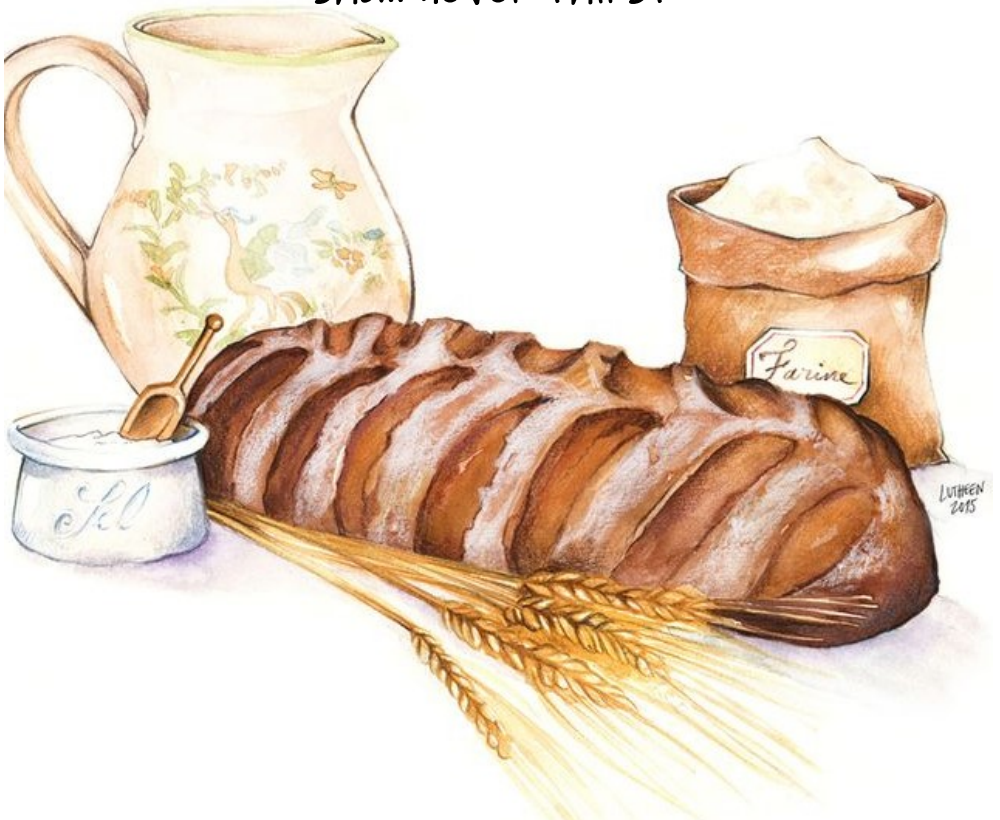


THE PARISH CHURCH OF
SAINT PAUL
GRANGE-OVER-SANDS

I am the Bread of Life
He who comes to me
shall never hunger
and he who believes in me
shall never thirst



August 2021

£1



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



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.**

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

Visit our website www.grangepcc.co.uk

www.facebook.com/StPaulsGoS

Dear friends,

There's a famous line in one of the psalms "How can we sing the Lord's song in a strange land?"

In context, the Israelites were down by the river of Babylon, in exile, and coping with the taunts of their enemies who had wrestled them from their homes.

For us it is a little different. Our homes have been places of refuge, of relative safety. The enemy has not been a particular group of people as much as this unseen virus and the fear and the suffering it carries.

In addition, another kind of strange land which has developed is the situation the churches find themselves in here on the Peninsula, where we continue to wait, and hope and pray for a good outcome, one which will allow us to move forward and grow as the people of God in this part of Cumbria.

So how can we sing the songs? The verse keeps coming to my mind as yet again both government and church guidelines said we can now come together, and carefully and gently begin to worship with praise through song, and, in addition, we are assured that help with our leadership for our churches is on its way.

If things continue the way we hope, there will be opportunities to gather together for fellowship and worship and song. We shall be welcoming a priest in our midst, albeit temporarily, till the other pastoral reorganisation arrangements are in place.

This will be good, but we should understand it will be different; both situations will have limitations. Not everyone will feel able to take up the opportunities there are and we shall need to do our utmost to ensure others' needs are met and their faith is nourished. As a church community in St Paul's and at the Fell we are well known for our pastoral care and support for one another. A new albeit temporary priest will need all our help and support; it would be so tempting to step back from all that we have been doing and doing so well.

Whatever the outcome of the next few months, let's remember that the Lord's song begins in our own hearts. I began with Psalm 137, let me finish with Psalm 138. "I will praise you, O Lord, with all my heart, before the gods I will sing your praise."

