

**THE PARISH CHURCH OF
SAINT PAUL
GRANGE-OVER-SANDS**



September - October 2024

£1

A New Beginning

You will be aware that over the past few months the decision was taken by the Bishop of Carlisle to disband the Cartmel Peninsula Team Ministry. The formal process has now been completed and the new Pastoral Scheme made by the Church Commissioners comes into effect from 1st September. St Paul's and the Fell Churches are now in the new **Benefice of Grange-over-Sands and Field Broughton with Lindale.**

Tel No

Vicar - The Rev'd David Wilmot (davidmwilmot@gmail.com) 07305777113

The Rectory, Hampsfell Road, Grange-over-Sands, LA11 6BE

Associate Priest (miller3637@btinternet.com) 015395 33840

Rev'd Annette Miller - Airton, Eden Park Rd, GOS, LA11 6BW

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.



Normal services at The Parish Church

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****

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

From the Rectory

Struggling to grow

Some years ago, I went to see someone I respected to ask for help with something that was troubling me. He listened carefully to my worries and gave every indication that he understood what I was feeling but try as I might I couldn't get him to give me any advice. When, finally, I suggested that I take a particular course of action, he replied "Well, perhaps". As you might imagine I was a little put out by all of this and it left me somewhat sceptical about what is known in some circles as 'non-directive' counselling.

However, as years have gone by, I have begun to wonder whether this man was exercising a deeper wisdom than I appreciated at the time. There may well be occasions when it is helpful, even important, to be a little more directive than he was, but we need to be very careful in assuming that we know what is best for another person.

Perhaps you will know the often-told story from the book *Zorba the Greek*, in which a man watches a caterpillar form a cocoon. When the time comes for the butterfly to emerge, he cannot bear to see it struggling and he breathes on it to give it warmth and encouragement. However, his interference proves too much for the butterfly who is born, as it were, too soon and it dies in front of him.

Perhaps, like me, you will know how hard it is to sit by and watch the struggles of someone we love, especially our young people. Everything in us urges us to help. However, it takes wisdom to know exactly what help is really needed. Interestingly I've often heard people describe how what has helped them most is not someone giving advice or taking control of a situation but rather the willingness just to be present while they struggled into growth.

In the same way, we sometimes find ourselves asking "why doesn't God do something?" One of the answers is to realise that we have a God who is wise enough to know when not to interfere. Some of the struggles we face are indeed good for us. They are part of what help us become full and often more compassionate people.

St Paul told the church in Rome: "We rejoice in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not disappoint us, because God's love has been poured into our hearts through the Holy Spirit which has been given to us" (Romans 5.3-5).

Every blessing,

David

**FROM THE REGISTERS
SEPTEMBER 2024**

BAPTISM ANNIVERSARIES

Sadee Murphy	19/09/2019
Albert David Richards	25/09/2022

FUNERALS

Margaret Patricia Rye	15/08/2024
Brian Michael Wearing	29/08/2024

YEAR'S MIND

Nancy Atkinson	19/09/2019
Robin Henry Leaver	21/09/2019
Olga Batty Edwards	24/09/2022



OCTOBER 2024

BAPTISM ANNIVERSARIES

Skyla-Rae Reardon	17/10/2024
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YEAR'S MIND

Rowland Williams	31/10/2019
Michael Towers Barber	01/10/2021
John MaGuire Harrison	06/10/2022
David Joseph Gamble	27/10/2022

***“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.*

Remembering our Loved Ones

He did not say:
“Thou shalt not be tempted, thou shalt not be travailed,
thou shalt not be afflicted”;
but he said, “thou shalt not be overcome”.
Julian of Norwich

Our annual service of **Prayers for the Faithful Departed** will be in St Paul's on Sunday 3rd November at 4 pm. A special invitation is sent to those we know to have been bereaved in the past year but all are very welcome. From the middle of October, there will be a book in Church for you to enter the name of anyone whose name you would like included in our prayers on the day; and there will be an opportunity to light a candle in their memory. Refreshments will be served afterwards.

DATES FOR YOUR DIARY

SEPTEMBER 2024

Monday, 2nd September

2 pm - **Primary Schools Priory Day** planning meeting in St Paul's

Tuesday, 3rd September

10 am - **Primary Schools Priory Day** planning meeting in St Paul's

Wednesday, 4th September

11 am - **Worship meeting**, St Paul's

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

7 pm - **Parochial Church Council**, St Paul's

Thursday, 5th September

2 pm - **Social Committee**, St Paul's

Friday, 6th September

6-8 pm - **Repair Café**, Methodist Church

Saturday, 7th September

9 am-4 pm - **PCC Away Day**, Field Broughton Village Hall

Sunday, 8th September

1 pm - **Solo Diners**, Woodlands Hotel, Meathop

Wednesday, 11th September

12 noon - **Haverthwaite Lunch Club** (*please book, tel: 31338*)

Friday, 13th September

6 pm - **Quiz with Pie & Peas Supper**, St Paul's

Wednesday, 18th September

12 noon - **Age UK Lunch**, Thornleigh Hotel (£14 *please book 01539 728118*)

