

The Parish Church
of St Paul
Grange over Sands



Lent
March 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.

God's Invitation

The season of Lent begins with an invitation. In short, God's word to you and I is: "Come back to me, with all of your heart". But what of our response?

At our best we might want to say "Yes". But preoccupied as we are, often as not, the moment never seems quite right. Yes, of course we want to have a deeper relationship with God, we might tell ourselves earnestly. But in effect it seems that we are not ready for God to love us. Yes, we'll come. Soon. One day. "When I get my life sorted out" or "When I retire". However, God will have none of this. God calls to us again: "Come back to me, with all of your heart". In Lent, God invites me to let go of my defences and prevarications.

So, from the first day of Lent, the Ash Wednesday readings make God's call to us clear: "Come back to me, with all of your heart," and our prayer is, in the words of the Psalm, "Create in me a clean heart, O God,... Give me back the joy of your salvation". The good news is that this is exactly what our loving God wants to give us, "the joy of salvation". The joy of knowing that we are truly his beloved son or daughter. No matter what we think of ourselves, the truth is that our God is insistent, loving and gently prodding. God is the parent of the Prodigal Child, waiting faithfully and eagerly on the road for our return. All we need to do is remember that there are no folded arms or stern, critical stare awaiting us: only the straining eyes of a parent eager for our return, longing to embrace us and rejoice in us.

Again, like the Prodigal Son (in Luke Chapter 15), whilst we spend so much time trying to think of how to return and what to say, how to begin the conversation, it's only when we finally appear after so much time away, embarrassed and confused, that we understand that we don't have to say anything. We only have to show up; look up there on the road ahead of us, at our loving God jumping up and down for joy because the invitation has been heard. We have returned home! God is smothering us with embraces and joyful cries.

So... again, what stops us from this great reunion? What keeps us from accepting this invitation to something deeper in our life with God? Perhaps, again, we feel in our hearts that there are things we should say first: "wait...but...if only" and, finally, "If God really knew about me..." But the response is always, that it doesn't matter. None of it matters. "Come back to me, with all of your heart," says God. All we have to do is say to our Lord, "I'm here. Where do I start? Yes, I want to be with you".

So, what's the next step on our journey home? We could take the earliest moments of our day, before we get out of bed, to thank God for such a loving invitation and ask for help in opening our hearts to it. We could remember throughout the day the invitation that has moved our hearts: "Come back to me, with all of your heart". That is the invitation of each day of Lent. Today is the day to accept it.

Every Blessing *David*

The new heating system

Unfortunately there has been a slight delay in completing the installation of the new boilers. The scaffolders have over-run on their last job and our work has been put back. Therefore, our service on Wednesday, 26th February, at 10 am will once again be at the Fell Church, and our morning service on Sunday, 2nd March, will also be at the Fell Church and at our usual time of 11 am.

The works have gone well apart from this last hiccup which is beyond our control. Thank you for your understanding, and a big 'thank you' to the Fell Church for their hospitality. It has been good to join with them in worship.

Brian

Information Notice

St Paul's continues to be closed whilst the new heating boilers are installed and is planning to re-open for **Ash Wednesday** services on
5th March

Wednesday, 26th February

10 am Holy Communion and

Sunday 2nd March

11 am Holy Communion

will both take place at

The Fell Church

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



Communion at Home.

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.

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

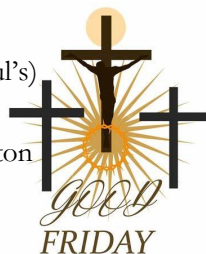
MAUNDY THURSDAY

- 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



NEWS FROM THE DIOCESE

CALL TO COLLECTIVE PRAYER FOR THE CROWN NOMINATIONS COMMISSION

The Dean of Carlisle, the Very Rev'd Jonathan Brewster, has written to all clergy encouraging people to come together in prayer on the days that candidates are interviewed to be the next Bishop of Carlisle.

