

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



Epiphany

January 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 20th January, or earlier if the situation improves. The weekly pewsheets and readings will continue to be sent to all those who have access to the internet, and we shall reinstate 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,

Recently, the song *'From Heaven You came, helpless babe'* has been going through my mind. It led me to think about the time when the disciples had been arguing about who was the greatest among them, and two of them asked Jesus if they could sit in the highest places of honour next to Him, which of course fuelled some lively words with the other disciples. Mark tells us that Jesus gathered the disciples together to remind them that if they, and we, want to really follow him, it's not about status, but servanthood. We, like Jesus, are called to serve.

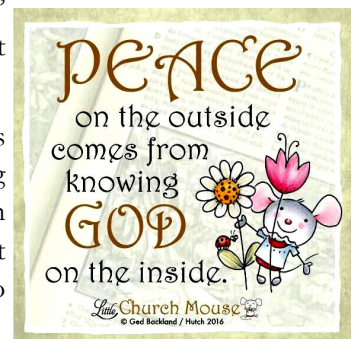
This reminded me that however we celebrated Jesus' coming to earth, whether with others at church, on-line, or quietly in our own homes, we have been reminded of the very reason He came. On the first Christmas Day, the Son of Almighty God came from His exalted place in Heaven down to Earth, not to be served, but as the Servant King, who would serve us, to the point of giving His life as a ransom for *our sin*. What incredible love; what an amazing gift!

The song's lyrics continue, *'He calls us now to follow Him'*. This, I believe, is the only important resolution to keep in 2021.

I'm sure you know by now how much I love stories and this one, which I read recently, stuck in my mind. A Spaniard called Alphonsus Rodriguez, born in 1533, had a hard life. When he was fourteen, his father died suddenly, and he had to leave school to care for the family business. Later, he married and had three children, but tragedy struck, and his wife and children all died. In his thirties, he was driven to the brink of financial ruin. Then, at the age of forty, he tried to join a Jesuit monastery, but was considered too old and too uneducated to become a priest.

Instead, Alphonsus went to a Jesuit College on the island of Majorca, where he served as a porter and doorkeeper for the rest of his life. Never promoted, never priested, Alphonsus turned door-keeping into a sacramental duty. Every time the doorbell rang, he would say, "I'm coming, Lord!" and would then welcome the visitor as Christ Himself.

Over the years, countless brilliant young priests passed through that college. They were enjoying opportunities and privileges Alphonsus had been denied, but he welcomed each one lavishly, without any hint of resentment, and many of them turned to him for spiritual guidance.



One of these young priests, a twenty-five-year-old, named Peter Claver, began meeting daily with Alphonsus who was by then seventy-two years old. Eventually, the old man encouraged Peter to embark upon a great adventure to South America where he was to work tirelessly for the rest of his life, caring for slaves.

Peter Claver was later recognised as a saint for his heroic efforts as ‘el esclavo de los esclavos’, ‘the slave to the slaves’. Alphonsus Rodriguez was also made a saint, canonised for his own brand of quiet heroism expressed in a life of humility, hospitality and servanthood that changed the world.

As I write this letter, the Christmas holiday has just finished and is fast becoming a memory, the end of 2020 creeps closer and a new year, 2021 beckons and the only person who truly knows all it will hold is God. Whatever it holds, we are called by Him, to work with Him and, like Jesus, serve all with whom we come into contact, selflessly sharing the love and kindness that God showers upon us.

There will be challenges ahead – God never promised that following Him would be easy - but just imagine what the world around each of us would look like if we treated everyone we met as if they were Christ himself! Perhaps as he continues to call us forward into each day, we too can say with real joy, “I’m coming, Lord!”

May we be strengthened as we seek to follow Him, going forward into the new year ahead, to be a better servant to others, at the same time being changed ourselves to be more like Jesus.

With love, prayers and 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.

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.

A message received from the Team Rector in the light of recent developments

Dear Friends,

Public Worship

I'm grateful to our PCCs for a rapid series of decisions to recommend to me their next step in response to the third lockdown.

