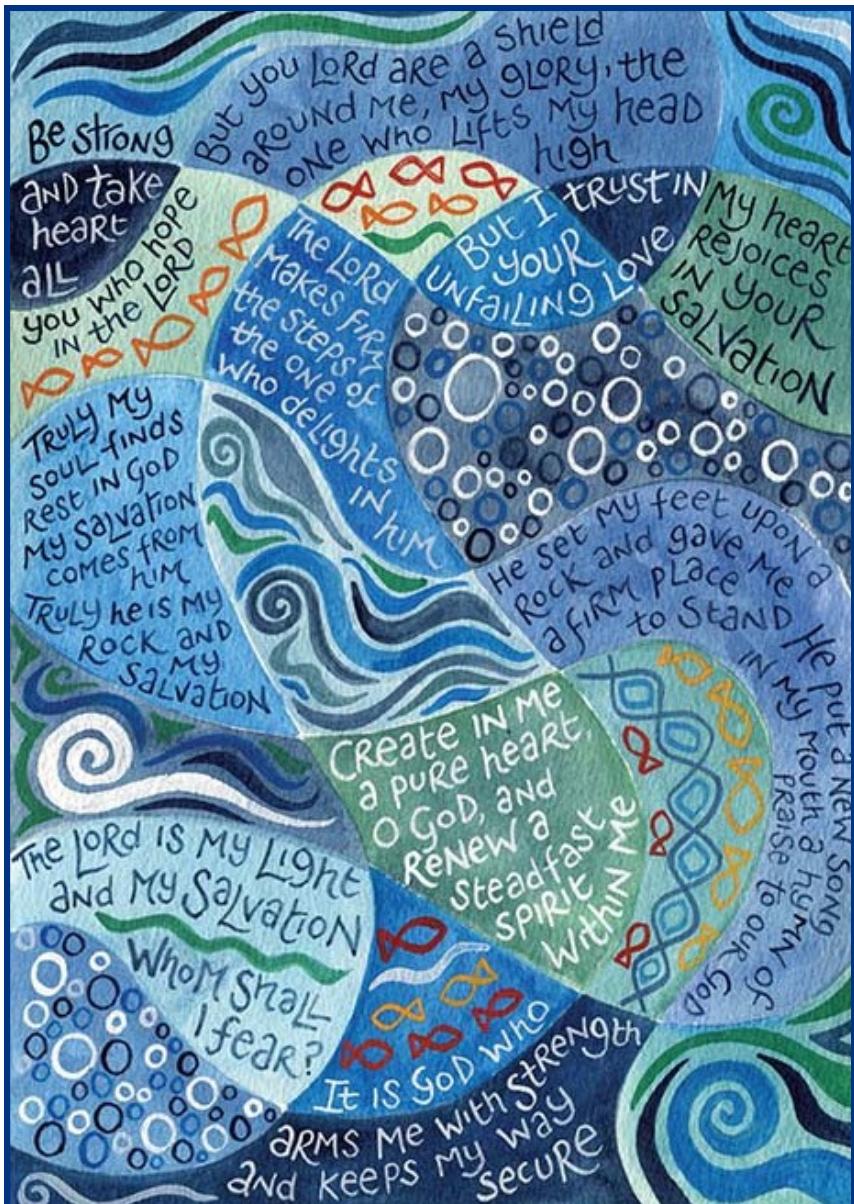


THE PARISH CHURCH OF
SAINT PAUL
GRANGE-OVER-SANDS



July 2024

£1

Normal services at The Parish Church of Saint Paul



Sundays - 11 am - Parish Service
Wednesdays - 10 am - Holy Communion
and at The Fell Church, Grange-over-Sands

9.30 am Second Sunday - Matins (BCP)
9.30 am - Fourth Sunday - Holy Communion (BCP)



****Saints Days and Holy Days - See Notice Board/Pew Sheet****

ST PAUL'S MISSION STATEMENT

Our mission is to build confidence in Jesus Christ
in the heart of the community through prayer,
worship and learning, in joy and practical service
to the wider world.

