

The Parish Church
of St Paul
Grange over Sands



February 2025

£1

Benefice of Grange-over-Sands & Field Broughton with Lindale

THE PARISH OF ST PAUL, GRANGE –OVER-SANDS

MISSION STATEMENT

To proclaim the Good News of God
and to draw others into a life-changing encounter
with Jesus.

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

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

Annual subscriptions for the Parish Magazine are now due!

Please pay (£12) Linda in the Office.

We hope you agree that this is good value for 12 issues.

From the Rectory

Take another look.....

The writer Kathleen Norris tells the story of an old man she knew who had been diagnosed with cancer. In his illness he had reached for a Bible which had been given to him and his wife on their Wedding Day by his Grandfather. The man confessed that he had never really bothered with it. It was leather-bound with the couple's names on the front cover. He and his new wife had sent a polite thank you note but simply placed it on a shelf in their wardrobe.

On opening the Bible, the now elderly and sick man discovered why his Grandfather had often asked them how much they'd liked their present. They thought he was showing signs of ageing, but these many years later it was revealed that Grandfather had placed a twenty-dollar Bill at the beginning of every Book of the Bible - over a thousand dollars in all. Because the man had just seen the Bible and assumed there was nothing there to interest him he (and his wife) had missed out on quite a gift.

We are used to hearing the word 'Prejudice' quite a lot these days in a range of contexts. It literally describes our tendency to hold an 'opinion or feeling which has been formed beforehand or without knowledge, thought or reason'.

It also describes the way we sometimes appear to have become bored or tired with certain things or people. We often make somewhat lazy assumptions based on the label we can apply to someone ("I recognise your sort!") and that means we don't have to think or look more deeply. However, the risk we take is in missing out on quite a gift.....

Perhaps with good reason we don't like to acknowledge how prone we can be to this kind of attitude but, if we're honest, I believe there are countless ways in which we make lazy and uninformed assumptions about people, things and places. Again, it's a kind of short-hand but in the end it's an unimaginative and bland way to live. It can be quite tragic when we see it, for example in a marriage, where a couple no longer think there is anything more to learn or discover about the other. So often it helps to take another look, to ask questions so that we don't miss out on quite a gift.....

There's an incident in John's Gospel (John 1.43-50) where Jesus was subject to this kind of prejudice. A man called Philip invites his friend Nathaniel to come and meet Jesus. Knowing where Jesus had come from, he immediately replied, "Can anything good come from Nazareth?" Mercifully, Nathaniel set aside his prejudiced view, accepted the invitation and his life was never the same again.

This Season of Lent is, it seems to me, a good opportunity to have a think about some of our prejudices; some of our automatic assumptions and reactions to things, people and places. In particular, I'd like to ask you to think about your assumptions (shall we call them prejudices?) about Jesus. How well do you really know him and all that he said and did? What might happen if you took another look?

This coming Lent, Holy Week and Easter is a good time for discovering what he is all about. In particular, Good Friday (where Christians spend a long time looking at the Cross and listening to the words of Jesus) is the perfect antidote for any sense that he is to be classed as ordinary or of no account.

The Gospels tell us of many people who are called ‘passers-by’ on the first Good Friday. They were people who made this mistake and saw nothing more of interest than the execution of another misbegotten criminal. But those who stayed by the cross; witnessed the way in which he died, looked more deeply; and listened to the things he said saw something more going on.... and their lives were never the same again.

This Lent, Good Friday and Easter take another look... at Jesus. And don't miss out on the gift of a life-time.

Every blessing, David

THROUGH LENT Together in 2025

**“Our only desire and our one choice should be this:
I want and I choose
what better leads to the deepening of God's life in me”**

St. Ignatius of Loyola, from the beginning of the Spiritual Exercises

The word LENT comes from an ancient word meaning ‘Spring’. This season of the year is given to us as a springtime for our faith, an opportunity to consider prayerfully how we may become more open to the good work which God has begun within us. At the Ash Wednesday Service, we are given the following charge: “Brothers and sisters in Christ, since early days Christians have observed with great devotion the time of our Lord’s passion and resurrection and prepared for this by a season of penitence and fasting. By carefully keeping these days, Christians take to heart the call to repentance and the assurance of forgiveness proclaimed in the gospel and so grow in faith and in devotion to our Lord. I invite you, therefore, in the name of the Church, to the observance of a holy Lent, by self-examination and repentance; by prayer, fasting and self-denial; and by reading and meditating on God’s holy word.”

