

THE PARISH CHURCH OF
SAINT PAUL
GRANGE-OVER-SANDS



Delight
yourself
in
The
Lord
and
He will give
you
the desires
of your
heart

August 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.

Team Vicar - The Rev'd David Wilmot

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

Tel No
07305777113

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

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

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

Choices, choices, choices

I've been thinking how sad it is that the word 'Discrimination' carries such negative overtones these days. There was a time when to call someone discriminating was to pay them a great compliment, because, simply put, it meant that they were the kind of person who knew how to make good choices.

I find this especially ironic given that choice and the freedom to choose are so highly prized just now. To be able to choose is, for many of us, one of the ways we demonstrate that we have arrived. It means we have a certain control and autonomy. For instance, to have that operation at a time and place of 'my choosing' is what many of the upwardly-mobile aspire to.

But here's the thing, the choices we make tell a story. The things we choose give away something about who we think we are, the values we hold, and what we really believe life is about.

What's more, our choices have consequences for others. For example, the vast array of goods that I expect to see in the supermarket is a consequence of business pandering to my desire for choice, often with consequences for much poorer countries than our own. In the great debate about abortion, what is called a woman's 'right to choose' has consequences for almost 200,000 unborn children each year in this country alone. My choice to drink or eat to excess, my lifestyle choices, have consequences for the health service and for those who love me.

The tragedy is that some people I meet give the impression of being frightened of making choices because they have been brought up on the illusion of 'continuing choice', especially in marriage and relationships. That is, imagining that they might one day get a 'better offer', they prefer to keep their options open.

Others have bought into the idea that they don't have to choose. That is, it's sometimes suggested that we can have it all and we can do it all. But, of course, the result of this is burn out, with many people, especially our children, living lives crammed with activities, exhausted and without time to reflect.

These are not easy matters and our hearts go out to those who wrestle with painful choices just now. My point is that, whilst we live in a culture which seems to prize the 'right to choose', we seem uncertain about how - how to be truly 'discriminating'.

For the Christian, when it comes to making choices, the heart of the Good News is the Jesus who says, "You did not choose me, I chose you". It is this truth, that we have been created and loved into being by God, which truly defines us. It's this truth which is the springing point for all our choosing. We might say, "Because I am a beloved son or daughter of God, therefore..."

What I mean is that, in all our choosing, the Christian is beholden to Jesus and his will for us rather than our own wisdom, desires or convenience. St Paul tells us, “You are not your own. You were bought with a price” and “We make it our aim to please him”.

A Christian called St Ignatius put it like this. He said, “I want and I choose what better leads to the deepening of God’s life in me”. Ignatius saw himself as made, loved and called by God. So, he set his heart on living a life that would be a big ‘thank you’ to God. This is what guided his choices. “I am a Christian, therefore...”. So, how will you go about making your choices today? What and who will guide you?

Every blessing, David

GETTING TO GRIPS WITH THE GOSPEL

In these Summer months we’ll be looking at the Big Picture and some of the Big Questions:

- Why is there something, rather than nothing?
- Why is everything so messed up?
- What, if anything, has God done about it?
- And if he’s done anything, how should I respond?

Do come along. Sundays at St Paul’s at 11 am

August 11	The Whole Story
August 18	Created
August 25	Captured
Sept 1	Rescued

Notes from the last PCC meeting

David thanked all those involved in pastoral care and for the wonderfully effective ‘grapevine’ that exists at St Paul’s, keeping people informed of those who are ill or are in need of visits. David is still busy visiting parishioners and is enjoying meeting the people of Grange and wishes to thank all for the welcome he and his family have received.

David would like to meet the various groups of St Paul’s, ie those who provide and arrange the flowers, those who set up the altar, those who take out Home Communion, intercessors, etc, and will be arranging some dates for meetings after Wednesday morning and Sunday morning services.

Pastoral Measure

The Diocese has commenced the legal process to dissolve the Cartmel Peninsula Team Ministry and create the four new Benefices. Full details of the consultation process is on the noticeboard by the serving hatch, and also available at <https://www.churchofengland.org/resources/parish-reorganisation-and-church-property/consultation-parish-reorganisation-and-10>.

Anyone wishing to make formal comments to the Church Commissioners should do so to joanna.chandler-clarke@churchofengland.org. The consultation closes on 12th August 2024.

GRANGE PRIMARY SCHOOL LEAVERS SERVICE—19th JULY 2024

Grange Primary School said farewell to their Year 6 as they move on to secondary schools at Cartmel, Ulverson and Lancaster.

The Y6 recalled happy memories of their time at Grange school and were each given a gift from St Paul's Church.



PET SERVICE AT GRANGE PRIMARY SCHOOL—14th JULY 2024

Families gathered together at Grange school as the rain stopped and Rev'd Annette led a group of families and parishioners in a service to thank the Lord for all pets and animals. We had a number of dogs with owners and a hamster! Lots of chat afterwards as refreshments were enjoyed.