Tel No

Team Vicar - The Rev'd David Wilmot

07305777113

The Rectory, Hampsfell Road, Grange-Over-Sands, LA11 6BE
(davidmwilmot@gmail.com)

Rev'd Nick Devenish -The Vicarage, Priest Lane, Cartmel, LA11 6PU 015395 36261

Rev'd Mark Houston - The Rectory, Flookburgh, LA11 7PY
(houstonmark15@gmail.com) 07810655684

Associate Priest (miller3637@btinternet.com)

Rev'd Annette Miller - Airton, Eden Park Road, GOS, LA11 6BW 015395 33840

Licensed Lay Readers in the Cartmel Peninsula Team Ministry

Steve Bell, Beckside Barn, Beckside, Cartmel, LA11 7SW 015395 36789

Jenny Leahy, Studio, Mill House, Lindale, LA11 6LF 015395 35979

Dianne Maguire, Cardrona Road, GOS, LA11 7EW 0795142378

Visit our website www.grangepcc.co.uk
www.facebook.com/StPaulsGoS

From the Rectory



A faithful shepherd

In one of the loveliest and most memorable parts of the Bible we hear these words:

*The Lord is my shepherd, I shall not want.
He makes me lie down in green pastures;
he leads me beside still waters;
he restores my soul.*

He leads me in right paths for his name's sake.... (Psalm 23)

Down the generations, this ancient song has given comfort and confidence to countless people because of the way it reminds us of God's enduring love for us, even in the darkest of days.

Knowing that it is in God's character, so to speak, to provide for us, lead and refresh us like this is both fundamental and highly important. However, when all is said and done, we might easily conclude that these are little more than platitudes, comforting ones but platitudes nonetheless.

Which is why the next verse of the Psalm is so important. It says:

*'Even though I walk through the valley of the shadow of death I fear no evil;
for you are with me; your rod and your staff - they comfort me.'*

All of a sudden, we see this person move from talking **ABOUT** God (and having great thoughts and notions about God) into a conversation **WITH** God. In other words, the God who was effectively a matter of theory is now experienced. In short, this God is 'with me'.

We might say that when Jesus speaks of himself as the 'Good Shepherd', he, in a sense, embodies this much-loved Psalm. In all that he says and does, Jesus is the love of God 'made flesh'. Jesus helps us take this step from knowing things about God to coming into a closer walk (and conversation) with Him.

Putting it simply: it's one thing to say that "Jesus calls himself the Good Shepherd". It's something else to know that he is MY Good Shepherd and to experience what it means to know, love, serve and follow him. But this is what he promises both you and me.

Every Blessing, David

'WOVEN WIND'

What a fascinating afternoon we spent with Margaret Wilmot, listening to her tell us about the ancient art of silk painting.

She began with the story of how silk was first woven in Central China 5000 years ago, where the women started spinning the thread from the cocoons of the silkworms which fed on the leaves of the white mulberry bushes. Once unwound each cocoon produces about one mile of thread. She described how silk became an important and valuable trading commodity – preferred to coinage or grain - along the Silk Route which opened to the west in the second century AD. It stretched originally from the ancient Chinese capital Xian 3500 miles across central Asia through deserts, steppes and mountainous regions to the eastern Mediterranean coast. The route eventually extended throughout central Europe to Istanbul, and 20 years ago Macclesfield in England was deemed to be its western end! She described how the traders would have used a variety of animals for the different terrains – camels, yaks, horses and donkeys.

She then talked about the different types and weights of silk, and how some of the names reflect their origin – eg shantung (from the province of Shandong), and damask (from Chinese silk workers taken by the Arabs to Damascus). She told us how James 1 planted mulberry trees in what is now Hyde Park in the hope of introducing our own silk industry, but failed to realise that the silkworms fed only on the leaves of the white mulberry bushes rather than the black variety he had imported.



Margaret went on to describe how she learnt to paint on silk, and demonstrated her different techniques, using a range of coloured paints, salt crystals, beeswax and paraffin wax. She showed us the scarves she has made, all laboriously finished with a hand-rolled hem, and there was a range of hand-made cards on sale. We very much appreciated the time that had been taken in preparing and setting up the demonstration.

A very talented artist - she certainly fired our imagination, so much so that she has now agreed to run a one-day workshop. More details later!

The afternoon ended with a cuppa and a scone.



SERVICES IN OUR CARE HOMES

Cartmel Peninsula Churches Together lead ecumenical worship each month.