In summary, Finsthwaite wish to stay open, Allithwaite, Flookburgh, Grange, Haverthwaite and Staveley wish to suspend public worship for the time being. (Outside my immediate responsibility, Field Broughton also wishes to remain open). I've said I'll support PCC recommendations.

Various explorations as to how we can worship together using the internet are underway. Until we work out a way, I'm going to continue a smorgasbord offering, though slimmed down a lot as I gather folk were finding the range of options too much. *(This will be emailed out each Friday with our weekly pewsheets and readings.)*

Loneliness

One of the significant issues is loneliness, and feeling out-of-touch, especially for folk who rely on the fellowship they enjoy when we gather. Ideally, I would ring them each week myself, but numbers (and the frequency of funerals plus what I experienced as the extra business during the last two lockdowns) makes this impossible. However, it can be done locally.

If a system doesn't already exist (I know some parishes have a system in place), it would be good to try to identify the folk in this position of loneliness, or feeling out of touch, and folk who like talking on the phone, and get them together (on the phone)!

Some lonely folk may even be helped by being asked (to overcome shyness by someone in a leadership position in the local church) to contact another lonely person. Local knowledge is vital here.

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

Jim

Revd Dr James Bruce

Transitional Rector Cartmel Peninsula Benefice

More information regarding Tier 4 and lock down from the Diocese see page 14

CHRISTMAS TREE FESTIVAL

Gill and I first started to think about the Christmas Tree Festival back at the beginning of summer. Could we hold it? We wanted to go ahead but everything was very uncertain. In September Gill



contacted all our previous contributors to sound them

out to see who would like to enter a tree **IF** we could go ahead. In November things were looking bleak so we contacted everyone again with details of plans A, B and C. We got 26 positive responses, we chose for our theme 'Cumbrian heroes - acts of kindness', and opted for Plan A. We knew we could not hold our usual opening night. We also realised that many of our congregation were shielding and would not be able to help steward the festival. In view of this we decided to drop the 10-12 opening slot and just be open 12 till 4pm. We must thank Hilary Wade of u3a and the WI for recruiting an army of volunteer stewards for us. Every day we listened to Boris's recommendations and consulted

the diocesan guidance. Fortunately we came out of lockdown on December 2nd so could proceed, and Plan A was put into action. We opened to visitors at 12 o'clock on December 4th. As we were only open for 4 hours compared to our usual 6 hours, our visitor numbers were reduced, but 421 folk came to see the 26 decorated trees. People were very generous and we were able to send £1,000 to Barrow Foodbank, our designated charity.

Gill and Margaret



FROM THE REGISTERS

FUNERALS - DECEMBER 2020

15th December

Barry Turner

19th December

Ian Morgan

YEARS MIND - JANUARY

1st January 2016

Donald Cyril Shepherd

10th January 2016

Victor Leslie Clark

6th January 2017

David Saville Read

11th January 2017

Yvonne Barber

15th January 2017

Joyce Lucy Hartley

16th January 2017

Alma Anne Townley

6th January 2018

Clifford Hartley

2nd January 2019

Mary Jackson

25th January 2019

Bessie Shepherd

16th January 2020

Dennis Whitaker

9th January 2020

Kathleen Wilson

13th January 2020

Eveline Robinson

16th January 2020

Maureen Briggs



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

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.



A free phone line of hymns,
reflections and prayers

No.9

**ST KENTIGERN'S CHURCH AT
CASTLE SOWERBY**



It's very difficult to locate even by using an Ordnance Survey map! But there it is overlooking Carrock Fell, a few miles south east of the village of Hesket Newmarket.

A photograph of this lovely country church to brighten up any dull and dreary January day! And to me this

place has special memories. Back at the end of 1972 I was undertaking my final six-week teaching practice at the rural school of Hutton Roof, near Penrith. This was the local church associated with that school, and on one cold but crystal clear November afternoon, the pupils, accompanied by the Rev'd Colin Reed* and myself, walked across the field footpaths to practice a carol service in the church building. I was amazed not just at its beauty, but at the wonderful location overlooking the northern fells of the Lake District.