Letting this Lent be for God

What if this Lent we didn't approach the practices of prayer, giving and fasting with an eye to what we can do to transform ourselves, but rather with an eye to what God wants to do in order to transform us?

It's very easy to approach Lent as though it were a series of New Year's resolutions: to give up a particular bad habit or share more with the poor or be more faithful in prayer. But Lent is not about self-improvement. Lent is a time of conversion in which God is in the driving seat, not us.

After all, Lent is a preparation for the season of Easter, and in Easter we see that Jesus comes to save us, despite ourselves. Peter swears up and down that he will never betray Jesus but then he does. A thief on the cross ends up being the first to be in Heaven with Jesus - a most unexpected consolation. Women go to the empty tomb to mourn and end up being missioned by Jesus, resurrected. Jesus reconciles with Peter despite the betrayals, and then gives him a central place in Church leadership. Easter is full of the unpredictable. Easter is a lot of amazing, beautiful surprises with the Resurrection at its heart.

If this is true, then again, Lent is not a project of self-improvement. Rather, it's a time for allowing God to transform us and a time of intentional cooperation with God's graces, where God leads and we follow. Like a good dance partner, we can choose to follow or not but God is always in the lead.

What might this look like in practice? The answer will be individual for each one of us. Essentially, a Lent of following God's lead must be grounded in prayer. Our intention is to listen for the voice of God and let ourselves be surprised by what the call in Lent might be.

As we begin to think about how we might enter into the coming Lenten season, you may wish to consider the following which are available this year.

Ash Wednesday (5th March)

Beginning **Lent Together** in Worship at St. Paul's

10.00am Holy Communion (with the imposition of Ashes)

7.00pm Holy Communion (with the imposition of Ashes)

Morning Prayer @ 9.00am

You will be welcome to join in Morning Prayer at St Paul's

9.00am Monday to Thursday (Variations will be on the weekly sheet)
Readings and Prayers to begin the day

Wednesday @ 11.00am

(12th, 19th, 26th March and 2nd, 9th, 16th April)

Reading Mark's Gospel Together

The Vicar has prepared a simple sheet of daily readings to take us through Mark's Gospel in Lent. Copies are available in Church. You are welcome to follow this pattern of readings on your own but if you would like to gather with friends once a week for encouragement, a small group will gather each Wednesday (following the morning worship) at 11.00am in St. Paul's Church. You will be very welcome.

Sundays @ 11.00am: "Introducing Jesus..."

You will be welcome at each Sunday morning of Lent at 11.00am, when we will reflect on how each of the Gospel writers introduces us to Jesus:

9th March	Beginning the Lenten Journey
16th March	Matthew introduces me to Jesus
23rd March	Mark introduces me to Jesus
30th March	Luke introduces me to Jesus
6th April	John introduces me to Jesus

Wednesdays @ 7.00pm "God for Beginners"

(12th, 19th, 26th March & 2nd, 9th April) at the Fell Church

On March 12th at 7.00pm you will be welcome to 'God for Beginners'. It's an opportunity, among friends, to ask all those things you never got around to asking about the life of faith. It's all very informal. NO question is too silly and no previous knowledge is presumed or expected!