- The **Old Vicarage, Allithwaite**, at 2:30 pm on the last Sunday of each month
- **Cartmel Grange** at 2:30 pm on the last Tuesday of each month

We are invited to join in and help chat to the residents. Some hymns are sung with prayers, etc, which take around 25 minutes.

Contact: Rev'd David Edmondson (edmola11@yahoo.co.uk or 015395 36213) or just show up at the front door of the Care Home at 2:15 pm!

SERVICES AT ST PAUL'S, ST PETER'S & THE FELL CHURCH

JULY 2024

WEDNESDAY, 3RD JULY - 10 AM - ST PAUL'S CHURCH, GRANGE
Holy Communion - Rev'd David Wilmot

SUNDAY, 7TH JULY - TRINITY 6

9.30 am - St Peter's Church, Field Broughton
Holy Communion - Rev'd David Wilmot

11 am - St Paul's Church, Grange

Parish Communion - Rev'd David Wilmot

WEDNESDAY, 10TH JULY - 10 am - St Paul's Church, Grange
Holy Communion - Rev'd David Wilmot

SUNDAY, 14TH JULY - TRINITY 7

9.30 am - St Peter's Church, Field Broughton
Holy Communion - Rev'd Annette Miller

9.30 am - The Fell Church, Grange

Mattins - Lay-led

11 am - St Paul's Church, Grange

Parish Communion - Rev'd David Wilmot

WEDNESDAY, 17TH JULY - 10 am
Joint Service with Methodists at St Paul's Church, Grange
Holy Communion - Rev'd Annette Miller

SUNDAY, 21ST JULY - TRINITY 8

9.30 am - St Peter's Church, Field Broughton
Holy Communion - Rev'd David Wilmot

11 am - St Paul's Church, Grange

Sunday Celebration - Margaret Ratcliffe & Rev'd David Wilmot

WEDNESDAY, 24TH JULY - 10 am - St Paul's Church, Grange
Holy Communion - Rev'd David Wilmot

SUNDAY, 28TH JULY - TRINITY 9

9.30 am - St Peter's Church, Field Broughton
Mattins - Biddy Hibbert

9.30 am - The Fell Church, Grange

Holy Communion - Rev'd David Wilmot

11 am - St Paul's Church, Grange

Parish Communion - Rev'd David Wilmot

WEDNESDAY, 31ST JULY - 10 am - St Paul's Church, Grange
Holy Communion - Rev'd David Wilmot

FROM THE REGISTERS - JUNE 2024

BAPTISM ANNIVERSARIES

Ella Irene Robinson 23/07/2023

FUNERALS

Fay Edwards 28/06/2024

YEAR'S MIND

Colin Bentley Dean 23/07/2020

Joan Chapman 05/07/2022

Kevin O'Toole 23/07/2022

Geoffrey Crowther 26/07/2022

June Turner 19/07/2023



*"In sure and certain
hope
of the resurrection to
eternal life through our
Lord Jesus Christ"*

*Deaths in the previous five years are included in the magazine,
but each name in our remembrance book for the last 10 years is read out in
the intercessions at St Paul's Sunday morning service.*

GUMMERS HOW

In early June, Sarah met up for a catch up and walk to Gummers How. The views were stunning as ever over Lake Windermere, and it was lovely to catch up on news. Jonathan is enjoying his role as Dean of Carlisle Cathedral; Millie and Poppy are boarding part-time at Windermere school and looking forward to the end of term after exams. Sarah is busy with entertaining and hospitality in her role as the Dean's wife and has started a walking group. She is enjoying her walled garden at The Tower.

After our walk we met Penny, Sue, Eileen and Rev David for lots of chat and coffee at the Hazelmere café.



All are invited to join us for our **Summer walk to Brown Robin**, the local nature reserve behind the Netherwood Hotel. We will meet at 9.30 am on Tuesday 16th July in St Paul's carpark, and finish with coffee at the Hazelmere café.

For more details contact Judith on 07949427846 or just meet in the car park.

Hope to see you then.