The church is dedicated to St Kentigern, who is sometimes known as St Mungo. He had many connections with the early Christian settlements on the Clyde and in and around the central belt of Scotland. However, in later life, problems arose with the pagan Scots from the Highland areas moving into these parts and generally driving St Kentigern to flee into northern England, to what is now Cumbria. There are many places in the Diocese of Carlisle where he was supposed to have visited and preached, including here at Castle Sowerby. Some historians attribute St Kentigern to living more as a hermit on the shores of Derwent Water and frequenting its islets there, but there is no doubt he was an acclaimed early Christian missionary in northern Cumbria.

Eventually, he returned to Scotland, where today it is believed that his relics lie within the foundations of St Mungo's Anglican Cathedral in Glasgow.

Church buildings have come and gone here at this site with splendid views over Carrock Fell, Bowscale Fell and Blencathra to the west. Each building replaced an older one, on this very same site where the locals are adamant that St Kentigern actually came, preached, converted those living nearby, and moved on. They hold his name in high reverence.

The current building was first constructed wholly in stone in 1821 and enlarged and remodeled in 1888 to the specifications seen today. Prior to this, the churches on this site were probably wooden or partially wooden buildings, hence the need to keep

replacing them over many years, with historical records showing a definite place of worship here as early as the 12th century. Today, as the photograph shows, it is built to a simple design with whitewashed stone and, again, a double bell-cote on its west gable.

The arched red sandstone mullions of the windows fit very neatly into these bright and attractively painted exterior walls. Inside the building it is surprisingly light and airy with some lovely examples of stained glass panes and intricate lead work on the east window, which has been identified as being of mediaeval origin. The church has a short nave, south aisle and chancel with a south-facing porch. The open woodwork holding up the main roof was said to have been the original timbering from earlier buildings on this site, and forms an extremely attractive feature for those who come here to perhaps just sit and contemplate. The church's interior as I found was as immaculate as is its exterior and also the upkeep of the wonderful graveyard, known locally by parishioners as "Gods Acre!"

Long ago I learnt that the vicar of this parish church resided at the close-by and lavish building that it now known as "Sowerby Hall". The extent and size of this place does tend to suggest just how important a "living" this parish must have been in times gone by. About a further half mile away across the fields to the south-east can be found a property known as How Hill, which in past times was known as a "bastle" or a fortified farmhouse belonging to someone of great wealth. Sometimes these were described as "pele-towers" and it is from this building that the church and parish appear to adopt the name "Castle" to prefix the word "Sowerby".

Although only a small congregation could assemble inside the building, it serves a number of very tiny communities in this area, namely Millhouse, Bankend, Haltcliff Bridge, Hutton Roof, Lamonby and Sedbergham. The total population I picked up of all these places was no more than about 120. Great credit indeed is due to the folk in these parts for maintaining and looking after so beautiful a place of worship.

This photo was taken the day we walked from Hutton Roof School to Castle Sowerby Church, with the 'juniors class' I taught in 1972. All now in their mid- to late-fifties! Where does the time go?

I wonder what they are all up to now?

**At that time, Rev'd Colin Reed was vicar of Caldbeck and had three Church of England Primary Schools to support: Caldbeck, Hesket Newmarket and Hutton Roof. Sadly the latter two have long since closed down to become domestic dwellings, with only Caldbeck remaining as an open place of education.*

Colin



CHRISTINGLES

Anyone entering St Paul's on Monday morning would have been overwhelmed by the scent of oranges, the twinkling of the lights on the 26 trees in the Christmas Tree Festival, and the sweet sound of carols being sung by the team of eight workers making up the Christingles for the children's service on Christmas Eve.

The idea of Christingles came from a Moravian Church in Germany in 1747, when the minister gave each child at the service a lighted candle with a red ribbon around it, representing Jesus as the light of the world. The name **Christingle** comes from the German word Christkindl, meaning 'Little Christ Child'.