The Crown Nominations Commission - which includes six Diocesan representatives - will be conducting interviews on **Thursday 13th** and **Friday 14th March**. Churches are asked to come together locally in prayer for the discernment process and three 'prayer hubs' have also been set up which people are encouraged to visit:

- **Carlisle Cathedral** – Intercessions for the appointment process will be included at Evensong on both days.
- **Kendal Parish Church** – Thursday 13 March from 7pm and Friday 14 March from 2pm (half an hour on both days).
- **St Michael's Workington** – Thursday 13 March from 11am and Friday 14 March from 1pm (half an hour on both days).

Prayer resources for use during the meeting of the Carlisle Crown Nominations Commission, 13th & 14th March 2025

CARLISLE DIOCESAN VACANCY IN SEE PRAYER

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 whom 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**

A PRAYER FOR THOSE INVOLVED IN THE SELECTION PROCESS

God of love,

lead us through this time of vacancy.

Guide all those involved in the appointment process,

give us all ears to listen, eyes to see,

hearts to pray and minds to think,

placing the needs of others before ourselves,

always seeking your will and your kingdom. **Amen**

A PRAYER FOR THE 68TH BISHOP OF CARLISLE

Heavenly Father,
send us a bishop
grounded in your love,
a shepherd after your own heart,
a follower of your Way
and a teacher of your Word.
We ask this through your Son,
our Saviour, Jesus Christ, **Amen.**

CONSULTATION ON THE NOMINATION OF THE 106TH ARCHBISHOP OF CANTERBURY

The Archbishop of Canterbury is a key leader within the Church of England and the wider Anglican Communion, which is made up of churches in over 165 countries. He is also the Diocesan Bishop of Canterbury, supported by the Bishop of Dover.

The process to nominate the next Archbishop of Canterbury is underway, and we want to hear from you. Whether you are based in England or anywhere in the Anglican Communion, your views matter. This consultation invites you to share your thoughts on what qualities, values, and vision the future Archbishop should embody. This public consultation runs alongside consultation with key stakeholders from in and around the Church. Your feedback will play a vital role in shaping the decision-making process as we seek God's guidance for the next Archbishop of Canterbury.

Have your say around the appointment by feeding into a public consultation. The consultation closes on 28 March, so please ensure your response is submitted before then.

Online submission - Complete the online consultation form.

Postal submission - You can also send your input by post to the address below:

Canon Stephen Knott
The Archbishops' Secretary for Appointments
Canterbury Crown Nominations Commission (CNC)
Lambeth Palace
London SE1 7JU

*Please join us in prayer as we seek to discern
the person God is calling to this role.*

The World Day of Prayer is an international ecumenical Christian laywomen's initiative. It is run under the motto "Informed Prayer and Prayerful Action" and is celebrated annually in over 170 countries on the first Friday in March. This year's service is being hosted by St Paul's on Friday, 7th March, at 2 pm. All are welcome to join us.



On the first Friday in March the Day of Prayer begins on the international dateline, in Samoa. Early in the morning, Christian women begin praying for our world. As the earth rotates, a great wave of prayer begins to build. It sweeps across the Pacific, touching Fiji and New Zealand, rolling on through Asia: Japan, the Philippines, Korea, and Bangladesh. The countries of Africa, and the Middle East are next. The wave reaches the shores of Europe as the day dawns there. Across the Atlantic, it moves onwards, the Caribbean, the Americas, and on to the Pacific again until the sun finally sets over American Samoa where the final service takes place. A worldwide circle of prayer is complete.

Cook Islands 2025 - I made you wonderful

The WDP Logo

The symbol for World Day of Prayer was developed by the women of Ireland and adopted as the international logo in 1982. Its design is made up of arrows converging from the four points of the compass, persons kneeling in prayer, the Celtic cross, and the circle, representing the world and our unity through all our diversity.