- For some - it could be a refresher in the basics of our faith; even brush up on what it means to be a Godparent (!)
- For some - an occasion for friendship, discussion and encouragement
- For some - a chance to consider whether to take a particular step such as Confirmation

If any of these apply to you, do come along to all or as many of the sessions as you wish. To let us know you're coming and to help with catering and materials

Please email the Vicar:

davidmwilmot@gmail.com/Tel: 07305 777 113 or

sign the list in St. Paul's Church

A Quiet Day @ Field Broughton Village Hall

“Consider Him”- entering into Holy Week

Thursday 10th April, 9.30am – 4.00pm

**What was Jesus doing in Jerusalem during that first Holy Week
and what difference has it made?**

Arrivals and coffee at 9.30am. Four short addresses and space to reflect, concluding with a Eucharist. Bring a packed lunch. Drinks and biscuits provided. No charge. Donations towards hire of the Hall will be welcome.

**To book a place please email the Vicar:
davidmwilmot@gmail.com/Tel: 07305 777 113 or
sign the list in St. Paul’s Church**

Home Communion

If you would like to host a simple Communion Service at home one morning, afternoon or evening during Lent and invite friends and neighbours to join in, the Vicar will be happy to arrange something with you.

davidmwilmot@gmail.com/Tel: 07305 777 113

1 to 1: Through Lent with the Vicar

During Lent the Vicar is offering to accompany a few people through this important season in the Church’s year, especially if you are uncertain as to what patterns or practices are best for you just now.

Have a chat with the Vicar if you think this might be for you:
davidmwilmot@gmail.com/Tel: 07305 777 113

HOLY WEEK @ St. Paul's, The Fell Church and St. Peter's, Field Broughton

PALM SUNDAY

9.30am Holy Communion (CW), St. Peter's, Field Broughton

9.30am Mattins (BCP), Fell Church

11.00am Holy Communion (CW), St. Paul's, Grange

14th Monday

9.00am Morning Prayer, St. Paul's, Grange

7.00pm Holy Communion (& Address), St. Paul's, Grange

15th Tuesday

9.00am Morning Prayer, St. Paul's, Grange

7.00pm Holy Communion (& Address), St. Paul's, Grange

16th Wednesday

9.00am Morning Prayer, St. Paul's, Grange.

10.00am Holy Communion (CW), St. Paul's, Grange

11.00am Reading Mark for Lent, St. Paul's, Grange

7.00pm Holy Communion (& Address), St. Paul's, Grange

MAUNDY THURSDAY

9.00am Morning Prayer, St. Paul's, Grange.

7.00pm Holy Communion (CW), St. Peter's, Field Broughton

7.00pm Holy Communion (& Address), St. Paul's, Grange

GOOD FRIDAY

8.00am Morning Prayer, St. Paul's, Grange.

9.00am The Easter Road (Children's Workshop in St. Paul's)

12.00-3.00pm Devotions at the Cross, St. Paul's, Grange

12.00-1.00pm Devotions at the Cross, St. Peter's, Field Broughton

19th Saturday

8.00am Morning Prayer, St. Paul's, Grange.

EASTER DAY

6.00am Son Rise Service, Hampsfell Road Car Park

9.30am Holy Communion (CW), St. Peter's, Field Broughton

11.00am Holy Communion (CW), St. Paul's, Grange

Archbishop's Epiphany Letter

The Archbishop of York, **Stephen Cottrell**, has written to all clergy, Readers and congregations in the Church of England.

"Dear Friends in Christ,

Mindful of the ongoing challenges facing the Church of England, I write to you, the clergy, lay ministers and people of the Church of England on this Feast of the Epiphany, trusting that with God's guidance, we can look to the future with great hopefulness in Christ. The Magi came to the Christ child and their lives were re-directed. Please join me in praying for the renewal of our church as we come again to Christ to seek God's way for God's church."



The Acting Bishop of Carlisle, **Rob Saner-Haigh**, has also written to all churches this week calling on as many people as possible to come together across our Diocese in regular collective prayer. He is calling on people to set alarms for **12 noon each Monday** and to spend five minutes in prayer. Rather than offering a list of things to pray for, initially Bishop Rob asks that everyone prays that God would give us a heart for prayer and that God would strengthen us for service.

Independent Safeguarding Audit

The Diocese of Carlisle and Carlisle Cathedral have welcomed a team of independent safeguarding auditors to Cumbria this week.

