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Dear Brothers and Sisters in Christ

We're living in a very different land from the one we woke into at the beginning of March. I feel sort of like an explorer of old, but while so much is new and unknown, the trees and rivers and hills are all very familiar! I wanted to bring you up to date with where I think we are (though it will probably have changed by the time I've finished writing)!

We may not be able to meet physically; however, phone, email, Facebook, WhatsApp, Instagram, Snapchat, even old-fashioned letters, if you can afford the stamp, are all available to keep in touch. Each church in our Benefice is developing a locally designed system of keeping in touch with church members, and for encouraging them to keep in touch, safely, with neighbours, helping where possible with contact, and maybe supplies. I understand civil parish councils are organising for when lockdown is applied, especially to keep the vulnerable fed. We may be able to help with this as well as our church contacts.

With all the constraints, you'll know we can't meet together for worship on Sundays, or through the week, for anything for a while, maybe many months; we'll just have to wait and see.

However, there are a growing number of resources available on the radio and via the internet. We may be able to develop our own. I don't know if you caught the Cumbria service on Radio Cumbria yesterday morning on the early show? It was broadcast 8-9, and is available on catch-up.

A particularly helpful site Sue reminded me of is 'Bible in One Year'. It comes on the website; as an app; or as a daily email. Do recommend it to those you come across: <https://www.bibleinoneyear.org>

*Christenings, Weddings and Funerals are severely constrained on numbers: we're asked to restrict congregations to the absolute minimum possible, and preferably to defer until after the crisis has lifted, perhaps doing a simple committal / legal marriage now, then a big memorial / thanksgiving later. I have nine weddings this summer: one of the three in May has postponed until September.

Some PCCs are happy to open their buildings during the crisis, others not. There are concerns about passing on infection from touching pews or books etc. The virus can apparently remain viable for 72 hours. The central church has asked us to remove all books, items that can be picked up, etc, which would be very difficult in St Paul's, and to ensure 2m social separation, which we can't realistically do.

One of the silver linings to this rather dark cloud is that it is forcing us back to our origins as individual personal disciples of Jesus. We can't gather, or hide behind this gathering. We can't invite people to church, to our buildings. We can't take physical communion.

However, we still have our personal relationship with the living Jesus Christ, and we can still share our experience of Him being alive with friends and neighbours (2m

separation of course) and we can still assist Him in building God's Kingdom. Weekly communion as the main service is a recent innovation in Anglican church life: monthly or even seasonally used to be the norm.

I note from today's *Bibleinoneyear* reading: "Jesus often withdrew to lonely places and prayed." (Lk 5.16) Like it or not, we now have time to follow him there!

In the Book of Revelation, we're told, "Listen, I stand at your door and knock. If any of you listens to my voice, and opens the door, I will come in, and I will eat with you, and you will eat with me." (Rev 3.16) He didn't say this needed bread or wine as mediator!

St John affirmed that "for as many as *received* him, to them he gave the right to become children and heirs of God," (Jn 1.12). Same again!

Jesus' instruction to his first disciples was to "proclaim the kingdom, heal the sick." (Lk 9.1)

None of this has changed. So, like the church in exile, or in locked-down countries, this situation can be redeemed by "God who who brings the dead to life and whose command brings into being what did not exist" (Rom 4.17) This is our Easter faith: Christ IS risen, He's alive still, and with us, *in* us if we've invited Him, by His Spirit. It's not just that he once rose. I still remember the day this dawned on me as I talked with a Christian friend as we walked across the courtyard of Durham Castle in 1975!

One of the jobs we can give ourselves during the lockdown could be to revamp our websites and e-presence to turn them from being building-oriented to people-centred: we need photos of church people being church to put on them! This can reflect our new reality as churches, which is being personal disciples (who are part of a whole), rather than a meeting in buildings.

I don't do Facebook any more, but I did set up a new page: 'Rector Cartmel Peninsula' will find it!

That's long enough! Keep safe, keep well, keep praising!

God bless us as we trust Christ to transform us, our churches and our communities

Jim

**THINGS ARE CHANGING BY THE HOUR, AND THE LATEST
INSTRUCTION FROM THE BISHOP OF CARLISLE IS AS FOLLOWS:**

"All church buildings in Cumbria will be closed with immediate effect, in line with national Coronavirus guidance issued by the Government, and baptisms and weddings are not to take place. Funeral services must not be held in Church of England buildings and can only happen at the Crematorium or at the graveside with immediate family members there (if the crematorium allows) – that is, spouse, parents and children – and social distancing must be maintained."

