

USEFUL TELEPHONE NUMBERS

Churchwarden	
Mike Hill, Linden House, Linden Fold, GOS, LA11 7AY	33511
Deputy Wardens	
Margaret Ratcliffe, Strand Court, The Esplanade, GOS LA11 7HH	35587
Treasurer	
Maureen Chadwick, 5 Crown Hill, Main Street, GOS, LA11 6AB	32343
Parish Safeguarding Officer	
Judith Mitchell, Silverdale, Highfield Road, GOS LA11 7JB	35664
Fell Church	
Please contact either the Churchwarden or Deputy Churchwarden	
Organist and Choir	
Charles Edmondson, Westholme, Lumley Road, Kendal	015397 23494
Parochial Church Council Secretary	
Rosemary Hoyle, 8 The Croft, Flookburgh, LA11 7NF	58108
Sacristan	
Carol Rhodes, 24 Kentsford Road, Kents Bank, GOS	33363
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Linda Brown	
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E-mail - stpaulschurchgrange@gmail.com or cptmoffice@gmail.com	
Magazine Co-ordinator	
Susan Jackson, 8 Fellside Court, GOS, LA11 6BY	35681
Children's Society Local Secretary	
Judith Mitchell, Silverdale, Highfield Road, GOS LA11 7JB	35664
Bible Reading Fellowship Representative	
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Stewardship Secretary	
Chris Brown	36920
Magazine Editor	
Team Office	35560
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Missions Secretary	
Rosemary Hoyle, 8 The Croft, Flookburgh, LA11 7NF	58108
Flowers	
Kath Bush	32601
Audrey Gorman	35209

THE PARISH CHURCH OF SAINT PAUL GRANGE-OVER-SANDS WITH LINDALE



July 2020

70p



8.00 am - Team Eucharist every Sunday
Holy Communion (BCP) - St Mary's Allithwaite

Services at The Parish Church of Saint Paul

Sundays - 11.00 am - Parish Sung Eucharist
Wednesdays - 10.00 am - Holy Communion

Week Days

8.00 am - Tuesday, Wednesday, Thursday, Friday - Morning Prayer

Services at The Fell Church, Grange-over-Sands

Sundays - 9.30 am First & Third Sunday - Matins (BCP)

9.30 am - Second & Fourth Sundays - Holy Communion (BCP)

**Fifth Sunday of the Month - Joint Eucharist with St Paul's
at 11.00am in the Parish Church**

*****Saints Days and Holy Days - See Notice Board/Pew Sheet*****

Team Rector

Rev'd Dr Jim Bruce (rector.cartmel@gmail.com)

Tel No

07776 821 736

Team Vicars

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

36261

Rev'd Rachel Stavert - The Vicarage, Allithwaite, LA11 7QR

83187

The Revd Rachel Stavert is currently on an extended leave of absence.

Licensed Lay Readers in the Cartmel Peninsula Team Ministry

Steve Bell, Beckside Barn, Beckside, Cartmel, LA11 7SW

36789

Joyce Leach, Stoneleigh, 11 Highfield Road, GOS, LA11 7JA

35297

Jenny Leahy, Studio, Mill House, Lindale, LA11 6LF

35979

Elisabeth Arthurs, 14 Meadowbank Lane, GOS, LA11 6AT

35406

Diane McGuire, Cardrona Road, GOS

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Dear Friends,

It struck me recently how much God must love difference.

I sat in the car the other evening, watching a fisherman at Sandside, and as I watched the water I imagined the creatures the water had carried on its journey here. Consider for a minute the huge variety of life that swims in the oceans – from microscopic plankton to the blue whales up to 30 metres long. Even plankton, on which all sea creatures ultimately depend for their food, come in many shapes and often have beautiful and complex structures.

God has created all humanity too with a huge variety of colour, skills and adaptations to our various situations.

I cannot believe that God wants us all to try and be the same, to do things in the same way, or to worship God in the same way. I believe God delights in our diversity. What joy God must experience in a toddler singing 'Twinkle, twinkle little star', in a 200 strong choir of trained voices singing 'The Messiah', to a virtual choir singing 'The Blessing'; in drums, in silence, in beautifully created art, or in wood carving. The list is endless, but all are of equal delight to God when offered in wonder, love and praise.

During lockdown, many have explored new avenues of creativity, with pencil, paint, oil, sculpture, wool and food, using observation and imagination as we've picked up old hobbies, or found in these last few months the time to explore new ones. All celebrate difference and are a wonderful reminder that our God is a God of creativity and diversity.

Being open to difference in others with an expectation of experiencing God through that difference can bring such joy and teach us so much about God. As I look back over the years, it's been such a privilege to listen to people with experiences different from my own, to see how people have received many blessings through different ways of life and worship. As God is a God of diversity, how diverse are the experiences we dare to 'swim with' as we open our eyes in the new world into which we are emerging and look for new ways of glimpsing God?

With every blessing,

Revd Sue

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.

