

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



February 2021

£1.00



Normal services at The Parish Church of Saint Paul

Sundays - 11.00 am - Parish Service

Wednesday - 10.00 am - First of month H/C

and at The Fell Church, Grange-over-Sands

9.30 am Second Sunday - Matins (BCP)

9.30 am - Fourth Sunday - Holy Communion (BCP)

Fifth Sunday of the Month

Joint Service with St Paul's at 11.00 am in the Parish Church



Once again we very much regret that the doors of St Paul's Church and the Fell Church will be closed for worship following the latest lockdown by the Government. The PCC has decided by a vote of 9-6 to take this decision in view of the government's lockdown regulations and the worsening coronavirus situation, and considering the age profile of our congregations.

The position will be reviewed around mid-February.

The weekly pewsheets and readings will continue to be sent to all those who have access to the internet, and we have reinstated the weekly phone calls.

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

07951423789

Chris Mason, 5 Maychells Orchard, Allithwaite, LA11 7PY

32159

Visit our website www.grangepcc.co.uk

www.facebook.com/StPaulsGoS

Dear Friends,

A one-year old boy shattered his back falling down a flight of stairs and, as a result, spent his childhood and youth in and out of hospital. Gavin Read, the former Bishop of Maidstone, interviewed him in church. During the interview the boy remarked, 'God is fair'. Gavin asked, 'How old are you?' 'Seventeen' the boy replied. 'How many years have you spent in hospital?' The boy answered, 'Thirteen years'. 'Do you think that is fair?' Gavin asked. The young man replied, 'God has got all of eternity to make it up to me'.

That illustration certainly grabbed my attention as I settled down to listen and reflect upon today's portion of the 'Bible in One Year'. Today, I thought, we live in a world that has almost entirely lost its eternal perspective, and yet the New Testament is full of wonderful promises about the future.

Yesterday, whilst I was walking around the house, trying to get in my 10,000 steps for the day(!), I was listening to the final chapters of Pete Grieg's book, 'God on Mute', as he explored visions for eternity, one of which, from Tolkien's 'The Return of the King', captured my imagination.

'But Sam lay back, and stared with open mouth, and for a moment, between bewilderment and great joy, he could not answer. At last he gasped: "Gandalf! I thought you were dead! But then I thought I was dead myself. Is everything sad going to come untrue? What's happened to the world?"

"A great shadow has departed", said Gandalf, and then he laughed, and the sound was like music, or like water in parched land.'

Imagination is a precious gift, perhaps given uniquely to God's human creation – us! It gives us the power to see things differently, not only to name and catalogue the evidence of our senses, but also to think of the 'if onlys...' of the past and speculate on the 'what ifs...' of the future.

It's true that at the moment we are faced each day with the darkness of the unseen virus and its untold and immense damage to lives, livelihoods, hopes and dreams, but one day this darkness will lift and be a memory of the past. It might seem at the moment as if we're powerless to change anything, except that, as Christians, our imaginative powers could still, even now, be applied to finding ways of changing the world we live in, into the one we would so much rather inhabit – and I'm not thinking just of a world without Covid-19.

Imagine a world where men and women are accorded equal status and opportunity; where people of different faiths and ethnic groups live in harmony; where we have renounced armed conflict as a way of settling scores; where the life and teachings of Jesus are the model for human living and no one feels excluded. I believe this is the sort of world we would all much rather see.

In small ways in dozens of communities like Grange and across the world, even today, people are striving to turn this vision into reality.

Perhaps as we enter Lent, our attitudes and prayers for changing the world around us into the one we would like to see could be-

Take our hatreds: make them into handshakes.
Take our prejudices: make them into peace offerings.
Take our arguments: make them into alliances.
Take our battles: Make them into bonds.
Take our misunderstandings: make them into music.
Take our divisions: make them into dances.
Take our schisms: make them into songs.

(Kate Compston. The Word in the World)

Perhaps all we really need to remember is that change begins with us – our attitudes and our actions!

With love and prayers, and every blessing, Revd Sue

Coronavirus

Our Archbishops Justin Welby and Stephen Cottrell, have sent out a letter inviting the nation to pause, pray and remember 100,000 people, who have died after contracting Covid -19 and all those who know and love them. Each are ‘known to God and cherished by God.’

100,000 isn’t just an abstract figure - each number is a person: someone we loved and someone who loved us. Death doesn’t have the last word. In God’s kingdom every tear will be wiped away.

We are invited to set aside time every evening at 6pm to pray.

Full text of the letter from the Archbishops to the nation

Dear friends

As we reach the terrible mile stone of 100,000 deaths from COVID-19, we invite everyone in our nation to pause as we reflect on the enormity of this pandemic.

100,000 isn’t just an abstract figure. Each number is a person: someone we loved and someone who loved us. We also believe that each of these people was known to God and cherished by God.

We write to you then in consolation, but also in encouragement, and ultimately in the hope of Jesus Christ. The God who comes to us in Jesus knew grief and suffering himself. On the cross, Jesus shares the weight of our sadness.

We therefore encourage everyone who is feeling scared, or lost or isolated to cast their fears on God. We also know that poorer communities, minority ethnic communities and those living with disabilities have been afflicted disproportionately and cry out for the healing of these inequalities. During this pandemic, we encourage everyone to do all they can to live

within the guidelines and constraints given by government following the advice of the Chief Medical Officer and Chief Scientific Adviser. We show our commitment, care and love for one another by ensuring we do everything we can to stop the virus spreading.