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**GRANGE OVER SANDS MONTHLY
RAINFALL (MM) - ANDREW LITTLE**

	2012	2013	2014	2015	2016	2017	2018	2019	2020
January	122	78	163	154	141	98	142	73	107
February	62	45	115	76	125	91	69	99	263
March	4	55	61	110	107	162	60	182	
April	78	40	58	46	72	15	98	39	
May	98	55	62	165	32	75	37	52	
June	208	68	28	34	185	135	19	91	
July	142	164	70	69	113	126	33	134	
August	125	152	124	112	168	86	108	180	
September	216	98	6	29	118	177	133	177	
October	136	173	156	60	31	172	131	160	
November	165	118	97	246	118	189	62	85	
December	194	131	103	352	65	109	160	155	
Annual									
Totals	1,570	1,177	1,043	1,453	1,275	1,435	1,052	1,433	*370

** means incomplete total till next month*

SINGING FOR MEMORY

Aims to strengthen memory and language through singing in a relaxed and friendly atmosphere.

Run by Grange Soroptimists.

Do you or someone you know have mild to moderate dementia, memory or speech

**CLOSED UNTIL FURTHER NOTICE
DUE TO THE PRESENT CIRCUMSTANCES**



NOTICES 2020

**Prayer by the Cumbria Ecumenical Spirituality Group.
We should use it and share it as widely as possible:**

“Loving God, as your Son healed the sick
And brought good news to the needy
Be with us this day.

Loving Jesus, as you taught us to
'Do unto others as you would have them do to you'
Be with all the medical staff this day.

Loving spirit, your gift is healing,
Bring your healing fire to our homes, our hospitals and our county,
But most of all, be with us this day. Amen”

SUNDAY SERVICE ON MOTHERING SUNDAY

(with an excellent sermon by Bishop Emma) is well worth watching and listening to
it on youtube: <https://www.youtube.com/watch?v=-pfaMdu8uNo>

AN EASY SOURCE OF FUNDING

Don't forget when ordering goods or booking rail tickets or holidays on-line to use **EASYFUNDRAISING** a clever website that turns everyday on-line shopping into free donations to a chosen cause. There are so many High Street stores that will give us a donation (**Marks and Spencer, Travelodge, Argos, Next**, etc) . If you are interested in helping church in this way just click on **EASYFUNDRAISING** and name St Paul's Grange as your chosen charity

FACEBOOK

St Mary's Allithwaite have set up a Facebook page specifically to help those who are isolated through coronavirus in the Grange over Sands area. There are nearly 650 members and it seems to be working really well.

To get involved the link is below

<https://www.facebook.com/groups/1298562890342687>

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.

A message of encouragement from Revd Sue

Dear Friends,

As Canon J. John wrote recently,
"I imagine I'm not alone in feeling that I've been mysteriously pushed through the doors of some magical wardrobe and now, in a state of severe bewilderment, find myself gazing around a strange, and bewildering landscape. It's definitely not CS Lewis' Narnia; this hostile desert is more alien and daunting."

There is no doubt that we face days ahead that will make us feel that we are indeed strangers in a strange land. However, throughout our Christian journey, however long or short that may have been, we've been reminded many times that we are never alone. God, by His Spirit, is always with us. This is a truth we need to hold on to each day.

Maybe for the first time in our lives, many of us are facing a number of weeks ahead of being isolated, either with our family, or, for many of us, alone. Those of you who have heard me preach know that the prayer at the beginning of each of my sermons finishes with the words, "O Lord my rock and my Redeemer". With turbulent waters raging around us, now is not the time to think God has too much to do, I won't bother him. We need to reach out, grab hold of and cling to our totally trustworthy Rock. At Christmas we celebrated the fact that Jesus is Emmanuel, the one who is 'God with us'. What an encouragement to be reminded of that now.

As our journey of isolation begins, I'm reminded of the first few lines of the best known of all Welsh hymns, "Guide me oh thou great Redeemer, pilgrim through this barren land. I am weak, but Thou art mighty, hold me with Thy powerful hand."

As we travel through the challenging time ahead, we, who have put our faith in Jesus Christ, know that He journeys alongside us –
Put your hand securely in his. He won't let you go!

When I was very young I was asked to say this at a watch night service at church. The words touched me deeply then and continue to do so today. Many of you will have heard the words below spoken by King George VI in his 1939 Christmas broadcast. They seem to me to be very relevant to us today.

'I said to the man who stood at the gate of the year,
"Give me a light that I may tread safely into the unknown".
The man replied, "Put your hand into the hand of God.
That shall be to you better than light and safer than any known way". '

(Minnie Louise Haskins)

Lord Jesus Christ,

you taught us to love our neighbour, and to care for those in need
as if we were caring for you.

In this time of anxiety, give us strength to comfort the fearful, to tend the sick, and to assure the isolated of our love, and your love,
for your name's sake.

Amen.

God of compassion,

be close to those who are ill, afraid or in isolation. In their loneliness, be their consolation; in their anxiety, be their hope; in their darkness, be their light;
through him who suffered alone on the cross, but reigns with you in glory,
Jesus Christ our Lord.