Let's sing the Lord's song both in our hearts and out loud where we can – the lyrics are clear, simple and profound.

"Your love, O God, endures for ever"

Penny Driver

SOLO LUNCH

I am arranging for us to resume our solo lunches on 15th August at the Newby Bridge Hotel, after morning service. The hotel is serving a buffet lunch and the costs are £12.95 for one course, £16.95 for two, and £20.95 for three. I do hope you feel able to come. Transport will be available as usual. Watch out for the list at the back of Church from 1st August—and sign up!

Sue Fleetwood



YOUTH TRUST

Dear friends and supporters,

This is just a brief update, on behalf of the Trustees, before we publish a more complete newsletter for wider circulation at the end of the summer.

We are pleased to tell you that, after a long wait through the periods of Covid-19 restrictions, we have been able to appoint a Community & Youth Leader. This is a new and full-time post shared with St. Mary's Church, Allithwaite. The Community & Youth Leader will spend half of her time working, on behalf of the Youth Trust, with young people across the whole Cartmel peninsula area, in partnership with all the churches, schools and the Network Youth Church Leader, Chris Mason.

The new Community & Youth Leader is Helen Hoyle. She begins on 1 September 2021. Helen may well be known to some of you through her local ministry and voluntary work in the Windermere Deanery. There will be an opportunity to meet her on Tuesday, 5 October 2021 at 6pm in the Methodist Church in Grange – details nearer the time.

We hope to see you then,

Mervyn Hull



"I pray that you, being rooted and established in love, may have the power to grasp how wide and long and high and deep is the love of Christ and would know this love that surpasses all knowledge that you may be filled to the measure of all the fullness of God."

Ephesians 3, 17-19

When we are filled to the measure with God's fullness, there's no room left for the fear—and sometimes it's just as simple as saying, "God, please help me".

CHURCH ROTAS

During Lockdown we have very much regretted that we were not able to keep open the door of St Paul's for private prayer, meditation, and for visitors who simply wanted to look round —never a good sign to encounter a closed church. The PCC has agreed that from the 1st September the doors will be open once more, but to do this we need a rota of folk willing to volunteer to open and close each day. Please talk to Mike if you can help for one or two days each week. We are looking for details of an automatic lock so this particular assignment may be of a short duration.



We also want to reinstate refreshments after our morning services on a Sunday and a Wednesday, but, again, we need volunteers willing to sign up for the kitchen duties.

And, finally, we are still looking for a volunteer to take over from Rosemary the responsibility for organising the cleaning rota.

A list is now on the board by the kitchen serving hatch for Sunday coffee. Please see Penny for Wednesdays. Please think whether you could offer to sign your name for one or other of these 'duties'.

THE LATEST MESSAGE FROM ARCHDEACON VERNON ROSS

"Apologies for the time delay in organising interim support.

Bishop James is waiting for a reply from the Patronage Board which is slowing things down. The potential interim person is keen to meet with you, but has had very recent family issues so has limited diary availability.

Once Bishop James has had replies from all the Patronage Board things will start to progress."

FROM THE REGISTERS FOR AUGUST



BAPTISM ANNIVERSARIES

11th August 2019 Darcy Rey Greenough

YEAR'S MIND

Shirley Elizabeth Sherratt	2nd August 2018
Alan Meadowcroft	6th August 2018
Margaret Grundy	18th August 2019
Geraint Jones	11th August 2020