Thank you to Rev'd Annette & Mrs Summers

FROM THE REGISTERS - AUGUST 2024

BAPTISM ANNIVERSARIES

Darcy Rey Greenough 11/08/2019

FUNERALS

Gerard Whittaker 16/07/2024

YEAR'S MIND

Margaret Grundy 18/08/2019

Geraint Jones 11/08/2020

*“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.*



DATES FOR YOUR DIARY - AUGUST 2024

Monday, 5th August

2 pm - **Choir Rehearsal**, Charles Edmondson, St Paul's

Tuesday, 6th August

11 am - **'A Pastoral Tapestry in words and music'**, Charles Edmondson
& Audrey Gorman with Sine Nomine Singers, St Paul's (*see page 22*)

Wednesday, 7th August

2.30 pm - **Cuppa & Cake**, St Paul's

Tuesday, 13th August

10 am-noon - **Elevenses** at St Mary's Church, Allithwaite

Wednesday, 14th August

7 pm - **Standing Committee meeting**, St Paul's

Thursday, 15th August

12.30 pm - **Funeral of Pat Rye**, St Paul's

Wednesday, 21st August

12 noon - **AgeUK lunch**, Thornleigh Hotel - *please book with hotel*

Monday, 26th August (August Bank Holiday)

Tuesday, 27th August

10 am-noon - **Elevenses** at St Mary's Church, Allithwaite

SERVICES AT ST PAUL'S, ST PETER'S & THE FELL CHURCH AUGUST 2024

SUNDAY, 4th AUGUST - TRINITY 10

9.30 am - St Peter's Church, Field Broughton

Holy Communion - Rev'd David Wilmot

11 am - St Paul's Church, Grange

Parish Communion CW - Rev'd Annette Miller

WEDNESDAY, 7th AUGUST - 10 am - St Paul's Church, Grange

Holy Communion - Rev'd David Wilmot

SUNDAY, 11th AUGUST - TRINITY 11

9.30 am - St Peter's Church, Field Broughton

Holy Communion CW - 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, 14th AUGUST - 10 am - St Paul's Church, Grange

Holy Communion - Rev'd Annette Miller

SUNDAY, 18th AUGUST - TRINITY 12

9.30 am - St Peter's Church, Field Broughton

Holy Communion CW - Rev'd David Wilmot

11 am - St Paul's Church, Grange

Sunday Celebration - Rosemary Hoyle & Rev'd David Wilmot

WEDNESDAY, 21st AUGUST - 10 am

Joint Service at Methodist Church, Grange

SUNDAY, 25th AUGUST - TRINITY 13

9.30 am - St Peter's Church, Field Broughton

Mattins - Ben Crossley

9.30 am - The Fell Church, Grange

Holy Communion BCP - Rev'd David Wilmot

11 am - St Paul's Church, Grange

Parish Communion CW - Rev'd David Wilmot

WEDNESDAY, 28th AUGUST - 10 am - St Paul's Church, Grange

Holy Communion - Rev'd David Wilmot

NEWS FROM THE DIOCESE



A special service will be held at Carlisle Cathedral on Saturday, 21st September at 2 pm to mark the 30th anniversary of the first ordination of women Priests. The Rev'd Canon Angela Whittaker, Bishop's Adviser for Women's Ministry in the Diocese of Carlisle, will preside at a Eucharist in Celebration of 30 Years of Ordination of Women to the Priesthood. She will be supported on the day by the Rev'd Ruth Newton, who joins the Diocese as the new Archdeacon of Carlisle from the 1st September, and who will preach at the service.

At Bristol Cathedral on 12 March 1994, Barry Rogerson, the Bishop of Bristol, ordained 32 women to the priesthood, who become the first in the Church of England.

Final legislation for women to become priests was approved by General Synod on 11th November 1992, before a pastoral statement in 1993 by the House of Bishops (known as the 'Manchester Statement') paved the way for approval in both Parliamentary Houses. The measure received Royal Assent on 5th November 1993.

All are welcome to attend this special service. Tickets are free but must be reserved in advance. After the service refreshments will be served in the Cathedral. Places are limited and bookings for refreshments can be made when you reserve your ticket. <https://www.trybooking.com/uk/events/landing/65512>

- is published three times a year - spring, summer and winter - with copies being distributed digitally and in churches across the county. The newspaper is cross-denominational with people actively encouraged to distribute it as widely as possible.

The Summer edition is now available, and shows how God is moving in people's lives throughout Cumbria. We go on-site at BAE Systems Barrow site as a chaplaincy is relaunched serving 13,500 employees, we meet



a former nun turned murder-mystery writer, and we hear from two Cumbrian pilgrims who are currently walking the Camino de Santiago in northern Spain.

We also catch up with members of a new Christian meditation group who meet in Carlisle city centre, and meet the Barrow campanologists who are ringing the changes as they go digital!

carlisle-diocese.org.uk/way/

Dr Alison Fleetwood, Diocesan Healing Adviser, will be leading this course which will help you:

- Understand more deeply the nature of God as a loving Father.
- Know more deeply your identity rooted in Christ.
- Learn more about handling temptation and forgiveness.
- Identify any areas which need letting go of, and turn to Christ.
- Understand more fully your place in the body of Christ, ready to serve.

The course will run from 7.15-9 pm on 17, 24 September and 1, 8, 15 October 2024

LOCATION

Kendal Parish Church Vestry, Kirkland, Kendal, Cumbria LA9 5AF

Office Opening Hours Monday – Friday 9.00am-12.00pm
Telephone - 01539 721248



KING CHARLES - OFFICIAL PORTRAIT

Churches have had the opportunity to order a free official portrait of His Majesty King Charles II. St Paul's and the Fell Church have each received theirs and are awaiting them to be hung. Watch out for this new arrival on our church walls!