Amen.

For hospital staff and medical researchers

Gracious God,
give skill, sympathy and resilience to all who are caring for the sick, and your wisdom to those searching for a cure. Strengthen them with your Spirit, that through their work many will be restored to health; through Jesus Christ our Lord.
Amen.

For those who are ill

Merciful God,
we entrust to your tender care those who are ill or in pain,
knowing that whenever danger threatens
your everlasting arms are there to hold them safe. Comfort and heal them,
and restore them to health and strength;
through Jesus Christ our Lord.
Amen.

For hospital staff and medical researchers

Gracious God,
give skill, sympathy and resilience to all who are caring for the sick, and your wisdom to those searching for a cure. Strengthen them with your Spirit, that through their work many will be restored to health; through Jesus Christ our Lord.
Amen.

From one who is ill or isolated

O God,
help me to trust you, help me to know that you are with me,
help me to believe that nothing can separate me from your love
revealed in Jesus Christ our Lord.
Amen.

As the churchyard of St Anthony's is very undulating, it is not surprising that when the medieval masons and builders put up the church, they had to combat this natural sloping ground. Upon entering the church, it is somewhat discerning to see that the floor leans at a slight gradient to the East and in places short down-steps are required to gain access to the altar. The building certainly shows off its elderly craftsmanship, with open beams and a triple deck pulpit, along with a bevy of gated private pews near to the front. These would be where the wealthy land-owning families would sit on Sundays like the Knipes, with the poorer folk hemmed in towards the rear of the church. When it was newly built virtually everybody in the valley felt inclined to attend the Sunday service, and in some ways this was the only socialising that the people of this area were ever inclined to experience. Many local lasses met their future husbands here after church and later had families of their own. Almost everybody worked on the land in the seventeenth century, with life being hard due to poor soils and limited upland areas for grazing animals. In fact at that time, the church bell was vitally important, as this truly indicated that the Sunday service would soon start, with every resident having little idea of the process of time!

For much of its life, St Anthony's like so many churches in the Carlisle Diocese probably had a priest all to itself. It is quite likely that a dwelling place provided for the incumbent, must have been close to the church, although to date I've never quite worked out where it might have been located. Early teaching of young children in the rudiments of schooling and Bible study probably took place by the priest for many and probably within the church itself, until in early Victorian times, a proper school building was constructed, which lasted as an educational establishment for well over a hundred years.

When our freedom finally returns, do go there on a fine day and marvel at its setting, ponder for a while, listen to birdsong and allow spirituality to flow. If you go in the spring you will be greeted with a wonderful display of wild daffodils.

Colin.

PRAYERS ABOUT THE OUTBREAK

Keep us, good Lord,
under the shadow of your mercy
in this time of uncertainty and distress.
Sustain and support the anxious and fearful,
and lift up all who are brought low;
that we may rejoice in your comfort
knowing that nothing can separate us from your love in Christ Jesus our Lord.
Amen.

Please be assured that through the days ahead, you will each be in my thoughts and prayers.

Below are some resources that you might find helpful.

Suggested prayer s on pages 20-21

Services

SUNDAY'S RADIO AND TV:

Radio 4 (94.4 FM) has Sunday Service at 8.10 a.m.

Radio Cumbria (96.1 FM) has a virtual service daily between 8.00 and 9.00 a.m.

TV will have Sunday Worship on BBC1 at 11.30 a.m. and Songs of Praise at 13.15 hours.

Spiritual resources

If you have internet access you might like to download the free App of 'The Bible in One Year.'

Each day David Suchet reads a Psalm and a passage from the Old Testament and the New. Nicky Gumble, a well-known Vicar who began the Alpha Course, provides a very short commentary and prayer. I find this very accessible and a good start to the day, giving me something to think about and hold onto. You can either read this or listen to it.

J. John - a Canon in the Anglican Church with a real gift for evangelism, provides a short blog. Once again, he is very relevant, thought-provoking and easy to read. Just type in J. John and it'll bring you to his website.

There are also 13 very good reflections written by Rev Prof Chris Cook and Ruth Rice who has developed 'Have a Go Habits'. These are beautifully illustrated reflections and written in a very helpful, accessible manner. They are under the heading 'Faith and Mental Health' on the Church of England website and can be seen on screen or downloaded. They provide some helpful inputs as we come to terms with isolation and being alone.

I hope you'll find something here that will sustain you spiritually in the days ahead.

With my love and prayers to you all,
Every blessing,
Sue

COVID-19

The Church continues to be alive and active, but our buildings must close

We are seeing a huge increase in the number of people falling sick with **COVID-19**. We must distance ourselves from one another and prevent the spread of infection in order to save lives.

Therefore, as well as public worship being suspended, this and all church buildings in the Church of England are now closed.

Our worship of God and our care for each other continue but cannot be done in this building.