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"**

ANSWERS TO TOWN/CITY QUIZ in last month's magazine

- | | | | |
|---------------|----------------------|---------------|---------------|
| 1.Crawley | 15.Wrexham | 29.Inverness | 43.Andover |
| 2.Crewe | 16.Motherwell | 30.Goole | 44.Ripon |
| 3.Ramsbottom | 17.Newark | 31.Felixstowe | 45.Manchester |
| 4.Epsom | 18.Mablethorpe | 32.Leek | 46.Penzance |
| 5.Gravesend | 19.Cardigan | 33.Horsham | 47.Oakhampton |
| 6.Banbury | 20.Leicester | 34.Bangor | 48.Colne |
| 7.Malvern | 21.Duckinfield | 35.Coventry | 49.Chester |
| 8.Cambridge | 22.Settle | 36.Fishguard | 50.Leeds |
| 9.Evesham | 23.Paisley | 37.Tewkesbury | |
| 10.Derby | 24.Newmarket | 38.Lichfield | |
| 11.Ramsgate | 25.Staines | 39.Winchester | |
| 12.Rye | 26.Barrow in Furness | 40.Pickering | |
| 13.Stirling | 27.Minehead | 41.Worcester | |
| 14.Whitehaven | 28.St Ives | 42.Lancaster | |

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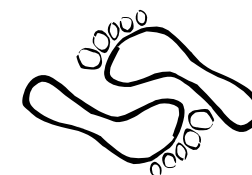
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REFLEXOLOGY AVAILABLE

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	75
April	78	40	58	46	72	15	98	39	12
May	98	55	62	165	32	75	37	52	26
June	208	68	28	34	185	135	19	91	37*
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	*481

** 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

AN EASY SOURCE OF FUNDING

As most of us are shopping more on-line during Lockdown, remember that all our super stores will give a named charity a percentage of the order.

When ordering groceries, goods or booking rail tickets or holidays on-line use **EASYFUNDRAISING**, a clever website that turns everyday on-line shopping into free donations to a chosen cause. Many of our High Street stores will also 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.

A LENDING LIBRARY

I know that many of us have spent a good deal of time during lockdown reading, and probably like me running out of books. It has been suggested that we could somehow set up a system whereby we share books we have read and enjoyed – especially with the library remaining closed.

Having thought about a possible way forward, we are suggesting that, on each of the Wednesdays that the church is open for private prayer, two boxes could be set out at the back of church. One of them would have books available for loan, and the other returned books.

To comply with all the safety regulations, initially any books received will be kept for 72 hours before being made available, and the books in the second box would in any case be clear of the virus by the following week.

We could do the same for DVDs and jigsaws. We could also have a list of titles being recommended as a 'good' read, which might be available on kindles.

Needless to say using this system would be entirely at the discretion of the borrower.

Is anyone interested?

The above article was submitted before we learnt that The Church of England recommendation was for all books and printed matter to be put away once the churches were opened up for private prayer. We have also since learnt that public libraries can now open, so the above article is inappropriate. However, it may be that something like that could be set up in the future, and we could set up a list of recommended reading material. Below are several books that I have enjoyed recently—and have copies if anyone would like to borrow. Please let me know.

The garden of lost and found by Harriet Evans

The Dutch house by Ann Patchett

The salt path by Raynor Winn

Penny (33243 or 32422)

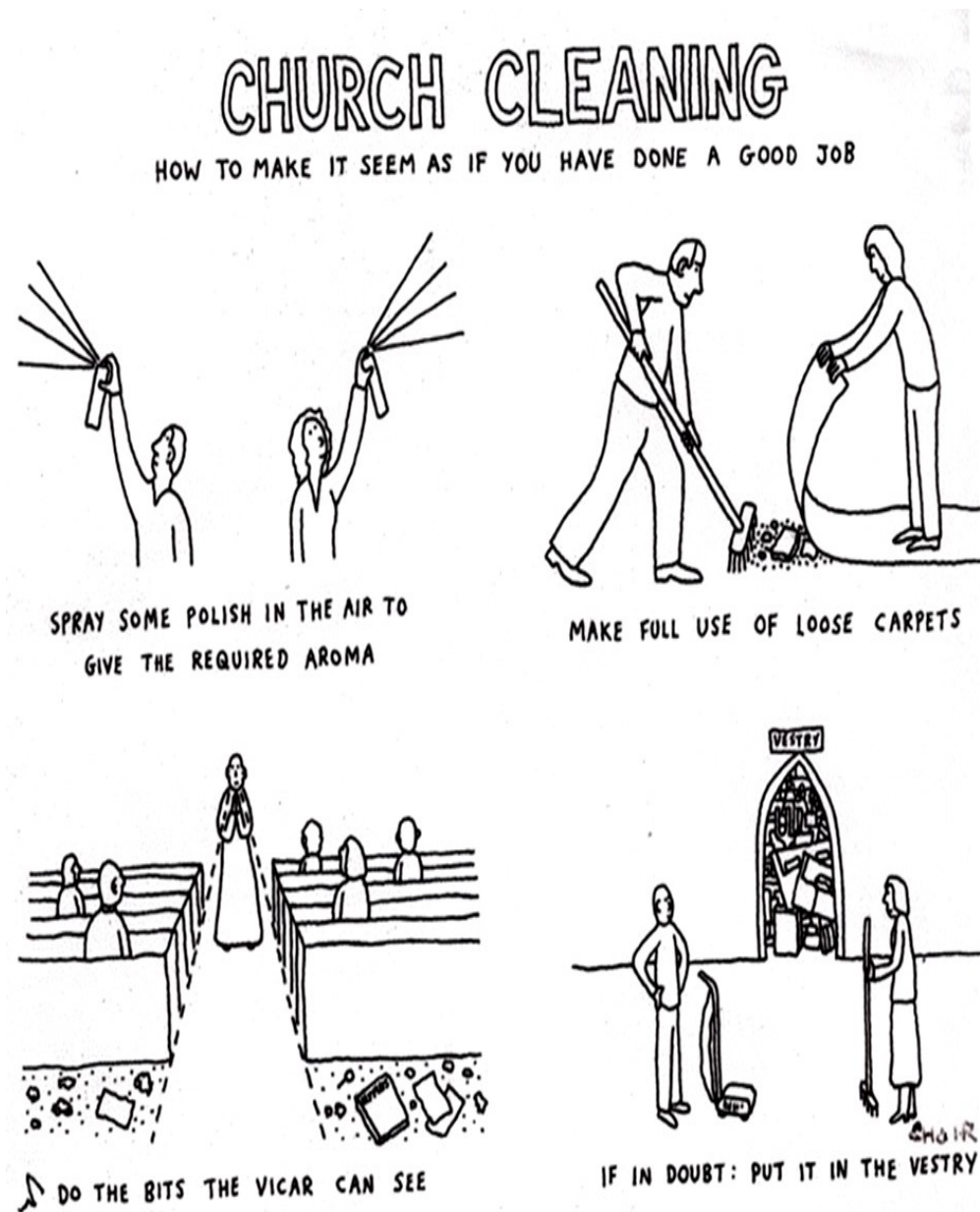
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 Cut the Wrap Zero waste, loose food and enviro-friendly - Ulverston 01229 581299
 Thornfield Hotel - cooked meals 0153965 32733
 Cockles - Cartmel, Flookburgh – convenience shop and more 015395 36268
 Proctors Butchers - 015395 32062
 Grange Bakery - 015395 36802
 Woodhead Dairies - 015395 33646
 Horsfall 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
 Clare House hotel—takeaway service—07787 058006
 Thyme Out - frozen meals - 015395 34019
 Little Beasties - all your pet needs - Ulverston - 0122958220
 Rogans—frozen cooked meals—015395 35917
 Abi & Tom, at Grange Plant Centre—015395 33510—now re-opened
 Spar Grange - 015395 36997