Let your God love you

Be silent. Be still.

Alone: empty before your God.

Say nothing. Ask nothing.

Be silent. Be still.

Let your God look upon you.

That is all.

He knows. He understands.

He loves you with an enormous love.

He only wants to look upon you with his love.

Quiet. Still be.

Let your God - love you.

VICAR'S DAVE DAY TRIBUTE

A Cumbrian vicar has spoken of his privilege in helping officiate at a special event in memory of Hairy Biker, Dave Myers.

Around 20,000 bikers descended on Barrow-in-Furness to pay tribute to the TV chef who died, aged 66, in February this year after a cancer diagnosis two years ago.

The huge procession of bikes set off from London on a Saturday morning and was led by Dave's TV sidekick and best friend, Si King.

Once in Barrow they gathered outside the town hall to hear from Dave's friends and family as well as the Rev Tony Ford, the vicar of St Mark's Barrow. Tony had been contacted by Dave's widow, Liliana, and provided a 10-minute time of reflection.



ECO CHURCH

An extract from the Summer edition of Eco Church Connect, the newsletter of A Rocha



Dear friends,

'But what I do have I give you.' - Acts 3:6

We are so encouraged that more than 1,000 churches have achieved a silver award, and 50 churches have achieved gold! These milestones celebrate the fact that more and more churches are deepening their engagement with caring for creation and are embedding it in their church life. More than 3,500 churches have achieved awards, demonstrating continued practical action on caring for creation. Even if your church hasn't yet reached an award, every small act of caring for creation is part of our worship and witness. You are part of a growing community of over 7,500 churches registered with Eco Church.

Go plastic free for nature this August!

Plastic packaging has a huge impact on nature and people. It is estimated that plastic kills 1 million seabirds and 100,000 sea mammals, turtles and fish. Not only is plastic toxic for wildlife, but animals can become trapped and injured by plastic and it is disruptive to precious habitats leading to depletions in populations. Up to a million people a year die because of diseases caused by plastic pollution and waste. That's one person every 30 seconds.

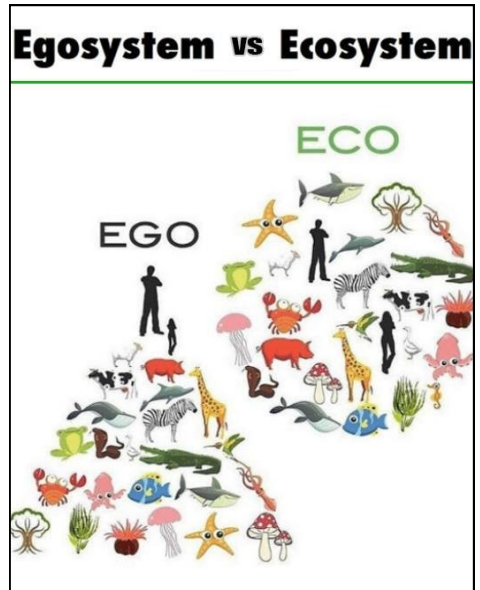


Say 'NO' to:

- Plastic carrier bags
- Clingfilm
- Plastic packaging
- Plastic drinking straws
- Single-use cups
- Plastic-stemmed cotton buds
- Wet wipes
- Plastic cutlery



- Use your milkman
- Buy locally produced food
- Refill glass bottles
- Reduce landfill



'From Ego to Eco'

If a picture paints a thousand words, this one does, depicting that we aren't above the ecosystem but part of it; in other words it's not ours to dominate and take at will.



Our Eco Group are now considering joining with the Primary School to build a **bug hotel** for St Paul's. One example is shown on the left; the one on the right was built by the Soroptimists for the Sensory Garden in Park Road Gardens.



JOIN US FOR

FLIX FEST

'24

GRANGE-OVER-SANDS

FREE ENTRY | WORKSHOPS | DEMOS | UPCYCLING & MORE!

3.8.24 | 11AM - 3PM | GRANGE METHODIST HALL

Westmorland & Furness Council

PEAT

CAS CABS Cumbria Action for Sustainability

Saturday August 3rd 11-4 pm Grange Methodist Church - 'Fix Fest'

People Planet Pocket are bringing to Grange a summer festival combining arts, and entertainment, working with many local organisations fixing, upcycling, sharing, and

September 24th Dark Skies talk by Jack Ellerby in collaboration with the Lecture Society. Watch out for more information.

WOMEN IN THE BIBLE

Ruth's Story

*Dear Father God: Look with mercy on those who flee from danger, homeless and hungry.
Bless those who work to bring them relief, and inspire generosity and compassion in all our hearts.
Hear us, Good Lord.¹*

This is the story of migration, which begins “Where you go, I will go; where you lodge, I will lodge; your people shall be my people, and your God, my God”.² Hospitality is the approach in this story, not hostility. It is in the third history book in the Old Testament, after the Pentateuch. Joshua succeeds Moses, and his book includes the crossing of the Red Sea; in Judges we learn of the power of God given to Samson; but Ruth relates some important genealogy.

In a nutshell, the story begins with famine in the land, so Elimelech decides to leave Bethlehem, travelling to the east side of the Dead Sea. Ruth is the second daughter of Elimelech and his wife Naomi. Both daughters marry. First Ruth's father dies, then the sons-in-law of Naomi, who now decides to return to Bethlehem; but Orpah, the eldest, won't go.