In August 2023, INEQE Safeguarding Group was appointed by the Archbishops' Council to carry out independent external audits of Church of England Dioceses and cathedrals. The purpose of these audits is to make sure Dioceses, Cathedrals and palaces are doing all they can to create environments where everyone feels safe, valued and respected. This week the INEQE team met with Diocesan and Cathedral staff, a survivor of abuse, as well as focus groups including Parish Safeguarding Officers, churchwardens and clergy. Prior to the team's visit, 580 people also completed an online safeguarding survey, the results of which were fed directly to INEQE.

Bishop Rob said: "We have been very pleased to welcome the INEQE team to Cumbria this week and to work alongside them as they complete their independent audit of our safeguarding practices, protocols and procedures.

"We very much look forward to receiving feedback and to draw on the associated learning and outcomes as we continue along our safeguarding journey - both individually and organisationally - and which remains a primary focus for us as we continue to look to make our churches safer places for all."

The Very Rev Jonathan Brewster, the Dean of Carlisle, added: "We are grateful to INEQE for a positive process, and we look forward to receiving their recommendations as we continue to learn, develop and sustain a safeguarding culture that enables people in all their diversity across the Cathedral and beyond to flourish."

An INEQE audit report of the Diocese of Carlisle and Carlisle Cathedral will be published in coming weeks and will be available on the INEQE, Diocesan and Cathedral websites.

SAFEGUARDING 'MASTERCLASS' TRAINING

The Diocese of Carlisle is to offer up a series of safeguarding 'masterclass' training sessions, which draw on requests for further support received over the last 18 months.

These will focus on specific areas which cannot be covered in sufficient detail in other training, due to time constraints. Topics to be explored include:

- Navigating the web
- Safeguarding adults
- Getting it right on safeguarding
- Mental health and faith

Whilst these are trialled, we are limiting spaces on each masterclass to 16 participants and, initially, are just opening invitations to Parish Safeguarding Officers and members of clergy. The hour-long sessions will be delivered on Zoom and are free to participants. They will be interactive sessions, and all materials will be made available after the sessions.

**"Christian love is the accurate estimation
and the adequate supply of another's need.**

Attributed to Archbishop

Members of the Crown Nominations Commission came together this week to shortlist candidates as they continue to further discern and nominate a new Bishop of Carlisle.

The group – which includes six representatives from the Diocese - met on **Wednesday, 22nd January**, with interviews for those shortlisted scheduled for **13th and 14th March**.

Churches and congregations are being encouraged to continue to use the special Diocesan prayer (below) in regular intercessions as the appointment process continues.



A Prayer for our new Bishop

Everlasting God,
You have welcomed each one of us in
Jesus and called us to be your people in
this place;

Send us your Holy Spirit, and fill us with
vision, energy, and faithfulness in prayer,
that we may be true to our calling to
follow daily, care deeply, speak boldly and
tread gently.

Guide us as we seek to discern who you
are calling to be our new Bishop, that they
may be a wise and gentle shepherd of
your people, ready to serve us with joy,
build us up in faith and be a herald of
your son, Our Saviour Jesus Christ.

Amen



DATES FOR YOUR DIARY—FEBRUARY 2025

Sunday 2nd	6-7 pm	Stillness & Song in the Methodist Church, Grange
Monday 3rd	9 am	Morning Prayer, St Paul's
Tuesday 4th	9 am	Morning Prayer, St Paul's
	12.30 - 1.30pm	Grange School Year 1 visit, St Paul's
Wednesday 5th	9am	David at Lindale School Assembly
	10 am	Holy Communion, St Paul's
	2.30 pm	Cuppa & Cake, St Paul's
Thursday 6th	9 am	Morning Prayer, St Paul's
	10 am	Fell Church Congregation meeting
	12 noon	Funeral of Molly Lewis, St Paul's
Monday 10th	9 am	Morning Prayer, St Paul's
Tuesday 11th	8.30 am	David at Priory School Assembly
	9.30 am	Clergy Chapter
Wednesday 12th	9 am	Morning Prayer, St Paul's
	10 am	Holy Communion, St Paul's
	11 am	Home Communion Meeting, St Paul's
	12 noon	Haverthwaite Lunch Club (please book 31338)
	7 pm	PCC Meeting, St Paul's
Friday 14th		Valentine's Day—School Half-Term
Sunday 16th	1 pm	SOLO lunch at the Woodlands Hotel
Wednesday 19th	10 am	Holy Communion, St Paul's
	12 noon	Age UK Lunch at Thornleigh Hotel (please book 01539728118)
Sunday 23rd	1-3 pm	FOODBANK collection
Monday 24th Schools Back		
	4 pm	Mother Teresa prayer group, St Charles
Wednesday 26th	10 am	Holy Communion, St Paul's
Friday 28th	10.30 am	Quaker Meeting at Cartmel "Time for Peace"