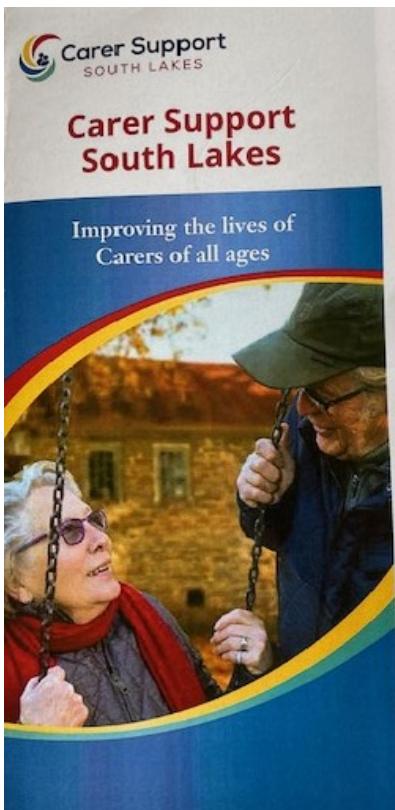
Judith

BANDSTAND CONCERTS FOR 2024

2-4 pm, Park Road Gardens

7 th July	Burneside Band, sponsored by Poppy and Bert
14 th July	Flookburgh Band, sponsored by David Storr
21 st July	Ulverston Town Band, sponsored by Mrs Newsham
28 th July	Lancaster City Band, sponsored by the Civic Society
4 th August	Morecambe Town Band, sponsored by Valerie Hindle
11 th August	Askam Town Silver Band, sponsored by Hillberry Holidays
18 th August	Dalton Town Band, sponsored by Thornleigh Hotel
25 th August	Flookburgh Band, sponsored by Cockles

Wet weather venue – United Reformed Church



CARER SUPPORT SOUTH LAKES
identifies the needs of unpaid carers of any age and provides quality services, support and advocacy to promote their health and well-being.

Leaflets about this service are available at the back of church.

Carers Hub
Beezon Annexe, Beezon Road,
Kendal, Cumbria LA9 6EL
Tel: 01539 815970
admin@carersupportsouthlakes.org.uk

CARING FOR DEMENTIA

Are you caring for someone with dementia? Changing Melody Carers Group can help!

Call 015395 33291 to find out more
(They are not a singing group!)

DATES FOR YOUR DIARY - JULY 2024

TUESDAY, 2nd JULY

10.30 am - YEAR 2 SCHOOL VISIT - Rev'd Annette Miller, St Paul's

WEDNESDAY, 3rd JULY

2.30 pm - CUPPA & CAKE, St Paul's

4-5.30 pm - SOUL FUEL EXPLORERS, St Mary's Allithwaite

THURSDAY - 4th JULY

9-11.30 am - Year 6 Transition event - Chris Mason, St Paul's

SUNDAY, 7th JULY

12 noon - STANDING COMMITTEE, St Paul's

TUESDAY, 9th JULY

7 pm - PCC MEETING, St Paul's

WEDNESDAY, 10th JULY

Noon - ST ANNE'S LUNCH CLUB, Haverthwaite

FRIDAY, 12th JULY

10.30 am - PEACE MEETING, Quakers Meeting House, Cartmel LA11 6PH

SUNDAY, 14th JULY

2.30 pm - PET SERVICE, Grange Primary School

MONDAY, 15th JULY

11 am - Planning meeting for CELEBRATION OF YOUTH SERVICE, St Paul's

TUESDAY, 16th JULY

9.30 am - CHURCH WALKING GROUP, meet in St Paul's carpark

12 noon - Funeral of Gerard Whittaker

WEDNESDAY, 17th JULY

11 am - PASTORAL MEETING, St Paul's

12 noon - AGEUK LUNCH, Thornleigh Hotel - *please book with hotel*

4-5.30 pm - SOUL FUEL EXPLORERS, St Mary's Allithwaite

THURSDAY, 18th JULY

10.30 am - Tea and Cake with the Vicar at the Fell Church

FRIDAY, 19th JULY

8.45 am - SCHOOL LEAVERS' SERVICE, St Paul's

WEDNESDAY, 24th JULY

2 pm - CHOIR REHEARSAL - Charles Edmondson, St Paul's

SUNDAY, 28th JULY

1-3 pm - FOODBANK COLLECTION, Father Magner Room, St Charles

MONDAY, 29th JULY

5 pm - MOTHER TERESA CO-WORKERS, St Charles' RC Church

MAY FOODBANK APPEAL

Many thanks to all who contributed to the Foodbank appeal at the end of May. Attached is the Certificate of Appreciation which shows that we provided enough food for 245 meals. In addition, £295 was donated in cash, increasing to a total of £334 when Gift Aid was added. A fantastic response! The next date is the 28th July – same time, same place.