The climax of the story is then, when Naomi insists that Ruth stay, also in Moab with her sister, but Ruth says the oft-quoted words, “Where you go, I will go; where you lodge, I will lodge; your people shall be my people, and your God, my God”. And this is what motivates asylum-seekers all of the world today, wanting to stay with a member of the family, despite the odds of losing their lives in danger on the journey.

The barley harvest was just beginning when Ruth with her mother-in-law arrive in Bethlehem. A stranger is kind to Ruth and says, “I know how you left...your own country and how you came to live among a people you had never known before”.³ Elimelech's field is sold and the widow Ruth becomes Boaz' wife. She bears a son Obed, the father of Jesse, father to King David. These three are part of the 14 generations from Abraham: before 14 to the exile in Babylon, and 14 to the birth of Jesus in Bethlehem.⁴ So you see how important is Ruth's commitment to follow the Lord's will, by sticking with her mother-in-law Naomi.

The Old Testament includes some behaviour quite strange to us, stories that make a good read. I recommend Joshua, Judges and Ruth to start, for your early morning Bible Study. Take the time and enjoy them – one day we may meet Ruth in Heaven!

Heather Morgan

NOTES

1. *Prayer in booklet prepared for Archbishops Justin Welby and Stephen Cottrell 'Migration', Pray Your Part, Church House Publishing, 2024*
2. *Ruth 1:15-18*
3. *Ruth 2:11b*
4. *Matthew 1:17*

Five Misconceptions that Hinder Prayer

Richard J Foster

We yearn for prayer and hide from prayer. We believe we should do it - we even want to do it - but something stands between us and actually praying. What keeps us from enjoying prayer as a love relationship with God?

Misconception 1: Prayer means talking.

This is perhaps the most basic misconception people have about prayer - that it means telling God what we want. Prayer, in fact, is interaction. You can find illustrations throughout the Bible, from Adam and Eve through the Book of Revelation, of the kind of interchange that goes on in prayer. Fénelon wrote about the need to silence and still all creaturely activity so that we can hear the Divine whisper. Prayer is being able to respond to the voice of God, primarily through the Bible, yes. Yet God speaks in many ways. Prayer is mainly listening. It is the interaction, the dialogue, the interchange between two individuals. It's talking with God and hearing from God about what God and I are doing together.

Misconception 2: Prayer cannot be learned.

Some people think that prayer is a gift - you either have it or you don't. Look at the Christian colleges in our country and see how many of them have courses in prayer. This is because we don't believe prayer is something to learn. We also show that we think prayer cannot be learned when we're not willing to risk making mistakes. Yet that's the way you learn anything. That's the way little children learn how to walk - they fall down. That's the way Edison learned how to make the first lightbulb - through the many thousands of experiments that didn't work. Prayer is something to learn, "Lord, teach us to pray".

Misconception 3: Prayer is complicated.

In one sense, prayer is complicated. How can a finite human spirit be in communion with the infinite Spirit of the universe? It would burn out the circuits of our minds to understand it. But in another sense, prayer is incredibly simple. God answers prayer because His children ask. Just as a little child cannot draw a bad picture, a child of God cannot utter a bad prayer. God is pleased with our desire to come to Him. The accuser might say, "That's a terrible prayer. The grammar is bad; it's egocentric. It's wrongheaded". But I think God says, "That's My child. He's chosen to come and be with Me. She's chosen to be in My presence. It's a beautiful prayer". God receives it. It's not complicated.

Misconception 4: Prayer is grim duty.

Prayer can be hard work. But I also think that people need to see prayer as a delight, as joyful interaction with a loving God.

I remember one time when I was vacationing near a beach in Oregon. I got up early and went out on the beach just as it was beginning to get light. I remember, saying really loud, "This is beautiful". And I sensed a response, as if God were saying, "I know; I made it". I thought, Whoa! And then I said, "Thank You, Lord". I sensed God saying, "You're welcome"! And I thought again, Whoa! God was there!

This unusually strong sense of a dialogue lasted about an hour and a half. I decided to ask God some questions I'd always had. I was very intense in those days, and I was really worried about what I wore as a sign of witness to gospel truth. I wondered whether a white-shirt-and-tie mentality contradicted the concept of Christian simplicity. So, I asked God what I should wear. And it was like God laughed and said, "Oh, quit trying to be so blasted religious and wear whatever you want"! That gave me great freedom.

We have a heritage that labels a person as deeply spiritual if he says, "For the first hour I struggled and the second hour nothing happened, but the third hour I broke through to God". We read books on prayer and get loaded down with guilt, thinking something is wrong with us if we don't agonize over prayer.

We need to recognize that there is also the need for lightness in prayer. It's an occupational hazard of religious people to get too serious.

Misconception 5: God is remote and inaccessible.

On a practical level, many people are deists. That is, to them, God is far away. Yet, the gospel teaches very clearly that God is near. When Jesus said, "Repent, for the Kingdom of Heaven is at hand", it was not a way of saying, "Repent, for the Kingdom of Heaven has almost come, but it didn't quite make it". Instead, His meaning was the same as if I were to say to you as we're walking down the street, "Behold, the restaurant is at hand. Let's eat". That's the idea. "It's drawn near to you; it's come nigh", He said. "It's even in your midst. It's right here."