Tuesday, 24th September

2.30 pm - **Ecumenical worship** at Cartmel Grange

7 pm - **Cartmel Peninsula Churches Together**, St John's, Flookburgh

Wednesday, 25th September

11 am - **Pastoral meeting**, St Paul's

Thursday, 26th September

10 am - **Retired Clergy Day**, St Paul's

Saturday, 28th September

10 am-4 pm - **Silk Workshop** with Margaret Wilmot, St Paul's

Sunday, 29th September

1-3 pm - **Foodbank collection**, Father Magner Room, St Charles (*see p17*)

2.30 pm - **Ecumenical worship** at the Old Vicarage, Allithwaite

OCTOBER 2024

Tuesday, 1st October

9.30 am - **Priory Day** for Primary School children at Cartmel Priory

Wednesday, 2nd October

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

Friday, 4th October

2.30 pm - Grange Primary School Harvest Festival, St Paul's

6-8 pm - Repair Café, Methodist Church

Saturday, 5th October

9.30 - Ladies Refresh Day, St Mary's Church, Ambleside

10 am - 'For the Beauty of the Earth', Carlisle Cathedral

Sunday, 6th October

11 am - St Paul's Church Harvest Festival & lunch

6 pm - Taizé Service at Methodist Church, Grange

Tuesday, 8th October

11 am - Concert for Organ & Piano, Charles Edmondson

Wednesday, 9th October

12 noon - Haverthwaite Lunch Club (*please book, tel: 31338*)

7 pm - Standing Committee, St Paul's

Wednesday, 16th October

12 noon - Age UK Lunch, Thornleigh Hotel (*£14 please book 01539 728118*)

Sunday, 27th October

2.30 pm - Ecumenical worship at the Old Vicarage, Allithwaite

Monday, 28th October

5 pm - Mother Teresa prayer meeting, St Charles RC Grange

Tuesday, 29th October

2.30 pm - Ecumenical worship at Cartmel Grange

SOLO LUNCH

Our next lunch will be at **Woodlands Hotel, Meathop**, on 8th September at 1 pm. The cost will be £26.95 for 2 courses or £31.95 for 3.

The list will be at the back of Church from Sunday 25th August together with the menu, as we need to pre-book.

If you usually dine alone you will be very welcome to join us. Lifts arranged.

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.

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.

HARVEST THANKSGIVING

6th October - 11 am



Dear Friend

I am very grateful for the warmth of your welcome over these past couple of months. Margaret and I have greatly enjoyed getting to know you and settling into our new home. One of the things which has become very clear to me is just how much time and effort goes into both maintaining our common life and reaching out to our wider community. I have joked with one or two people about the number of rotas we have(!) - but, again, this is to pay tribute to your energy and commitment. Thank you.

Alongside this, one of the things which our Church Council has asked me to consider is offering a moment in the year when we can all renew our financial commitment to God and his mission here at St. Paul's. Since Harvest Thanksgiving is a time in the year when, out of gratitude for God's goodness, we renew our pledge to respond with lives of generosity and careful stewardship of God's world, this seemed appropriate.

The comedian, Bob Hope, used to tell a story about the time he was on a plane when it suddenly lurched, twisted and seemed to be plunging to the ground. People began to panic. One man screamed "Do something religious!" "So", said Hope, "I took up a collection".

This caricature of the Christian approach to money stings a little, doesn't it? It's completely divorced from a more deeply Christian notion of how we can make a practical response: an act of thanksgiving and commitment to the God who has shown us his love in Jesus Christ. This is why our Mission Statement speaks of our desire 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".

Your practical and financial contribution to this is deeply valued and appreciated. Please use this Harvest Thanksgiving to reflect on your weekly giving and respond prayerfully and generously so that the mission may go on.

As ever, if you have any specific questions our Treasurer (John Millican) and Stewardship Officer (Chris Brown) will be delighted to speak with you.

With my prayerful good wishes,

David.



WHAT SHOULD I GIVE?

The Giving of the Living

The days when a few rich families kept the church going are gone, as are the days when we could rely on inherited wealth. The Foundations of the Future depend on our Commitment today.

IT'S YOUR DECISION

Nobody would be so unwise as to try to tell you what to give. Only you know your circumstances. Therefore, only you can decide. However, here are some guidelines which others have found helpful.

The First Hour Principle. The first hour is for God himself. Some people decide to give the first hour's wage per week and one hour's service per week. All of which is backed up by one hour's worship on the first day of the week to set the tone for the whole week's living.

The Non-Essentials. Add up what you spend each week on non-essential items, over and above necessities. Place your answer side by side with your giving and ask if the balance is right. This can be a very challenging and humbling experience if done honestly.

A Gift of Love. There are those who feel that Giving to God should be a spontaneous and generous response to God's love towards us. They give with joy and that joy is their reward. Many people seek to give 5% of their disposable income and you might be surprised to know how many Christians accept the Biblical tenth or tithe as their standard.

The Teaching of Paul – Regular, Committed and Proportionate Giving. “Now, concerning what you wrote about money to be raised to help God's people in Judea. You must do what I told the churches in Galatia to do. Every Sunday each of you must put aside some money, in proportion to what you have earned, and save it up, so that there will be no need to collect money when I come” (*1 Corinthians. 16: 1-2*).