Our website contains details of how to join others online for prayer, worship, study, and community life.

See: www.grangepcc.co.uk

The vicar/churchwardens of this church can be contacted in an emergency by telephoning
Rev'd James Bruce 07776821736
or emailing stpaulschurchgrange@mail.com

"Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength . . .

Love your neighbour as yourself.

There is no commandment greater than these."

To protect the vulnerable amongst us, please do not leave your home except for essential trips.

Colin's collection of country churches to combat Covid-19 "collisolation"

Or... C.C.C.C.C.C.C.

No.1 St Anthony's Church, Cartmel Fell.

Just trying to find this tiny fell church on the southern edge of the Lake District National Park is not easy! Tucked away amongst the west-side hills of the Upper Winster Valley is St Anthony's at Cartmel Fell. A finger signpost that has seen better days, angled at about 30 degrees from the horizontal, at the side of a small road junction points the traveller "*To the Church*". Upon arrival there is a car park and a village hall which was once the tiny all-age school for scholars who walked here up until its closure in about 1970. The playground is all overgrown today with brambles, and just to the side of what was the old outside toilet, is a fascinating lych gate into St Anthony's Churchyard.

The lych gate (sometimes spelt *lytch* in southern England and *lich* in Scotland) marks the entrance to "God's Acre" and was for many centuries a resting place for the coffin on its way to burial somewhere in this very rocky piece of land. Those hardy folk who lived up here on what they called "The Fell" would at some time before the funeral, come here to pay their respects and perhaps offer a prayer for the departed.

St Anthony's Church is old. Built in 1504 to allow folk who lived up here on Cartmel Fell easier access to worship God, rather than having to walk the 8 miles or so down the valley to the Priory Church, in Cartmel Village. Money was initially provided by the wealthy land-owning family, the Knipes, who resided at nearby Burblethwaite Hall, but a small amount may have been contributed from the wealth accrued by the medieval monks living in Cartmel. Since those days, little has really changed to the church in layout or design. It lies almost centrally in a wonderful plot of land where families who have lived on "*The Fell*" for generations are buried and can be identified by many of the older head stones. In spring this becomes a haven of nature with first the snowdrops adorning the place followed by daffodils galore. There are also crocus flowers and forget-me-knots, which later come out with the April sunshine and display a natural beauty of colour. The view from behind the building is quite magnificent, looking north up the infant Winster Valley, with the hills and mountains of the Lake District forming a perfect back-drop when the weather is good. Even well into summer, snow can be witnessed still on the tops and peaks leading up the "High Street Range".



FROM THE REGISTERS

BAPTISM ANNIVERSARIES - APRIL

22nd April 2018

Joseph Jeffry Robinson

*"Born of Water
and the Spirit"*

YEARS MIND - APRIL

George Luckley Maghn 2015

Phyllis Johnson 2015

Joan Taylor 2015

Harry Glyn Blundell 2016

Beatrice Mary Guest 2016

Marion Millican 2016

John Alexqander Nightingale 2018

Madge James 2019

Michael Charles McKeown 2019

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

*"God is love and
those who live in
love, live in God"*

**OUR CONGRATULATIONS TO EILEEN ATTWOOD ON THE BIRTH OF HER TWIN
GREAT GRANDDAUGHTERS—CHARLOTTE AND ELIZABETH**



If any local residents require advice or support Age UK are there to provide information and advice that cover every facet of later life, from helping people find out the benefits they are entitled to claim, to discussing options that 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.

HELPLINE 03030030003 for any advice and practical support.

If you are interested in being a volunteer - for info on volunteering 01539728118
www.agesouthlakeland.org.uk

CHURCH DIARY APRIL 2020

Wednesday 1st

PALM SUNDAY

Sunday 5th

FOODBANK – has been Cancelled

See bottom of this page for more information.

Wednesday 8th

Maundy Thursday

Thursday 9th

Good Friday

Friday 10th

EASTER DAY

Sunday 12th

Wednesday 15th

SECOND SUNDAY OF EASTER

Sunday 19th

Wednesday 22nd

THIRD SUNDAY OF EASTER

Sunday 26th

Wednesday 29th

CHURCH DIARY MAY 2020

FOURTH SUNDAY OF EASTER

Sunday 3rd

***Sorry no Church Services at
this time on the dates in
our calendar opposite.
See poster on page 6***

FOODBANK

The foodbank collection on the 5th April has unfortunately had to be postponed. At the moment the Barrow Centre is open, but they have no drivers to collect goods. Obviously there is still a need, particularly for UHT milk, fruit juices, and tinned spaghetti. So, if anyone has goods and are already going to Barrow, items can be dropped off at the centre behind the Baptist Church on Abbey Road LA13 9BD. If you would prefer to make a monetary donation via the internet, the bank account is Barrow foodbank, sort code 01-00-61, account number 13416421, or a cheque can be sent by post.