None of this is easy. Very many of us are experiencing isolation, loneliness, anxiety and despondency like never before. Many people have lost their livelihoods. Our economy struggles. Also, the necessary restrictions we live with have also prevented us from being alongside loved ones as they died, or even at their graveside. All grief profoundly affects us, but this pandemic grief is so hard.

Therefore, we need to support each other. We do this by following the guidelines. But we also do it by reaching out to each other with care and kindness.

One thing we can all do is pray. We hope it is some consolation to know that the church prays for the life of our nation every day. Whether you're someone of faith, or not, we invite you to call on God in prayer. Starting on 1 February we invite you to set aside time every evening to pray, particularly at 6pm each day. More than ever, this is a time when we need to love each other. Prayer is an expression of love. A number of resources will be made available at www.ChurchofEngland.org/PrayerForTheNation.

Finally, we write of hope. We are grateful for the hope we have because of the service of our NHS and social care staff. What a blessing and lifeline for our nation. We are grateful for the service given in local communities by clergy, other frontline workers and so many good neighbours. We are grateful for the hope of the vaccine. It is a testimony to the God-given wisdom and gifts of scientists and researchers. We urge everyone to take the vaccine as soon as it is offered to you.

Most of all, we have hope because God raised Jesus from the dead. This is the Christian hope that we will be celebrating at Easter. We live in the hope that we will share in his resurrection. Death doesn't have the last word. In God's Kingdom every tear will be wiped away.

Please be assured of our prayers.

Please join us.

A PRAYER FOR THOSE WHO MOURN

*Gracious God,
as we remember before you the thousands who have died,
surround us and all who mourn with your strong compassion.
Be gentle with us in our grief,
protect us from despair,
and give us grace to persevere
and face the future with hope
in Jesus Christ our risen Lord.*

Amen.

WHY REMAIN CLOSED!

At the time of writing, our two churches remain closed for regular Sunday worship. This is in accordance with the first and major line of government policy which states “You must not leave or be outside of your home except where necessary”. The wisdom of this policy is evident in the large number of coronavirus cases revealed daily by testing, in the large number of patients admitted daily into hospitals with various strains of mutating coronavirus, and in the number of daily deaths.

The government’s regulations allow one to attend a religious service under certain strict and controlled conditions. We have held services under these conditions both last year and this, but strict observation of them has at times been weak and patchy.

An individual’s susceptibility and vulnerability to the viruses increases with age; those aged 70+ are extremely likely to catch the virus and to die. A few weeks ago, we calculated the age profile of our worshipping population (as we are required to do by the C of E) and concluded that 83% of our congregation come into this category (and 17% are aged 18-69). In these circumstances, it appeared (and still appears) prudent to members of the PCC that we should not open our buildings to regular worship, however well-ventilated they may be, and even with the free-flowing air inside from our porous windows. To do so would be tacitly to encourage our members to take a potentially dangerous risk.

Following the statement by the PM Boris Johnson, detailing new restrictions in England to control the spread of Covid-19, The Bishop of London, Sarah Mullally, who chairs the Church of England’s Covid Recovery Group, said on 19th January:

“The Prime Minister’s words tonight underline the severity of the situation for the country, as the virus continues to spread rapidly. At a time like this, the Church is here to offer comfort and spiritual support to everyone. We have a duty to care for each other, but particularly those who are vulnerable or who may be most at risk. The government has chosen not to suspend public worship in England at this time and we will continue to follow the guidance and ensure that churches remain as safe as possible. The government guidance on the safe use of places of worship makes clear that those attending a place of worship must not mingle with anyone outside their household or support bubble. However, some may feel that it is currently better not to attend in person, and there will be parishes which decide to offer only digital services for the time-being. Clergy who have concerns, and others who are shielding, should take particular care and stay at home.”

We are following the situation nationally and locally. When it is deemed sensible and prudent, we shall open our doors again. Meanwhile, we encourage everyone to take great care and stay safe, remaining in their homes as much as possible.

Mike

Positive new cases of Covid-19 for Wednesday 27th January

(Taken from the official UK government website for data and insights into COVID-19)

Cumbria 162 new cases

South Lakeland 25 new cases

7-day figure for **Grange over Sands and Cartmel Peninsula** 21 new cases

Very concerning to see the 7-day figure for other areas decreasing and Grange greatly increasing?