God is near; the Kingdom of the heavenlies has come. Jesus' miracles demonstrated the presence of the Kingdom; the nearness of God. God is no longer remote; God is right among His people. What does Immanuel mean? God is with us. He is still present. And we can rejoice in the presence of God.

SHORT WALKS

On a fine warm morning we met in the church carpark and walked through the grounds of Grange Hotel to Brown Robin nature reserve, tucked at the back of Grange. We climbed up to the flower meadow with lovely views to the fells and over the bay, taking the time to look for the wild orchids, wild thyme, and many other meadow flowers. Finally we walked down through the woods at the Cumbria Grand Hotel and made our way to the Hazelmere café for a coffee and more chat.



More short walks are planned locally, watch this space for details.

When you meet new people at church one of the questions always asked is ‘How long have you lived in Grange?’ Always a good starter for a conversation, and I cannot believe we have lived here for 32 years!

Originally born a true Barrovian in 1963, I grew up in Barrow, attending St Paul’s Church, where my mother was a PCC member, amongst other organisations. I attended St Paul’s Junior School, Barrow Grammar School, followed by the new 6th Form College and then Northumbria University then known as Newcastle upon Tyne Polytechnic) to study Business Studies, a thin sandwich course. This meant I had to spend 12 months in industry and my first placement was in ‘Strategic Planning’ at Vickers Shipbuilding where my father had worked all in his life as an engineer.

On my first day, I met Eric my future husband in the canteen queue, and the rest is history as they say. We were married in 1987 and lived in Ulverston for 5 years. Eric was a Naval Architect and I worked as a Training Officer in VSEL. I later moved into Employee Relations for 6 years, where I was part of a team implementing thousands of redundancies over the years but latterly as Compensation and Benefits Manager.

I came to Grange for an upholstery class in St Paul’s Parish Hall, run by a well-known lady Mrs Benbow, which I loved. It gave me my first taste of Grange, and when we started to look for a bigger house the search extended to include Grange where luckily we found ‘Silverdale’, our 1935 house on Highfield Road with its beautiful views.

Eric joined Round Table and I joined Ladies Circle, and we settled into Grange life where I started to attend St Paul’s Church. Our son Nicholas was born in 1994 and christened at St Paul’s. I continued working full-time in Barrow, and Gemma was born in 1998. Gemma was a founding member of the Edward Bear Club! After a few years I had a career break becoming a foundation governor at Grange School and helping FROGs at school events whilst Eric was treasurer. During this time we managed to get a government grant and set up the Grange Kids Club, the after-school club.

I returned to my work in personnel as HR Manager for South Lakes Housing then moved to Cumbria County Council as an Extended Services Officer working with all 7 schools across the Cartmel peninsula, mainly as a fundraiser for 6 years. I really loved this work and one of my best projects was working with BAE Systems and Cartmel Priory School when we brought a real Space Rocket to the school as part of a project to promote science.

Now Nicholas is 30-years-old and Gemma 25; they have left home to live in Glasgow and Stratford on Avon respectively, and the time has flown. Eric retired at 60 (then went back to work in BAE Systems). Now both fully retired we divide out time between Porthmadog in North Wales and Grange, and try to fit in a few holidays plus being part of the Bay Community Singers, etc !

I feel privileged to have lived in such a great community for 32 years and as part of our congregation for most of that time. Every day I thank the Lord for living here.

Ability Net helps disabled and older people get the most from their computer, smartphone or tablet.

Our volunteers also provide specialist advice on adapting technology for those living with vision, hearing cognitive or motor impairments.

300+ trusted, DBS-checked volunteers

Free helpline: Freephone 0800 048 7642

Email: enquiries@abilitynet.org.uk

Free resources: <https://abilitynet.org.uk>

Live-in-Care provides you with your own personal care assistant who lives with you in your home providing bespoke care, built around your individual needs.



More detailed information on live-in care including what you can expect from your live-in care assistant can be found at bluebirdcare.co.uk/live-in-care

Bluebird Care Lancaster and South Lakeland (01524 388829)
lancasterandsouthlakeland@bluebird.co.uk



If you ever need support, Age UK is here for you.

Our free Advice Line is open 7 days a week, 8am-7pm on 0800 169 65 65. Or, if you're feeling lonely and want a friendly chat, day or night, you can call **The Silver Line on 0800 47080 90.**

Age UK provides information and advice on every facet of later life, from helping people find out benefits they are entitled to claim, to discussing options to help make later life at home more manageable. Our aim is to be the first port of call

the first place that people turn to when they have an age-related need.

Another number to ring - **HELPLINE 03030030003**

Website: www.ageuk.org.uk/campaigns Twitter: [@ageukcampaigns](https://twitter.com/ageukcampaigns)

AGEUK LUNCH

The third Wednesday of each month at Thornleigh - £14.

Cartmel Peninsula Churches Together

‘PRAISE ON THE PROM’

Do come and join in the open-air witness, singing Christian songs on Grange Promenade on Sunday afternoons **4.30–5.30pm**. “Praise on the Prom” is an ecumenical outreach initiative, supported by members of most of the churches in this area. Anyone welcome! It continues every Sunday until the end of August. Meet on the Prom near Clare House railway bridge. Books will be provided. Bring a chair if you wish, and an instrument if you can... and come and enjoy yourself!

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!