We praise you, God our Father, for the many riches you have lavished upon us as members of your Church in this parish. Help us to respond to your love by being generous with our possessions, that the work of your Church may grow and prosper and that we may know more of your love for us. Grant that we may freely give as we have received and do all in the name of Him who gave His life for us, Jesus Christ our Saviour and our Lord.

Amen.

St Paul's Parish Church, Grange-over-Sands

My Pledge for 2025

1. I promise to make a regular and planned contribution to the work and mission of St Paul's Church of

£.....

each week/month/quarter/year starting on(date)

Full Name

Address.....

Post Code Telephone.....

Email.....

2. I would like to make my contribution by: *(please tick one of the following)*

a. Bankers Standing Order

(Please complete & return the enclosed form)

b. Cheque payable to PCC of St Paul Grange

(Please use enclosed envelope or weekly Offering plate)

c. The Regular Envelope Scheme

(52 weeks' envelopes will be supplied to you)

d. I want the Church to be able to reclaim tax on all my donations until further notice. I am a UK taxpayer and have paid sufficient tax to cover my donation either from income tax, tax on investments, savings or capital gains. I note that I should tell the Church if I do not pay sufficient tax in any year to equal the amount deducted from this donation – currently 25p for each £1 given (Please delete this section if you are not a UK Tax payer).

Signed..... Date

Please place this pledge on the plate in Church on October 6th or deliver to the Office when convenient.

Thank you.

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

SUNDAY, 1st SEPTEMBER - TRINITY 14

9.30 am - St Peter's Church, Field Broughton

Holy Communion CW - Rev'd David Wilmot

11 am - St Paul's Church, Grange

Parish Communion CW - Rev'd David Wilmot

WEDNESDAY, 4th SEPTEMBER

10 am - Holy Communion - Rev'd David Wilmot

SUNDAY, 8th SEPTEMBER - TRINITY 15

9.30 am - St Peter's Church, Field Broughton

Holy Communion CW - Rev'd Annette Miller

9.30 am - The Fell Church, Grange

Mattins BCP - Rev'd David Wilmot

11 am - St Paul's Church, Grange

Parish Communion - Rev'd David Wilmot



WEDNESDAY, 11th SEPTEMBER

10 am - Holy Communion - Rev'd Annette Miller

SUNDAY, 15th SEPTEMBER - TRINITY 16

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 - Sue Fleetwood & Rev'd David Wilmot

WEDNESDAY, 18th SEPTEMBER - JOINT SERVICE WITH METHODISTS

10 am - Holy Communion - Rev'd David Wilmot

SUNDAY, 22nd SEPTEMBER - TRINITY 17

9.30 am - St Peter's Church, Field Broughton

Mattins BCP - Biddy Hibbert

9.30 am - The Fell Church, Grange

Holy Communion BCP - Rev'd Annette Miller

11 am - St Paul's Church, Grange

Parish Communion CW - Rev'd Annette Miller

WEDNESDAY, 25th SEPTEMBER

10 am - Holy Communion - Rev'd David Wilmot

SUNDAY, 29th SEPTEMBER - ST MICHAEL & ALL ANGELS

9.30 am - St Peter's Church, Field Broughton

Holy Communion CW - Rev'd Annette Miller

11 am - St Paul's Church, Grange

Youth Service - Rev'd David Wilmot & Rev'd Mark Houston



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

WEDNESDAY, 2nd OCTOBER

10 am - Holy Communion - Rev'd David Wilmot

SUNDAY, 6th OCTOBER - TRINITY 19 - HARVEST THANKSGIVING

9.30 am - St Peter's Church, Field Broughton

Holy Communion CW - Rev'd David Wilmot

11 am - St Paul's Church, Grange

Parish Communion CW - Rev'd David Wilmot

WEDNESDAY, 9th OCTOBER

10 am - Holy Communion - Rev'd David Wilmot

SUNDAY, 13th OCTOBER - TRINITY 20

9.30 am - St Peter's Church, Field Broughton

Holy Communion CW - Rev'd Annette Miller

9.30 am - The Fell Church, Grange

Mattins BCP - Lay-led

11 am - St Paul's Church, Grange

Parish Communion CW - The Venerable Penny Driver



WEDNESDAY, 16th OCTOBER

Joint Holy Communion at Methodist Church, Grange

SUNDAY, 20th OCTOBER - TRINITY 21

9.30 am - St Peter's Church, Field Broughton

Holy Communion CW - Rev'd Annette Miller

11 am - St Paul's Church, Grange

Parish Communion CW - The Venerable Penny Driver

WEDNESDAY, 23rd OCTOBER

10 am - Holy Communion - Rev'd Annette Miller

SUNDAY, 27th OCTOBER - TRINITY 22

9.30 am - St Peter's Church, Field Broughton

Mattins BCP - Biddy Hibbert

9.30 am - The Fell Church, Grange

Holy Communion BCP - Rev'd Annette Miller

11 am - St Paul's Church, Grange

Sunday Celebration, Team & Rev'd Annette Miller



WEDNESDAY, 30th OCTOBER

10 am - Holy Communion - Rev'd David Wilmot

A PASTORAL TAPESTRY IN WORDS & MUSIC

Charles continued to give great pleasure to the large audience gathered for (almost) his last of a series of musical offerings over the years and the first with the *Sine Nomine* ladies group. The concert featured many fresh arrangements of known favourites in the musical sphere – especially some jazzy renderings by John Rutter of poems by Shakespeare, about wives cheating on their husbands (from *Love's Labour's Lost*) and another (“It was a lover and his lass”) on the joys of springtime from *As You Like It* (well, really) – plus some lesser known prose passages chosen by Audrey.