Some information extracted from the latest Barrow newsletter

2023/24 was another record year for the Trussell Trust, with more than 3.1 million parcels distributed, that's double the number five years ago. Last year, 65% of its support was for families with children, and 655,000 people used a foodbank for the first time. It is now seeing a rise in foodbank parcels going to pension-age households – 27% more than last year.

In April/May 2024 our volunteers from Barrow, Ulverston and Millom fed 1157 people, 777 adults and 380 children.

Barrow Foodbank is now launching a brand-new advice and signposting service for people to access up-to-date information and be able to work their way out of difficult financial circumstances. The Financial Inclusion project is underpinned by the Trussell Trust and at Barrow we are excited to be able to partner with them and offer this service in-house, something that has never been done before.

We look forward to launching this in July and rolling out the information of how to access this to all our referral agencies, as well as offering Foodbank clients the opportunity to access this directly themselves. Ros Harrison, our Deputy Foodbank Manager, will be heading this up as a Money Matters Advisor and would be happy to talk to anyone who would like to know more details about this service which we believe will help to lift people out of the poverty trap and encourage and empower them so dependency on foodbanks and other services will lessen.

We do not seek to pressure people into donating to foodbanks. Not everyone is in the position to be able to donate alongside providing for their own family, especially with the current cost of living. But for those who already donate or who are interested, we hope the following might be helpful.

What to donate

Our Trussell Trust spokesperson emphasised that ALL donations are very gratefully received, but they also shared ideas for particularly helpful items.

Multi-packs of individually-wrapped items. Since a foodbank may distribute hundreds of parcels each week, multi-packs make it easy to build up multiple parcels.

Items that don't need to be cooked. According to the Trussell Trust, last year's rising energy prices mean a lot of people are requesting items that don't require an oven, eg things that can be prepared with just a kettle.

Items that already include herbs and spices. People accessing foodbanks might have limited seasonings to hand in order to make a flavoursome meal, so foods which include those things already are a great idea, for instance tinned tomatoes with garlic or herbs.

Items that can turn pasta/rice into a full meal. Pasta and rice tend to be donated frequently, so it's helpful to donate complementary items (eg pasta sauce, tinned vegetables) that can turn them into a meal.

Some interesting observations

"A while ago on Twitter I read a post from someone who had received a box of Marks and Spencer's 'posh' biscuits in their parcel from their foodbank. They were overwhelmed that someone had thought they were 'worth' so much more than a tin of tomatoes or tuna. It really struck a chord with me, as I had been putting pasta, rice, tomatoes, tuna in the collection basket every week. So today my 'once a month' donation was Marmite, Gold Blend coffee, Tampax, factor 50 sunscreen for children, and a multi-pack of premium cat food."

"I've been chatting to a relative who manages a foodbank. She told me of their philosophy of regarding their boxes as a gift rather than a handout (never thought of it like that) - so they won't include any bashed tins or torn packets, nothing that they wouldn't put in their own trolley. And volunteers are encouraged to balance the pasta and baked beans with some decent coffee or posh biscuits."



"NO MORE; NO LESS"

This is one of the most universally moving parts of Winnie-the-Pooh, specially now with the events going on in the world. Many folks have been feeling heartbroken, and knowing we are not alone and we have folks in our corner means everything.

"It occurred to Pooh and Piglet that they hadn't heard from Eeyore for several days, so they put on their hats and coats and trotted across the Hundred Acre Wood to Eeyore's house.



Inside the house was Eeyore. "Hello Eeyore," said Pooh.

"Hello Pooh. Hello Piglet", said Eeyore, in a glum sounding voice.

"We just thought we'd check on you," said Piglet, "because we hadn't heard from you, and so we wanted to know if you were okay".

Eeyore was silent for a moment. "Am I okay?" he asked, eventually. "Well, I don't know, to be honest. Are any of us really okay? That's what I ask myself. All I can tell you, Pooh and Piglet, is that right now I feel really rather sad, and alone, and not much fun to be around at all. Which is why I haven't bothered you. Because you wouldn't want to waste your time with someone who is sad, and alone, and not much fun to be around at all, would you now".