P

FROM THE REGISTERS

BAPTISM ANNIVERSARYS

Braxton Murphy 25th February 2018

Brodie Porter 24th February 2019

*“Born of Water
and the Spirit”*



FUNERALS - JANUARY 2021

Alan Matthews 7th January 2021

YEARS MIND - FEBRUARY

Stella Grace Greening 17/2/2016

Elizabeth Foster 14/2/2017

John Barry Lord 4/2/2018

Robert Chadwick 24/2/2018

Frances Limbrey 25/2/2018

Robert Leach 27/2/2018

Colin Patterson 5/2/2019

Irena Mary Robinson 28/2/2020

Leon Jackson 29/2/2020

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

CONTINUING EMAILING

We have decided to continue emailing out the pewsheets and readings each week. If, however, you would prefer NOT to receive them, perhaps to avoid cluttering up your email box, then please let Penny know (pennyward01@gmail.com or tel: 33243). They are also mounted on the web site:

www.grangepcc.co.uk/whats-on/

**An extract from the weekly mailing to all members of
St Mary's Church, Allithwaite
"Praying for a breakthrough"**

The PCC discussed some of the issues that have been binding the churches in the Peninsula area. There is still no solution to the issues and uncertainties around Rachel Stavert and the ordained leadership at St Mary's, or in relation to the benefice structure and relationships within the Cartmel Peninsula Team. We felt that it is important for us all as members of the church to come to God in unity and humility to ask for His timely breakthrough. Obviously we can't meet currently in person, but let's join together in spirit in prayer. Let's come boldly and with persistence so that our Heavenly Father knows that we really mean it – for He promises that we will 'receive'... we will 'find'.... and 'the door will be opened'. Let us be alert to His response and willing to yield to His purposes.

A member of the PCC suggested the following prayer could be helpful
(taken from the Methodist Church website)

A prayer for God to break through in the life of our churches

**God of love, God for all,
your purposes are more beautiful than we can possibly imagine.**

Fill us with your Holy Spirit.

Help us let go of all that holds us back.

**Open our lives and our churches to new seasons of humility and
faith, of change and growth.**

Shake us up with the Good News of Jesus and show us the way. Amen

I am sure we all echo this sentiment. P

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 HISTORY OF WORSHIP IN HIGHER GRANGE

In 2017 we produce an A5 booklet to mark the centenary of the Fell Church. Emma Bennie has kindly produced some more copies of this; please let her know if you would like one (01539 824525, khwayjai66@gmail.com). It has also been mounted on the web site (www.grangepcc.co.uk/about/publications). It is an interesting history about this little church, with many photographs.

VACCINATIONS & VACCINES

The government's programme of vaccinations and vaccines against the Covid-19 virus started in early-January with an initial plan to inoculate over 5 million of the most vulnerable UK residents by mid-February, along with front-line hospital workers and others. The programme began slowly as vaccine production gathered momentum, suitable premises were prepared, the transportation and storage difficulties of the Pfizer vaccine (the first to receive formal approval for use) were assessed, and auxiliary vaccinators were recruited and trained. Those of us in Grange fortunate (or unfortunate) enough to be amongst the early recipients of invitations to attend at the Nutwood Medical Centre turned up with expectations and high hopes. These were realized as a most efficient operation was in progress.

Provided that one did not arrive at the car park (already reserved for us and admirably and competently stewarded) too much before one's allocated time, a smooth progress through registration and allocation to one of the 11 vaccination points took place without even a thought of taking a seat. A bevy of marshals and guides was in attendance. There followed a brief chat with a doctor to ascertain that one was not suffering from a cold or minor infection, the medical clerk had one's details to hand, an enquiry was made over one's left- or right-handedness, and pronto! a sleeve was unfurled, a moment's pause, and it was all over. Further marshals guided one to a socially distanced seating area for 15 minutes to check for any immediate adverse reaction. There was barely time to put on one's jacket, adjust the flailing sleeve, wave to any other 80 year-old whom one recognized under mask and hat, and one was on one's way home. All very efficient.

But now the worries begin. There is talk of the 12-day (or was it 3 weeks?) gap between first and second jabs being extended to three months in order to permit other younger age groups to receive their first vaccination. Has this been tested and approved by the manufacturers? Is one exposed for a longer period? How effective will the final outcome be? We also learn of mutating variants of the original virus, more transmissible, stronger and more rabid – how do we combat these? And, contrary to the innate sense of fair play of us British, there is talk of queue-jumping in some parts of the country by younger adults over seemingly “missed” more elderly; and reports of well-organized GP centres being starved of vaccines so that slower, less efficient groups may catch up (why not stimulate or help slower groups to catch up with the rest rather than slow down the better ones?). In Wales, the government has even said that some vaccinators are doing too much so they too will be refused access to vaccines so that a more equitable work pattern may be initiated (Long Live the Workers! Red Robbo still lives).

People (not unreasonably) are asking why policemen and school teachers are not amongst those receiving early protection – and why not bus drivers, refuse collectors; and so on?

On an international level, should athletes and those with a chance of competing in the Olympic Games in Tokyo later this year receive protection so that their training may continue? On a moral level, what is to happen to those countries who do not have the

been able to vaccinate 25 people only (were these the nation's President and his family and the Head of the National Guard?). How will those living in El Salvador, Chad and countless other nations survive – and what will be their feelings as they learn of millions of rich westerners soaking up the vaccines? What can we do about it?

Meanwhile, we can pray for a speedy resolution to the pandemic and a solution for all mankind. And we can give thanks in our prayers for all the medical staff and workers in hospitals, care homes and dangerous environments who daily risk their lives to save us all.

Mike

CONTINUING EMAILING - We have decided to continue emailing out the pewsheets and readings each week. If, however, you would prefer **NOT** to receive them, perhaps to avoid cluttering up your email box, then please let Penny know (pennyward01@gmail.com or 33243). They are also mounted on the web site.