The sensitively rendered “Moon River” by Henri Mancini caused us to wonder yet again “What is a huckleberry friend?” (Answer: one showing a deep and long-term friendship, epitomizing loyalty, support, and reliability) and we also enjoyed the familiar strains of “A Nightingale Sang in Berkeley Square” and “The Lord Bless You and Keep You”.

The lady singers showed great professionalism in their performance and flautist David Edmonds complemented the singing and piano with his understated but telling accompaniments.



Audrey – as always, perfect in diction and clarity – had chosen pictures of English literary life: from the gross coarseness of Dickens’ Mr. Bounderby from *Hard Times* to the peaceful delight of an unscheduled summer stop at Adlestrop railway station and the exhilaration of the beginning of a long-awaited holiday in the country by Kenneth Graham; let us also remember Poppy Green and her squint and cardboard gaiters in the village’s Peace Procession from *Cider with Rosie* and the plaintive little girl in Laurence Alma-Tadema’s “If no-one marries me” – all wonderful pen-pictures of people and times in a nostalgic, near-remembered past. Well selected and wonderfully presented.



It was a splendid morning – thank you to Charles and Audrey and to our other artistes, to everyone who helped with the refreshments and the artistic presentation – but is it really the end? May we ask, please, for a further appearance from the *Sine Nomine* ladies (especially now that we know how to pronounce their name) and from Charles? He has sharpened up our musical knowledge and appreciation over the years: it would be wonderful to hear Mozart, Bach and Gershwin *et al* continuing to fill the church’s arches over the future years.

Mike Hill



THE GLORY OF THE GARDEN

Rudyard Kipling

(One of the readings chosen by Audrey for the concert)

Our England is a garden that is full of stately views,
Of borders, beds and shrubberies and lawns and avenues,
With statues on the terraces and peacocks strutting by;
But the Glory of the Garden lies in more than meets the eye.

For where the old thick laurels grow, along the thin red wall,
You'll find the tool- and potting-sheds which are the heart of all,
The cold-frames and the hot-houses, the dungpits and the tanks,
The rollers, carts and drain-pipes, with the barrows and the planks.

And there you'll see the gardeners, the men and 'Prentice boys
Told off to do as they are bid and do it without noise;
For, except when seeds are planted and we shout to scare the birds,
The Glory of the Garden it abideth not in words.

And some can pot begonias and some can bud a rose,
And some are hardly fit to trust with anything that grows;
But they can roll and trim the lawns and sift the sand and loam,
For the Glory of the Garden occupieth all who come.

Our England is a garden, and such gardens are not made
By singing: - "Oh, how beautiful!" and sitting in the shade,
While better men than we go out and start their working lives
At grubbing weeds from gravel-paths with broken dinner-knives.

There's not a pair of legs so thin, there's not a head so thick,
There's not a hand so weak and white, nor yet a heart so sick,
But it can find some needful job that's crying to be done,
For the Glory of the Garden glorifieth every one.

Then seek your job with thankfulness and work till further orders,
If it's only netting strawberries or killing slugs on borders,
And when your back stops aching and your hands begin to harden,
You will find yourself a partner in the Glory of the Garden.

Oh, Adam was a gardener, and God who made him sees
That half a proper gardener's work is done upon his knees,
So when your work is finished, you can wash your hands and pray
For the Glory of the Garden that it may not pass away!
And the Glory of the Garden it shall never pass away!



St Paul's Church in Grange-over-Sands



**CONCERT OF MUSIC
FOR ORGAN AND PIANO**



given by
Charles Edmondson

Tuesday, 8th October 2024, at 11 am

The next and final concert in Charles' 12th Season will be on Tuesday, 12 November at 11 am and again will be a concert of piano and organ music

Admission free with a retiring collection

**PRIORY CHURCH
SAINT MARY & ST MICHAEL
CARTMEL**

CONCERT OF ORGAN MUSIC
entitled
'A FLURRY of FANFARES'
given by
Charles Edmondson

**16th September 2024
at 1.10 pm**

COME AND TEST YOUR WITS!

Friday, 13th September 2024
A quiz night with pie and pea supper
Tickets £5 on sale in church
Teams of 4, 8 rounds of questions
Come and play your joker card!

See poster on page 29

**Grange Drama present
an amateur production of
ONE MAN TWO GUVNORS**

By Richard Bean

Based on "The Servant of Two Masters"
by Carlo Goldoni with songs by Grant Olding
at Victoria Hall, Main Street Grange

Evening performances at 7.30 pm

Thursday 31 October 2024

Friday 1 November 2024

Saturday 2 November 2024

Matinee performance at 2.00 pm

Sunday 3 November 2024

On-line booking opens Tuesday 1st October 2024
on www.grange-drama.org.uk

Erratum

Naomi was the Mother-in-law of Ruth, not her Mother as incorrectly printed in last month's magazine. I apologise for the error. Heather Morgan

Morecambe Bay Partnership

The main cross-bay walks from Arnside to Grange may be over now but you could join us for a special walk exploring the sands of Chapel Island this September.