Pooh looked and Piglet, and Piglet looked at Pooh, and they both sat down, one on either side of Eeyore in his stick house. Eeyore looked at them in surprise.

"What are you doing?"

"We're sitting here with you", said Pooh, "because we are your friends. And true friends don't care if someone is feeling sad, or alone, or not much fun to be around at all. True friends are there for you anyway. And so here we are".

"Oh", said Eeyore. "Oh". And the three of them sat there in silence, and while Pooh and Piglet said nothing at all; somehow, almost imperceptibly, Eeyore started to feel a very tiny little bit better. Because Pooh and Piglet were there.

"No more; no less."

Author - AA Milne

Illustration - EH Shephard

ELEVENSES - at St Mary's Church, Allithwaite, 10 am - 12 noon on
Tuesdays 2nd, 16th & 30th July.

HAPPY SOCIAL OCCASIONS IN JUNE

Anyone reading this month's magazine and the one for May could be forgiven for thinking that every opportunity is taken in this parish for eating and drinking!

Two very pleasant events this last month included the Cake & Cuppa afternoon and the outing for the Solo Diners to The Pheasant Inn at Allithwaite - as these photos testify.



Our Solo Diners!



HOW I CAME TO GRANGE – NO. 23

Chris and I met whilst we were at school in Skipton where I grew up. At that time Chris lived in Nidderdale, where his Father was the reservoir superintendent. After graduating Chris worked in industrial relations and personnel at a dyeing company in Holmfirth, a town outside Huddersfield. In 1981 we got married at Christ Church, Skipton, and made our home in Holmfirth.

My parents retired to Grange on hearing it was good for one's health, and on one of our visits to see them Chris and I saw Trenouth's for sale, a shop in the Main Street (now the Opticians). Trenouth's was a traditional Gentlemen's Outfitters and Tobacconists. Rather rashly we bought it; fortunately it had living accommodation above. So on the 12th December 1985, with our 20-month-old son, we moved in, and Chris began his new career in retailing.

My first visit to St Paul's Church was for Midnight mass two weeks later.

In January our second son was born. We soon settled into Grange making friends by joining Round Table and Ladies Circle thanks to the invitation from Robin and Gill Webster. As a member of Round Table Chris organised the annual Grange Carnival and helped at Christmas with the Father Christmas float.

After a few years and the arrival of our third son, we were lucky enough to move into larger accommodation, a lovely house opposite Grange Primary School, very convenient for the boys and where, of course, Mr Milner was head teacher.

On moving out of the flat we converted it into a Ladies department.

In 1996 my Father died and we decided Mum would enjoy living with us. So we had a large house built on Highfield Road for our family of five, with Mum living downstairs, which all worked very well. As time moved on Mum appreciated members of St Paul's bringing her home communion, and visits from Andrew Norman, our curate.

We sold the business in 2015 - it seems so long ago now. When Mum died and with the boys long gone we decided to move to Allithwaite where we enjoy the village and our new home.

We only started coming regularly to St Paul's a few years ago and enjoy the church community very much. We feel fortunate to have lived in this area for 39 years, and I know our eldest son loves to return home when he can.

Chris and Pat Brown

Together, we will beat extreme poverty

Dear friends,

Thank you for your single donation of £213.00 on behalf of Grange-Over-Sands St Paul to Christian Aid Week 2024. *We have allocated this gift by BACS payment to Christian Aid Week. If you would like the money to go to a specific appeal, please email us at ipunit@christian-aid.org or call 020 7523 2492.* Your donation will help people like Aline in Burundi.

Aline felt the full force of extreme poverty when an early marriage ended in abuse and violence. She was forced to sleep on the streets of Burundi. With no home, healthcare or security, Aline was pushed to the brink of survival.

'People forgot I was human.'

But Aline transformed her life with a little help from Christian Aid. We provided vital training and support that meant Aline could buy and grow nutritious food, build a home to call her own, and return her children to her side.

'When we see Christian Aid, we feel comforted; we feel we are not alone. You helped us to change our poor living conditions. I really thank you from the very bottom of my heart.'