OPENING HOURS

Grange Post Office open Mon-Thurs 10-4, Sat 12-4
 Station Bookstall open mornings

The 'tip' is now open again on the usual days, but you have to ring 0300 0031118, option 1, to obtain a timed slot



Found by Rosemary when she was cleaning the vestry—surely none of our cleaning team would ever dream of resorting to such tricks!

CONGRATULATIONS

Congratulations to all who were born in the 30s, 40s, 50s, 60s, 70s and early 80s.

First you survived being born to mothers who smoked and/or drank while they carried us.

They took aspirin, ate blue cheese dressing, tuna from a tin and didn't get tested for diabetes. Then after that trauma you slept in baby cots covered in brightly coloured lead-based paints.

You had no child-proof lids on medicine bottles, doors or cabinets, and when you rode your bikes you had no stabilisers or crash helmets, not to mention the risks you took hitch-hiking. As children, you would ride in cars without seat belts or air bags. Riding in the back of a van – loose – was great fun. You drank water from the garden hose pipe, and **NOT** from a bottle. You shared one soft drink with four friends from a bottle, and **NO-ONE** died as a result.

You ate cakes, white bread and real butter and pop with sugar in it, but you weren't overweight because **YOU WERE ALWAYS OUTSIDE PLAYING**. You left home in the morning and played all day, as long as you were back before dark. No-one was able to reach you, and you were OK. You would spend hours building your go-karts out of scraps, and ride down the hill – to find that you had no breaks. After running into bushes several times you learnt to solve the problem.

You did not have Play Stations, Nintendo's, X-boxes, no video games at all, no surround-sound, no mobile phones, no text messaging, no personal computers, no internet, Facebook, twitter, Instagram or chat rooms....

You had **FRIENDS**, and you went out and found them! You fell out of trees, got cuts and bruises, broke bones and teeth, and there were no lawsuits from these accidents. You played with worms (at least the boys did) and made mud pies from the dirt, and the worms did not live in us for ever. You made up games with sticks and tennis balls, and, although you were told it would happen, you did not poke out any eyes.

You rode bikes or walked to a friend's house and knocked on the door or rang the bell – or just yelled for them! Local teams had tryouts and not everyone made the team. Those who didn't had to learn to deal with the disappointment, and get over it. Imagine that! The idea of a parent bailing you out if you broke the law was unheard of – they were more likely to side with the policeman! This generation has produced some of the best risk-takers, problem-solvers and inventors ever!

The past 50 years have been an explosion of innovations and new ideas. You had freedom, failure, success and responsibility, and **YOU LEARNED TO DEAL WITH IT ALL!**

CONGRATULATIONS! You were lucky to grow up as kids before the lawyers and government regulated your lives – for your own good. Share this with your kids so they will know how brave their parents were!

FROM THE REGISTERS

YEARS MIND - JULY

Marjorie Butterworth	2014
Brian Beresford Sudlow	2014
Jean Stephens	2015
Margaret Cook	2018

*"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"*

A 17TH CENTURY NUN'S PRAYER

Ere thou sleepest gently lay
Every troubled thought away.
Put off worry and distress
As you puttest off thy dress.

Drop your worries and your cares
In the quiet arms of prayer.
Lord, thou knowest how I live
All I've done amiss forgive.
All the good I've tried to do
Hallow, bless and carry through.



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 two 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.



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

LOOSENING THE LOCKDOWN

**We are pleased to announce that we are opening the doors
of St Paul's.**

- * Judith Mitchel has arranged for St Paul's to be open for private prayer each Wednesday from 10.00 a.m. to 12 noon in the Lady Chapel, beginning on 1st July. Social distancing guidelines and other governmental requirements will be followed. The church will be manned during this time as Bishop James has recommended. Do please feel free to come along if you wish.
- * The church is also now available for small funerals if anyone so wishes. There can be no music or singing and other national rules will be observed.
- * We have recently learned that small weddings can now be accommodated along with other communal services. We are awaiting detailed guidance from the government and the diocese and we shall then open up the church accordingly.