We are living in a very strange world at present, and I pray that some normality can be restored as soon as possible.

With many thanks

Penny (for the local group of Co-Workers for Mother Teresa)

CONSULTATION AMONGST THE TEAM CHURCHES

Members of our congregations were advised during March of a consultation to be held amongst all the Team churches concerning the future shape of the church's ministry and deployment of clergy in our area, and all members were invited to attend. It was due to be held on "neutral ground" at the Cartmel Church of England School and was to be led by the Revd. Richard Impey. Because of the coronavirus situation and the government wish that all gatherings be avoided, this event has been postponed until things change.

The Revd. Impey is an extremely experienced retired C of E priest with considerable experience in a number of dioceses in the UK. His speciality now is the development of congregations. He advises that "nobody briefs him" and that all interested individuals should be invited to his sessions – no exclusions. He has been invited to assist our Archdeacon and the diocese in finding an acceptable solution to the difficulties and problems which are currently affecting the Cartmel Peninsula Team Ministry and to develop an arrangement on which everyone can agree and we may then resume our ministry in concord and harmony.

We already have a commitment that the diocese will do everything possible to bring into effect such an arrangement if one can be found and which meets the hopes and expectations of everyone. We therefore hope that the pandemic may speedily be resolved, that we may resolve our differences and that we can move forward speedily to further our Lord's work and word in our communities.

Mike

THE STORY OF A PART DINNER SERVICE

A generous donor presented us with a Wedgwood part dinner set for the Bric-a-Brac stall at our next Spring or Winter Fair. This was quite a superb collection, plain white, but wonderfully produced and with a good variety of plates and dishes.

We realised that we would not achieve a great price at the Fair – maybe £5 or £10 - so we suggested that the set be sent to the 1818 Auction Rooms at Junction 36 on the M6. This was done and, after a short delay, the service went under the hammer and achieved £90. After commission, VAT etc., a payment of £72 was made to our donor.

Our generous friend then made out a cheque for an identical amount in favour of St. Paul's and gave it to us with a completed Gift Aid envelope. With the Gift Aid, the church has benefited by the full £90.

This all goes to show something but I'm not quite sure what. Maybe using a bit of imagination and effort can benefit everybody, as it does seem to be a win-win situation for all.

Mike

AN OBITUARY PRINTED IN THE LONDON TIMES.....

Today we mourn the passing of a beloved old friend, Common Sense, who has been with us for many years. No one knows for sure how old he was, since his birth records were long ago lost in bureaucratic red tape. He will be remembered as having cultivated such valuable lessons as:

- * **Knowing when to come in out of the rain;**
- * **Why the early bird gets the worm;**
- * **Life isn't always fair;**
- * **And maybe it was my fault.**

Common Sense lived by simple, sound financial policies (don't spend more than you can earn) and reliable strategies (adults, not children, are in charge). His health began to deteriorate rapidly when well-intentioned but overbearing regulations were set in place. Reports of a 6-year-old boy charged with sexual harassment for kissing a classmate; teens suspended from school for using mouthwash after lunch; and a teacher fired for reprimanding an unruly student, only worsened his condition.

Common Sense lost ground when parents attacked teachers for doing the job that they themselves had failed to do in disciplining their unruly children.

It declined even further when schools were required to get parental consent to administer sun lotion or an aspirin to a student; but could not inform parents when a student became pregnant and wanted to have an abortion.

Common Sense lost the will to live as the churches became businesses; and criminals received better treatment than their victims.

Common Sense took a beating when you couldn't defend yourself from a burglar in your own home and the burglar could sue you for assault.

Common Sense finally gave up the will to live, after a woman failed to realize that a steaming cup of coffee was hot. She spilled a little in her lap, and was promptly awarded a huge settlement.

Common Sense was preceded in death,

- * by his parents, Truth and Trust,
- * by his wife, Discretion,
- * by his daughter, Responsibility,
- * and by his son, Reason.

He is survived by his 5 stepbrothers;

- * I Know My Rights
- * I Want It Now
- * Someone Else Is To Blame
- * I'm A Victim
- * Pay me for Doing Nothing

Not many attended his funeral because so few realized he was gone. If you still remember him, pass this on. If not, join the majority and do nothing.

GOING ON A MOUSE HUNT

I have a futility room just off my kitchen diner. Now, you may have a utility room and it's probably just there to house a washing machine, maybe a tumble dryer or clothes rack and possibly a cupboard with your washing powder, pegs etc. That is a very different beast from my futility room. Oh yes. Mine is a utility room with menaces. It houses all the stuff people keep in their garages, workshops and attics, since I have none of those things. It's also home to the overflow from my small kitchen, such as the fridge-freezer, cake tins and cake decorating things.