Aline Nibogora

Your donation this Christian Aid Week will help people like Aline who have been pushed to the brink by poverty find the strength and opportunity to push back harder and fulfil their hopes and ambitions.

Thank you.

Yours sincerely,



Jay Senior

Community Fundraising and Volunteering Lead
Christian Aid

Fun and Friendship at the Grange Primary School

On a very hot and sunny Wednesday afternoon, seventeen young people stayed on at school to enjoy fun and friendship with members of St Paul's. The theme was '**Celebration**', and the Rev'd Annette Miller asked what 'celebration' meant to them and asked how Jesus celebrated with his friends.



Four craft tables were set out, and a busy time was spent - making crowns, bunting and flags, decorating masks, and dipping marshmallows into melted chocolate and sprinkles.

The time began with a song and ended with prayers, before the children went away proudly taking home the things they had made.



THANK YOU, MARGARET

At the end of the Fun and Friendship afternoon, the Rev'd Annette made a special presentation to Margaret Ratcliffe who has done so much in contributing to the life of the School, not least with the lunch-time club.

This was her last event at the school before moving away from Grange with her husband Doug to live nearer to their son.

Phillipa Summers expressed her thanks on behalf of the school. We shall miss her.



MAKING CANDLES TO REMEMBER

Towards the end of June, the children in the Year 5 class of Grange Primary School used the candle stubs and other assorted partially burnt candles from St Paul's Church, melting them down and mixing in coloured wax crayons before pouring the mixture into yoghurt carton moulds.

Once the wax has set the class proudly show the candles that they have made; these are part of a project by the class teacher to remember those who have passed away.

Eventually the children will be able to take their candles home and discuss with their families whom they might remember, especially if they decide that they are going to light them in someone's memory.

Colin



WHEN YOU ARE LOOKING FOR JAM ...

"At the supermarket today, I found a small, elderly woman standing in front of a high shelf holding Bonne Maman preserves. She was having trouble finding the flavour she wanted because the jars were set back on the shelf. She couldn't read the labels. She could barely reach them, so I offered to help.

After I handed her the raspberry jam, she thanked me, paused, and then asked, "Do you know why I buy this brand?" I laughed and replied, "Because it tastes good?" "Yes, it tastes good." She paused again. "I am a Holocaust survivor."

This was not the conversation I expected on a Sunday grocery run. "During the war, the family that owns the company hid my family in Paris. So now I always buy it. And whenever I go to the store, my grandchildren remind me, 'Grandma, don't forget to buy the jam'."

I told her that that was the best reason I ever heard to buy any company's product. And then we both smiled and went our separate ways."

Someone on Twitter looked into the story and the town called Biars sur Cère, in the Lot department in south-western France, is the site of the headquarters of Andros, whose brands include Bonne Maman, and during World War II the villagers, which then numbered about 800, hid a number of Jews from Nazi persecution.

Another article explained: "You have to understand what it was like then. There were posters on the walls, from the Nazis and from the collaborators, and they said that if you were found to help a Jew, a freemason, a communist, a socialist, or a pervert, you would be shot on sight. Despite the great danger in which helping them put the villagers, still they kept the children safe."

A good reason to buy Bonne Maman products. And a poignant reminder that when we look out for each other it can change lives, and that there are good and selfless people in the world.

Bonne Maman! (Extract from Facebook)



Sunday Services around the Peninsula

Wednesday Clergy Rota - July 2024 - 10 am - Holy Communion

3rd July	Holy Communion - Rev'd David Wilmet
10th July	Holy Communion - Rev'd David Wilmet
17th July	Joint Holy Communion service at St Paul's Church with our Methodist friends Rev'd Annette Miller
24th July	Holy Communion - Rev'd David Wilmet
31st July	Holy Communion - Rev'd David Wilmet

ST PAUL'S SUMMER FAIR

The day dawned bright and sunny for the Summer Fair at St Paul's. The stalls had been set up the previous day, and the helpers arrived early to wait for customers. Business was slow at times but steady, and the bacon butties from the kitchen were a draw – as ever.

Our thanks go to all our customers who supported the event, and to all the helpers on the stalls. A handsome profit of £1,276 resulted.

Below, for information, are the amounts raised by the various stalls.