'BEREAVEMENT JOURNEY' COURSE

This online course runs again from **Tuesday 2nd February** until 16th March 2-4pm, and is suitable for anyone, whether you have had a recent bereavement or perhaps several years ago. The course has been helpful by enabling the sharing of experiences in a very gentle way. Also, in this pandemic when we are all facing loss in one way or another, it is really important that we all understand more about how loss and bereavement can affect people.

The course consists of five weekly two-hour sessions online, on Tuesday afternoons, with discussion around two talks.

(The sessions are weekly except on 16th February which is half-term week).

There is an optional sixth session which deals with questions on faith.

The course is run by Churches Together in Cumbria (CTiC).

If you would like to book a place, please get in touch soon with Shelagh Goldie:
shelagh.goldie@gmail.com

You can also see more about the course on the CTiC website
www.churchestogethercumbria.co.uk

'The Bereavement Journey' course was originally written and developed by Holy Trinity Church Brompton. To find out more visit the web site



If any local residents require advice or support Age UK provides information and advice on every facet of later life, from helping people find out benefits they are entitled to claim, to discussing options to help make later life at home more manageable. Our aim is to be the first port of call – the first place that people turn to when they have an age-related need.

HELPLINE 03030030003 for any advice and practical support.

CHRIS MASON, NETWORK YOUTH CHURCH UPDATE 20TH JANUARY 2021



Yet again we are in another lockdown! Despite the frustration, hurt and sadness that is impacting our world, it is important to recognise that Jesus is King, and he reigns victorious through all situations. Jesus was born as a refugee into a nation that was in captivity and where freedom was limited. As we continue in 2021, I am reminded that since Adam and Eve things have never been perfect. The Bible is full of people and nations who suffered. Have we in the western world forgotten that? Network Youth Church endeavors to be a shining light in this Covid-19 era.



Just before Christmas myself and Jane, a local curate, made some doorstep visits to young people in Ambleside. We delivered boxes of Jelly Babies, a Christmas card and an invitation to a fire pit in January. They were so happy to receive the gift and there was a sense of relief that they had not been forgotten. Unfortunately, the fire pit was cancelled but it will happen when it is safe. Please pray for St Mary's Church and NYC as we look at fresh ways of engaging with the community.

In Staveley we have managed to meet a few times since my last update. We had a 'treasure hunt' around the village, where the young people took pictures of obscure landmarks. We also held a fire pit and marshmallows in complete darkness and rain. Young people are meant to be together in person and that showed as we had fun, and friends could 'hang out' together in person. Whilst we are unable to meet, we will be staying connected via regular postcards and zoom activity sessions.



In the Cartmel peninsula, we continue meeting with a small group of lads on zoom each Friday, offering support and a chance to chat. I have been sending in weekly reflections to Cartmel Priory School. We are also looking at how we can create a community and youth hub in partnership with St Mary's Church, Allithwaite, and Churches Together Youth Trust. The work will be resourced by the new Community & Youth Leader who will be in post in September this year working alongside me.

I have decided to go on flexi-furlough at least whilst we are in this current lockdown and most young people are being home-schooled. I have my children who need some support during the day and with most youth activities unable to take place, it seems the right thing to do. I plan to be back working full-time as soon as the time is right.

Thanks for your prayers & support as ever,
Chris Mason - Network Youth Church Leader

Email: chris.mason@carlisle-diocese.org.uk Tel: 07770099260

No.10

St Ninian's Church (Ninekirks) near Brougham

Across muddy fields for nearly a mile, with only the hum of the A66 in the distance, can be found the little, quiet and adorable church of Ninekirks at Brougham, near Penrith.

And what a trek for those intrepid visitors who do venture here!

Local tradition believes that St Ninian himself came to this spot in the 6th century on his way to Whithorn in Galloway. Hence a place of religious worship has been here ever since! However, history does confirm that in 1393 there really was a church at this location, which was later rebuilt to the specification of Lady Anne Clifford in 1660, as seen in the picture. She came from a nearby wealthy landowning family and therefore had the means to rescue an old dilapidated church by virtually demolishing it and re-using the stone and wood into the layout and design seen today.

The site of this enchanting little building is better portrayed in photograph rather than written description.

After a walk of nearly a mile from the main road, the church commands a high view over a "crook" (loop) in the nearby River Eamont. The high ground affords a place to see for a long way around, whilst at the same time protecting the church from ever flooding. Surrounding the building is a small graveyard, which by special permission can still be used for burials. In fact, "Ninekirks" was closed for regular worship back in 1977 and two years later was enshrined into the Churches Conservation Trust, who



today look after the place. Occasional religious services, funerals and even weddings are sometimes held by special permission from the Bishop of the Diocese.

Once inside the building becomes a special place of spirituality. Indeed, the Churches Conservation Trust insists that St Ninian's is always left open, and even during a year *plagued* by Coronavirus this was just as I found it in August. Again, photographic evidence becomes far better than the written word!



The old stout door leads into a small but simple place of worship where the ceiling beams give the room a special characteristic indeed. The font is very old and possibly came here from elsewhere, since the stone from which it was carved didn't appear to be that of the local Cumberland red sandstone.