**FROM THE REGISTERS
FEBRUARY 2025**



FUNERALS

10th January 2025
8th January 2025

Ivy Fowler
Geoffrey William Caseley

YEAR'S MIND

Irene Mary Robinson	28/02/2020
Leon Jackson	29/02/2020
Margaret Lee	29/02/2020
Elizabeth Ann Waller	01/02/2022
Raymond Riley Milligan	25/02/2022
Judith Mary McMillan	06/02/2023
Phyllis Ward	12/02/2023
Kathleen Gamble	15/02/2023

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

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

FROM A HAPPY RAFFLE PRIZE WINNER!

Wow! What can I say?

On Sunday 11th January we redeemed our raffle prize from St Paul's Christmas fair. And what a whopper it was.

Newby Bridge Hotel generously gave away a 3-course carvery Sunday lunch for two people. We began with a platter of starters including tomato, mozzarella and pesto, a selection of cheeses, pasta, cold meats, salmon and prawns, potato salad...the tasty list went on. This was followed by a generous carvery with a choice of 5 meats, and, of course, with all the trimmings!!! And if we hadn't eaten enough by then, our lunch concluded with a dessert chosen from that's day's selection of five different delicacies. Tiramisu and lemon tart tantalised our taste buds.

Sandy Bear joined us in the Huntsman Bar but did not partake in any of the courses, but she did enjoy showing off Patch to all the other diners and resting beside a roaring fire.

I never win raffles but will definitely buy a ticket next time.

Pip, Lee and Sandy Bear

NEWS FROM ST PETER'S, FIELD BROUGHTON

Can you believe it is 2025? For me, it does not seem 5 minutes since it was 2000 and all the hype about the millennium bug! January is often a quiet news month but there are a few things to share with you.

Dates for your diaries

All events/activities are in Field Broughton Parish Rooms unless otherwise stated.

Tuesday 18 February 2025	Friends of St Peter's AGM 7.00pm No need to book		Everyone is invited to attend. Funds raised over the year will be disbursed, committee members elected. Come and contribute. Would you like to join the committee?
Tuesday 25 February 2025	70's Night 6.45pm for 7.00pm	£15	A 3-course meal with all the hallmarks of the 1970's. Music from the decade too! And, bring a photo of yourself from the 1970's and let's have a bit of fun!
Sunday 2 March 2025	Sunday Brunch 10.30am – 1.00pm	Dona- tion basis	Everyone will be warmly welcome at Field Broughton Parish Rooms for warm pastries, hot breakfast items, tea and coffee.
Tuesday 4 March 2025	'Drop in' social evening 6.30pm – 9.30pm		A warm welcome, everyone welcome. Drinks and nibbles for donations.
Saturday 22 March 2025	Spring Soup Lunch 12.00pm to 2.00pm (No need to book)	£8	A choice of homemade soups with a scone, tea/coffee and sweet treat.

Please contact Louise Shrapnel (louiseshrapnel@gmail.com) to book any of the above.

Payment for all events, and donations, is currently cash only.

Please let us know.....

Would you be interested in learning how to take better photos with your iPhone at a workshop including lunch? April/May 2025.