Meanwhile, Rector Jim is looking at drawing up a rota of services for when we can worship freely. We are facing a severe shortage of priests available to take Sunday (and Wednesday) morning services as the Revd Canon Derek wishes really to retire this time, and the Revds Sue, Amiel and Carole find their time limited by other commitments. It is likely that we shall have to change our pattern of services, have more joint services and fewer Communion, and also consider changing the times of our devotions to Sunday afternoons or evenings.

The PCC will be looking at all the possibilities and would welcome any suggestions you might have.

MEETING ON ZOOM

Some of us have been joining together via Zoom on the last two Wednesday mornings for a chat, and it has been good to be able to see one another and to share news. So far, Judith, Joyce, Mike, Margaret, Doug, Sue, Penny and Jennifer have 'met' and our Team Rector Jim joined the last session. Judith acts as the host, and she invites us to join via an email which includes the link. All you have to do then is to press that link (downloading the Zoom app if you do not already have it on your iPad, laptop or computer). Your screen then splits into as many people as join, and you are able to see one another.

It works well, and I hope that more people will feel able to join in. We move to a Thursday morning at 10.30 am—now that the church is open on a Wednesday. Just drop Judith an email (j.a.mitchell356@gmail.com)

A letter from Ann Mills, Manager of the Barrow Foodbank

Hello

We are all living in strange times during the lockdown. One thing that the lockdown has given me has been time to reflect about my long hospital spell and my recovery process, and my role in the foodbank realising that I can no longer fulfil the role of manager. I have with a sad heart, but knowing it was the right thing, tendered my resignation to the Board of Trustees. My last day as manager of the foodbank will be 30th June 2020.

I joined the foodbank in April 2012 as volunteer coordinator: preparing the foodbank to open, trying to collect the 3 tons of food we needed, equipping the foodbank with shelving, getting volunteers trained and signing up voucher holders. We had a collection at ASDA and 12 people turned up for the first shift; everyone was so eager to be part of it. The night before we opened the small warehouse was flooded and we lost all our sugar and pasta. Naomi put it straight on Facebook and people turned up to get the warehouse clear of water and cleaned. The next day people arrived with sugar and pasta. From those humble beginnings to where we are now: two more centres, larger warehouse space, proper racking and crates, good governance, highly motivated staff, and strong links with the community and our local stores. I feel very privileged to have been part of that journey.

Over the years we have lost volunteers for health reasons and others gaining employment, but as people have had to leave other volunteers stepped forward. The foodbank is where it is today thanks to the hard work of volunteers who guided the Barrow Foodbank along the way. We always said that you were the best volunteers and you proved it by being given the Queen's Award and a visit by HRH Princess Royal. I just want to say that you are all amazing and thank you for giving your best.

You in Grange and your co-workers have been one of the cornerstones of the foodbank with your regular collections for us. God has really worked through as the food items and cash have so often been "just in time". I have always told our volunteers that God is the head of the foodbank and He will always provide—sometimes not early but never too late. Thank you all for that you do.

I will miss you all but hope to come back in a volunteer in the future when my health permits.

Kind regards
Ann

Tel 01229 343436; Email projectmanager@barrowfoodbank.co.uk

Website barrow.foodbank.org.uk

Barrow Foodbank, Abbey Road Baptist Church, Corner Abbey Road and Park Drive, Barrow-in-Furness, Cumbria LA13 9BD

Coleridge on one of his journeys to Keswick acclaimed this as a humble but noteworthy building, which was worth pausing awhile to reflect on language for new passages or verse to write. Both were always happy to stop here and enjoy the views: “*the best of many in the Lakes area*” exclaimed Dorothy Wordsworth in her “Journals”

Of course, what the Lakes Poets and/or any other travellers prior to 1894 would notice would be a very different landscape to those visiting today. The construction of the Thirlmere Dam and subsequent flooding of the valley included the small parishes of Wythburn and Armboth which disappeared for ever. From 1894 the extensive and newly formed Thirlmere Reservoir continued to further change with the planting of thousands of non-native trees in the valley. Most of these were quick-growing conifers that soon would obscure the tiny church, which is very much its situation of today. In addition, Wythburn Church suffered the entire loss of its congregational area at a swipe! Only one farm at Steel End now remains in close proximity to this isolated place. All other dwellings became flooded as the newly formed reservoir waters slowly rose!

Today regular worship is limited at Wythburn, the church being more of a place for remembering the main Christian festivals. Congregations to these events have to come from afar, experiencing the compactness of the building inside quite spiritual, cosy and personal. On other occasions and without other folk present, visitors to Wythburn Church find it most reflective and uplifting, just at the poet Southey did on looking for inspirations for his Lakeland poetry when he passed by.

An interesting fact about this place is that, when the church was re-modelled in 1872 to the layout and format that you see it today, its walls were whitewashed - an unusual feature of Anglican churches. The reason here supposedly was to help shepherds find their way down from the nearby slopes of Helvellyn, looking for a guide and landmark in times of quick-changing weather. Whitewashed walls were easy to spot. As far back as that year, Victorian climbers and ramblers had started to visit the Lake District in large numbers, many being inspired by the Lake Poets before them. Some were drawn to the different ascent routes of Helvellyn, but with changeable weather often drawing in at short notice, a white-featured building in the valley bottom was seen as a safety aspect of easy visibility to assist these intrepid visitors.

Today, there is a LDNP authority car park adjacent to Wythburn Church, which makes visiting fairly easy. But if you plan to go, make sure of an early start, the car park quickly fills up with vehicles from those setting out for the summit of Helvellyn and its environs. An exploration of this tiny church and its graveyard is well worthwhile and a place of great inspiration, solitude and spiritual beauty.

