

July's Parish Council meeting was late in the month for the minutes to be printed in this newsletter. They will be in September's newsletter or can be found on the PC website and in noticeboards around the Parish.

SUNDAY 24th AUGUST 2-5pm

raising money for BREAST CANCER NOW



afternoon tea box £5 per person

includes selection of sandwiches, scone with jam & cream, cake and tea/ coffee

raffle | games | tombola

ALL WELCOME

thank you for your support

Made with PosterMyWall.com

Help Rachel raise lots of money for Breast Cancer Now by joining us for 'Afternoon Tea'

Cakes, scones, sandwiches, cuppa, friends, fun, fantastic raffle prizes and all for a good cause—what more could you want?

Any donations for raffle or tombola gratefully received.

PLEASE SUPPORT A GREAT CHARITY EVENT in YOUR COMMUNITY
Together we can make a difference.

If you would like to help on the day, help setting up or if you'd like to bake some cakes or biscuits we would love to hear from you.

Contact Rachel Stewart via Facebook or pop into the village shop
(on Wednesdays, Saturdays or Sundays)



Dear Friends,

Well, here we are in August—the month where the church calendar slows a little, schools break up, and (if we're lucky) the sun makes more than a guest appearance! For many, it's the season of holidays, garden chairs, and losing all sense of what day of the week it is.

But I want to talk about a kind of rest that goes far beyond a snooze in the sun or a week away with a suitcase full of flip-flops and high hopes. I mean the deep, restoring kind of rest—the kind that doesn't just ease your feet but refreshes your soul. That sacred kind of rest that reaches the heart, mind, body, and spirit.

Jesus said in Matthew 11:28–29, “Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me... and you will find rest for your souls.”

Soul-rest. Isn't that beautiful? Not just “you'll feel a bit better” or “you'll manage to cope”—but real rest. That verse has carried me through more seasons than I can count. And not just the obviously difficult ones. Sometimes it's in the ordinary, busy, nothing-particularly-dramatic weeks that our souls become quietly weary.

We live in a world that prizes busyness like a badge of honour. We ask “How are you?” and the reply is often, “Oh, you know—busy!” as though that proves we're important or useful. But being busy is not the same as being full of life. And doing more doesn't always mean becoming more.

Jesus never rushed. He moved with purpose, but never panic. He made time to pray, to eat slowly with friends, to go off by himself and be still. If the Son of God thought it necessary to pause and rest, we can be fairly sure it's not a luxury for us—it's essential.

And not just naps and early nights (though those are glorious too). I mean rest that allows you to breathe again. Rest that helps you remember who you are and whose you are. Rest that says: you are not loved because of what you do, but simply because you are beloved of God.

Continued over...



So, this August, whether you're jetting off or just juggling everything at home, may I gently encourage you to seek out soul-rest? That might mean switching off your phone for a bit. It might mean sitting in the garden with a cuppa and simply being. It might mean taking 5 minutes in silence and breathing in God's peace. Or reading a psalm and letting it wash over you like cool water.

Your soul is precious. It doesn't need to be productive. It needs to be loved, nourished, and restored. And Jesus—kind, gentle Jesus—is always ready to help you find that rest.

With love and prayers for a peaceful and replenishing August,

Michelle x

St.OSWALD'S CHURCH, AUGUST SERVICES

3rd 4pm Evening worship

10th 11am Holy communion

17th 11am morning worship

24th 11am Holy communion

31st 11am Holy communion. **Beacon team service**



Book of Common Prayer

Communion in the Lady Chapel every Wednesday 9.30am

Weekly Evening Prayers at St.Oswald's Church

Will be back in September on Tuesdays @ 5.30pm



in the Chapel

KENDAL

SEE & DO SHOP EAT & DRINK EVENTS & FESTIVALS PLAN YOUR VISIT INSPIRE ME SEARCH

SUMMER TRAIL

DISCOVER THE FREE FAMILY TRAIL THIS SUMMER

Did you know there's lots of events and information on things to do in and around Kendal on

<https://visit-kendal.co.uk/>

If there is anything you would like to put in the newsletter please email amanda@dashaw.co.uk by the 3rd Sunday of the month

the Bryce

Burneside Village Hall

Gordon Lawson 4 Howe Court Kendal LA9 7RH
Telephone 07340 531175 | www.thebryce.co.uk



NOTICE OF ANNUAL GENERAL MEETING

The Annual General Meeting of the Bryce Institute will be held on

Thursday 7th August 2025

at 7:30pm

in the Cropper Room of the Bryce Institute.

All are welcome.

If you would like to find out more about your Village Hall, please come.

The Bryce Institute Registered Charity No: 233864

CHURCH GROUNDS TIDYING

If anybody feels like helping to keep the Churchyard tidy please give Liz a ring on 01539 726550 or email lizbingham@talktalk.net

Maybe you have the odd hour to spare one evening or an afternoon free. There is always something to do— weeding, path clearing, sweeping, general tidying and removing rubbish.

Any help would be welcome.

Thank you



ST. OSWALD'S

DAY ORGAN RECITAL

by Graham Toft

**TUESDAY
5th AUGUST
12 MIDDAY**

followed by light refreshments

FREE admission
with retiring collection

ALL ARE WELCOME