Not got an iPhone? Still express an interest and let us know what sort of phone you have. Drop me an email (louiseshrapnel@gmail.com).

St Peter’s Church with Lindale

Despite sudden seasonal weather making it difficult to travel, 23 people made it to our Epiphany lunch and it was a lovely, warm and friendly afternoon. After cottage pie with vegetables and crumbles with custard accompanied with wine, coffee was enjoyed with after-dinner mints. Details of services can be found at www.spfb.org.uk.

Broughton East Parish Council

Broughton East Parish Council has a website - www.broughtoneastpc.org.uk - where past meeting information can be found as well as details of parish councilors and relevant important documents. The next meeting will take place on Monday 28th April 2025 at 6.30pm in Field Broughton Parish Rooms.

And finally.....

If you don’t use social media to see what is happening in the community, the social committee will be setting up a bespoke email address for communications...watch this space.

Louise Saraphel

Chairman, Friends of St Peter’s Social Committee
Committee Member, Parish Rooms Committee
Member of St Peter’s Field Broughton with Lindale, Parochial Church Council
Broughton East Parish Councillor

PREFERENTIAL TREATMENT FOR SOME!

Photo taken by Judith Mitchell when on holiday in Sri Lanka



ECOCURCH

The New Year's newsletter from PEAT (Peninsula Environmental Action Together)

Dear Friends

Thank you for being part of our growing Peninsula Environmental Action Together (PEAT) community. There's never a more important time to come together for our future, the future of our children and the generations to come. Doing what we can, with what we have, where we are, is what's important to us at PEAT. We believe that everyone has a part to play and everyone is welcome.

Last year was a busy one for PEAT we had some excellent events and this year promises to be equally busy. We have some exciting talks and projects in the programme such as,

- Tim Bloomer of Fell Brewery and our local W&F councillor talking about 'Decarbonisation of Beer'
- A project we are calling 'The Big Conversation' reimagining our Cartmel Peninsula for the future
- Free Thermal Imaging of homes on the peninsula
- Our regular Repair Cafes continue
- Another Craft Destash event
- Many more activities during the year

Our annual subscription to PEAT remains at £5 a year, and runs from January to January. We are a volunteer organisation and the subs help with the cost of running the events and our programme for the year. As a member you also get the monthly newsletter with details of what's coming up locally and elsewhere. It is a vibrant community and a great way of connecting with like-minded people who are also concerned with the impact of the climate and environmental crises on our community and the future. We warmly welcome new friends, new ideas and new offers of help.

If you would like to join us, your subscription can be sent by BACS to:

Peninsula Environmental Action Together (PEAT)

Sort Code: 01 00 61 Account No: 20688709 Payment Ref: your name

Looking forward to seeing you whether as new or as 'old' friends soon.

Kindest regards

Annette Hennessy

PEAT Chair

email: PEATMessages@gmail.com

facebook group: [PEATsouthlakes](https://www.facebook.com/PEATsouthlakes)

FEBRUARY - WEDNESDAY & SUNDAY SERVICES 2025

FEBRUARY 2025	GRANGE-OVER- SANDS ST PAUL'S	GRANGE FELL	FIELD BROUGHTON & LINDALE ST PETER'S
2 ND FEBRUARY PRESENTATION OF CHRIST IN THE TEMPLE	11 am Holy Communion CW Rev'd David Wilmot		9.30 am Holy Communion BCP Rev'd David Wilmot
5 th FEBRUARY WEDNESDAY	10 am Holy Communion Rev'd David Wilmot		
9 th FEBRUARY FOURTH SUNDAY BEFORE LENT	11.00 am Holy Communion CW Rev'd David Wilmot	9.30 am Mattins BCP Rev'd Annette Miller	9.30 am Holy Communion CW Rev'd David Wilmot
12 th FEBRUARY WEDNESDAY	10 am Holy Communion Rev'd Annette Miller		
16 th FEBRUARY THIRD SUNDAY BEFORE LENT	11 am Sunday Celebration Rosemary Hoyal & Rev'd Annette Miller		9.30 am Holy Communion CW Rev'd David Wilmot
19 th FEBRUARY WEDNESDAY	10 am Holy Communion Rev'd David Wilmot		
23 rd FEBRUARY SECOND SUNDAY BEFORE LENT	9.30 am Holy Communion BCP Rev'd David Wilmot 11 am Holy Communion CW Rev'd David Wilmot	9.30 am Holy Communion BCP Rev'd Annette Miller	9.30 am Mattins BCP Rev'd Annette Miller
26 th FEBRUARY WEDNESDAY	10 am Holy Communion Rev'd David Wilmot		