So when I saw a mouse zipping across the floor in there a few weeks ago I knew that in the true spirit of the room it would indeed be futile to try and corner it with so many mouse hidey holes amongst the clutter. Then the mouse made the classic spider-in-the-bath mistake and climbed into the bin where I throw the fluff from the tumble dryer. Good nesting material, I grant you, but it couldn't climb back out and I was alerted to its presence by a lot of frantic scrabbling. One of my cats was sitting nearby, clearly doing an assessment of time and trouble versus reward, and I was able to scoop up the mouse and carry it to the top of Charney Well Lane, where it dashed away into someone's garden. The cat was still inspecting the waste bin and looking bemused when I returned home.

Not counting a couple of headless corpses deposited on my dining room floor in the intervening weeks, my next sighting of a live mouse was a few days ago, when I heard one rustling about in the paper recycling box in my futility room. I tried to scoop this one up to remove it to safety but it willfully misunderstood my motives and escaped by performing an Olympic gold standard high jump and dashing under the shelf units. So yet another mouse loose about the house. A-ha, I thought. Wo-ho. This must be more than mere coincidence. It's rodent central in here and something must be done.

It's an ill wind that blows nobody any good, so they tell me. And the ill wind of coronavirus has at least given me a lot more time at home to ponder on the problem of mouse control. Two mice in my futility room in a matter of weeks. How and where are they getting in? And with all this stuff in the way, how the hell will I find out? Only one thing for it – empty the room completely and fill any gaps and holes. The room needs a good sort out in any case as more stuff gets added than ever comes out. I might even push the boat out (the metaphorical boat that is, the room isn't that big) and repaint the walls.

So yesterday and today I plodded in and out emptying the shelves and stacking everything up in my diner and lounge. The three shelf units and a chest of drawers are still in situ and shifting them out is my job for tomorrow, when I am hoping that the mousehole will be revealed. To find out if it is, watch this space, which is more than my cats are doing.

Alison Hinds

JOHN PEAT

It is with very great sadness that we record the unexpected death of John on 22nd March in Furness General Hospital, Barrow, where he had been hospitalized with a lung condition. John was well known to both our congregations as our most meticulous, helpful and conscientious Stewardship Secretary for a great number of years; he was also in charge of issuing and monitoring the car park permits. Before moving to Grange-over-Sands, John had been the PCC Treasurer of St. Mary's, Windermere, where he learned the intricacies of parish finance and was a zealous steward of the church's money. He was described by a friend who knew him in both places as "the ultimate professional" where monetary matters were concerned.

In his professional career, John had been Finance Director of K Shoes Ltd. in Kendal before their eventual merger with C & J Clark Ltd. Thereafter he devoted his time to looking after aspects of the finances of our two churches and of various societies in Grange. Until very recently, he continued to swim regularly; until late last year he continued to deliver the monthly church Magazine to subscribers living close (and some of them not too close) to his house and he was also assiduous in helping our members maintain their monthly standing orders for stewardship subscriptions and in submitting our quarterly Gift Aid claims to HMRC. It was a relief to all connected with our finances that this part of the work was in such safe and capable hands.

At Windermere, John and his wife, Anne, attended the 8.00 a.m. service on a regular basis and, on moving to Grange, started to attend the Fell Church where it was clear that they felt most comfortable. Both of them served the Fell Church with great diligence and energy; he was often seen wielding appropriate tools in the garden of the church and of his own home until well turned 90. He was a reliable, caring, courteous and loving gentleman to whom we are all grateful for his service to our church and to the village communities.

Our thoughts and condolences go to Anne and to their extensive family on their loss – one that we all feel deeply.

Thank you, John, for everything and may you rest in great peace.

Under the present circumstances this funeral will be private at Beetham Crematorium, but there will be a memorial service for John at a later date when the restrictions are lifted.

THE APCM & SOME LEGALITIES

Normally at this time, we would be preparing for the Annual Parochial Church Meeting and the Vestry Meeting which should normally take place before the 31st May each year.

In view of the extraordinary circumstances prevailing this year, the Bishop has made an extraordinary provision whereby:

- the time for holding the above meetings is extended to 31st October 2020
- the period of office of any elected lay member of the Parochial Church Council or of the Deanery Synod who would otherwise retire by rotation is extended until the end of said meeting
- the period of office of the current churchwarden(s) and other parish officers is extended until successors are appointed
- the admission date of future churchwardens is extended to 31st January 2021.

Other administrative measures cover the situation of marriages where it is impossible to have the necessary banns read. A common licence must now be obtained in person from one of the “surrogates” of the parish. The numbers attending weddings and funerals will be subject to the legal limits laid down by the government.

Other items cover pastoral visits, the administration of Holy Communion and so on.