*"Born of Water
and the Spirit"*

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

CHURCH DIARY—AUGUST 2021

Sunday 1st August – 9th Sunday after Trinity

11.00 am - Morning Worship - Lay-led - St Paul's

Wednesday 4th August

10.00 am - Morning Prayer - Lay-led - St Paul's

Sunday 8th August - 10th Sunday after Trinity

9.30 am - Mission Praise - Lay-led - Fell Church

11.00 am - Holy Communion - Canon Derek Jackson - St Paul's

Thursday 12th August - Concert by Charles Edmondson

11.00 am - St Paul's Church

Sunday 15th August - 11th Sunday after Trinity

11.00 am - Holy Communion - St Paul's

The Venerable Penny Driver

Wednesday 18th August

7 pm - Lay training with the Ven Penny Driver - St Paul's

Sunday 22nd August - 12th Sunday after Trinity

9.30 am - BCP Mattins - Lay-led - Fell Church

11.00 am - Morning Worship - Lay-led - St Paul's

Sunday 29th August - 13th Sunday after Trinity

11.00 am - Holy Communion - United Service - St Paul's

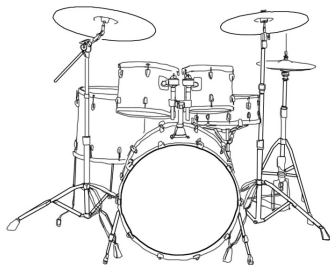
Rev'd Bryan Williams

Wednesday 1st September

7.30 pm Standing Committee - St Paul's

A PROUD MOMENT FOR GRAN

Sam Nicholls, Joyce's grandson, will be playing percussion with the National Youth Orchestra in the prom concert on Saturday, 7th August. The programme features Beethoven's 'Eroica' symphony and violinist Nicola Benedetti playing Prokofiev's violin concerto no. 2. The concert is being recorded live on Radio3, and broadcast on BBC4 television the following evening, Sunday, 8th August.



By Kitty O'Meara

And the people stayed home.
And read books, and listened, and rested,
and exercised, and made art, and played games,
and learned new ways of being, and were still.
And listened more deeply.
Some meditated, some prayed, some danced.
Some met their shadows.
And the people began to think differently.
And the people healed.
And, in the absence of people living in ignorant,
dangerous, mindless, and heartless ways,
the earth began to heal.
And when the danger passed, and the people joined together again,
they grieved their losses, and made new choices, and dreamed new images,
and created new ways to live and heal the earth fully,
as they had been healed.

Written in March 2020 by a former teacher and chaplain from Wisconsin, in trying to process the worsening news surrounding the catastrophic spread of the coronavirus.

THE ORGAN ACCESS AT ST PAUL'S

The access to the consoles of the organ at St Paul's has for many years been a subject of complaint (and often a source of considerable pain) for those playing at our services. The position of the rear choir stall on the north side of the chancel, with its bulky end finial, plus its proximity to the embellished wooden support of the organ pipes, meant that entry to the consoles was a work of athleticism and contortionism, with a bumped head as a frequent accompaniment.

The Archdeacon and the Diocesan Advisory Committee accepted our proposals to alleviate this situation, issuing us with the necessary faculty. We have thus shortened the obtrusive rear pew, turning it into a roomy single (or cosy double) pew at the end away from the organ, whilst still marking it with the original finely carved finial. The result is aesthetically pleasing (see photograph) whilst providing adequate space for our organists to approach their work.



From the wood removed from this pew, including the folding seat arrangement which was there originally, Colin has made a very attractive free-standing individual pew (see photograph) which would be a most pleasing adjunct to someone's house. We should be pleased to receive financial offers to purchase this most attractive piece. Please talk to the churchwarden if you are interested.

ST PAUL'S 9TH SEASON OF SUMMER CONCERTS

EUROPEAN PROGRAMME - 8TH JULY 2021

It really is a joy to be able to hear Charles play live piano music again in St Paul's church and listen to his anecdotes about the music programme.

The second concert of this summer's music series was a tour around Europe in eight sections. Charles commenced his tour with Austria where we heard music from Haydn and Schubert, followed by Mazurkas from Poland. He then challenged himself with a Spanish dance from Moritz Moszkowski which was really an arrangement for 2 people!

The contribution from England was a Morris dance and a country dance which in some circles was described as "cowpat" music but certainly not so - 16th century style with dramatic chords by York Bowen. We then enjoyed a French connection followed by The Italian collocation, a serenata from Toselli - a favourite of Andre Rieu. Charles thought the timing was a little controversial as England played Italy that week in the Euros final.

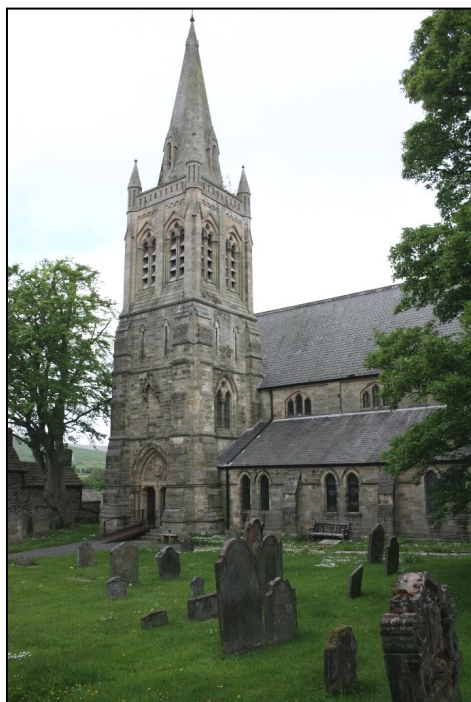
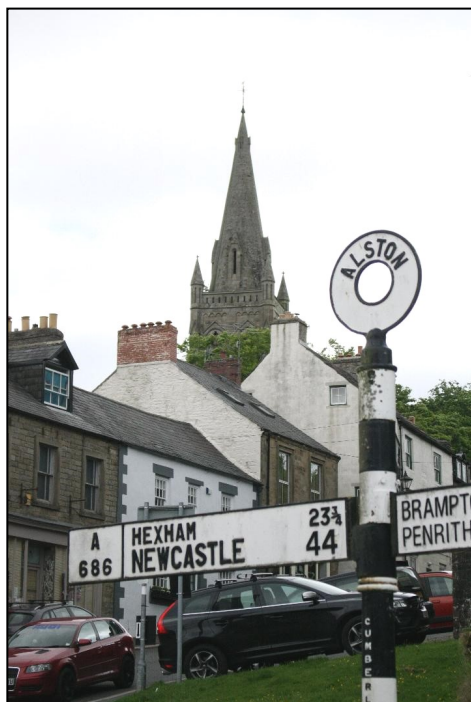
The concert ended with an American conclusion from Edward Macdowell and a wonderful jazz piece 'Jazz Pizzicato' from Leroy Anderson which ended a well - attended morning concert.