Colin.

ST SWITHUN

Swithun was born in Wessex, ordained at Winchester, and chosen by King Egbert of Wessex to be his court chaplain. Egbert fought a series of battles against the Mercians, captured London, and styled himself *Rex Merciorum* for a time. One of Swithun's responsibilities was to educate Egbert's heir, Ethelwulf, who became under-king of Kent, and then King of Wessex in 839. Ethelwulf, in gratitude, nominated Swithun bishop of Winchester. He held his appointment for the final ten years of his life, during which time he built a number of churches, and was renowned for his charity.

Swithun died on 2nd July 862, a day on which the weather appears to have been unremarkable. He was buried, at his own request, in the cemetery, just outside the west door of the Old Minster. His feast day marks the translation of his bones to Winchester cathedral on 15th July 964. Apparently there was heavy rain all day, hence the superstition that if there is rain on St Swithun's day it will rain for forty days after.

His shrine was a popular place of pilgrimage in medieval times, but was demolished at the Reformation. It was restored in 1962.

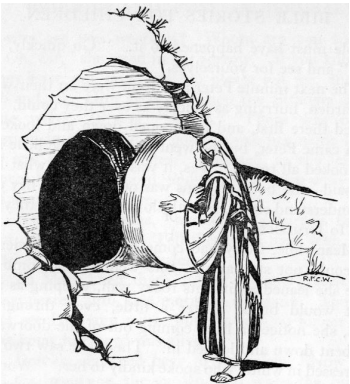


MARY MAGDALENE (Festival)

Saints of the Anglican Calendar—July

Mary was a woman from Magdala. The Gospel according to Luke describes her as one of a group of women who had been ‘cured of infirmities and evil spirits’, and who followed Jesus on his mission from town to town and village to village. She is said to be one from whom ‘seven demons had gone out’ (Luke 8: 1-2): demonic possession was a usual explanation at that time for a variety of conditions which would now be diagnosed as forms of mental illness or epilepsy.

All four Evangelists record that she was one of the women who stood near the cross, John specifying that she stood with Mary the mother of Jesus and her sister Mary the wife of Clopas or Cleopas (John 19: 25). She was present when Joseph of Arimathea asked Pilate for the body at dusk, and placed it in his own tomb; and when he rolled the stone against the door, she sat outside with ‘the other Mary’, opposite the grave (Mark 15: 40-47 in the longer ending).



The Jewish Sabbath began at dusk on Friday, and nothing further could be done until dawn on Sunday. Then Mary came to the tomb early, and Mark says that she brought oils to anoint the body (16: 1-2). After that, the chronology is a little confused: in Mark’s brief narrative, she sees Christ and goes to tell the disciples, who do not believe her (16: 9-10). Matthew says that Mary Magdalene and the ‘other Mary’ were together, and describes an earthquake and an angel who rolls away the stone. The angel tells them that Jesus is risen, and bids them tell the disciples. On the way, Jesus himself appears to them,

tells them not to be afraid, and gives them a similar message (Matthew 28: 1-10). Luke says that the group of women who had followed Christ prepared spices and perfumes and took them to the tomb. He describes the encounter with the angel, but does not say that they met Christ himself (Luke 23: 55-24: 1). Considering that the disciples were in a state of great emotional tension, and that they got the story at second hand from the women, the accounts are sufficiently congruent; but as often occurs, it is John, writing later, who pulls the story into focus. He says that Mary Magdalene went to the tomb ‘while it was still dark’. She saw that the stone had been moved, and ran to tell the disciples, ‘They have taken the Lord out of the tomb, and we do not know where they have laid him’ (which suggests that there were other women with her).



No.3 Wythburn Church.



Travellers today on the A591 between Ambleside and Keswick would be forgiven for not even noticing Wythburn Church. It lies just to the North of Dunmail Raise on the east side of the rather narrow main road bordered on both edges by stone walls. A further issue is that tree growth has virtually obscured all but the most eagle-eyed of passengers looking for clues that the church is here.

Instead of a photograph for this write up, I have decided to include a “*pen & ink sketch*” of Wythburn Church that I visited in my university-college days in 1971, and whilst on a geography field course we were asked to undertake the drawing. As seen was my contribution! From that day I was taken aback by the stunning location and spiritual beauty of the building. My geography lecturer of that time described it as “*a parish church without a parish!*”

Technically my tutor was not correct! Wythburn has never been a parish church, more a ‘chapel of ease’. In fact, it doesn’t even have a patron saint attributed to it. Locals in the Thirlmere Valley refer to it as “St John’s in the Vale with Wythburn Church”. A bit of a mouthful! But steeped in history and well worth visiting, perhaps when the lockdown is finally over!

The first recorded church here was believed to be in 1554, but this early wooden building was replaced in 1640 after major storm damage. A hundred years later more parts of the building were added, which would make the place noticeable to people like Wordsworth and Coleridge as they passed by on their walks through “The Lakes”. Wordsworth described Wythburn Church as “*a modest house of prayer*”, supposedly inspiring him to sit down in the churchyard and write poetry.

MARK'S REMARK

Mark, as we know, is the shortest gospel. One thing that he does not include, unlike Matthew and Luke, is the Lord's Prayer, but in his characteristically blunt way he does give us the essence of the challenge that is presented to us in the middle of the prayer.

The LP is the staple of Christian worship. It is a constant feature of every service, whether that be held in a building or by Skype or Zoom. We all know it off by heart, though some of us may find the thou/thy version easier to remember than the you/your one. It presents us with a familiar and seemingly safe sequence of syllables.