At our two-part event we'll explore the sands of Chapel Island together on Saturday 28th September, visiting historic Collins Weir and walking in the footsteps of monks and travellers. And on the Wednesday before we'll gather together on-line at 7 pm to learn all about the past and present of Chapel Island.

We'll learn about this tiny island's rich and fascinating history, the role it has played in cross-bay walks and why it's so important for wildlife in Morecambe Bay now.

Find out more and how to book



<https://www.morecambebay.org.uk/.../chapel-island-event>

A SPECIAL SUNDAY

Sunday, 11th August, turned out to be a special day for St Paul's on two counts.

First, Brian McCann was formally installed as our Churchwarden by David and, second, it was the day we said our goodbyes to Margaret and Doug Ratcliffe. Both of them had been faithful members of the church - and of the community in Grange - since they came to live here 20 years ago. They had played important roles in the life of St Paul's - and Margaret particularly in the primary school, and will be sorely missed, but this was the time to say goodbye and to wish them well in their new home in Burnley, nearer to their son and family.



In their new home

31 Ribblesdale Avenue
Worsthorne, Burnley BB10 3FQ

A card from Margaret and Doug

Thank you to all our friends at St Paul's and the Fell Church for the garden voucher which we will have great pleasure in spending once the work to extend our patio has been completed. We miss you all very much for your fellowship and support over the years. We don't feel ready to join the local congregation of St John's just yet.

We still have lots of boxes to unpack but need to get new wardrobes—8 weeks' delivery. I am afraid Doug has been rather confused by the whole process but Andrew and Catherine have been a great help. We are trying to take things slowly to give Doug time to adjust.

God bless and Au Revoir

PS Don't forget all of you will be very welcome if you choose to visit (not all at once!!) x

I am taking over from Margaret Ratcliffe as "card sender" for the parish. Please let me know of any special events so that I can maintain the excellent work Margaret did. Many thanks. Sue Fleetwood ([tel.no 32422](tel:32422))



30th July 2024

Feeding people in South-West Cumbria

Barrow Foodbank
Abbey Road Baptist Church
Barrow-in-Furness
Cumbria
LA13 9BD

Dear Co Workers of Mother Theresa

Thank you for your donation of £260.00 to Barrow foodbank, it is much appreciated. We are always humbled by the generosity of our donors, you are so vital to the work we do supporting people in crisis.

On behalf of all our volunteers and staff, thank you.

**Our next collection is on 29th September
1-3 pm, Father Magner Room, St Charles Church**

The Foodbank welcomes non-perishable, staple goods with long dates. It is unable to accept fresh or refrigerated goods, home-made items or items that have been removed from their original packaging.



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
Book your place at the hotel - 01539728118**

HOW WE CAME TO GRANGE – NO. 25

Paul and I met when we were training (Registered Mental Nurse) at Park Lane Special Hospital in Maghull, Merseyside, for the Criminal and Mentally Insane! I was nearly 21 years old and was in my 3rd year, and Paul was nearly 20 and just starting his training. We were both seconded to Rainhill Hospital for two years during our training for more experience of mental illness. We met in September 1981 and were married the following September 1982, by which time I was qualified and Paul had 18 months still to complete. Within 6 months of being married Paul was knocked down by a vehicle travelling at speed, suffering a severe head injury, brain haemorrhage with brain swelling, a badly battered body with broken leg. He was in a coma for 2 weeks in Walton Neurological, Liverpool - an uncertain and stressful time. He recovered from his injuries and was miraculously back to work within 4 months, but the broken femur had been fixed with a titanium k-nail reduction down the shaft of his leg but set in a wrong position which left the leg externally rotated and an inch shorter resulting in built-up footwear. This accident changed the path of our lives in lots of different ways.

Paul stayed at Park Lane, which became Ashworth North, and enjoyed the Forensics and the growth of the special hospital (DHSS). It began with only 2 wards and by the time he left was a much larger development with clinical and medical centres, occupational areas and gym and swimming facilities with social areas for patients. My NHS role included acute admission, dementia, night duty, day hospital, drug unit, alcohol center, depo clinics and much more. We both enjoyed our nursing and seeing improvements through our care, counselling and various therapies and medication.

We had our two children during this time, Emma and Matthew, and I decided to work part-time so I could spend more time with them. We were blessed that my parents moved from Runcorn to where we lived in Appley Bridge, near Wigan. They helped with child care whilst we worked, which enabled us to continue in our careers and grow as a family.

In the early 90's Paul's health began to deteriorate and he was in a lot of pain. Ashworth North was a high-level security Special Hospital and at times there was violence, and the occupational doctors decided that his health and safety could be at risk and so he was medically retired. Since we in the Brown household don't do things by halves, we upped sticks and went to live on an island in Scotland running a Post Office and village shop. Living on an island wasn't particularly what we had in mind, but we fell in love with it, worked hard at the job and fitted into small village life. However, after four years as Emma approached the time for secondary school we decided to return to the mainland - a relief for Emma as the School on the island was over an hour away involving small windy roads and she suffered terribly from travel sickness.