Thanks once again to Charles for a wonderful concert and, of course, to his able assistant Eileen. We look forward to the final concert of the summer series on Thursday, 12th August, at 11am - do please come along to enjoy the music and support VaccinAid, Ovarian Cancer research, and the cost of minor alterations to the choir pews in St Paul's.

Judith
Events Committee

OR...C.C.C.C.C.C.C.

No.16 St Augustine's Church in Alston, Cumbria



A beautiful church spire that can be seen for miles around! There are five road routes leading into the small town of Alston, all coming from different directions across the lovely wide open spaces of the North Pennines. Huge expanses of peat-covered moorland are a sheer delight to see if the sun is shining, but can be unpleasant in wet weather and, of course, downright dangerous in winter if there are any signs of snow or ice. I've been a frequent visitor to Alston for many years and always look for the spire landmark from the far distance!

Although Alston is often referred to as a town, the total population here along with outlying villages and hamlets (known as "Alston Moor") is no more than about 1250 souls. Hardly urban! Much more a "*country church*", I hope? But the drive here is always rewarding. I came via "Hartside" and upon arrival at this small Cumbrian town I was puzzled that the first thing I noticed was that this church was part of the Diocese of Newcastle! I had assumed that the ecclesiastical boundary of our diocese must follow the county (political) boundary. But apparently not!

The church looks large and imposing; it is dedicated to St Augustine of Canterbury, supposedly because soon after he became Archbishop of the said see he came

north following Roman roadways and stopped at the highest place in the Pennines, known as “Cross Fell”. Its summit lies only about 6 miles away. “Cross”, of course, where Augustine planted “it”, just as he did in similar fashion near to where the current site of Canterbury Cathedral lies today. Amazing to think that all those years ago in his short reign as Archbishop he should have embarked on such a northerly tour. Sadly after reading the noticeboard at its entrance, I found that the church was locked! It meant that I couldn’t see the famous and very old “Derwentwater Clock” inside the building, nor the columns of Frosterley marble and the painted panels on the reredos (behind-altar-screen). I had to make do with an excursion around a rather untidy and somewhat unkempt graveyard that was surrounded by dwellings. It reminded me very much of the churchyard at Kirkby Lonsdale.

This particular church is certainly big and impressive for such a small town. It was built in 1869 with its spire added later in 1886. Much of the funding for the construction came from wealth accrued by hard-metal mining in the area, mainly lead and zinc for which Alston Moor was famous. The mine owners felt that the more they embellished the church in Victorian times, the greater the chance that they would themselves “get to heaven”! The addition of a beautiful spire nearly 20 years after the tower was constructed was simply, as they then thought, to point the direction in which they believed lay heaven’s location.

St Augustine’s at Alston appears to be one of six churches in the “*Alston Moor Benefice*”. I noted that one in particular, the Church of the Holy Paraclete at nearby Kirkhaugh, certainly looked from its photograph well worth a future visit. Maybe more in-keeping, with the perception, of what a country church and churchyard really should look like. But we’ll see...