YOUTH TRUST NEWSLETTER

Hard copy versions of the Churches Together Youth Trust Summer Newsletter are available on the table at the back of church. Do read it – there is so much encouraging news of what is going on, and helpful information for inspiring our prayers for this outreach to young people in our area.

Your Peace in our Homes

Lord, at this time when the world seems full of tension, and the fear of war and the rumour of war, I ask the blessing of your peace in my home, and in the homes of all my loved ones.

Grant a time of peace to my family, the kind of peace the world cannot give, your healing peace in the depths of our hearts, your gentle solace in the midst of our cares.

Lord, please stay close to us all, and bless our hearts with your peace.

Amen

(The Prayer Trust)

Calling our 'Crafty' folk!

Unfortunately our regular monthly craft sessions have come to an end because Pip has recently changed jobs and is working to a different shift pattern. However, for those idle hands and those who love knitting here is an invitation for you to support 'Teddies for tragedies' - and specifically for Ukrainian children in hospital.

TEDDY KNITTING INSTRUCTIONS

Double knitting wool. Size 10 needles. Wool is available at the library and also at the Age Concern shop in the station yard.

4 colours – head and paws (bear colour),Trousers/Jumper/Scarf.

Cast on 10 stitches for paws. Knit 10 rows.

Change to trouser colour and knit 30 rows.

Make another leg in the same way.

Knit across all 20 stitches and work 16 rows

Change to jumper colour and knit 24 rows

Change to bear colour and change to stocking stitch for head. * Work 5½ inches and change to jumper colour. * Continue remainder of Teddy in reverse order.

Stitch down the sides of the head. With jumper colour pick up 8 stitches either side of the neck join (16 stitches in all) and knit 20 rows. Change to bear colour and knit 10 rows for paws.

Sew up Teddy leaving opening in crotch. Sew diagonal corners for ears before stuffing. Stuff with polyester or other healthy padding. Foam rubber is not recommended as babies may chew it.

Then run a thread through the knitting around the neck to draw it in. Sew happy face on Teddy. For mouth use stem or back stitch.

Scarf.

Cast on 75 stitches and knit 4 rows and cast off. Tie scarf on Teddy and sew firmly to back of neck but do not sew down at front.

Teddies also require little bags made from material with a drawstring in the top. Finished size should be 10" x 13" roughly. Please do not use elastic as drawstring.

Here are some of the teddies that Margaret Caseley has already made. Have a word with her if you are interested.



Some interesting facts about trees to think about perhaps when you are walking in the woods round Grange.

The **wood wide web** is a concept that compares the underground network of fungi connecting trees in a forest to the internet. The network is made up of mycorrhizal fungi, which are thread-like strands that wrap around or grow into tree roots, connecting the root tips of different trees. This network, called a "mycorrhizal network", allows trees to share resources and communicate with each other:

- The fungi move nutrients like nitrogen, phosphorus and water from the soil to the trees.
- They can also transport substances from one tree to another.
- In exchange for nutrients, the trees share carbon-rich sugars made through photosynthesis with the fungi.

Some say the network allows trees to send chemical warnings of dangers like insect attacks.



This is a tree that got hit by lightning and it exposed its vascular system which carries water and minerals from the roots up to the leaves and photosynthesized food back down to the rest of the tree.

Trees have no muscles (or nervous system) so all of this movement is powered by turgor pressure, which is controlled by stomata in the leaves that open and close as needed.

Nature is so complex—and all created by God.

And a story about a tree

And after a long time the boy came back again.

"I am sorry, Boy," said the tree, "but I have nothing left to give you. My apples are gone".

"My teeth are too weak for apples", said the boy.

"My branches are gone", said the tree. "You cannot swing on them."

"I am too old to swing on branches", said the boy.

"My trunk is gone", said the tree. "You cannot climb."

"I am too tired to climb", said the boy.

"I am sorry", sighed the tree. "I wish that I could give you something... but I have nothing left. I am an old stump. I am sorry..."

"I don't need very much now", said the boy, "just a quiet place to sit and rest. I am very tired".

"Well", said the tree, straightening herself up as much as she could, "Well, an old stump is good for sitting and resting. Come, Boy, sit down. Sit down and rest".

And the boy did. And the tree was happy.