Our helpers spent just under two hours making up 150 oranges, each representing the world, and tying round them the red ribbon which signifies the blood that Jesus shed for us. Cocktail sticks were filled with dried fruits and sweets, the fruits of the earth, and four sticks were placed in each orange symbolising both the four seasons and the four corners of the earth. The candle for the top of the orange will this year be replaced by a glo-stick, which will be put into position just before the Christingle is handed to each child as they enter the church for the service on Christmas Eve.

Over the last 50 years Christingle celebrations have raised millions of pounds for the Children's Society, and our donations will once



Unfortunately this year the event had to be ticketed because of Covid restrictions, and numbers were inevitably depleted.

Nevertheless, the Ven Penny Driver led a meaningful, shortened, service, explaining the symbolism of the Christingle by means of a giant pumpkin which had travelled from the Isle of Wight!. The most moving part of the service came when 8-year-old Ava, in the flickering light of the glo-sticks, walked up the centre aisle to place baby Jesus in the stable, as Penny sang 'Away in a manger'.

DR STEPHEN J WOOD
DIRECTOR OF MUSIC

We are happy to confirm the appointment of Stephen J. Wood as our Director of Music from the beginning of January. He has been understudying Charles Edmondson closely over the last few months and will “hit the ground running”.

Stephen, the son of a church organist, studied piano from the age of six, and trained at Chetham's School of Music in Manchester and has worked as a professional musician ever since, as performer, arranger/composer, Lecturer in Music at Salford University, and classical and jazz piano teacher. He moved from Bolton a little over two years ago where he'd lived all his life, and is now based in Allithwaite, where he continues his own piano teaching practice and is the founder and owner of a small music publishing and record company promoting his original compositions and arrangements.

Stephen has featured in BBC programmes as a composer of original works and arranger of traditional Gaelic and Scottish songs and tunes for solo piano - these have also featured in Scottish national music festivals for many years. His piano music has been used in the ABRSM and other major exam boards, and his books and works are distributed worldwide and are also available from his website. A musician with very eclectic tastes, he is described as having been influenced in jazz by Dave Brubeck, Oscar Peterson. Dudley Moore, and, in classical music, by the early 20th century composers Maurice Ravel, Francis Poulenc and George Gershwin.

With this background, we look forward to his joining our church and bringing his own contribution to our services and our musical life. Whilst the current circumstances of social distancing, face masks and no refreshments in church prevail, life will be difficult for us all but we look forward to giving a warm welcome to Stephen, getting to know him and his music better, and to enjoying his part in our spiritual life. Let's all hope that things soon improve and, meanwhile, we give a warm welcome to a very talented musician.



CHRISTMAS GIFTS TO PARISHIONERS

In our household Christmas is the time of the year when my daughter Gemma always makes fudge. She is home from Leeds University awaiting to start an industrial placement in January 21 -conveniently a rather good baker and past secretary of the Leeds University Baking Club (whoever knew that universities had baking clubs!)



When a request for home-baked goodies for parishioners was made she happily agreed to help and instead of making one batch of vanilla fudge for home consumption it was increased to 4 batches. After a few afternoons in the kitchen, twenty-five small parcels of fudge were packaged up in the shape of crackers and, along with the packages of beautiful shortbread from Sue Fleetwood and Mollie Bell, these were distributed to house-bound parishioners before Christmas.



We have had some lovely messages of thanks by letter, phone and via the weekly pewsheets from parishioners. It is wonderful that these small

acts of kindness at Christmas time are much appreciated by so many.

Pastoral Committee

Sylvia Jones sent her thanks, as did Pat Rye and Jean Marsden, not only for the Christmas gifts, but also for the kind messages they receive and the weekly phone calls.

