mass there is a Children's Liturgy (term-time) to which visitors are very welcome refreshments are available in the Parish Centre after the 10am Mass.

If you wish to Gift-Aid your offertory donation please take one of the GREEN ENVELOPES from the back of church to complete. Thank you.