The theme for 2026 is '*I will give you rest: come*', and is being written by the women of Nigeria.

The origins of WDP date back to the 19th century when Christian women of the US and Canada initiated a variety of activities to support women's involvement in mission at home and in other parts of the world. Women had a strong sense of identification with the needs of women and children and sought ways to provide appropriate support. After the devastation of World War I, women were convinced that world peace was intrinsically tied to world mission, and renewed their efforts for unity. In the second half of 1926 the women of North America distributed the worship service to many countries and partners in mission. The response worldwide was enthusiastic and the **World Day of Prayer** came into being.

Ever since, women have gathered for a service written each year by the women of a different country. Today's service comes from a group of ecumenical Christian women in the Cook Islands in the Pacific Ocean, with the theme '*I Made You Wonderful*', based on Psalm 139. Each of us is made with care and loved by God. We also learn how to treat every other person as made wonderful by God. The Worship Service invites us to notice aspects of our divinely created bodies that we often take for granted. The reading from Psalm 139,1-18 is woven together with stories of three women from the Cook Islands. We come to understand that God knows us, is always with us, and made us unique and special.

NEWS FROM ST PETER'S, FIELD BROUGHTON

As the weather is so awful today (23rd February), I think it is time for another community newsletter (No. 4) and update on communications so please make sure you read everything from top to bottom!

Dates for your diaries.....

All events/activities are in Field Broughton Parish Rooms unless stated otherwise. Payment for all events, and donations, is currently cash only.

Sunday 2 March 2025	Sunday Brunch 10.30am – 1.00pm	Donation basis	Everyone will be warmly welcome at Field Broughton Parish Rooms for warm pastries, hot breakfast items, tea and coffee. Contact Louise Shrapnel
Tuesday 4 March 2025	Drop in social evening 6.30pm – 9.30pm		A warm welcome, everyone welcome. Drinks and nibbles for donations.
Wednesday 5 March 2025	Ash Wednesday Communion Service at St Peter's Church 7.00pm		The start of Lent.
Saturday 22 March 2025	Spring Soup lunch 12.00pm-2.00pm No need to book	£8	A choice of homemade soups with a scone, tea/coffee and sweet treat.
Saturday 29 March 2025	First section of the Field Broughton with Lindale Boundary Walk 9.30am start		Starting from Broughton Bank at 9.30am the aim is to finish around 12.30pm at Heft, High Newton. Contact john@hibbertfamily.org
Wednesday 30 April 2025	iPhone camera workshop, with light lunch		Start at 10.00am, further details to come but android phone users welcome too. Contact fieldbroughtonso-cial@gmail.com
Monday 28 April 2025	Broughton East Parish Council meeting 6.30pm		Public welcome to attend, let the clerk know if you are coming along, clerk@broughtoneastpc.org.uk
Monday 5 May 2025	Possible Victory in Europe (VE) village celebration		Details to be announced.

Please let us know.....

...if you are interested in coming together to celebrate VE Day on Bank Holiday Monday, 5 May. VE Day is actually on Thursday 8 May but the nation is being encouraged to celebrate it on the Bank Holiday. As the weather can be unpredictable in early May, an afternoon tea might be a good option, in FB Parish Rooms.....??

St Peter's Church with Lindale

With Lent begins a programme of worship set by the Rev'd David Wilmot, including morning prayer at 9am Monday-Thursday at St Paul's in Grange.

The last Sunday in March (30th), is Mothering Sunday and there will be a service at St Peter's with the distribution of posies.

Details of services can be found at www.spfb.org.uk. and on page 17.

Broughton East Parish Council

Broughton East Parish Council has a website – www.broughtoneastpc.org.uk and the next meeting will take place on Monday 28 April 2025 at 6.30pm in the Parish Rooms.

Ever Wanted to Try Green Bowling.....?