Down the aisle of the church there was evidence of very intricate rich oak carving, and the enclosed

'private' pews nearer the altar certainly drew my closer attention. I have seen these roofed-box-type pews before in places rather like those at St Anthony's at Cartmel Fell. Here they are on a much larger scale. Just as I thought, these were inscribed for the rich and wealthy members of the Clifford family in bygone times. These 'private' pews separated the rich from poor, or perhaps, in this area, the working class from the sole land-owning family around the nearby village of Brougham. The fact that such pews have survived intact is testament to the care and attention to St Ninian's. There was no sign of electric lamps or any form of church heating, indicating exactly what it must have been like back in the days when Lady Anne Clifford had this church rebuilt and re-ordered.

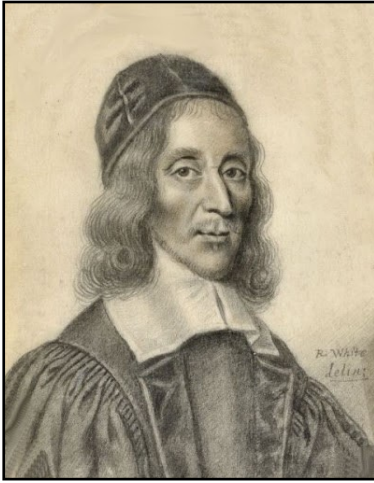
In many of my church visits nationwide, let alone within our own Diocese, it is hard to find such a spiritual and atmospheric place where solitude is in great supply. When churches like this were first built, those coming to services literally had to walk in some cases miles across fields. This was the only place where folk could meet up socially other than outside the workplaces or domestic service.

When St Ninian's was built people often didn't travel at all outside the place of their birth, and little churches like this one were the hub of very many rural communities.

Certainly if you are in the Penrith area, this is extremely well worth the muddy walk and such a visitation is really rewarding indeed. Be prepared with both waterproofs and footwear to journey here. Even the curious cows had to be "shooed" away! But the real difficulty I found was locating the small car park just off the north side of the very busy A66. Take care, as there is nothing to indicate that such a treasure exists, because the tiny car park where the footpath commences can very easily be missed!



Colin



GEORGE HERBERT, POET AND PRIEST

We all know the hymns "King of Glory, King of Peace", "Let all the world in every corner sing", "Teach me, my God and King" and "The God of Love my Shepherd is" (all in our red hymn book), but do you know who wrote them? I didn't, until I was at College in the early fifties. This was in the Close at Salisbury and in my second year I had a room opposite the west front of the Cathedral, which was wonderful. While there we learned about George Herbert, priest of the parish of Bemerton, a mile away from Salisbury. However, he had led a colourful life before he came to Bemerton.

Isaac Walton wrote the story of his life. He was born on 3rd April 1593 in Montgomery, the fifth son of Richard and Magdalen Herbert, related to the prestigious Pembroke family. He had six brothers, who all reached high office in the land, and three sisters; the boys were mentioned by name but the girls were nameless, and we are simply told they married well! His father died when he was four years old, but his mother had a great influence upon him all his life. We are told that she was very prudent and saintly.

At twelve George was sent to Westminster School and at fifteen went to Trinity College, Cambridge. He was a very diligent student despite having health problems all his life. He rose to become Public Orator to King James 1 and was associated with the university for 20 years. He enjoyed court life and we are told he took a great interest in his clothes, which were always of the best materials.

Then King James died and other friends too; his health broke down and he left the court circles. His mother had always wanted him to go into the church and in 1626 he decided to take Holy Orders. He was ordained Deacon and went to what was then Layton Ecclesias in Huntingdonshire (now Leighton Bromswold). Here he rebuilt the half-ruined church. He wasn't there very long and was suffering ill health again, so he went to stay with relatives in Wiltshire to recuperate. While there he met his future wife, Jane Danvers, and they were married in March 1628. In 1630 he was offered the living of Fuggleston with Bemerton, in the gift of the Earl of Pembroke. He was ordained priest in September of that year.

George set about rebuilding the ruined church, originally a chapel of ease, and the parsonage next door. The previous incumbent had lived 20 miles away and probably hardly ever visited the parish. George determined to change all that. Though he had written flowery verses to please the King, he explained to his parishioners why certain things were done in services and what they meant, so that ordinary people could understand. He was also aware of the intense poverty of the rural area and went out of his way to help. He wrote that the priest must never "disdaine to enter

into the poorest cottage even though he creep into it and though it smell never so loathsomely. For both God is there, and those for whom God died". His wife supported him in this, buying blankets and shoes for the needy. He encouraged the celebration of ancient village festivals such as Plough Monday, Candlemas and beating the bounds of the parish, all of which are still more or less celebrated today (well, not last year!) He was very musical and twice a week he walked to Salisbury Cathedral to take part in services and music meetings in the city. In time his health deteriorated still further and he was forced to take to his bed. He still wrote poetry and this remains to this day. He died on 1st March 1632 and is buried in his beloved church. He was only 39 years old.

George Herbert is remembered for being a priest, poet, mystic, musician, scholar, orator and courtier. In 1860 a new church was built at Bemerton and dedicated to his memory, but his little church is still there. He is also commemorated in a stained glass window in Westminster Abbey, along with the poet William Cowper.

One of my favourite poems of Herbert's begins "Love bade me welcome: yet my soul drew back, guiltie of dust and sinne". I love it for the simplicity of the language and I am certain that is why George Herbert's poetry and hymns are still favourites after more than 300 years.