THANK YOU - so much for the gift of homemade goodies that arrived on my doorstep on my 85th birthday - so beautifully presented. One can never feel alone when surrounded by the friendship and love that abounds at St Paul's - the best gifts of all. God Bless you all. Sylvia Jones xx

THANK YOU - I would like to thank the church for the delicious biscuits and fudge and to Sue Wilson for her prayers at Christmas. Pat Rye xx

PS If you want the recipe for the fudge, get in touch, and watch this space for more news - do we have any good scone makers in the Parish? Judith Mitchell

ST PAUL'S CELLAR

During December, there was evidence in the cellar at St. Paul's of the existence of a mouse or mice. This has been dealt with, although it is unlikely that the "porous" nature of the walls (so many small holes with the central heating pipes!) will enable a permanent solution to be reached.

However, it was obvious from our inspections that far too much "stuff" is being stored down there, especially items of an edible nature (cardboard, paper) or of a type which proves attractive to vermin for nesting purposes (straw, artificial snow, shredded paper). So we have set ourselves the target of reducing during January the *quantum* of items being kept by 50%.

If you are aware of anything – or are responsible for anything - being stored in the cellar, will you please review its long-term desirability, when it was last used, overall state of repair or presentation, and whether we really need to hold on to it; and then please turf out what we need not hold. Alternatively, things should be kept in plastic bins with well-fitting tops. A failure to improve the situation could result in the Wardens having to take unilateral action

Unless this is done, we risk longer-term vermin infestation, to say nothing of the fire risk that these items present. At the moment, the cellar is over-full – and an even worse threat would be an Archdeacon's Visitation when a severe attitude towards it all would be expected and we could be ordered to take things away.



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

FROM THE DIOCESE COVID TIER 4 RESTRICTIONS

The Bishop of Carlisle written to all clergy outlining what new restrictions are to be enforced for churches as the county of Cumbria moves into Tier 4.



Notably, for churches, a move to Tier 4 means:

Communal worship

Permitted as 'communal worship' provided that any person attending is:

- alone or
- part of a group all from the same household or from two linked households and must not join any other group or mingle with any person from another group.

Outdoor church service

Church service in a public outdoor place that is not a churchyard or other outdoor church premises is **Not permitted**.

Travel to church

Permitted. But people are advised not to travel out of an area if it is in Tier 4.

Funerals in church, churchyard, cemetery or crematorium

Permitted provided the gathering consists of no more than 30 persons. The organiser must carry out a statutory risk assessment and take all reasonable measures to limit risk of transmission of coronavirus, as described in the guidance available.

Meetings (PCC, APCM etc.) in church or church hall

Physical meetings **Not permitted**.

Homegroups or other meetings taking place in private homes (including Vicarages)

Not permitted.

Ministering to the sick and dying

Permitted on the basis that it constitutes work purposes or the provision of voluntary or charitable services.

Provision of support groups on church premises, which can include mother and toddler groups

Permitted provided the gathering consists of no more than 15 persons (not including children under 5) and it is reasonably necessary for members of the group to be physically present.

Provision of youth services

Not permitted.

Churches providing services involving use of the church as a concert hall, theatre or indoor heritage attraction

Not permitted.

Meanwhile Bishop James has also stressed in his letter to clergy that they and their PCCs should not feel pressured to open churches for communal worship for the duration of the Tier 4 restrictions. Alternatively they may want to offer online services or signpost people to them.

CORONAVIRUS EXPLAINED EASILY:

- Kate got infected yesterday, but she won't know until 14 days later.
- Kate thinks she's healthy and is infecting 10 people per day.
- These 10 people think they are ok, they travel, go out and infect 100 people.
- These 100 people think they are healthy and keep infecting 1000 people.
- No one knows who is ok or who can infect you.

**Do you understand why
it is important to stay at home?
Be responsible. Stay in quarantine.**

Here's a photo of Sunrise over the Bay



*“And he who sits on the throne said, ‘
Behold, I am making all things new’.” Revelation 21: 5*

It was taken on one of the last mornings of 2020 by my niece Esther, from the window of my house in Grange on Charney Well Lane. A lovely reminder of God's power and glory, and the fresh start that he offers us every day of our lives.