CELEBRATING THE FEAST OF ST PAUL

At St Paul's patronal lunch, the room was buzzing with the sounds of 46 happy people, talking, laughing and forming groups at each table. All the tables had been beautifully prepared by a team of helpers. Brian invited us to take our seats and David set the scene by saying Grace.

A Grace from Latin America

O God, to those who have hunger give bread, and to us who have bread give the hunger for justice.



Serving the first course, cooked by the staff at the Old School Kitchen (Thyme Out) was a lesson in logistics, and volunteers did a splendid job sorting out who had ordered

which of the three meals on offer.

Identifying who wanted mushy or garden peas was not easy with everyone talking, moving about or serving wine!





The empty plates indicated that the hot food had been enjoyed, and all eyes turned towards the tables set out with the enticing array of puddings and cheese. There were lots of dishes, made by members of the congregation, and we were spoilt for choice. All were delicious and some people, who shall remain nameless, couldn't resist a second (third) helping.

The joy of these events is the opportunity to share stories, memories and ideas with those around you. Often, we find our paths have previously crossed or we know other people from the past. It helps us to feel increasingly that we are all members of the St Paul's family.

All those attending were extremely grateful to the many people who had



arranged the lunch and contributed to preparing the tables, providing food, serving food and clearing up afterwards – and providing another opportunity to get to know other people and visitors at St Paul's.

Pauline and Alan Wheatley



ST PAUL'S HEATING SYSTEM - UPDATE

We are very pleased to say that, in the coming weeks, work to renew St Paul's heating system is due to begin. This is to thank you for your understanding when Church hasn't been as warm as we all would wish(!), but especially to thank you for your generous donations towards these works. These, along with fundraising efforts and a number of helpful grants, mean that the extremely good news is that we have almost raised the approximately £28,000 cost of the works. As things stand, we have another £4,500 to find.

If you wish to help get us over the line by making a Gift as part of your observance of Lent, please do have a word with John, our Treasurer, or place your Gift on the plate at Church. Thank you once again.

Should there be a surplus in the funds raised it will be put into the Designated Building Fund for future building maintenance.

RECYCLING CARDS

I would like to say a massive thank you for gifting to me your collection of Christmas cards from 2023. Some of my increasing collection has been repurposed into creative Christmas cards which sold over the last couple of months raising £38 for church.

But now I have started early to build a robust, repurposed and recycled card collection. It will contain cards for all occasions, including birthday, thank you, sympathy, Valentine, Easter, and blank cards for your own messages. They will be available to purchase all year round, either from the office or after services. Unlike commercial card companies, every penny and pound raised will go to church funds or whichever good cause St Paul's is supporting at the time. My time, glue, white card and extra embellishments are all donated, while most extra bits are sourced from packaging and cost nothing anyway.

I have noticed messages on many Christmas cards that read "We are reducing our card sending next year and will be donating money to charity". This way cards can still be sent with good wishes and personal messages and essential funds still raised.

Enjoy the collection.

Best wishes Pip

REPAIRED AND RESTORED

Our Silver Chalices and Ciborium required some repairs after the Chalice presentation plates on their bases had become detached.

One Chalice is dated June 1864 and was donated by Eliza Horrocks, the widow of a cotton manufacturer who moved from Preston into Merlewood in 1858. She died there in 1872 and is buried at Lindale. The other Chalice was donated by Mary and Anna Taylor on the 13th October 1853. I believe it was used for the very first Holy Communion in the newly built St Paul's Church. These two very precious items are now splendidly repaired.