Mollie Bell

(George Herbert was to have been the subject for our February lay-led service)

FLO TRUDGILL

Many congratulations to Flo who celebrated her 100th birthday on 26th January. She was born near Bristol, and met her husband, Doug, when he was posted there during the 2nd World War. They were married in 1942 and moved back north to Doug's home town of Burnley. Their married life saw them as market traders around Accrington selling a variety of clothing. On their retirement they settled in Highfield Road, Grange, and were faithful members of St Paul's Church, together with their good friends Dr Stanley and Kathleen Hindle with whom they enjoyed many hours ballroom dancing at Berners Close Hotel. Flo now lives in Miramar and, since Doug's death, she has been visited regularly by members of the Pastoral Team. She's a delight to visit, pleased to see us, smartly dressed, and always with a smile.



I visited her on her birthday and she was so amazed at all the cards, flowers, chocolates, etc, she had received. She asked me to thank everyone at St Paul's for the card and posy I took on our behalf, and for all our good wishes.

A remarkable lady.

Sue F

LENT 2021

How strange it is for us to be entering into Lent and looking forward to Easter in these uncertain times when our churches are closed with no certainty of when they might be open again.

Nevertheless, it is still Ash Wednesday on the 17th February, and we will still be remembering that our Lord withdrew into the desert for 'self-isolation' before he entered Jerusalem. We very much hope that we will be able to open St Paul's for a 10 am Communion service on Ash Wednesday, led by Team Rector Jim, without the imposition of ashes and observing all the restrictions in force at that time. If it is still deemed unwise to engage in communal worship, then we shall aim to open the church for private prayer on that day. However, these arrangements will all be subject to the national and local situation regarding the virus at that time, and the current Government regulations. Please check the pewsheets.

For our Lent devotions we have three suggestions from our Diocese, from the national Church of England, and from Churches Together in Britain and Ireland.

Bishop Emma is preparing Lent resources based around the refreshed God for All vision and its four key themes: follow daily, care deeply, speak boldly, tread gently. These resources will be uploaded to the God for All website (<https://www.godforall.org.uk/>) in the coming weeks and shall include:

- sermon notes/sermons for each of the five Sundays of Lent, based on the lectionary Gospel reading for each Sunday, and introducing the four themes of the refreshed vision, and
- some simple discussion materials/Bible study notes that follow up on each sermon (or could stand alone), and that could be used as part of a similar Lent course.

She aims to have them available by the week commencing 8th February. She says "My hope is that these resources will offer our church communities the chance to reflect further on how we can all follow daily, speak boldly, care deeply and tread gently, particularly in this period of Lent as we reflect, recommit and rededicate all we do to God."



Meanwhile the Church of England's Lent resources theme for 2021, building on the success of recent years, is entitled #LiveLent: God's Story, Our Story. It is based on the Archbishop of Canterbury's Lent book for 2021, *Living His Story* by Hannah Steele, published on 19 November by SPCK.

Both the book and the accompanying daily reflections encourage all Christians to think about their calling, how to share their faith and reflect on the difference Christ makes in our lives.

From Ash Wednesday (17 February) to Easter Sunday (4 April), there will be six reflections for each week, written by Stephen Hance, the Church of England's National Lead for Evangelism and Witness. Each reflection will include a short passage from the Bible, a brief exploration of the reading, and a prayer. Additionally, each week will have a unifying theme and an action to be taken during the week.

The daily reflections will be made available through a booklet available to buy from Church House Publishing, as well as a free app, emails, audio and through the Church of England's social media accounts. [Visit the #LiveLent page for more.](#)



A Lent study for these unorthodox and strange times – *The Poet's Gospel*

This year's Lent programme is somewhat different from previous years. It is the outcome of a partnership rooted in fulfilling an elderly gentleman's dream. John Alan Davis visited his wife every day as she lived with dementia. As he

explains "during this period, and after Pat died in 2014, I turned to the only place of comfort I knew: my faith. The task brought the life of Jesus and the relevance of his message closer to me. It became, as much as anything else, a way of staunching the wound of a personal tragedy."

This gospel version, written in verse, is the outcome of a deep engagement with God in Christ. It is a journey with someone who has clearly walked and experienced all of life's contours, and could bring some healing to many other people.

CTBI has partnered with Alan and his family to produce *The Poet's Gospel*, and is making the sound files available along with a hardcopy book and an e-book in order to engage with this journey. Each week can be read as a stand-alone unit whilst listening to the sound file as an introduction or, if you prefer, on a personal basis to read through the whole publication and listen to the sound files. It will make a fascinating Lenten pilgrimage. The whole of *The Poet's Gospel* (text and sound) is available on [The Poet's Gospel website](#).

If anyone is thinking of giving up something for Lent, you may like to support a campaign that ShelterBox is promoting—**GIVE A TENT FOR LENT**

ShelterBox is an international disaster relief charity, established to provide emergency shelter and other aid items to families around the world who have lost their homes to disaster or conflict, enabling them to rebuild their lives. Check out the web site.

Right now, more than 104 million people around the world have been made homeless by disaster and conflict.

By giving up something for Lent and raising money in aid of ShelterBox, we can help families to stay safe and start again. In the face of this coronavirus crisis, emergency shelter means more than ever – and many more people need our help.