Lindale Bowling Club is looking for new members and they have an enrolment day on Saturday 15 March from 11.00am. Beginners are welcome! A variety of membership is available from £15 to £40 per year which sounds very reasonable.

And finally.....COMMUNICATIONS

We are streamlining our communications and trying to ensure everyone who wants to know about events at the Parish Rooms and beyond, can find the information easily and knows where to go to book on events or raise any enquiries.

In future we will be using a generic email: fieldbroughtonsocial@gmail.com to send out the newsletter, and also to book social events and to field enquiries. Your next newsletter will therefore come via this generic email and your email will be added to a contact group. If you are happy for this to continue you don't have to do anything, but if you prefer not to be part of the contact group please let me know. Your email will be used exclusively for sending the newsletter, relevant updates and community news/items of interest, and, of course, you can cancel at any time by sending an email to the generic email address.

In terms of social media, the Friends of St Peter's Social Committee regularly organise social events and hold them in FB Parish Rooms. Everyone is welcome and a list of future events can be found by tapping on the 'events' tab on the Field Broughton and Surrounding Communities Facebook page. You can find out further information or book an event by emailing fieldbroughtonsocial@gmail.com.

Hope to see you soon!

Louise Sarapnel

Chairman, Friends of St Peter's Social Committee

Committee Member, Field Broughton Parish Rooms Committee

DATES FOR YOUR DIARY - MARCH 2025

Monday 3rd	9 am	Morning Prayer, St Paul's
	12 noon	Lunch-time club, Grange Primary School
Tuesday 4th	9 am	Morning Prayer, St Paul's
	9.45 am	Grange Primary School Assembly
Ash Wednesday 5th - with imposition of Ashes (10 am & 7 pm)	9 am	Morning Prayer
	10 am	Holy Communion (CW), St Paul's
	7 pm	Holy Communion (CW), St Paul's
		Archdeaconry Mission & Pastoral Committee meeting
Thursday 6th		
Friday 7th	12 noon	Lent Lunch, URC
	2 pm	World Day of Prayer - St Paul's Church
Saturday 8th 9.30 - 12 noon		Lent Quiet Morning, Methodist Church
Monday 10th	9 am	Morning Prayer, St Paul's
	12 noon	Lunch-time club, Grange Primary School
	7 pm	Deanery Synod Allithwaite
Tuesday 11th	8.30 am	David at Priory School Assembly
	10 am	Clergy Chapter
Wednesday 12th	10 am	Holy Communion CW, St Paul's
	11 am	Reading Mark for Lent, St Paul's
	7 pm	"God for beginners", Fell Church
Friday 14th	12 noon	Lent Lunch, Methodist Church
Monday 17th	9 am	Morning Prayer
	12 noon	Lunch-time club, Grange Primary School
Tuesday 18th	9 am	Morning Prayer
Wednesday 19th	10 am	Holy Communion (CW), St Paul's
	11 am	Reading Mark for Lent, St Paul's
	12 noon	Age UK Lunch - Thornleigh Hotel (book 01539728118)
	6.30 pm	Grange School Governors' meeting
	7 pm	"God for beginners", Fell Church
Thursday 20th	10.30 am	Social meeting, St Paul's
Friday 21st	12 noon	Lent Lunch, Field Broughton
Saturday 22nd		Diocesan Synod
Monday 24th	9 am	Morning Prayer
	12 noon	Lunch-time club, Grange Primary School

Tuesday 25th	9 am	Morning Prayer
	9.45 am	Grange School Assembly
	12.30 pm	Ministers' Lunch, Methodist Church
	7 pm	PEAT AGM, Methodist Hal'
Wednesday 26th	9 am	Morning Prayer
	10 am	Holy Communion CW, St Paul's
	11 am	Reading Mark for Lent, St Paul's
	3.15 pm	Grange Primary School, Fun & Friendship Club
	7 pm	"God for beginners", Fell Church
Thursday 27th	6.30 pm	Bay Community Singers rehearsal in Church
Friday 28th		Ministry Development Day
	10.30 am	"Time for Peace", Quaker Meeting House, Cartmel
	12 noon	Lent Lunch, Boarbank Hall, Allithwaite
Saturday 29th		Mothering Sunday posies to be made in St Paul's
Monday 31st	9 am	Morning Prayer
	12 noon	Lunch-time club, Grange Primary School

