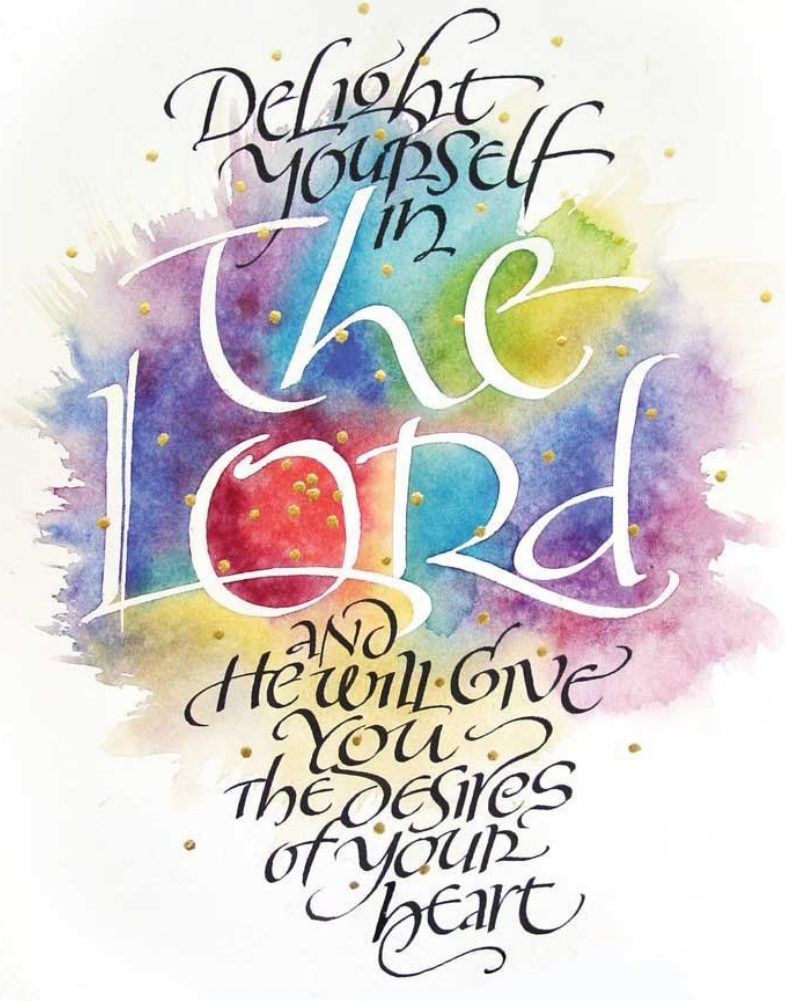


THE PARISH CHURCH OF
SAINT PAUL
GRANGE-OVER-SANDS



Delight
yourself
in
The
LORD
and
He will Give
You
the desires
of your
heart

September 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

Vacant

Tel No

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

The 6th August this year marked the 30th anniversary of the internet. It has changed our lives so completely that even many of us who are old enough struggle to remember what life was like before it. I was at university in 1991 and remember a computer scientist friend taking me down to the dark basement where they did mysterious things with banks of computers. He pointed excitedly at a screen. ‘This message has just come from America’, he explained. ‘It’s called “electronic mail”.’ I peered at the inconsequential pixelated message buried in a miasma of strange symbols, and thought ‘This will never catch on’. Then along came Microsoft and made it more human and accessible for everyone, and the world was changed for ever.

The scale of that change really came apparent around the Millennium. The University of California (Berkeley) measured, in data bits, the amount of information produced globally in 2001 and 2002, and compared this figure with the information produced in earlier times. It found that the amount of information produced in 2001 alone was double that produced in all our previous existence as a species on earth! And in 2002 it doubled again, due to the internet. That rate of growth has continued such that the amount of information now available to humanity is too large even for the most sophisticated computer algorithms to process it all.

So much could be said about this, but I note, here, just three implications. First, the vast power of the internet essentially comes from connecting people together, allowing the instantaneous exchange of ideas and information. It is, in essence, a glimpse of the vast potential of a connected humanity. Second, human brains are now coping with a tidal wave of information that leaves us bewitched, bothered and bewildered. Enticing as it is, the information we are processing has become so complete that we might wonder whether there is any such thing as an absolute truth that everyone can grasp and hold. Third, we have had a glimpse into a world that is mind-blowingly vast, made visible because of the genius of technicians making it accessible to everyone.

All this offers an intriguing parallel perspective of the Christian faith. Christianity, above all, draws us into fellowship – connection. Through the Holy Spirit, we are able to connect with one another in deep, new ways. The more we practise forgiveness, collective worship and shared service, the more deeply connected we become. The internet shows just what a vast difference we make when we are connected, and that, in that sense, is a glimpse of just how powerful our Christian fellowships can be as an agent of change in this world when we connect together deeply. Second, if the vastness of information available on the internet astonishes us, it pales into insignificance beside the vastness of God. If we ever think we have God in a box, understood and wrapped up, we need to look again. And, third, for all the vast complexity of God, we have him mediated to us in Jesus, who has made God human for us, someone we can all relate to and interact with. For all the vastness of God, Jesus is our ‘window’ into that absolute truth that affects us all.