Mike

PASTORAL CARE DURING THIS EMERGENCY

In the present circumstances the Pastoral Committee is seeking ways to keep in touch with our congregations at St Paul’s and the Fell churches. We have set up a master list of names with telephone numbers and email addresses – as far as we know them. We have identified 10 members whom we are asking to be contact points, and each will be contacting ten people by phone at least once a week:

Mike Hill, Rosemary Hoyle, Mollie Bell, Joyce Leach, Colin Milner, Margaret Ratcliffe, Penny Ward, Margaret Caseley, Sue Fleetwood and Susan Jackson.

The weekly pewsheet, including a letter from Sue Wilson, and the readings will be emailed to all those whose address we have. They will also be posted on the web site, together with the April magazine. There will be a limited number of copies of the magazine at the Station Bookstall for anyone not on email, and these can be collected during a daily exercise. We are grateful to Gillian and Geoff Benson.

The Coronavirus has a large size (diameter of 400-500 nanometers) so face masks can stop it, no special face masks are needed in daily life.

If an infected person sneezes nearby, stay 10 feet (3.3 meters) away to allow the virus fall to the ground and prevent it from falling on you.

When the virus is on hard surfaces, it survives about 12 hours, therefore when hard surfaces such as doors, appliances, railings, etc. are touched, hands should be washed thoroughly and/or disinfected with alcoholic gel. The virus can live nested in clothes and tissues between 6 and 12 hours. Common detergents can kill it. Things that cannot be washed should be exposed to the Sun and the virus will die.

The transmission of the virus usually occurs by direct infection, touching fabrics, tissues or materials on which the virus is present.

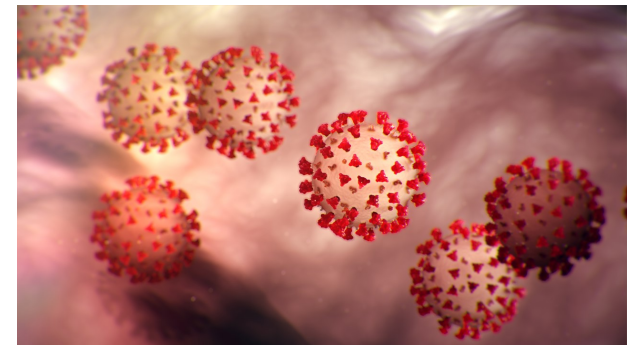
Washing your hands is essential.

The virus survives on our hands for only about 10 minutes. In that time many things can happen, rubbing the eyes, touching the nose or lips. This allows the virus to enter your throat. Therefore, for your good and the good of all, wash your hands very often and disinfect them.

You can gargle with disinfectant solutions (i.e. Listerine or Hydrogen Peroxide) that eliminate or minimize the amount of virus that can enter the throat. Doing so removes the virus before it goes down to the trachea and then to the lungs.

Disinfect things touched often: mobile phone, keyboard, mouse, car steering wheel, door handles, etc

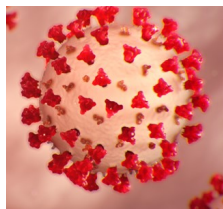
Please follow the advice!



AT THE PRINCESS OF WALES HOSPITAL. NHS STAFF HAVE BEEN SENT THIS:

This is the advice given to hospital staff.

It explains the virus and hopefully, how to prevent getting it.
Please share with family, friends and work colleagues.



Virus Detection:

The simplest way to distinguish Coronavirus from a Common Cold is that the COVID-19 infection does not cause a cold nose or cough with cold, but it does create a dry and rough cough.

The virus is typically first installed in the throat causing inflammation and a feeling of dryness. This symptom can last between 3 and 4 days.

The virus typically then travels through the moisture present in the airways, goes down to the trachea and installs in the lungs, causing pneumonia that lasts about 5 or 6 days. Pneumonia manifests with a high fever and difficulty breathing. The Common Cold is not accompanied, but there may be a choking sensation. In this case, the doctor should be called immediately.

Experts suggest doing this simple verification every morning: Breathe in deeply and hold your breath for 10 seconds. If this can be done without coughing, without difficulty, this shows that there is no fibrosis in the lungs, indicating the absence of infection. It is recommended to do this control every morning to help detect infection.

Prevention:

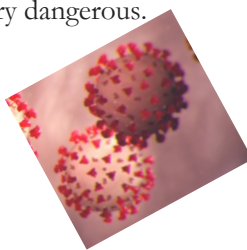
The virus **hates heat** and dies if it is exposed to temperatures greater than 80°F (27°C). Therefore **hot drinks** such as infusions, broths or simply hot water should be consumed abundantly during the day. These hot liquids kill the virus and are easy to ingest.

Avoid drinking ice water or drinks with ice cubes.

Ensure that your mouth and throat are always wet, never **DRY**. You should drink a sip of water at least every 15 minutes. **WHY?** Even when the virus enters water or other liquids through the mouth, it will get flushed through the oesophagus directly into the stomach where gastric acids destroy the virus. If there is not enough water, the virus can pass into the trachea and from there to the lungs, where it is very dangerous.