I fear, though, that we may allow familiarity to weaken the impact of these words in particular: 'Forgive us our sins, as we forgive those who sin against us'. Because clause B ('as we forgive') follows clause A ('forgive us'), we can let ourselves think that B is a consequence of A ('Lord, as you have forgiven me, I might someday get round to forgiving other people.') The perhaps uncomfortable truth is that it is B that sets the condition for A. What we are saying, every time we repeat the LP is, 'God, please treat me the way I treat other people.' Mark puts this even more starkly: 'Whenever you stand praying, forgive, if you have anything against anyone; so that your Father in heaven may also forgive you your trespasses' (Mk 11:25).

What a difference it might make in our dealings with other people – how our faith might be transformed – if we were to listen to the words we were repeating and – even if only once – were to mean what we say.

I am writing this on Whit Monday and I reflect that all who follow Christ are Easter people who rejoice in his triumph over sin and death and are Pentecost people who are empowered by the Holy Spirit. Let us have the courage to pray the LP as the Lord intended us to pray it, and let us renew our commitment to do all that we can, through witness and prayer and social action, in good times and in bad times and in the power of the Spirit, to ensure that his kingdom may come and his will may be done.

David Richardson Treasurer, Churches Together in Cumbria.

Fulfilled Needs occur when we ...

1. Believe. Mk. 11:22,23

2. Forgive. Mk. 11:24-26

And when you assume the posture of prayer, remember that it's not all asking. If you have anything against someone, forgive—only then will your heavenly Father be inclined to also wipe your slate clean of sins.

The Message

After Peter and the other disciple have seen the empty tomb, she stays alone by the tomb, weeping. It is then that she encounters a man who she thinks at first is the gardener. He says 'Mary' and she recognizes him (John 20: 1-18).

Because Mary Magdalene is said to have been the first person to see the risen Christ, and went to tell the disciples, she was known in the Middle Ages as 'the apostle to the apostles'. The Gospel according to John has a fuller account than the other Gospels (and one which seems to come from Mary herself). An Easter tradition says that she subsequently went to Ephesus with Christ's mother and John the apostle, who had been charged to care for her.

There are now thought to be no grounds for identifying Mary Magdalene with Mary the sister of Lazarus and Martha. Mary or Miriam was a very common name. The persistent tradition that she was a woman who had repented of an unchaste life, elaborated by Gregory the Great and expressed in many medieval paintings and stained glass windows, has no basis in the Gospels.



ANNA CHAPLAINCY

‘Anna Chaplaincy’ is the name for an important initiative which Churches Together in Cumbria are launching in the county in 2020. It has been endorsed by the Anglican Bishops of Carlisle and Penrith, the Roman Catholic Bishop of Lancaster, the Chair of the Cumbria Methodist District and by other Church Leaders.



What is it about?

Anna Chaplaincy (AC) is a ministry to older people, and its purpose may best be summarised as follows:

“AC seeks to accompany older people at this age and stage of their lives. It is an ecumenical, community-based, chaplaincy promoting the spiritual welfare of older people. AC is a person-centred and non-judgemental ministry for people of strong, little or no faith at all. It involves visiting older people wherever they may be living, whether in residential and nursing homes, sheltered housing, retirement complexes or other private homes. The emphasis is on spiritual support but, clearly, people’s practical struggles will also play a part in their overall well-being.”

AC comes under the aegis of the Bible Reading Fellowship. The pioneer of AC was Debbie Thrower, a Reader in the Diocese of Winchester, who first took on the role in Alton, Hampshire in 2010. Anna Chaplains are so named after the widow Anna who appears in St Luke’s Gospel (chapter 2:36-38), along with Simeon, both being examples of faithful older people. There are now 100 Anna Chaplains nationwide.

Might I be eligible?

Yes! Anna Chaplains can be lay or ordained. They are appointed by, and accountable to, their local church; they work in care homes, private homes, churches and community settings with people of strong, little or no faith, Anna Chaplains are asked to give a day (or more) each week to their role and have a strategic focus, raising awareness of needs in ageing and dementia and taking a lead in worship and group activities. Training will be offered, as needed, and this will take account of an individual’s experience and interests.

How does this relate to Cumbria’s dementia-friendly churches project?

The dementia-friendly churches project comes to an end, in its present form, in September 2020. AC will both sustain and foster the churches’ engagement with older people in general and also help to ensure that ministry for and with people affected by dementia remains centre stage. A number of current Dementia Enablers may wish to become Anna Chaplains, but the role of the local DE will continue in any event.

AC will formally be launched on September 19th at the fifth annual Cumbria Churches’ Dementia Conference at the Border Kirk in Carlisle.

COME AND VISIT GRANGE-OVER-SANDS!

Since I was a youngster I have had an interest in railways - it was all steam in those days of the 1950s to early 60s. When my wife and I moved here in 2007 from County Durham I brought with us an LNER Railway poster promoting TYNEMOUTH, a seaside resort on the North-East Coast.. I had owned this poster for many years, and for the next 12 years I displayed it on our garage wall.

In 2019 we decided to have the garage walls and floor re-painted, and the decorator removed my poster and the pictures of steam locomotives. Somehow they must have suffered damage and were disposed of because afterwards I couldn’t find them.

I went on to the web site of the National Railway Museum in York to look for a replacement poster and, after a lot of searching, I discovered this one promoting Grange-over-Sands. So I purchased it – it’s not an original but a copy.

An original railway poster can fetch up to 4 figures these days, especially rare ones.