Raffle	370
Cakes	215
Café	155
Plants	147
Books	93
Scarves	75
Bric-a-brac	66
Tombola	65
Donations	50
Tools	29
Craft	11
Total	£1276

The photographs show some of the lucky raffle winners!



THIS MONTH'S CONCERT AT ST PAUL'S

Dave Edmonds, a well-known local flute player, returned to St Paul's to give a concert with Charles Edmondson. The programme was entitled *Creating a song and dance* with music from all over Europe and South America.

David made the flute sing with his opening music from France by Gabriel Fauré - *Song without words* - a beautiful way to start the concert.

This was followed by a piano duet played by David and Charles,



Slavonic dance Opus 46 No 4 in F composed by Antonin Dvořák, a beautiful melody with wonderful piano playing.

St Paul's Church in Grange-over-Sands



CONCERT given by the SINE NOMINE SINGERS



directed by
Charles Edmondson
with
Audrey Gorman (Narrator)

Tuesday, 6th August 2024, at 11 am

Admission free with a retiring collection

We were then entertained by Spanish music from Moritz Moszkowski and Sylvia Ricardo, before we moved to Italian music where the *Grasshoppers' dance* by Ernest Bucalossi made us really feel the grasshoppers were dancing around! *The Blue Bird* from Opus 119 was then followed by music from South America, finishing with an uplifting mazurka-type dance from Hungary by Johannes Brahms.

It was a wonderful concert. We are so lucky to have such great musicians entertaining us at St Paul's. Thank you to both David and Charles.

Keep an eye out for the next concert on the 6th August (see poster).

Cumbria's All Age Flute Orchestra

Flutes & Co Summer Concert

Saturday 6th July
7 pm

Cartmel Priory

Flutes of all sizes
from piccolo to contrabass

Harpist, percussionist,
and double bass

Classical, film music, new
compositions and more!

For more info, contact
Sue Nicholls
07557 919879
sueplaysflute@gmail.com

Suggested Donation £10
or Pay what you Can

Children free

Refreshments
and Raffle
(Bring Cash)



CARTMEL QUAKERS

Everyone is welcome to join Cartmel Quakers for half an hour of silence focusing on the many conflicts around the world.

The next meeting will be on **Friday 12 July, starting at 10:30 am**, followed by tea and coffee.



THANK YOU FROM DEREK AND JOAN JACKSON

To all our friends at St Paul's we send many thanks for the lovely bouquet which you kindly sent to welcome us to our new home. It is giving us much pleasure and is very much appreciated. We have found moving extremely exhausting, and everyone here says it takes a month to get straight, so we think we are doing quite well. Everyone is most helpful and friendly, a handyman to help where necessary and someone to help us with all the technology here.

We have met many people we know in Kendal this past week and a number of parishioners from 40 years ago are neighbours here in Alavana Place so we are feeling quite at home.

We will look forward to meeting friends from Grange when we come along for concerts, etc, and thank you all once again for the flowers, good wishes, and fellowship at St Paul's.

With our love
Joan and Derek

Stillness & Song

Sundays in 2024:

~~4th Feb, 7th Apr, 2nd Jun,~~

~~6th Oct, 24th Nov~~

6-7pm

at Grange Methodist Church

Quiet, reflection and song.
in the style of the Taizé community
Music led by local musicians



Holiday home in Porthmadog, North Wales

Panoramic views from house over
to Porthmadog Harbor
& Mountains of Snowdonia

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January	98	142	73	107	186	58	174	229
February	91	69	99	263	139	171	42	161
March	162	60	182	75	134	48	173	134
April	15	98	39	12	12	40	84	149
May	75	37	52	26	101	68	34	110
June	135	19	91	99	30	79	87	49*
July	126	33	134	169	70	80	226	
August	86	108	180	188	63	78	143	
September	177	133	177	66	62	112	189	
October	172	131	160	165	304	158	144	
November	189	62	85	114	71	177	227	
December	109	160	155	126	153	162	259	
Annual								
Totals	1,435	1,052	1,433	1,408	1,325	1,231	1,782	832*

* = incomplete total till next month; bold = highest rainfall of that year

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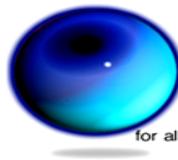
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The link - <https://www.easyfundraising.org.uk/donation-reminder/>

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