Amiel Osmaston

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Please contact the Team Office on 015395 35560
or e-mail details to stpaulschurchgrange@gmail.com
or cptmoffice@gmail.com

PLEASE SUPPORT OUR ADVERTISERS



Make space to pray

By lighting a candle, you're making space to pray

A prayer for all those affected by coronavirus

Keep us, good Lord,
under the shadow of your mercy.
Sustain and support the anxious,
be with those who care for the sick,
and lift up all who are brought low;
that we may find comfort
knowing that nothing can separate us from your love.
In Christ Jesus our Lord. **Amen.**



And another New Year's Prayer

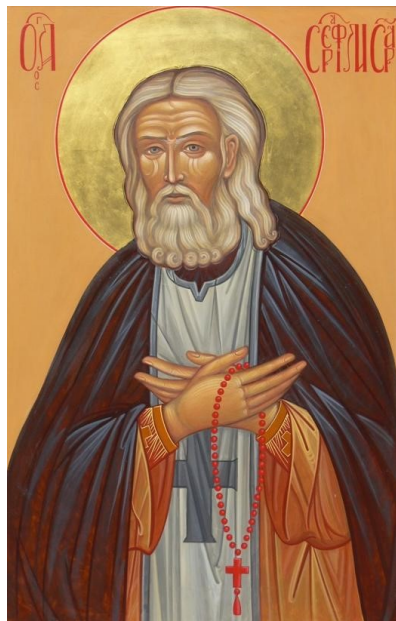
May God make your year a happy one
Not by shielding you from all sorrows and pain
But by strengthening you to bear it as it comes;
Not by making your path easy
But by making you sturdy to travel any path;
Not by taking hardships from you
But by taking fear from your heart;
Not by granting you unbroken sunshine
But by keeping your face bright even in the shadows;
Not by making your life always pleasant
But by showing you when people and their causes need you most
And by making you anxious to be there to help.
God's love, peace, hope and joy to you for the year ahead.



THE SAINTS OF THE ANGLICAN CALENDAR

SERAPHIM OF SAROV

Seraphim, who came from Kursk, entered the monastery at Sarov, near Moscow, where the regime was very harsh. The monks fasted completely on Wednesdays and Fridays, ate only one meal on other days of the week, and were vegetarians, living largely on the food they were able to grow for themselves during the summer months. There must have been long periods during the bitter Russian winters in which they were reduced to bread and root vegetables. Seraphim's health broke down as a result of the poor diet, long hours of liturgical worship and study, and manual work in the bakehouse and carpenter's shop. He was bedridden for three years, and had visions of the Virgin Mary and the apostles. When he recovered, he made an altar of cypress wood for the monastery chapel in thanksgiving. He became a priest in 1793.



Seraphim was greatly attached to the abbot, and when the abbot died, he asked permission to go and live as a hermit. He lived in the woods about two hours' journey from the monastery, cutting his own wood and baking his own bread (tasks for which his labour in the monastery had well prepared him) and growing his own vegetables.

He cared for wild animals such as foxes and birds, and was said to make friends with wolves and bears. On one occasion, brigands attacked him with his own axe. He managed to crawl back to the monastery, and was cared for there, but his spine must have been damaged. Thereafter, he was bent, and walked with a stick.

In 1807, the abbot died and so great was Seraphim's reputation for holiness that he was asked to become abbot. He refused, and, mourning this second abbot, he returned to his solitude and went through 'the trial of silence', not speaking for three years. Then he went back to the monastery, where he lived in a bare cell without a bed. As if he had had his fill of silence, he devoted himself to looking after visitors and ministering to the nuns in the nearby community of Divelev.

Seraphim died in his cell, his face turned towards an ikon of the Virgin Mary, his cloths singed by a candle he held at the moment of his death. His teaching was recorded in his lifetime by Nicholas Motovilov. He emphasized the importance of combining prayer with service to others and manual labour, and his mysticism has become well known in the western church as an example of Orthodox asceticism and spirituality.

JANUARY OBSERVANCES

1ST JANUARY

New Year's Day on January 1 marks the beginning of the New Year in the Gregorian calendar. It is a bank holiday in the United Kingdom, where people mark the day with unique customs and traditions.