This little town is always well worth a stop over or short visit, even if the church is always kept locked! There are cafes and small shops, a narrow-gauge railway, cobbled streets, a steep-sided quaintness to its historic past, and a couple of mining heritage museums not far away. Many of the buildings are old with the covered market cross enclosure looking splendid



from the steep hill on which everything seems to be located. The church spire clearly does tend to dominate the place, and certainly looks inviting. Maybe I will call in again the next time I visit this area to see if the interior really does live up to my expectations. Sadly today there is no evidence on Alston Moor of the mining activities that survived since Roman times. The riches of the past have made way for

tourists to bring wealth to this part of Cumbria. Unemployment though is high - its location is far from large centres of population - but Alston does have a charm all of its own. However, optimism has started to rise, since new and scarce metallic elements have been found located beneath the rocks near here. This might make their commercial extraction worth undertaking, especially with moves in the future that such materials would be required in vast quantities for the manufacturing of electric car batteries. I suspect that, if Saint Augustine was to come back here today, he wouldn't recognise the progress made over one and a half millennia, but I think he would be pleased that Christian worship is still strong up here on Alston Moor.

Colin



SCARECROW COMPETITION

We were delighted to receive this news from Alison Hinds –

“Congratulations! The scarecrow competition judges have finished their deliberations and I am delighted to tell you that St Paul's entry is one of our winners! It was awarded the Best Green Message scarecrow in its category. Please will you let

those responsible know and thank them for a great effort.

Our campaign budget is quite small and the prizes reflect that, so each of our winners is receiving a voucher for £10. To support shopping locally, we are asking the prize winners to nominate a shop in the peninsula where they'd like to spend the money and we will get them a voucher. I would also like to give them a rosette to pin on the scarecrow if they'd like to and I will drop it round.

Thank you again for your effort and enthusiasm.”

We have decided to ask for a voucher for the Co-op so that we can buy biscuits to be shared between us all when we open up again for refreshments after the Sunday morning service.

The scarecrows will be dismantled after the end of the month, and we are asked to recycle/repurpose as much of it as possible to keep it out of landfill. If anyone would like to keep one in their garden to do what scarecrows do, they are welcome to take one. On reflection, perhaps I might use one to deter the deer that have already taken my geranium heads!

Penny

LAKE DISTRICT RAILWAY STATION OPENS AS A TOURIST ATTRACTION AFTER ITS CLOSURE 55 YEARS AGO

Bassenthwaite Lake Station was opened by the Cockermouth, Keswick and Penrith Railway in 1865, and just over 100 years later the section from Keswick to Cockermouth was closed by British Rail in April 1966 as part of the infamous Beeching cuts. Part of the old station disappeared under the A66 Keswick-Cockermouth road, but the down platform, station buildings, stationmaster's house and signalman's cottage survived, and are in private ownership. Now the whole area has been transformed. The derelict station building is a café, the platform has been cleared of undergrowth and replanted with attractive floral displays, and the ex-Cockermouth station railway benches have been rescued from a yard in Hexham and are back on the platform.

The station building restoration is as good as it gets, and retains the original character. Eighteen months ago the station owners acquired a type 4-8-2 steam locomotive 90 feet long (a replica). It has a real firebox and moving parts with steam, and three carriages from the 2017 blockbuster film *Murder on the Orient Express* which was based on the 1934 Agatha Christie novel. The full-size locomotive was also built for the film, which starred Sir Kenneth Branagh as detective Poirot. The carriages will be used for catering and will be linked together to allow visitors to walk through the length of the train; there will be access to the loco's footplate and tender. There will also be access to a nearby woodland walk and bird hide.

It is hoped that the whole project will be open to the public by August of this year.

Russell Bloxcom



“WHY DID GOD MAKE YOU?”

A friend of mine wrote a reflection this week for her church’s newsletter in Durham, and I have found it very helpful and encouraging – so I pass it on

“I’ve been reflecting on God’s call on our lives and, importantly, his call to each one of us whatever our age and stage in life! It is easy to be mis-led into thinking that discerning God’s call is just for the young with their whole life before them, but I have been moved and blessed in the last couple of weeks to be reminded that God continues to call us into the new adventures of his plan and purpose for our lives – however old we may be! If you’ve been using the daily lectionary recently for your Bible reading, there has been much about God’s call to us.

Ezekiel reminded us that God calls us to still bear the fruit of the kingdom in ‘old age.’ God called a despairing **Job** to ‘gird up his loins like a man!’ Despite having lost everything he had, God was still calling him and ‘blessed his latter days more than his beginning’.

This week we have been thinking about **Abraham** who, at the age of 75, was called to take his whole household and ‘go from his country to the land I (God) will show you’. There, in old age, he would be blessed and be a blessing. He faithfully obeyed God’s call (was this madness at his age?!), and eventually was led by God to settle in the land of Canaan. Then, when he was nearly 100 years old and his wife Sarah 90, God’s call was for Sarah to have a son, Isaac, and thereby she would ‘give rise to nations’. That was what God wanted of them in their old age! Abraham was to be the father of God’s chosen people, held in a covenanted relationship with God for ever. No wonder Abraham and Sarah laughed at the impossibility and seeming madness of God’s call in their old age!