We didn't want to come back to England because the schools were all big and our children were used to the small primary school with only 28 pupils. As a boy Paul came to Grange from Liverpool on days out with his mum and sister and friends swimming in the old lido.

We had spent some holidays at Meathop Caravan site (in Mum and Dad's touring caravan) and liked Grange, its location and what the area had to offer, so we started the search for a home in the area. We bought a new build in Allithwaite, and 27 years later we are still here. Our children grew up here and went to Cartmel Priory School and on to colleges in Kendal and Lancaster.

I went to Grange Primary School and trained using computers doing many courses and becoming Manager and Tutor at their Computer Suite for five years. I next had a job change and worked for the Rev'd Ruth Crossley at Levens as her PA for 11 years. I was then offered the role of PA at St Paul's Church, Grange, and have been here 14 years.

Paul still suffers from his pre-existing physical disabilities and has gone through long periods of discomfort. After spending 15 years as Caretaker at Allithwaite Institute maintaining and restoring the building, he decided to start a Handyman Business. Being self-employed gave him the opportunity to rest when his back, hips and leg gave him trouble. His business took off and he attends to many and varied types of jobs which he continues to enjoy doing.

Our children found their feet. Emma now aged 37 living in Allithwaite is a Hair Stylist and owns Em.Js Hair Studio in Grange, and Matthew aged 35 lives in Morecambe, a mechanic who owns GMB Auto Services.

I think I can say for our family that moving to the Grange area all those years ago was a great decision and has been a real blessing.

Linda Brown

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)

Two quotes from a recent sermon from David

There are 100,000 stars in our galaxy, and 100,000 galaxies in our universe.

A sandcastle where every grain of sand represents a star would be 5 miles wide, 5 miles long and 5 miles high

“What is man that thou art mindful of him?”

A LESSON TO BE LEARNT FROM THE OLYMPICS ?

Sometimes in life no matter how hard you try, no matter how much you do everything right, you're just unlucky. But when it happens on the world's biggest stage, you also see the humanity of people doing things that look superhuman.

Canadian gymnast Felix Dolci was completing an electrifying performance on the high bar during the Men's All-Around competition. After executing two huge release moves, he circled the bar again and then flew off at a terrifying speed. The entire gym gasped, and I didn't realize I shouted, "Oh my God" so loudly that my kids ran into the room to see what was wrong. Lying on the mat in utter disbelief, Dolci looked at his hand and saw the broken hand grip. I'm guessing he's done that move a hundred thousand times, and that was the moment he had the unlucky experience of his handguard ripping.



But, as often happens during the worst moments, we also see the best in people. Dolci walked off the mat and received a huge roar from the crowd. He looked up, gave the sweetest smile, and made a heart symbol with his hands to show appreciation for the support. I think any of us mere mortals would have thrown in the towel, packed our bags, and exited the gym, but not these athletes. Dolci was allowed a second chance at the apparatus because he suffered an equipment malfunction. After all competitors completed their routines, he was able to walk up and try again--and he did. He stepped up despite a nasty cut on his hand and started his routine. He fell yet again during one of his complicated release moves, and you could see he was in pain, but the crowd kept encouraging him, and he finished with a small smile on his face. After the bars, he dropped from 3rd place to 23rd but continued to fight by performing in three more events.

The resilience of these young Olympic athletes has brought me to tears -and reminds me that it is a beautiful accomplishment to win a medal, but the beauty lies in the trying.

Dolci will have to live the rest of his life wondering about the "what-if" of that moment, but the rest of the world received a masterclass in how to dust yourself off and try again. And in a time of utter chaos in our world, we've received a much-needed glimpse into the best of people. As Dolci walked off the mat, several gymnasts and coaches came over to shake his hand, provide words of encouragement, and even a few hugs. His competition was going so well up to that point. He finished in 20th place.



Dolci is not the only athlete to suffer a major blow and keep on going during this Olympics. Brazilian gymnast Flavia Saraiva competed with a black eye after a bad fall in practice to help her team earn a Bronze medal, and US trail cyclist Haley Batten suffered a broken wheel early in her race and came back to claim Silver. And so many others who have experienced a tough time yet kept on going, medal or not.

Too often in the Olympics we focus on medal count and breaking records, but the real lessons come from the athletes. It is not only talent that makes them Olympians, but hard work, dedication, and tremendous perseverance. I think we forget that sometimes.

Life often does not go our way, even when we've worked incredibly hard to prepare ourselves for the big moments. How we treat people when they're down, and how we treat ourselves, is what changes the world.....

Whitney Fleming (*extract from the Internet*)

Fair Trade Fortnight 2024 Monday, 9th September, to Sunday, 22nd September



Fairtrade Fortnight is an annual promotional campaign which happens each year, organized and funded by the Fairtrade Foundation to increase awareness of Fairtrade products.

“It’s 30 years since Fairtrade products first hit the shelves and this year for Fairtrade Fortnight, we’re spotlighting how YOU can Be the Change, by choosing Fairtrade every time.

Our goal is more than people just being aware, it’s about them encouraging an active choice to support over 2 million Fairtrade farmers and workers across 58 countries, wherever possible, to ensure they can earn a fairer wage.

This year’s campaign will highlight that however big or small a purchase this Fairtrade Fortnight, you have the power to #BeTheChange.