My childhood punishments that have become my adult goals

Going to bed early
 Not going to a party
 Not leaving the house

FROM THE REGISTERS MARCH 2025

FUNERALS

6th February 2025 Molly Lewis

YEAR'S MIND

Rita Hartley	11/03/2020
Sylvia Entwistle	03/03/2020
Marjorie Crowe	17/03/2020
John Peat	22/03/2020
Florence Trudgill	04/03/2022
Raymond Riley Milligan	25/02/2022
Jean Cottam	25/03/2024
John Howson	26/03/2024

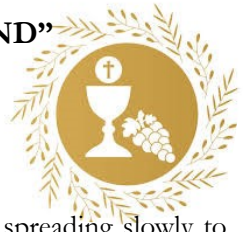


***"In sure and certain hope
of the resurrection to
eternal life through our
Lord Jesus Christ"***

*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.*

"THROUGHOUT ALL AGES, WORLD WITHOUT END"

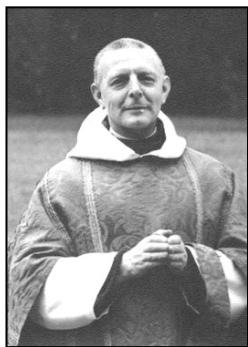
An extract from *'The shape of the Liturgy'*
by **Dom Gregory Dix** (1901-1952)



HIS WORDS ON THE HOLY EUCHARIST

Was ever another command so obeyed? For century after century, spreading slowly to every continent and country and among every race on earth, this action has been done, in every conceivable human circumstance, for every conceivable human need from infancy and before it to extreme old age and after it, from the pinnacle of earthly greatness to the refuge of fugitives in the caves and dens of the earth. Men have found no better thing than this to do for kings at their crowning and for criminals going to the scaffold; for armies in triumph or for a bride and bridegroom in a little country church; for the proclamation of a dogma or for a good crop of wheat; for the wisdom of the Parliament of a mighty nation or for a sick old woman afraid to die; for a schoolboy sitting an examination or for Columbus setting out to discover America; for the famine of whole provinces or for the soul of a dead lover; in thankfulness because my father did not die of pneumonia; for the repentance of Margaret; for the settlement of a strike; for a son for a barren woman; for Captain so-and-so wounded and prisoner of war; while the lions roared in the nearby amphitheatre; on the beach at Dunkirk; while the hiss of scythes in the thick June grass came faintly through the windows of the church; tremulously, by an old monk on the 50th anniversary of his vows; furtively, by an exiled bishop who had hewn timber all day in a prison camp near Murmansk; gorgeously, for the canonisation of St Joan of Arc—one could fill many pages with the reasons why men have done this, and not tell a hundredth part of them. And best of all, week by week and month by month, on a 100,000 successive Sundays, faithfully, unflinchingly, across all the parishes of Christendom, the pastors have done this just to make the plebs *sancta Dei*—the holy common people of God.

To those who know a little of Christian history probably the most moving of all the reflections it brings is not the thought of the great events and the well-remembered saints, but of those innumerable millions of entirely obscure faithful men and women, every one with his or her own individual hopes and fears and joys and sorrows and loves - and sins and temptations and prayers. They have left no slightest trace in this world, not even a name, but have passed to God utterly forgotten by men. Yet each of them once believed and prayed as I believe and pray, and found it hard and grew slack and sinned and repented and fell again. Each of them worshipped at the Eucharist, and found their thoughts wandering and tried again, and felt heavy and unresponsive and yet knew - just as really and pathetically as I do these things. There is a little ill-spelled ill-carved rustic epitaph of the 4th century from Asia Minor: 'Here sleeps the blessed



