

Adult Learning

Android Smartphone for Beginners



Thursday 4th June

1.00 – 3.00pm

3 weeks

St. Thomas Church,
Milnthorpe

FREE

Led by Dawn, our fully qualified
Digital tutor

This course will cover the following topics:

- How to be able to connect to Wi-Fi and access the internet.
- How to access your emails on your smartphone.
- Alter basic settings and download Apps.
- Be aware of updates and how to update your phone.
- How to use the camera on your smartphone

To book a place please visit our website at:

www.adultlearningcumbria.org/kendal-adult-learning

Or: 01539 713257 or 07966116905

Or: email: Kendaladultlearning@westmorlandandfurness.gov.uk



Welcome to the Parishes of St Peter and St Thomas

Services for today, Sunday 22nd March 2026

St Peter's Heversham

8.00 am Holy Communion (BCP).

9.30 am Morning Praise.

Join us for coffee afterwards.

PCC person on duty: Lizzie Fawcett.

St Thomas' Milnthorpe

11.15 am Parish Communion with quiet activities for children.

Join us for coffee afterwards.

Services for next Sunday, 29th March PALM SUNDAY



(1.00 am: clocks go forward by one hour for start of British Summer Time)

8.00 am Holy Communion (BCP) at St Thomas'.

9.30 am Parish Communion at St Peter's.

PCC person on duty: Ellen Bargh.

Join us for coffee afterwards.

10.30 am Confirmation Service at
St Mary's Parish Church, Crosthwaite, LA8 8HR
*We are invited to support Ruby Lowther
at her Confirmation*

11.15 am No Service at St Thomas'.



This week in our parishes

- Tue 24th 12.00–1.00 pm Soup Lunch at St Peter's (see poster opposite).
4.00 pm KEMC Leadership Team meeting, including considering responses from church councils and their reply to the Archdeacon. *Please pray.*
- Wed 25th 2.00 pm Mothers' Union Lady Day Service at St George's Church, Kendal LA9 7AS. Everyone welcome.
- Thu 26th 10.00 am Bible Study at St Thomas'. Also on Zoom; link from Ellie or Bryan.
- Fri 27th 10–11.30 am Coffee @ St T's.
12.00–1.00 pm Lent Soup Lunch at St Thomas' (see poster opposite).
11.45 am Come and pray at St Thomas'. All welcome. (Earlier time throughout Lent ... and please wrap up warm as we will be in church!)

Notices

Food Bank trolley

The Food Bank trolley is in St Thomas' for the six weeks of Lent. We're very grateful for any donations of tinned meat, vegetables, tinned fruit, pasta, rice, pasta sauces, puddings and toiletries. At the moment, we're very short of toilet rolls, tinned fruit, tinned custard and tinned rice pudding. A box is in St Peter's Dallam Chapel for food bank donations. Thank you for your continued support. More info at <http://www.milnthorpefoodbank.org/>

Dates for your Diary

Bereavement Journey ~ a place to talk

Tuesdays 14th–28th April and 5th–26th May, 7.00–9.00 pm at St Thomas'

Grief is hard. Death can impact all of life. Seven sessions of films and discussion for anyone bereaved at any time. Topics include attachment, separation and loss; the pain and responses of grief, anger and guilt; coping with others' reactions; delayed and suppressed grief, adjusting to change; moving forward healthily; and faith questions ~ a Christian perspective (this last session is optional). **Booking is essential.** For more info, or to book, contact Lesley, email dianalesley@btinternet.com.



St Peter's
Soup Lunch
Tuesday 24th March
12.00 noon–1.00 pm
at The Old School, Heversham
next to St Peter's Church
Choice of soups and bread
tea / coffee and cake
No need to book, just turn up
Donations to
Manna House, Kendal

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St Thomas' chosen charity:

South Cumbria Breastfeeding Support

To find out more, visit <https://cumbriabreastfeeding.org.uk>

St Peter's chosen charity: Manna House, Kendal

To find out more, visit <https://manna-house.org.uk>

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Thursdays 4th, 11th and 18th June, 1.00–3.00 pm at St Thomas'.

Places must be booked ~ please book early to ensure your place. See poster on the back page.

Notices for next Sunday to Diane.

Deadline Tuesday, 6.00 pm.