6TH JANUARY 2021

Epiphany, or 'Three Kings' Day, marks the end of the 12 days of Christmas for most people in the United Kingdom (UK). January 6 is officially the last day of Christmas and the last day to remove your Christmas decorations. Midwinter festivals and parties have been held on the islands that now form the United Kingdom for thousands of years. When people began to convert to Christianity, aspects of the original festivals were incorporated into Christian celebrations. The Midwinter festival lasting for many days became the Twelve Days of Christmas. This period begins on Boxing Day on December 26 and lasts until Epiphany on January 6.



Epiphany, also called Feast of the Epiphany, Theophany, or Three Kings' Day, (from Greek epiphaneia, "manifestation"), this Christian holiday commemorates the first manifestation of Jesus Christ to the Gentiles, represented by the Magi, and the manifestation of his divinity, as it occurred at his baptism in the Jordan River and at his first miracle, at Cana in Galilee. Epiphany is one of the three principal and oldest festival days of the Christian church (the other two are Easter and Christmas).

25TH JANUARY 2021

Burns Night is annually celebrated in Scotland on or around January 25. It commemorates the life of the bard (poet) Robert Burns, who was born on January 25, 1759. The day also celebrates Burns' contribution to Scottish culture. His best known work is Auld Lang Syne.

Many people and organizations hold a Burns supper on or around Burns Night. These may be informal or formal, only for men, only for women, or for both genders. Formal events include toasts and readings of pieces written by Robert Burns. Ceremonies during a Burns Night supper vary according to the group organizing the event and the location.

The evening centres on the entrance of the haggis (a type of sausage prepared in a sheep's stomach) on a large platter to the sound of a piper playing bagpipes. When the haggis is on the table, the host reads the "Address to a Haggis". This is an ode that Robert Burns wrote to the Scottish dish. At the end of the reading, the haggis is ceremonially sliced into two pieces and the meal begins.

OUR ALTERNATIVE CHRISTMAS CARD



Penny and I are absolutely delighted at the magnificent response to our appeal this year for WaterAid. We have raised £594, of which £529 was gift aided.

The money will be used to help the three villages of the Frat area, in Ethiopia, to get reliable water supplies from a single borehole, from which water will be pumped to a reservoir by solar power. An instant gravity system will pipe clean water to public points in each of the three villages. The school will have its own water point and separate toilet blocks for girls and boys. Working with local partners it is hoped to train the local community in the operation and management.

The UK Government will match all public donations to this project until 4th February. So, many, many thanks from us, and also the villagers of Frat who will benefit from this appeal.

Sue Fleetwood



THE REVERSE ADVENT CALENDAR

A really massive thank-you to everyone who left food for the Barrow Food Bank in church during December or left monetary donations for such a needy cause, to help local people in crisis .

Eric and I took 3 car boot loads of food to the Barrow Food Bank at Abbey Road Baptist Church and they were very grateful for all the goodies, from baked beans to mince pies and Christmas treats. This has really shown the spirit of God's love working in our community.

What an amazing contribution St Paul's have made to the Barrow Foodbank, along with the fantastic donation of £1000 from the Christmas tree festival - thank-you to everyone.

Judith Mitchell - Events Committee

AUDIO VISUAL EQUIPMENT

Some members of the Worship Committee are keen that we should install and develop the use of audio visual equipment in St. Paul's to enhance our services, improve the singing, reduce paperwork, and generally bring ourselves into the 21st century. Others, including some members of our congregation, see the need for such equipment to widen the use of the church for other groups and enhance our appeal to non-church goers, etc.

We welcome someone to act as Chair for a small group of people interested in this project to investigate the use, cost, specification and lay-out of such equipment, plus whether we have the personnel to make good use of it, to prepare and operate it each week, and to make recommendations to the PCC.

Preliminary talks have been held with a number of people and we now need to formalize and lead our discussions to the recommendation and, possibly, action stage.