Chione, who has found Jerusalem for she prayed much'. Not another word is known of Chione, some peasant woman who lived in that vanished world of Christian Anatolia. But how lovely if all that should survive after 16 centuries were that one had prayed much, so that the neighbours who saw all one's life were sure one must have found Jerusalem! What did the Sunday Eucharist in her village church every week for a lifetime mean to the blessed Chione - and to the millions like her then, and every year since? The sheer stupendous quantity of the love of God which this ever-repeated action has drawn

from the obscure Christian multitudes through the centuries is in itself an overwhelming thought.

It is because it became embedded deep down in the life of the Christian peoples, colouring all the *via vitae* of the ordinary man and woman, marking its personal turning-points, marriage, sickness, death and the rest, running through it year by year with the feasts and fasts and the rhythm of the Sundays, that the eucharistic action became inextricably woven into the public history of the Western world. The thought of it is inseparable from its great turning-points also. Pope Leo doing this in the morning before he went out to daunt Attila, on the day that saw the continuity of Europe saved; and another Leo doing this three and a half centuries later when he crowned Charlemagne Roman Emperor, on the day that saw that continuity fulfilled. Or again Alfred wandering defeated by the Danes staying his soul on this, while mediaeval England struggled to be born; and Charles I also, on that morning of his execution when mediaeval England came to its final end. Such things strike the mind with their suggestions of a certain timelessness about the eucharistic action and an independence of its setting. At Constantinople they 'do this' yet with the identical words and gestures that they used while the silver trumpets of the Basileus still called across the Bosphorus, in what seems to us now the strange fairy-tale land of the Byzantine empire. In this 20th century Charles de Foucauld in his hermitage in the Sahara 'did this' with the same rite as Cuthbert 12 centuries before in his hermitage on Lindisfarne. This very morning I did this with a set of texts which has not changed by more than a few syllables since Augustine used those very words at Canterbury on the third Sunday of Easter in the summer after he landed. Yet 'this' can still take hold of a man's life and work with it.

George Eglinton Alston Dix OSB, known as Gregory Dix, was a British monk and priest of Nashdom Abbey, an Anglican Benedictine community. He was a noted liturgical scholar whose work had particular influence on the reform of Anglican liturgy in the mid-20th century. He is remembered in the Church of England with a commemoration on 12th May.

MARCH - WEDNESDAY & SUNDAY SERVICES 2025

	ST PAUL'S GRANGE-OVER- SANDS	GRANGE FELL	ST PETER'S FIELD BROUGHTON & LINDALE
2nd MARCH Sunday next before Lent	11 am (at the Fell) Holy Communion CW Rev'd David Wilmot		9.30 am Holy Communion BCP Rev'd David Wilmot
5th MARCH ASH WEDNESDAY	10 am & 7 pm Holy Communion & Imposition of Ashes Rev'd David Wilmot		
9th MARCH 1st of Lent	11.00 am Holy Communion CW Rev'd David Wilmot	9.30 am Mattins BCP Rev'd Annette Miller	9.30 am Mattins BCP Rev'd David Wilmot
12th MARCH WEDNESDAY	10 am Holy Communion Rev'd Annette Miller		
16th MARCH 2nd of Lent	11 am Holy Communion CW Rev'd David Wilmot		9.30 am Holy Communion CW Rev'd David Wilmot
19th MARCH WEDNESDAY	10 am Holy Communion Rev'd David Wilmot		
23rd MARCH 3rd Sunday of Lent	11 am Holy Communion CW Rev'd David Wilmot	9.30 am Holy Communion BCP Rev'd David Wilmot	9.30 am Holy Communion BCP Rev'd Annette Miller
26th MARCH WEDNESDAY	10 am Holy Communion CW Rev'd David Wilmot		
30th MARCH 4th Sunday of Lent MOTHERING SUNDAY	11. am Sunday Celebration Brian McCann & Rev'd David Wilmot		9.30 am Holy Communion CW Rev'd Annette Miller