This one was used by LMS from 1927 to promote the Town.

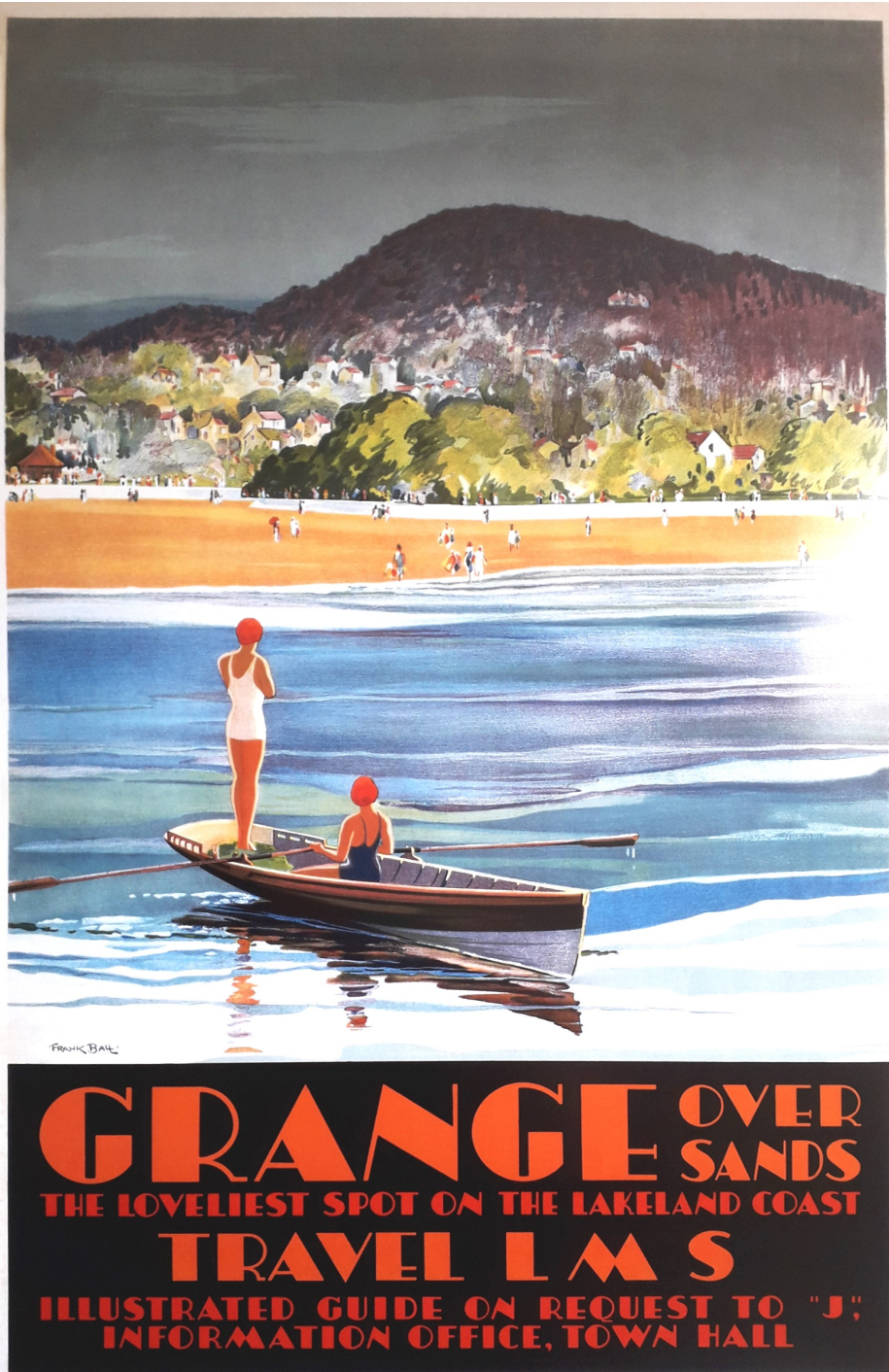
Nothing very exciting but, to me, it means a lot and reminds me of my happy years as a young train spotter, and I thought I would share it with you.

Regards
Russell (Bloxom)

PS Note the position of the bandstand. It was moved to Park Road Gardens in 1930, after complaints to the council from the ladies of the town that their gowns were being marked by the soot from the passing trains!

Part of the problem today is
that we have a surplus of
simple answers and a
shortage of simple
questions.





Anna Chaplaincy

The first Anna Chaplaincy Enquirer's Day on March 14th was able to go ahead before the current lockdown. Eleven of us gathered at the Westmorland Hotel, Tebay, with Debbie Thrower, Founder and Pioneer of Anna Chaplaincy. The Revd Andrew Dodd, chair of CTiC, began the morning with a very helpful look back at the origins of the Social Responsibility Forum of Churches Together in Cumbria, of which the current Dementia Project is a part, and how this provides both a platform and context for the development of Anna Chaplaincy.

Yvonne Povey, Dementia Project Officer, spoke briefly about 'How we have got to this point', giving more detail about the current Dementia Project, the work of the Dementia Enablers and how the Project is providing a springboard into Anna Chaplaincy which, it is hoped, will be a vehicle through which the work of the Project is expanded and sustained into the future. Debbie Thrower then told us about Anna Chaplaincy, how it began in 2010 in Alton in Hampshire and how it has grown, and continues to grow, into a national network of Anna Chaplains and Anna Friends all concerned with the spiritual care of older people. Yvonne concluded the morning outlining 'Next Steps' that anyone present and interested in pursuing ministry as an Anna Chaplain might take.