Anyone interested should speak to one of the wardens, please. Team Rector Jim has prepared an initial discussion paper as a starting point, to which Colin Milner has added his thoughts.

Mike Hill



**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”**

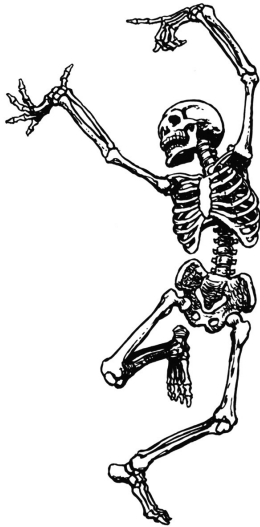


If any local residents require advice or support Age UK are there to provide information and advice that cover every facet of later life, from helping people find out the benefits they are entitled to claim, to discussing options that help make later life at home more manageable. Our aim is to be the 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

BODY PARTS FUN QUIZ ANSWERS

- 1. Skeleton
- 2. Cheek/lip
- 3. Joint
- 4. Throat
- 5. Nails
- 6. Ribs
- 7. Foot
- 8. Hand
- 9. Eye
- 10. Waist
- 11. Nose
- 12. Thumb
- 13. Kidney
- 14. Back
- 15. Legs
- 16. Elbow
- 17. Toe
- 18. Hair
- 19. Face
- 20. Ear
- 21. Calf



- 22. Bone
- 23. Tooth
- 24. Stomach
- 25. Hip
- 26. Tongue
- 27. Palm
- 28. Pancreas
- 29. Chest
- 30. Gums
- 31. Heart
- 32. Eyebrow
- 33. Mouth
- 34. Iris
- 35. Adam's apple
- 36. Knee
- 37. Shoulder
- 38. Sole
- 39. Finger
- 40. Pupil
- 41. Muscle



And FINALLY - I saw this recently

Pythagoras's Theorem	24 words
The Lord's Prayer	66 words
Archimedes' Principle	67 words
The 10 Commandments	179 words
US Declaration of Independence	1,300 words
EU Regulations on the sale of cabbages	26,911 words

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	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	99
July	142	164	70	69	113	126	33	134	169
August	125	152	124	112	168	86	108	180	188
September	216	98	6	29	118	177	133	177	66
October	136	173	156	60	31	172	131	160	165
November	165	118	97	246	118	189	62	85	114
December	194	131	103	352	65	109	160	155	126
Annual									
Totals	1,570	1,177	1,043	1,453	1,275	1,435	1,052	1,433	1408

** means incomplete total till next month*

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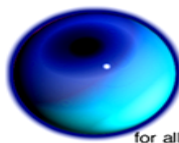


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USEFUL TELEPHONE NUMBERS

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

Dr Stephen J Wood 33593

Email: - mail@stephenjwood.co.uk 07817019063

Parochial Church Council Secretary

Rosemary Hoyle, 8 The Croft, Flookburgh, LA11 7NF 58108

Team Office / Parish Administrator

Linda Brown 35560

Tue, Wed & Thur - 10.00 am-12.30 pm Fri - 9.00 am - 1.00 pm

E-mail - *stpaulschurchgrange@gmail.com* or *cptmoffice@gmail.com*

Magazine Co-ordinator

Penny Ward, The Boulders, Charney Well Lane, GOS LA11 6DB 33243

Children's Society Local Secretary

Judith Mitchell, Silverdale, Highfield Road, GOS LA11 7JB 35664

Bible Reading Fellowship Representative

Jose Baguley, 2 Churchgate, Grange Fell Road, GOS LA11 6AN 35162

Stewardship Secretary

Chris Brown, 18 Winfield Gardens, Allithwaite, LA11 7DF 015393 24015

Magazine Editor

Team Office 35560

e-mail - *stpaulschurchgrange@gmail.com*

Missions Secretary

Rosemary Hoyle, 8 The Croft, Flookburgh, LA11 7NF 58108

Flowers

Kath Bush 32601

Audrey Gorman 35209