It seems in these days, like Abraham and Sarah, that we may despair about many things and be unsure of God’s call on our lives and ‘what we are still *for*’. What we have ‘to do’ about that will unfold when we seek **to ‘know him, to love him, to serve him and enjoy him for ever’** – and then we will ‘still be bearing fruit in old age!’ The words in bold above are the answer to the question **‘Why did God make you?’**, which is part of the Catholic Catechism that all confirmation candidates have to learn. What might your answer be to that question?

From a prayer to God, written by St Teresa of Avila (1515–1582, a Spanish mystic, writer and reformer of the Carmelite order of nuns).

*If you want me to rest,
I desire it for love;
If to labour,
I will die working;
Sweet Love say
Where, how and when.
What do you want of me?...*

*Yours I am, for you I was born:
What do you want of me?*

The Revd Amiel Osmaston

.THE ‘FACE TO FACE’ ART EXHIBITION AT CARTMEL PRIORY

This is a community art exhibition of painted face masks created by local schools, individuals and community groups. The masks cover some of the tall pillars in the Priory. Donations will support the Lighthouse Community Mental Health Hub and the Priory. The Lighthouse is a mental health peer support charity based in Kendal and serving the South Lakeland area of Cumbria. This is a worthy charity as MIND in South Lakeland closed in March 2019.

The face masks, with their bright colours and varied expressions, reveal some of the feelings about people’s experiences of the pandemic, or represent the ways people have coped. The exhibition started in June and will run all summer.

Margaret Caseley



SAINTS OF THE ANGLICAN CALENDAR

OCTAVIA HILL (1838-1912)

Caroline Hill, daughter of the sanitary reformer Dr Southwood Smith, was left with five young daughters after her husband's bankruptcy was followed by what was then called 'incurable insanity'. She and her daughters had to work to keep themselves out of poverty. They were fortunate in their friends. They came into contact with the Christian Socialist, F. D. Maurice, who was a great inspiration to them. The third daughter, Octavia, said later, 'it was Mr Maurice who showed me a life in the Creeds, the services and the Bible; he interpreted for me much that was dark and puzzling in life'. The artist John Ruskin gave her a series of commissions in glass painting. He suggested that she might enter a religious community, but she was a worker, not a contemplative. She found her metier at the age of twenty-seven when he asked her to manage three run-down houses.



She never called the properties 'slums'; but landlords did not bother about repairs to such properties because tenants often wrecked them, and rents were difficult to collect.



Octavia introduced a new principle: the reciprocal duties of landlord and tenant, and so started a new kind of housing management. The properties were repaired—broken windows mended, passages and stairs whitewashed, water supplies and wash-house improved. In return, the tenants were expected to look after the property and pay their rent. She collected the rents herself, often finding her way through dark courtyards among drunken and brawling

men. She treated her tenants with respect: she would not enter their homes uninvited, and she often became a friend and confidant. Gradually she taught them to look after the property, paying the men to do small repairs, and helping the families to budget in order to pay their rent. Persistent defaulters were evicted, and she required references for new tenants. She organized a playground for the children: Ruskin sent flowers and plants, and volunteers came to teach the children games and dances as an alternative to squatting listlessly in dirty courtyards.



In 1868, the Charity Organization Society was founded. Ruskin paid two-thirds of its original costs. Octavia became a district visitor, a liaison officer, and eventually one of the most influential members of its Central Council. Its principles were very much her own - 'Not alms, but a friend'. She found fellow - spirits in Samuel and Henrietta Barnett, and took over properties in their Whitechapel parish. In 1884, the Ecclesiastical Commissioners asked her to manage their properties in Deptford, and then Southwark.

The Women's University Settlement in Southwark became the centre for training in housing management, where students were taught human relations, accounting and gained a very useful knowledge of drains, plumbing and the law of landlord and tenant. Similar training centres were started in Leeds, Liverpool and Manchester, and the system was taken

up in Germany, Holland and the United States.

Octavia's interests became wider: she became the champion of open spaces in crowded London, campaigning for 'the healing gift of space', 'open air sitting rooms' for Londoners. Funds poured in to save Parliament Hill fields, which became FitzJohn's Avenue, Hampstead. She gave evidence to the Royal Commission on Housing in 1878, and turned to writing, urging the privileged occupants in central London squares to throw open the squares to the public. She was a founder member of the National Trust, and the policy of creating Green Belts round the cities owes much to her efforts.