Our Ciborium, which holds our Communion hosts, has no inscription. Like many items in Church it was probably donated anonymously. Over time the lid had become ill-fitting and the cross on the top bent. Both these defects have also now been carefully repaired.

We at St Paul's would like to give our thanks to Hayley and Rob; the local silversmiths who very generously did all this work free of charge. We wish them great success with their business. Please read about their story below and take a look at their website for the range of hand made jewellery (lakelandrings@gmail.com).



We're a family business based on the southern tip of the stunning Lake District. We started making rings in 2020 when, like many people, we suddenly found ourselves with a little more time on our hands.

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Hayley & Rob

ON HER TRAVELS

You may like to read about one of the newer members of our congregation who is currently missing in our pens!

At the end of December, Helen Cooper flew to Kampala with her husband Rob, then onwards by road about 184 miles to western Uganda to a place called Kyaninga, six miles from Fort Portal, a largish city.

They are based at Kyaninga Child Development Centre (kyaningaccdc.org). Helen is a retired occupational therapist, and they are working mainly with disabled children, many with cerebral palsy. Rob works at the mobility centre there making bamboo wheelchairs. Monday to Friday Helen goes out to rural areas some long distances away from where they are based on some challenging roads. A baboon once tried to jump through the car window! They set up camps; some children are quite malnourished and they are given food packs. She teaches the local therapists the importance of play. She takes toys which they try and pinch!

The mobility centre is below a rather smart lodge which overlooks a beautiful lake called Crater Lake which is safe to swim in. Rob gets nice lunches at the lodge, while Helen when out in the rural areas eats a local dish called Matoke which is cooked banana, peanut sauce and goat. The temperature is very hot during the day and they have to sleep beneath mosquito nets. They both work very hard Monday to Friday and really look forward to relaxing at the weekends.



More about their experiences hopefully in our next issue.

SOLO LUNCH

Our next Solo lunch will be on 16th February at the Woodlands Hotel, Meathop. If you normally dine alone why not join us. Lifts will be available. The list will be at the back of St Paul's from Wednesday, 5th, for you to sign and also choose your menu.

2 courses will be £26.95 and 3 courses £31.95.

I look forward to seeing you.

Sue Fleetwood

A PLEA FROM GRANGE SOROPTIMISTS

To everyone who shops at Tesco, even if infrequently.

Barrow Women's Centre have been chosen to be part of the Tesco token scheme in their local stores (see poster below), and Grange Tesco Express is part of the scheme.

From mid-January to mid-March 2025 when you make a purchase you will be able to get some tokens to 'vote' in the boxes provided. The project is Pause for Thought (Women's Community Matters), a group for teenage girls getting them back on track with advice and life skills when they are having problems.

It's an incredibly useful service.

The participating stores are:

Barrow Tesco Extra, LA14 2NE (big Tesco)

Tesco, Flass Lane, LA13 0DZ

Tesco Express, Rawlinson St, LA14 1BS

Tesco Express, Walney Island LA14 3DD

Tesco Express, Ulverston LA12 7AZ

Tesco Express, Grange Over Sands LA11 7EY

Thank you very much in
anticipation of your support!

Grange Soroptimists



If you shop in Tesco Barrow, Walney, Ulverston or Grange, you can help us out by using the tokens you get following a purchase and putting them in our slot!

Between mid-January- mid-March 2025



Thank you in advance for your support

women's
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for thought

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filled in Him ...
JOY because in Him
dwells all
of God's fullness ...
PEACE because all
authority has been
given to Him ...
LOVE because HE
gave Himself without
reservation.*

Stillness & Song

Sundays in 2025:

2nd Feb, 13th Apr, 1st Jun,

5th Oct, 7th Dec

6-7pm

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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

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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.

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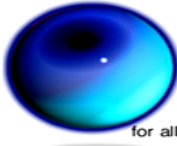
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The cost is 45p per mile.

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

Linda or Penny.

Items no longer than 300 words, please.

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