Whilst we hope that some of those who are currently Dementia Enablers with the current Project will want to become Anna Chaplains; we hope too that some who have not been involved with the current Project will also wish to explore this as an area of ministry that God may be calling them to.

Not surprisingly the second Anna Chaplaincy Enquirer's day planned for May 2nd has had to be cancelled, but if you would like to explore this further please do contact Yvonne Povey, who is the Dementia Project Officer /Temp Anna Chaplaincy Lead (dpctic@outlook.com).

The Anna Chaplaincy Prayer

Faithful God, you have promised in Christ to be with us to the end of time.

Come close to those who have lived long and experienced much.

Help them to continue to be faithful and, within the all-age kingdom of God, to find ways to go on giving and receiving your grace, day by day.

For your glory and your kingdom. **Amen**



NEVIL NEWMAN'S MEMORIES – PART 2

In the mid-1950's I met and married Janet Mary Birkett and began to settle down at 54 Gedhow Park Avenue, Leeds, between two Parks: Potternewton and Gledhow Valley, Chapeltown (not the area it has now become). These were happy times; we were burgled and so got a dog, a Border Terrier called Danny.

Our first child was not to be (stillborn); so we had a holiday in Malta in the sunshine and have always regretted that we did not return. Alison was born on 8 August 1958 and Christopher followed on 17 March 1960. Oliver arrived on 27 November 1962. The family was expanding fast and holidays were the main feature of our lives: Great Yarmouth, Seahouses, Newlyn, Looe and Wales. I'm afraid I cannot remember many more, but all went well. Every fourth week, we went to the Farm at Milton and had the freedom of the countryside and, of course, the hard work of haymaking at harvest time, but best of all, raspberries, apples and pears in abundance and hot horseradish sauce, Yorkshire puddings and roast beef – Sunday lunches.

In 1963 we moved to Cleveleys and I joined F Parkinson Ltd. Our new address was 18 Lawson Road, a Victorian detached house – four bedrooms with half an acre of garden and orchard, next to the station. A busy place: family activities included Scouts, car races, Cubs, Guides and ultimately Duke of Edinburgh Gold and Queen's Guide Awards. We went skiing in the Christmas holidays and enjoyed summer joint family trips with the Lofthouses and Hemingways. For myself, I enjoyed meeting a group of YRC members in mid-Lancashire for Wednesday evening walks around Pendle Hill and local areas in the country. Jeremy arrived on 17 August 1967, the final addition to our growing family. Alison and Christopher received their Degrees and moved away from home. Mary developed kidney problems and, for several years, had trips to Manchester for dialysis and CAPD, a new system. We converted part of the dining room to a special 'clean room' ready for home treatment, but, sadly, she died in 1985.

Lawson Road was never the same, so I moved to 54 Alexandra Road in Thornton Cleveleys (300 yards away) – a bungalow. I had walking holidays with Ramblers Association in Sicily and Spain.

During my time at F Parkinson Ltd, I made many retirement speeches on behalf of the company to long-service members of staff as the Director was not a 'people person'. So when it came to my own retirement, I wrote the following piece:

*Twenty nine years are over today,
Like sand in the fingers they've trickled away,
And the day has arrived to close the door
On all that has happened and gone before.

I've made many friends in those 29 years,
And now we are parting, but no time for tears,
No looking back, only forward each day,
Into the future, the past slips away.*

*For the hills of the Lake District beckon to me
As we say our goodbyes by the Blackpool Sea,
A new home and garden, two dogs and a wife
Is not bad for starters at my time of life.*

*So thank you, my friends, goodbye and take care,
If you're ever in Grange, don't forget we are there.*

On Boxing Day 1989, I was invited to a dinner party in Silverdale at the request of Judith and Oliver and met Mary Margaret Jackson. Cupid's arrows were in the air that night and struck here. We discovered a common interest in water colour painting. We married on 17 January 1992 and I sold up in Thornton Cleveleys and moved to Grange-over-Sands 'Westwood' in the woods behind the 'Pink Palace' nursing home on Risedale Hill.

After several happy years and with increasing family, Westwood was really too small, so we moved to Hillside Lodge, 11 Heads Drive. Time seemed to fly by as we were members of two art clubs and producing enough pictures for two annual exhibitions; 12 each was proving a massive task. Some of our pictures went to visitors from the USA and Mary produced a Christmas Card picture of Cartmel Priory for 9 years. I think we must have sold about 20,000 and I believe some are still available to date. All this went on between various holiday trips to Eastbourne for the tennis. In the meantime, I had, I believe, several strokes and heart problems, had to learn to walk again, and lost quite a section of my memory.

We stood on the balcony in 2000 to welcome the New Year (an event I did not expect to see). The whole Bay lit up on the stroke of midnight with fireworks. It was fantastic, much better than the show on TV from London across the Thames.

About this time I changed cars to an automatic (never regretted it). Mary had to have both hips replaced and Amy, our Physio, did a really good job in getting Mary moving again (no sticks). Never thought I'd make it to 2000.

We left Cartmel Priory and came to St Paul's in Grange-over-Sands; should have moved earlier 'what a caring family', a sheer delight each Sunday and Wednesday. Mary sadly developed a cancer of the oesophagus, underwent a course of chemotherapy which helped, but not for long. I am ever thankful to Rev'd Andrew Norman for the last 3 years and for his absolute kindness in the final stages.

I lost my best mate and friend, painter, wife and companion, who saved me when I was in need. I'm now almost 93, happily surrounded by a band of devoted carers, friends and family.

Thank you for reading these disjointed memories, make your own.

Be happy

Nevil Newman 2020