Shel Silverstein - *The Giving Tree*, 1964

Sunday Services around the Peninsula

August 2024	ALLTHWAITE ST MARY'S	FLOOKBURGH ST JOHN'S	GRANGE-OVER- SANDS ST PAUL'S	GRANGE FELL	FIELD BROUGHTON & LINDALE ST PETER'S	FINSTHWAITE ST PETER	HAVERTHWAITE ST ANNE'S	STAVELEY IN CARTMEL ST MARY'S
Sunday 4 th August 10 th Sunday after Trinity	10 am Holy Communion Rev'd Mark Houston	10 am Holy Communion Rev'd Beverley Lock	11 am Parish Communion CW Rev'd David Wilmot		9.30 am Holy Communion BCP Rev'd David Wilmot	9.30 am Communion by Extension Dianne Maguire	11 am Holy Communion Rev'd Nick Hallam	11 am Communion by Extension Dianne Maguire
Sunday 11 th August 11 th Sunday after Trinity	4 pm Service of the Word Rev'd Mark Houston	10 am Holy Communion Rev'd Mark Houston	11 am Parish Communion CW Rev'd David Wilmot	9.30 am Mattsins BCP Lay-led	9.30 am Holy Communion CW Rev'd Annette Miller	9.30 am Morning Worship Lay-led	11 am Morning Worship Lay-led	11 am Morning Worship Helen Norrie
Sunday 18 th August 12 th Sunday after Trinity	10 am Holy Communion Rev'd Mark Houston	3.30 pm Church Fellowship	11 am Morning Worship Sunday Celebration Rev'd David Wilmot		9.30 am Holy Communion CW Rev'd David Wilmot	9.30 am Holy Communion Archdeacon Vernon Ross	11 am Holy Communion Rev'd Emily Bagge	11 am Holy Communion Archdeacon Vernon Ross
Sunday 25 th August 13 th Sunday after Trinity	Joint Service at St John's Flookburgh	10 am Joint Service of the Word & Baptism Rev'd Mark Houston	11 am Parish Communion CW Rev'd David Wilmot	9.30 am Holy Communion BCP Rev'd David Wilmot	9.30 am Morning Prayer BCP Ben Crossley	9.30 am Holy Communion The Venerable Penny Driver	11 am Morning Worship Lay-led	11 am Holy Communion The Venerable Penny Driver

Wednesday Clergy Rota - August 2024 - 10 am - Holy Communion	
7th August	Holy Communion - Rev'd David Wilmot
14th August	Holy Communion - Rev'd Annette Miller
21st August	Joint Holy Communion Service at Methodist Church No Service at St Paul's
28th August	Holy Communion - Rev'd David Wilmot

Our next Concert

On Tuesday 6th August, St Paul's Church will host a concert at 11 am given by the recently formed "Sine Nomine" Singers - a group of 16 ladies drawn from the locality. Sine Nomine is Latin for "without a name".

The group has been rehearsing weekly in preparation for this their very first concert. The choir is directed and accompanied by Charles Edmondson.

The rich and varied programme is light-hearted and is entitled:

"A Pastoral Tapestry in words and music".

It will include two jazz madrigals by John Rutter alongside arrangements of Moon River, A Nightingale sang in Berkeley Square and Oh! When the Saints go marching in.

Audrey Gorman, from Grange, will provide the icing on the cake by narrating carefully selected extracts from works by several writers, including Charles Dickens, Rudyard Kipling, Walter de la Mare and Laurie Lee.

The whole programme will last for about an hour and admission is free, though donations to the church music fund will be most welcome.

Light refreshments will be served from 10.30 am onwards

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

Silk Workshop

Following the success of the presentation by Margaret Wilmot about silk painting Margaret has kindly agreed to lead a workshop for us to try our hand at this ancient art. The date agreed is Saturday, 28th September, 10 am to 4 pm. Bring your own lunch, drinks provided. The cost is likely to be between £40 and £45 depending on numbers. We currently have 8 people signed up, with a maximum of 10, so there are two more places available. If anyone is interested, please see Penny.

Congratulations

Our warm congratulations to **Paula Whinfield**, one of the teachers at Grange Church of England Primary School.

On 5th July Paula attended a special service at Carlisle Cathedral, led by the Bishop of Penrith, The Right Rev'd Robert Saner-Haigh, and was presented with her Certificate for successfully completing the Christian Leadership Course, organised by the Carlisle Diocesan Board of Education.



Thank you

We just wanted to say a huge thank you to you all for our hotel voucher for the Roundthorn Country House Hotel. We've finally got here and the weather and setting couldn't be more perfect - it's such a treat.

Love to all.

Sarah and Jonathan xx

BANDSTAND CONCERTS FOR AUGUST 2024

2-4 pm, Park Road Gardens

- | | |
|-------------------------|---|
| 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

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

Close to beaches, Snowdonia
& of course steam railways!

Available for a week or short breaks
for couples or families.

Sorry no pets

Website - Garthcraig.com



GRANGE OVER SANDS MONTHLY RAINFALL (MM) - ANDREW LITTLE

	2017	2018	2019	2020	2021	2022	2023	2024
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

Em J's Hair Studio

Wishing you a Happy New Year

We are open

Monday to Saturday

For an appointment

Tel: 015395 34295

Kents Bank Road

Grange over Sands

J P Computers

FREE Consultation

Collect & return service

Based in South Lakes

Tel: 015395 35513 /

07964180021

www.johnparrycomputers.com

Branton Wild

WATCH & CLOCKMAKER

14 Church Street

LA7 7DX Milnthorpe

branton.wild@gmail.com

Mobile 07484 788495

Restoration - House calls - Buy & sell

Luxury watch repairs

Battery replacement



qr code
for on-line donations

GARY PORTER & SON

PAINTERS &
DECORATORS

Established 1997

Interior & Exterior work
to a high standard



FREE Estimates

Grange over Sands

Tel: 015395 32253

M: 07794167285

**Need a lift? Contact the Voluntary
Driver Service**

Co-ordinator Jan Maynard 01539742500

Help needed !

If anyone is struggling to get items taken to Guides Lot, the council 'tip' - perhaps you are clearing a garage, cellar or whatever, help is at hand.

Have a word with Linda in the office who will direct you to the right contact!

Thornleigh Christian Hotel Themed Breaks Conference Centre

We look forward to
seeing you soon.