When you choose Fairtrade, you contribute to a fairer, more sustainable future for food production.

When you choose Fairtrade, you help ensure farmers receive a fairer price for what they grow.

When you choose Fairtrade, you help rebalance power in supply chains.

Be The Change, Choose Fairtrade

WATCH OUT FOR OUR 'KNICKER TREE' !

To celebrate the platinum anniversary of the founding of their club, Grange Soroptimists are putting up a display in the library from 7–26th October showing what they have achieved over the past 70 years – locally, nationally and internationally. As part of the celebration they are supporting the charity **Smalls for All** for two months (September/October), and a 'knicker tree' will be on display for donations of new knickers for women and/or girls in both the Treatment Rooms and Em.Js, before moving to the library.

PS To any who wonder what 'Soroptimist' stands for, the name comes from two Latin words 'soror' and 'optima' literally meaning 'best sister' and interpreted as 'best for women'. We

are a volunteer movement working to improve the lives of women and girls worldwide.



In the light of the recent riots, please spare a thought for our Police

“Hey, Police Officer, I pay your salary. What do you make?”

“I make holding your hand seem like the most important thing in the world when someone tries to hurt you.

I make those annoying sirens seem like angels when you need them.

I can make your child breathe when he stops.

I make myself get out of bed at 3 am to risk my life to save people I've never met.

I make myself go to work for your family's safety, a duty that I will die for.

I make myself work birthdays, holidays, nights, anniversaries, and disasters.

Today I might make the ultimate sacrifice to save your life.

I make a difference, what do you make?”



From a New Zealand prayer book

God of truth and justice

We ask you to help the men and women who administer and police our laws.

Grant them insight, courage and compassion. Protect them and grant that we, whom they seek to serve, may give them the support and affection they need, so may our people be strengthened more and more in respect and concern for one another. Amen

NEWS FROM THE DIOCESE

TWO COURSES ON OFFER

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

ALIVE IN CHRIST



- 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 am-12 noon

Telephone - 01539 721248

More than 120 women from across the Diocese came together at St Lawrence's Church in Appleby, last year, for **Ladies Refresh Day** a fantastic day of teaching, prayer, worship, networking and fun, including teaching from Bishop Jill Duff.

This year, the venue will be St Mary's Parish Church, Ambleside and will include teaching from the Rev Nicky Smith, our Director of Ministry Development.

It takes place on **Saturday 5th October from 9.30 am to 4.30 pm**. Tickets cost £10.



'For the Beauty of the Earth':
An ECO CHURCH Celebration
AN A ROCHA UK PROJECT

Saturday 5 October 2024
Carlisle Cathedral

Join The Bishop of Penrith for talks about EcoChurch and lunch

Fratry Hall, 10am - 12.30pm
 Talks will be given by A Rocha UK and
 The Revd Canon Grace Thomas, Manchester Cathedral

Please book your tickets at www.carlislecathedral.org.uk/tickets
 Tickets are kindly subsidised by the Diocese of Carlisle
 To apply for a free ticket, please contact Anna Newlove anna.newlove@carlisle-diocese.org.uk

TICKETS
 £10
 include a soup
 and sandwich
 lunch

Also taking place:

FREE ENTRY

- **Carlisle Farmers' Market**
 Cathedral Precinct, 9am - 2pm
 Buy and celebrate local produce
- **EcoChurch Stalls**
 Undercroft, 10am - 3pm
 Find out more about EcoChurch
- **Evening Prayer**
 Cathedral, 3pm

CARLISLE CATHEDRAL

FOR THE BEAUTY OF THE EARTH

Eco Churches across Cumbria are invited to join a day of celebration at Carlisle Cathedral, recognising the fantastic work being done to 'Tread Gently' in our churches. It takes place on Saturday 5th October from 10 am to 12.30 pm and includes times of worship, talks from A Rocha UK and the Rev Canon Grace Thomas, a soup and sandwich lunch, as well as the regular Farmers' Market and stalls themed about Eco Church, with ideas and resources to help you progress on your Eco Church journey.

There is a small cost to attend the talks and for lunch. At 3 pm Evensong will be said in the Cathedral.

ECO CHURCH

As you will know from previous issues of the magazine, St Paul's has been accepted by A Rocha* as being an Eco Church, and we are currently working towards a Bronze award.



Each month we are trying to include something with an 'Environmental friendly' theme, and an 'Ecotip' to encourage us to think about what each of us can do to protect our world.

Getting to Silver is a challenge, but getting to Gold is even more of an accomplishment! Any church reaching a Gold award tells the story of hard work, prayer and committed action. As with all the award levels, they are markers to work towards, but the real goal is each and every action taken, prayer prayed, person influenced, and wildflower planted, because all of these are part of our worship and witness of a God who loves all of His creation.