GETTING READY FOR LENT WITH MARKET PLACE BOOKS



Although we can't meet together at the moment and our bookshop is closed to physical customers at present with lock-down, we are still open!

Lent is less than 4 weeks away, and we have some wonderful new Lent devotional books to help get you through (or to share with friends and family over Zoom and FaceTime!)

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Daily Hope, a free national telephone line, offers music, prayers and reflections as well as full worship services from the Church of England at the end of the phone —for those without access to the internet.



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PRICELESS TREASURES OR A LOAD OF *****?

What do the following have in common?

- A single chromium clothes rack with a broken wooden foot
- 5 wooden crosses of various sizes, 2 covered on 4 sides with artificial moss
- 6 half pots of paint of various colours dated 2019
- 2 neon tubes with transparent plastic covers
- 2 wooden wardens' staves unused and untouched since 1995 or earlier
- 2 electronic computer keyboards, 1 screen and 1 P.C.
- 2 green velvet curtains, one of them moist to the point of saturation
- a stirrup pump of indeterminate origin or use
- a pot of solidified glue
- a folding "canteen" table with collapsed top and woodworm infestation in legs
- sundry damp, collapsing and mouse-chewed cardboard cartons with various papers and drawings.

Yes, along with many other artefacts and containers, both cardboard and plastic, they were brought up in early-January from the cellar at St. Paul's for viewing at the rear of church. Members of our congregations were invited to rescue and/or assert their ownership and interest in items to be preserved. The above, however, did not remain on view for long and have been disposed of.

We are grateful to Colin for bringing up most of our belongings out of the cellar and for subsequently sweeping and vacuuming up the debris on the floors. A new wooden table (from the Fell Church) was placed in the cellar and creosoted to inhibit any woodworm or similar growth and those items deemed worthy of storage have been replaced.

Still in the cellar are our metal candelabra (for use at Christmas), documents from St. Paul's, Lindale, which will be returned at the first opportunity, and many trays of books and boxes of bric-a-brac, etc, donated during 2020 for the Christmas Fair which regrettably had to be cancelled. All these will be brought up for the next fund-raising Fair (which will be a big one) and will not be taken down again.

At least we now have more space available in the cellar, a greater appreciation of what we have and own, and an area which is a considerably reduced fire risk. Thanks to Colin and all who joined in the exercise.

Finally, a message from our friends at the Guides Lot Recycling Centre: This site is for household recycling only. Commercial items need a paid-for permit. Oh well, we live and learn. .

Mike

And thanks to Mike for all his hard work, not least transporting items to the 'tip'

RACIAL JUSTICE SUNDAY - This has formerly been observed by British Christian churches on the second Sunday of February, but this year it was on the 31st January. Last year marked the 25th anniversary of Racial Justice Sunday in Britain and Ireland. This significant anniversary also coincided with the tragic killing of African American, George Floyd, and the re-emergence of the Black Lives Matter movement with its various protests on both sides of the Atlantic. All this coincided with the emergence of a pandemic that continues to wreak havoc in societies around world, ruining lives in the process. The COVID-19 crisis has also highlighted the existing inequalities in our society; the poorer, more marginalised communities are disproportionately impacted by this pandemic. In due course, all these events served to demonstrate the need for greater racial justice in Britain and Ireland.

Prayer (from the Catholic Church)

*Lord Jesus Christ, in your ministry you were approached by people
of many different nations and cultures.*

*You listened to their cry for help, treated them with love and compassion,
and brought them healing and wholeness.*

*In our own time may we provide to all those who are suffer the help
that they need and the care that they require.*

*May we respond to the invitation of the Holy Spirit to dream of a world
made new where the poor are not forgotten but are given the opportunity
to live and flourish with good health and equal prospects.*

We ask this in the name of Jesus the Lord.

Amen.

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”



Never again must we take it for granted;
Our freedom to go where we please.
To walk down a street,
Hug our friends when we meet,
Without fear of contracting disease.

Never again should we skip a friend's party,
Or make an excuse to stay home,
For those smiles and that laughter,
Are now so sought after,
As life now seems dull monochrome.

Will we ever again hear the grandchildren's laughter?
Their eyes lit up bright with delight,
When they come round for tea,
And they sit on your knee,
Playing I spy or scrabble all night.

Or that thrill in the moment, the packed concert hall
When the band on the stage starts to play,
The feel in the crowd,
As we all sing out loud,
Will we ever return to that way?

Yes we will, yes we will, For our smiles will return
There's hope in the future, my friend,
So start making plans,
Whilst you've time on your hands,
For patience will win in the end.



FEBRUARY OBSERVANCES

14th FEBRUARY - ST VALENTINE'S DAY

The origins of Valentine's Day are not clear but many sources believe that it stems from the story of St Valentine, a Roman priest who was martyred on or around February 14 in the year 270 CE. How he became the patron saint of lovers remains a mystery but one theory is that the church used the day of St Valentine's martyrdom to Christianize the old Roman Lupercalia, a pagan festival held around the middle of February. The ancient ceremony included putting girls' names in a box and letting the boys draw them out. Couples would then be paired off until the following year. The Christian church substituted saints' names for girls' names in the hope that the participant would model his life after the saint whose name he drew. However, it was once again girls' names that ended up in the box by the 16th century. Eventually the custom of sending anonymous cards or messages to those whom one admired became the accepted way of celebrating Valentine's Day.