Octavia Hill became as celebrated as her contemporary, Florence Nightingale. Peers and cabinet ministers consulted her, bishops and royalty supported her work. Like Florence Nightingale, she avoided publicity and public speaking. She lived quietly and modestly, and she rejected the suggestion of a state funeral in Westminster Abbey.



READING LIBRARY

We are very grateful to Bishop Nigel and Celia for donating some of their books to our library. Watch out for them appearing on our bookshelves next month.

Some gardening quotes as our gardens become alive again after the rain

The best place to find God is in a garden. You can dig for him there.

George Bernard Shaw

When the root is deep, there is no reason to fear the wind.

Chinese



No garden is without weeds

The better the fruit, the more wasps to eat it.

German

Everyone has enough to do in weeding his own garden.

Flemish



Adam was a gardener, and God, who made him, sees that half of all good gardening is done upon the knees.

Rudyard Kipling

The gardener's hands are black with earth, but his loaves are white.

Albanian



More grows in the garden than was sown there.

Gardens are not made by sitting in the shade.

Rudyard Kipling

LISTENING

YOU ARE NOT LISTENING TO ME WHEN ...

You do not care about me
You say you understand before you know me well enough
You have an answer for my problem before I've finished telling you
 what my problem is
You cut me off before I have finished speaking
You find me boring and don't tell me
You feel critical of my vocabulary, grammar or accent
You are dying to tell me something
You tell me about your experience making mine seem unimportant
You are communicating to someone else in the room
You refuse my thanks by saying you haven't really done anything.

YOU ARE LISTENING TO ME WHEN ...

You come quietly into my private world and let me be me
You really try to understand me even if I'm not making much sense
You grasp my point of view even when it goes against your own
 convictions
You realise that the hour I took from you has left you tired and drained
You allow me the dignity of making my own decisions even though
 you think they might be wrong
You do not take my problem from me, but allow me to deal with it in
 my own way
You hold back your desire to give me good advice
You do not offer me religious solace when you sense I am not ready
 for it
You give me enough room to discover for myself what is going on
You accept my gift of gratitude by telling me how good it makes you
 feel to know you have been helpful

Sunday Services around the Team									
	August 2021	ALLITHWAITE	FLOOBURGH	GRANGE	GRANGE FELL	FINSTHWAITE	HAVERTHWAITE	STAVELEY IN CARTMEL	FIELD BROUGHTON WITH LINDALE
Sunday 1 st August 2021	9th Sunday after Trinity	9.30 am Lay-led	9.30 am Morning Worship Lis Arthurs	11.00 am Lay-led		9.30 am Lay-led	11.00 am Lay-led	18.00 pm Morning Worship Fr John	9.30 am ?
	Wednesday 4 th August 2021			10.00 am Lay-led					
Sunday 8 th August 2021	10th Sunday after Trinity	16.00 pm Alternative Service Sue Wymer	9.30 am Lay-led ?	11.00 am Holy Communion Canon Derek Jackson	9.30 am Mission Praise Lay-led	11.00 am Morning Worship Sue Wymer	11.00 am Morning Worship Lay-led	11.00 am Morning Worship Lay-led	9.30 am ?
15 th August 2021	11th Sunday after Trinity	9.30 am Holy Communion Rev'd Bryan Williams	16.00 pm AW Lay-led	11.00 am Holy Communion The Venerable Penny Driver		9.30 am Lay-led	11.00 am Lay-led	11.00 am Lay-led	9.30 am ?
Sunday 22 nd August 2021	12 th Sunday after Trinity	9.30 am Morning Worship Jenny Leahy	9.30 am Morning Worship Rev'd Bryan Williams	11.00 am Morning Worship Lay-led	9.30 am Lay-led	18.00 Compline Morning Worship Rural Dean John Dixon	11.00 am Morning Worship Rural Dean John Dixon	9.30 am Holy Communion Rural Dean John Dixon	9.30 am ?
Sunday 29 th August 2021	13 th Sunday after Trinity	9.30 am United Service at Allithwaite Morning Worship Lis Arthurs		11.00 am Holy Communion United Service @ Grange Rev'd Bryan Williams		11.00 am Morning Worship United Service @ Finsthwaite Lay-led			9.30 am ?



Seenager

I **JUST** discovered my age group! I am a **Seenager** (senior teenager).

I have everything that I wanted as a teenager, only 55-60 years later. I don't have to go to school or work. I get an allowance every month. I have my own pad. I don't have a curfew. I have a driver's license and my own car.

I have ID that gets me into bars and the wine store. I like the wine store best. The people I hang around with are not scared of getting pregnant, they aren't scared of anything, they have been blessed to live this long, why be scared? And I don't have acne. Life is Good!