For those who can, sunbathe.

The Sun's UV rays kill the virus and the vitamin D is good for you.



STRANGE TIMES

The rapid world-wide spread of the coronavirus Covid-19 is having a sudden, fundamental and life-changing effect on the lives of everyone everywhere, in all parts of the globe. Our thoughts and prayers go to everyone who has been directly affected.

In order to curb or control the pandemic, we need to make changes to how we meet, act, pray and worship and doubtless we have all seen the various restrictions on our lives until the situation changes. Below are some of the steps that we are taking in our two churches, which have been approved by the PCC at their last meeting.

- All formal services will cease and the churches kept locked
- The exception will be weddings and funerals but attendance will be severely limited and social isolation monitored
- The rear door and the Team office will be open when Linda is working but she will work behind a closed door; papers may be handed over through her sliding window
- Anyone in need of help or a prayer should contact one of the wardens and you will be phoned with spiritual comfort
- Judith Mitchell (helped by others) has volunteered to do local shopping for food and essential items for anyone in self-isolation; her number is 35564
- We hope to establish a weekly email based on the Pew Sheet which will advise the following Sunday readings and collects, details of the radio and TV services, plus any news. This will also be posted on our website.
- We hope to contact by telephone on a regular basis all who normally receive our Pastoral Committee and the monthly Eucharist at home in order to check that all is well. Our Committee can no longer make home visits
- All other meetings will be cancelled or postponed until the situation changes.

If you wish to be included in the weekly email circulation, please contact Linda in the office (015395 35560) with your email address. There may still be some people whom we have not been able to contact (The recent privacy regulations are not helping us at all. If you do hear from us and you wish to opt out, please contact Linda with that message).

Let us all hope that circumstances will soon normalize. Meanwhile, if you are worried or concerned and need spiritual help or just a chat, please contact the wardens (Margaret on 35587, Mike on 35581), Rev Sue on 92576, Linda on 35560. And, until we meet together again in our churches, may the Peace of the Lord be with you all.

Church House,
19-24 Friargate,
Penrith,
CA11 7X.

Wednesday, March 18, 2020

THE WAY – EASTER 2020

Dear friend,

It is with profound regret that I must inform you of the decision to cancel the print run for the forthcoming Easter edition of The Way.

I am sure you will understand that the current situation around the Coronavirus pandemic and the associated Government guidance has led to the cancellation.

So, the distribution run planned from Thursday 2 April will now NOT take place.

However, I'm glad to say that the paper will be available online from early April on the following website page:

<https://www.carlislediocese.org.uk/way/>

Please feel free to share this link with as many people as possible.

The summer edition is due to be distributed from **Thursday 16 July** but this will obviously have to be kept under review in line with all guidance. Please be assured that I shall be in further contact with you in coming months.

Finally, may I take this opportunity to wish you all well at this time and thank you for the continued support you show for The Way newspaper.

With every best wish,

Dave Roberts

Diocesan Communications Manager, Diocese of Carlisle

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Tel: 01768 807764

Mob: 07469 153658

Stinkyinks.com - supply toner and ink cartridges for every make and model of printer – that's over 4200 products! We've been doing this since 2002 so we know a thing or three about printers. They will also *Recycle Empty Ink and Toner Cartridges*. Every cartridge kept away from landfill is a step in the right direction. Stinkyink.com provide free recycling bags with all their orders and meet with recyclers around the country to discuss best practices. All this to ensure the greenest practices which are free to use and have a "zero-landfill" policy.

LOCAL SUPPLIERS WHO WILL DELIVER OVER THIS PERIOD, THERE MAY BE MANY MORE...

Abi and Tom - garden plants – 015395 33510

Higginsons Butchers - 015395 34367

The Hazelmere Bakery - 015395 32972

Low Sizergh Barn - kitchen-made meals - 015395 60426

Fletchers - Greengroceries 015395 32518

Hargans - Groceries - Flookburgh 015395 59058

Cut the Wrap Zero waste, loose food and enviro-friendly - Ulverston 01229 581299

Growing with Grace - Organic veg and deli Clapham 015242 51723

Thornfield Hotel - cooked meals 0153965 32733

Cockles - Cartmel, Flookburgh – convenience shop and more 015395 36268

Proctors Butchers - 015395 32062

Grange Bakery - 015395 36802

Woodhead Dairies - 015395 33646

Horsfal Dairies - 015395 33916

Cartmel drink shop - wines and spirits – 07966 681706

At Home Bistro - cooked meals 015395 34400

Hampsfell House Hotel - cooked meals -015395 32567

Thyme Out - frozen meals - 015395 34019

Little Beasties - all your pet needs- Ulverston - 0122958220

Ruff and Ready - dog walker 0792085 3499 - offering free walks for 7 days in March

Grange Post Office open 12-4

Station Bookstall open mornings