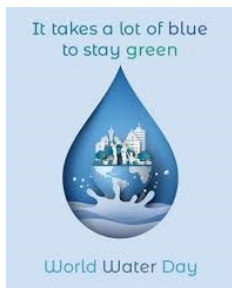
Please note - Cake and Cuppa on March 5th has been cancelled because of some uncertainty about the heating in the social area. Next date 2nd April

World Water Day is on 22nd March 2025. The day was formally proposed in 1992 at the United Nations Conference on Environment and Development in Rio de Janeiro by the United Nations General Assembly, and it was adopted the year after as an annual observance day focusing on the importance of fresh water.



World Water Day celebrates water and **raises awareness of the 2.2 billion people living without access to safe water.** It is about taking action to tackle the global water crisis. A core focus of World Water Day is to support the achievement of Sustainable Development Goal 6: water and sanitation for all by 2030. This year’s theme is 'Glacier Preservation'. Today, glaciers are melting faster than ever due to climate change.

Eco-tips



- Only fill your kettle with water you need
- Use a re-usable water bottle
- Turn off the tap when brushing your teeth and/or when shaving
- Take shorter showers
- Fix dripping taps
- Install water-saving shower heads or flow restrictors
- Collect rainwater in a water butt and use to water your houseplants

Did you know these things had names ?

- | | |
|---|------------|
| 1. The space between the eyebrows | Glabella |
| 2. The way it smells after the rain | Petrichor |
| 3. The plastic or metallic coating at the end of shoelaces | Aglet |
| 4. The rumbling sound the stomach makes | Wamble |
| 5. The first cry of a new-born baby | Vagitus |
| 6. The prongs on a fork | Tines |
| 7. The sheen or light you see when you close your eyes and press them | Phosphenes |
| 8. The tiny plastic table placed in the middle of a pizza box | Tent |
| 9. The day after tomorrow | Overmorrow |
| 10. The smallest finger or toe | Minimus |

More next month!

CHILD DEVELOPMENT CENTRE AND KYANINGA MOBILITY, UGANDA

The Kyaninga Child Development Centre (KCDC), a pioneering force in children's rehabilitation and inclusive education, was founded in 2014 by Steve and Asha Williams, together with physiotherapist Fiona Bekerlagge. KCDC advocates for and supports children with disabilities in Uganda, and over the past 10 years its innovative programmes and services have directly impacted 8,000 children and their families. KCDC works closely with families,



communities and local partners to ensure sustainable, long-term impact. From providing essential therapy services to championing inclusive education and manufacturing locally-made assistive devices, KCDC has been a beacon of hope for families in need, improving the quality of life.

Steve Williams' dedication stems from his personal journey with his disabled son, Sidney. His passion for improving the lives of children with disabilities has earned him the MBE distinction which he received from the King last month, a testament to his tireless efforts to create an inclusive culture in Uganda. Steve said "I am deeply honoured to receive this recognition, but the true heroes are the children, families and team members of KCDC who inspire me every day".

Rob and Helen travelled in Africa 33 years ago, and on their return home Helen worked as a children's Occupational Therapist for the NHS. It has always been her dream that upon retirement she would share her skills and knowledge back in Africa and, after a lot of networking, they found KCDC. Their involvement has exceeded expectations, with both Helen and her husband Rob being able to utilise their skills.