Also, you will feel much more intelligent after reading this, if you are a **Seenager**. Brains of older people are slow because they know so much. People do not decline mentally with age; it just takes them longer to recall facts because they have more information in their brains. Scientists believe this also makes you hard of hearing as it puts pressure on your inner ear.

Also, older people often go to another room to get something and when they get there, they stand there wondering what they came for. It is **NOT** a memory problem; it is nature's way of making older people do more exercise.

SO THERE!

I have more friends I should send this to, but right now I can't remember their names. So please forward this to your friends; they may be my friends, too.

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

KENDAL TORCHLIGHT IS LOOKING FOR MARSHALS!

COULD THAT BE YOU?

Friday to Sunday, 24-26 September

This year's theme is Garden of Delights! The gathering will host walking parades, music and theatre performances, fire sculptures, fun activities and a huge celebration for all. There are three options to get involved with **Friday to Sunday 24th-26th September**:

Friday night will be 4 separate parades walking through Sandylands, Hallgarth, Kirkbarrow and from Oxenholme all meeting at Abbott Hall Park. Could you be a walking marshal in one of these parades?

The central hub of our extravaganza will be a magical garden filled with giant illuminated flowers and wildlife. We are inviting the public to explore this world of wonder as they enter the garden and shrink to the size of an ant! **Could you be a marshal at Abbott hall park on Saturday and Sunday?**

There is also a street party happening in the centre of town on Saturday- would you like to be a marshal there?

If you can join us, get in touch with Penny Severn, Volunteer Coordinator on the Torchlight organising committee, on penny@kendaltorchlight.co.uk

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FOODBANK COLLECTION

We plan to restart our bi-monthly collections for the Barrow foodbank on Sunday, 22nd August, between 1 and 3 pm at the Father Magner Room behind the Catholic Church.

Please make a note in your diaries!

If you ever need support, Age UK is here for you.



Our free Advice Line is open 7 days a week, 8am-7pm on 0800 169 65 65. Or, if you're feeling lonely and want a friendly chat, day or night, you can call

The Silver Line on 0800 4 70 80 90.

You can also find out information about coronavirus, lockdown rules and vaccinations on our [website](#).

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.

Another number to ring - **HELPLINE 03030030003**

Website: www.ageuk.org.uk/campaigns

Twitter: [@ageukcampaigns](https://twitter.com/ageukcampaigns)

GRANGE OVER SANDS MONTHLY RAINFALL (MM) - ANDREW LITTLE

	2014	2015	2016	2017	2018	2019	2020	2021
January	163	154	141	98	142	73	107	186
February	115	76	125	91	69	99	263	139
March	61	110	107	162	60	182	75	134
April	58	46	72	15	98	39	12	12
May	62	165	32	75	37	52	26	101
June	28	34	185	135	19	91	99	2*
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	1,043	1,453	1,275	1,435	1,052	1,433	1,408	574

** means incomplete total till next month*

SINGING FOR MEMORY

Singing for Memory has been the most rewarding community project of the Grange Soroptimist club. It has brought hours of happiness to many people living with memory loss, and to their carers. It started in October 2014 and our final session of 2021 is on July 22nd so it has been running for nearly 7 years. I am sad and sorry to say that it will be our very last session as we will not be returning to Allithwaite Village Hall in September.

Since the pandemic struck, arrangements were made to use Zoom for on-line sessions, and while much appreciated by those who could join in, inevitably there were some who could not. A questionnaire was sent to all on the register to determine how many people would come back to face-to-face sessions, and we sadly don't have enough to continue.

Those attending and all the volunteers have been informed, and have been very understanding. Unfortunately SfM has been a victim of Covid 19. A number of our attendees have died and in others the disease has progressed so they will not be able to attend. Added to this, we haven't been able to recruit new attendees during this time.

I would like to thank all the volunteers for their support, commitment and enthusiasm. It has been an excellent team. Thank you

Janice Carrick

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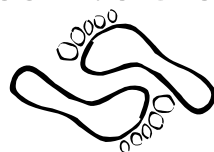
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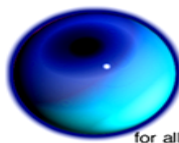


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Deputy Wardens	
Vacant	
Treasurer	
John Millican, Ruslands, Cat Tree Road, GOS LA11 7EB	32561
Parish Safeguarding Officer	
Judith Mitchell, Silverdale, Highfield Road, GOS LA11 7JB	35664
Fell Church	
Please contact the Churchwarden	
Organist and Choir	
Vacant	
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
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