16th FEBRUARY - SHROVE TUESDAY

The name Shrove Tuesday is derived from the Christian custom of confessing sins and being absolved just before Lent. Shrove Tuesday was traditionally a time to use up all the milk, butter and eggs left in the kitchen. These ingredients were often used to make pancakes, which is why the English call it Pancake Day. In early England, people were supposed to go to their confessors the week prior to Lent and confess their sins.

17th FEBRUARY - ASH WEDNESDAY

Ash Wednesday in the United Kingdom is a day of penitence to cleanse the soul before fasting during the Lent period. Some Christians may attend special church services to receive the ash in the sign of the cross on their foreheads as a symbol of being sorry and repentant for their wrongdoings. Priests in many churches use the ashes from palms that were burned from the previous year's Palm Sunday. The ashes are mixed with blessed holy water and priests use this special paste by dipping their thumbs in it and using it to make the sign of the cross on individuals' foreheads. Priests in some churches also mix the ash with anointing oil to remind the congregation of God's blessings and of baptism. Some Christians leave the mark of the cross on their foreheads after they leave the church service. This is so that they can carry the sign of the cross into the world. Others may choose to wash the ashes as a sign that they are now spiritually clean and their sins have been wiped away.

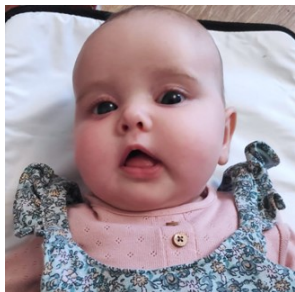
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LATEST NEWS OF ATHENA

Athena Gardner, 15-weeks-old, is having her seventh operation this week to remove sutures from her left eye. The pressure in the left eye is now very good, and her right eye is improving. To give her a break from anaesthetic her consultant has put her back on pressure drops for the right eye. They take excellent care of her at the Manchester Royal Eye Hospital, and the theatre nurses now call themselves her aunties as they see her so often.

She is pictured below with her sister Ava (who carried baby Jesus up to the stable on Christmas Eve) and her brother Isaac. All grandchildren of Dot Hadwin.

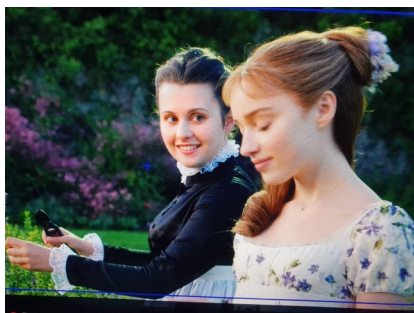


For all those who watched Bridgerton on Netflix - the Grange link

Last week on St Paul's zoom coffee and catch up on Zoom I asked if anyone had been watching the Bridgerton series on Netflix as there was a Grange link ! Bridgerton is a series based on the books of Julia Quinn set in Jane Austen's England and tells the story of a family and its romantic escapades. A tale of love and its dramas!

In this massive series is an actress called Molly McGlynn who plays the role of Rose, maid to the main character Daphne Bridgerton. Molly is a local girl, aged 27, who attended Grange Primary School in the time of Mr Milner, later Cartmel Priory School and Kendal College. She went on to drama school at ALRA in Wigan.

Molly was always going to be an actress, always the star in the school Christmas plays and other productions! She started off attending Stagecoach drama classes on a Saturday in Kendal and now she is in a multi-million £ drama watched by 84 million households worldwide since Christmas. Her mother Sarah Budd and friends locally are massively proud of her and look forward to even more great things in the future, as this is only the start. Good luck to Molly



Judith

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| | 2014 | 2015 | 2016 | 2017 | 2018 | 2019 | 2020 | 2021 |
|---------------|---------------------|---------------------|---------------------|---------------------|---------------------|---------------------|---------------------|-------------------|
| January | 163 | 154 | 141 | 98 | 142 | 73 | 107 | 142* |
| February | 115 | 76 | 125 | 91 | 69 | 99 | 263 | |
| March | 61 | 110 | 107 | 162 | 60 | 182 | 75 | |
| April | 58 | 46 | 72 | 15 | 98 | 39 | 12 | |
| May | 62 | 165 | 32 | 75 | 37 | 52 | 26 | |
| June | 28 | 34 | 185 | 135 | 19 | 91 | 99 | |
| July | 70 | 69 | 113 | 126 | 33 | 134 | 169 | |
| August | 124 | 112 | 168 | 86 | 108 | 180 | 188 | |
| September | 6 | 29 | 118 | 177 | 133 | 177 | 66 | |
| October | 156 | 60 | 31 | 172 | 131 | 160 | 165 | |
| November | 97 | 246 | 118 | 189 | 62 | 85 | 114 | |
| December | 103 | 352 | 65 | 109 | 160 | 155 | 126 | |
| Annual | | | | | | | | |
| Totals | <u>1,043</u> | <u>1,453</u> | <u>1,275</u> | <u>1,435</u> | <u>1,052</u> | <u>1,433</u> | <u>1,408</u> | <u>142</u> |

** means incomplete total till next month*

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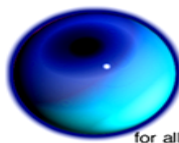


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