Working with a team of physio-therapists, OT's, speech therapists, nutritionists and social workers, Helen has created a special connection to work learning from one other, and attending outreaches to rural areas to support families and empower them to help their children have a better quality of life. She has loved developing therapy equipment out of local resources, eg using a water jerry can filled with local soil to help sitting, kneeling, standing, and teaching the importance of play, again using everyday objects. The work is very tiring, but exciting to see more of the area and a privilege to be invited into local

Rob has been working at Kyaninga Mobility, using his experience in practical problem solving, contributing to continuing manufacturing improvements through design refinements, improving production efficiencies with modified jig designs and techniques, teaching more skilled use of the machine tools, and making bench tools using locally available resources. Probably the most valuable contribution was to simply look at the same old problems with fresh eyes and fresh ideas.



A major success was to pick up the continuing design, build and commissioning of a wheelchair drop test machine, so that the chairs no longer



require shipping to the USA for testing, to demonstrate compliance with international standards. This is going to be a huge saving for the charity. The wheelchairs themselves are a work of art; the workforce take great pride in their work and are an absolute pleasure to work with. The reward is priceless as the children light up with excitement having a new-found freedom in their individually specialised wheelchairs.

The whole experience has been such hard work, yet so very humbling, and Helen and Rob intend to return again next year. Should you be inspired to support KCDC, Helen and Rob aim to raise funds to ‘buy a wheelchair’ on their return to Grange.

Helen & Rob Cooper

(Further information can be found, among other places, at www.kyaningaccdc.org)



A SPRING SING WITH BAY COMMUNITY SINGERS

Bay Community Singers invite you to join them for a ‘Spring Sing’ at St Paul’s Church, on **Thursday, 3rd April, at 7 pm**. There will be opportunity for you to raise your voice in song and join in some lively singalongs, as well as to listen to the choir perform a range of popular songs from their repertoire, including a new piece ‘Loveliest of Trees’ composed by Karen Kirkland (who wrote ‘Across the hills to the Bay for the group’s 10th anniversary last year).

All are welcome, whether you want to sing or just listen – it will be a lovely evening. Tickets are available to purchase in advance from choir and St Paul’s church members and cost £10 (under 16’s free). You can also pay on the door. This includes tea and cake in the interval and there will also be a raffle. Proceeds from the evening will be shared between Grange Pre-School and St Paul’s Church Building Fund. Rehearsals are going very well and we hope you can support this event and come to hear Grange’s very own Community Choir .



Electoral Roll

Under Church Representation Rules a new Church Electoral Roll has to be prepared for the April 2025 annual parochial church meeting (APCM)

It might not sound very exciting but it's an important thing we need to do as a church.

Everyone who wishes to be included on the new roll, whether they are on the present roll or not, must complete an application form before the 15th March.

Being on the Electoral Roll means that you can vote on any relevant issues at the APCM and stand for election to the PCC.

Application forms are available in both churches.

Forms must be completed no later Saturday, 15th March, and either placed in the box provided or returned to Susan or Brian.

Susan Jackson
Electoral Roll Officer

When you overthink, remember -
Worrying doesn't take away tomorrow's troubles
It takes away today's peace.

GRANGE OVER SANDS MONTHLY RAINFALL (MM) - ANDREW LITTLE

	2018	2019	2020	2021	2022	2023	2024	2025
January	142	73	107	186	58	174	229	151
February	69	99	263	139	171	42	161	48*
March	60	182	75	134	48	173	134	
April	98	39	12	12	40	84	149	
May	37	52	26	101	68	34	110	
June	19	91	99	30	79	87	63	
July	33	134	169	70	80	226	111	
August	108	180	188	63	78	143	176	
September	133	177	66	62	112	189	154	
October	131	160	165	304	158	144	183	
November	62	85	114	71	177	227	64	
December	160	155	126	153	162	259	153	

Annual

Totals **1,052** **1,433** **1,408** **1,325** **1,231** **1,782** **1,687** **199***

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

Stillness & Song

Sundays in 2025:

~~2nd Feb~~, 13th Apr, 1st Jun,
5th Oct, 7th Dec

6-7pm

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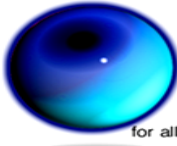
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