- Switch off tap between filling bottles and cleaning teeth - on average about 2 gallons of water flow from a tap each minute
- Turn off lights when leaving a room and appliances when not in use



- Switch to energy saving light bulbs
- Use rechargeable batteries
One rechargeable battery can replace 300 single-use batteries
- Avoid opening the fridge door unnecessarily or for too long

We are an ECO CHURCH
ANA ROCHA UK PROJECT

<p>Help us respond faithfully to the climate and nature crises</p>	<p>Worship and Teaching</p>  <p style="font-size: small; color: white;">Embedding creation care in worship, prayer and learning</p>
<p>Buildings</p>  <p style="font-size: small; color: white;">Finding energy efficient and innovative ways to manage our places of worship</p>	<p>Land</p>  <p style="font-size: small; color: white;">Nurturing spaces for people and nature</p>
<p>Community and Global Engagement</p>  <p style="font-size: small; color: white;">Transforming local and global communities and ecosystems</p>	<p>Lifestyle</p>  <p style="font-size: small; color: white;">Living joyfully and sustainably as followers of Christ</p>

Join us in reaching the Bronze Award –
get involved #ecochurch ecochurch.arocha.org

*A Rocha UK is a Christian charity working to protect and restore the natural world and committed to equipping Christians and churches in the UK to care for the environment)

WHERE CAN I RECYCLE?

Grange Soroptimists and PEAT have been compiling a list of where to recycle items that cannot be placed in the regular Council waste and recycling kerbside collections. Below is a list of where items can be collected, in the hope that it may encourage us to reduce, re-use and recycle products that would otherwise go to landfill.

Asthma inhalers	Cohen's Chemists, Ulverston
Batteries	Spar, Grange library, House Waste Recycling Centre HWRC (Guides Lot), M&S, Aldi - box also available at the Repair Café
Beauty products , eg plastic tubes/bottles/compacts/palettes, mascaras, eyeliners	Sainsbury's
Blister packs	Highgate Vets, Kendal, Superdrug Pharmacies
Chemicals	HWRC
Clothes	Charity shops, Salvation Army (RC church carpark), HWRC
Electrical items	HWRC, Curry's
Medication	Grange Pharmacies
Rags (textiles unsuitable for resale)	Bay Search & Rescue (in bags marked clearly 'rags')
Shoes (not slippers)	Any Clarks store for their ShoeBiz project
Soft plastics	Grange Co-op, Aldi
Spectacles	Grange library, St Paul's Church, Lakeland Optical
Stamps	Grange library, St Paul's Church, Flookburgh Church
Tetrapacks (pasticized cardboard cartons for milk & other drinks)	Recycling Centre in Carnforth, Levens village – box by bus stop
Textiles (curtains, towels, duvets, etc)	Bay Search and Rescue, Dunelm Mill
Tools	Tools for Self-Reliance (tfsr.org)
Toothpaste tubes	Boots
Wool	Grange library

St John's Flookburgh are collecting phones, tablets, jewellery, stamps and videos - leave in church, and the Arnside Sustainability Group have a base for hard-to-recycle items such as pens at the Arnside Chip Shop.

Grange Household Waste Recycling Centre at Guides Lot is open Thursday-Saturday, 8 am-4 pm, and full details of items that can be taken are given on the web site - search for guides lot

Any items can be sold or given away on Facebook (Grange Buy and Sell), Cartmel Community page, or the Freecycle Network (freecycle.org)

We aim to try and keep this list updated, so details of any other outlets will be welcomed - <https://sigbi.org/grange-over-sands/contact-us/>

FACT OR MYTH?

MYTH There have always been fluctuations in the climate and the latest extreme weather events are just more of those

FACT Scientists agree that the climate changes naturally. It always has and it always will. What makes the recent changes stand out is the unprecedented pace of change. The current speed of warming is more than 10 times that at the end of an ice age, and is the fastest known natural sustained change on a global scale. It is directly related to the amount of greenhouse gases humans have pumped into the atmosphere since industrialization in the 1800s.

MYTH Scientists don't agree about climate change

FACT Independent studies and analysis of all the scientific papers published worldwide about climate-related issues show that at least 97% of scientists agree that the current climate change is a serious threat to all life and has been caused by human activity.

MYTH Science will find a way to offset all the carbon so we don't need to change our lifestyles

FACT Relying on technologies that haven't been either invented yet or proved to be effective is risky. Carbon capture and storage may be able to remove up to 90% of CO₂ from the output of industries, but getting a higher percentage uses even more energy and still emits the rest. The most efficient and reliable strategy is to stop producing CO₂ by replacing all fossil fuels with green energy and technologies as soon as possible.

MYTH We can plant more trees to offset the CO₂

FACT We do need to plant more trees, but trees planted now will take at least 30 years to be mature enough to make a difference and we're running out of time. We need to make big differences now.

Tuesday, September 24th

“Dark Skies”

A talk by Jack Ellerby on the benefits and joys of dark skies. This lecture is in association with PEAT who are sponsoring the talk.

Victoria Hall, Grange, 7.15 pm

The standard seating plan for the Lecture Society will not be used for this talk.

Stillness & Song

Sundays in 2024:

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

6th Oct, 24th Nov

6-7pm

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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	63
July	126	33	134	169	70	80	226	111
August	86	108	180	188	63	78	143	91*
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	1048*

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

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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!

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St Paul's Church, Grange

Friday
Friday, 13th September
6 pm



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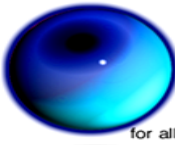
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Requests should be made before
Thursday morning for the following week.

The cost is 45p per mile.

However, be warned!

They cannot guarantee a driver as there is
a shortage of volunteers.



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
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stpaulschurchgrange@gmail.com

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