Welcoming, Refreshments,
Fellowship, Peaceful Spaces
Friendship, Christian books
& gifts, Spiritual,
Sunday lunch
Inspirational Views,
Accommodation

Tel: 015395 32733

CHANCERY HOUSE
KENTS BANK ROAD
GRANGE-OVER SANDS
LA11 7HD

gedye
& SONS

TRADITIONAL SOLICITORS SINCE 1903



PROPERTY - WILLS - ESTATE PLANNING
PROBATE - LITIGATION - POWERS OF ATTORNEY

Tel: 015395 32313 Email : info@gedye.co.uk



HIGGINSONS
of GRANGE

ONLINE
CLICK &
COLLECT
ORDERING

Supplying the finest fresh meats
& legendary, hand-made pies
to the people of Grange since 1983!

Seasonal Special

Saltmarsh Lamb
Reared on the shores of
Morecambe Bay
Full range of cuts & joints

We stock:

- * Hand made Pies
- * Award Winning Sausages
- * Home-cured Bacon
- * Heritage Beef
- * Rare Breed Pork

**NOW OFFERING BESPOKE
CELEBRATION &
TIERED WEDDING PIES!**



t: 015395 34367

w: higginsonsofgrange.co.uk

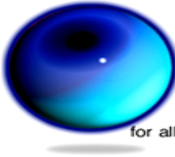
Any comments, articles or queries
for the magazine should be emailed
to Linda or Penny.

Items no longer than 300
words, please.

If you would like to advertise in the
magazine, please contact the Office
015395 35560,
stpaulschurchgrange@gmail.com

We are grateful to those who
advertise in the magazine.

**PLEASE SUPPORT OUR
ADVERTISERS**



Millennium
computer
olutions

for all your computer needs

- **Computer Repair Specialist**
- **Onsite Repairs & Upgrades**
- **Fast Turn around on all Repairs**

Rapid Computer Support

For Home and Business ESTABLISHED 1998

- **Fixed Prices Repairs, No hourly charge**
- **New PCs, Laptops and Tablets**
- **Wired & Wireless Networks,**
- **Support / Repairs for PCs, Laptops, Macs, Ipads, Tablets**
- **Broadband Installation and Repairs**

Remote Support from £10 - Workshop Repairs - Onsite Repairs
Fixed Price Labour Charges No Hourly Charges

www.pcsupport-uk.com 127 Main St, Warton, Camforth
info@pcsupport-uk.com Open 9.00 - 6.00 Mon - Sat

01524 733970

Call in and see your local friendly electrical retailer

ROBINSONS ELECTRIC

SALES, SERVICE & REPAIR

Satellite, TV, Audio, Lighting, White Goods, Electrical Appliances

Both large & small

Birchleigh, Kents Bank Road, Grange-over-Sands

Tel: 015395 32077 - 33877

EASYFUNDRAISING

Don't forget to use easyfundraising when booking holidays, buying white goods, TVs, etc – it all raises money for St Paul's, at no cost to yourself.

If you follow the link below it will take you to a page where you can add a **reminder button** to your internet browser toolbar. A drop-down box will then appear every time you shop online at one of the many stores/companies that support easyfundraising.

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

Mary's Church, Allithwaite -

Holiday Club

for youngsters aged 7-11 years

1

3th, 14th, 15th August

9.30–12.30

Crafts, games, Bible stories

To book

contact: Andrea Mason

[andrea.mason@](mailto:andrea.mason@carlisle-diocese.org.uk)

carlisle-diocese.org.uk

tel: 07377 831808

USEFUL CONTACT NUMBERS

Churchwarden

Brian McCann	brian_johnmccann@hotmail.com	34902
--------------	------------------------------	-------

Deanery Synod

Brian McCann	brian_johnmccann@hotmail.com	34902
Mike Hill	m.hill811@btinternet.com	33511

Treasurer

John Millican	johnmillican1980@btinternet.com	32561
---------------	---------------------------------	-------

Parish Safeguarding Officer

Judith Mitchell	j.a.mitchell356@gmail.com	35664
-----------------	---------------------------	-------

Fell Church

Please contact the Churchwarden

Parochial Church Council Secretary

Rosemary Hoyle	rosemary-hoyle@sky.com	58108
----------------	------------------------	-------

Team Office / Parish Administrator

Linda Brown	35560
-------------	-------

Tue, Wed & Thur - 10.00 am-12.30 pm Fri - 9.00 am - 1.00 pm

E-mail - stpaulschurchgrange@gmail.com or cptmoffice@gmail.com

Address, Team Office, St Paul's Church, Church Hill, Grange over Sands LA11 6BD

Magazine Co-ordinator

Penny Ward	pennyward01@gmail.com	33243
------------	-----------------------	-------

Children's Society Local Secretary

Judith Mitchell	j.a.mitchell356@gmail.com	35664
-----------------	---------------------------	-------

Bible Reading Fellowship Representative

Jose Baguley		35162
--------------	--	-------

Stewardship Secretary

Chris Brown	cymbrown6@hotmail.com	015393 24015
-------------	-----------------------	--------------

Magazine Editor

Team Office	stpaulschurchgrange@gmail.com	35560
-------------	-------------------------------	-------

Missions Secretary

Rosemary Hoyle	rosemary-hoyle@sky.com	58108
----------------	------------------------	-------

Flowers

Kath Bush		32601
-----------	--	-------

Audrey Gorman	peterandaudrey2@btinternet.com	35209
---------------	--------------------------------	-------