For all its faults, we could not have made it through the pandemic without the internet. By the same token, for all the faults of the Church many of us could not get through life without Jesus. Perhaps in an age of a bewildering volume of instantaneous information, we need Jesus more than ever, making the complex vastness of reality human-sized and human-shaped for us.

The Revd Stewart Fyfe
Rector of the North Westmorland Churches Ministry Group
(Reproduced – with permission - from a recent magazine picked up in Morland)

THE DEVELOPMENT OF COMPUTING AT MERLEWOOD

Stewart's article reminded me of my experience of computers at Merlewood. When other research stations were not even considering a computer-based approach to ecology, Merlewood gained a reputation of being a leader in the field.

Computers began at Merlewood in 1968 when data crunching equipment was very limited – pencil and paper, logarithm tables, slide rules and the Monroe Calculator. The first machines were two very noisy Creeds resembling large typewriters with an additional device that punched hole in paper tape, each sequence of holes representing a letter or number. The tapes were sent by post to a Sirius computer in Blackburn Technical College and results sent back by return. Woe betide anyone who made a mistake initially as the whole process would have to start again! Once used the tapes became a source of superb eco-friendly confetti.

Merlewood's first computer arrived in 1969 (earlier than expected because work on a research ship for the Natural Environment Research Council had fallen behind schedule and a large amount of money had to be spent in a hurry!) It was installed in a converted outbuilding of the original privately owned house, a chicken shed. Protective measures took place to prevent damage to this precious machine; overhanging trees were cut back from the corrugated asbestos roof and any large boulders removed from the steep hillside behind the building. The computer was the size of a small wardrobe and was really a glorified electric typewriter but its QWERTY keyboard had uppercase letters only. A special ceremony took place each morning to 'boot' it up, toggling long lists of numbers before it burst into life. This machine was later replaced by a larger, more powerful one that almost filled the room; it enabled staff to "time share", ie more than one operator could work at different teletypes at the same time. We had to sign up for hourly slots, and the next person would be looking over your shoulder if you overran your allotted time.

Periodically the computer crashed. Some things don't change! But the causes do. Then, it was static electricity. We learnt to touch the radiator in the computer room to discharge any build up before going anywhere near the machine. However, some people conducted it and some didn't. Mischievous male staff chose to attribute the difference to the material of the operator's underwear! In reality, it was more likely due to the nature of their shoes: static built up from treading on the synthetic matting floor.

Mice were another problem. When we moved offices to the Lodge at the entrance to the drive - and prior to the invention of WiFi - cables had to be laid underground through the wood. The mice enjoyed chewing through them!

In the late 1970's a more sophisticated machine was required, which needing air conditioning and greater security than a chicken shed could provide. The stable block, an historic listed building, was sympathetically converted, according to the guidelines, to avoid any change to the exterior. An inner security door was fitted, the cobbled floor replaced with vinyl, and in the room above a lead floor was fitted to prevent any toilet leakage damaging the expensive machine. (Years later the stable block was entirely demolished by the new owners!)

This machine was replaced by an even more powerful, but comically small, computer. The teletypes were replaced by DEC writers, and later by Visual Display Units (VDUs) with integrated keyboards and screens. Separate printers were then necessary, and a variety of size and types appeared over the years positioned in communal areas of the house. Early ink-jet printers were too expensive to run so eventually we opted for laser printers.

Next came the PC (Personal Computer). These were linked to a server in the computer room, and soon every member of staff, and not just the scientists, had their own networked computer sitting on their desk. Early versions of Microsoft Office followed, with Excel for preparing data, Word for writing documents, and Powerpoint for presentations, and, of course, the use of email, and the World Wide Web* and internet.

Since then we have seen the development of mobile phones with which we can take photos, communicate by email, social media and What's App, surf the web, manage our finances, read the news, shop on-line, book doctor's appointments, etc, etc. I wonder what further advances there will be in information technology in our lifetime, and in the lifetime of our children and grandchildren.

When the Station closed in October 2003 most staff and equipment migrated to the Lancaster Environment Centre at Lancaster University, but for 35 years Merlewood remained at the forefront of computer-based ecological research.

Penny

*I have a vivid memory of walking across the stable courtyard one morning, and meeting the librarian who asked me whether I had heard or read about the World Wide Web. 'No', I replied, and he went on to describe this new 'thing' and how it was forecast to revolutionise our world. 'Never', was my response – how wrong I was!

MERLEWOOD

The history of Merlewood began in Kendal in 1760, at the Friends Meeting House, when Benjamin Binyon of Manchester married Ruth Wakefield. 40 years later in 1828 Benjamin's grandson, Alfred Binyon, married Lucy Hoyle, and in 1853 Alfred laid the foundation stone of their new home outside Grange-over-Sands. Sadly Lucy died before she was able to live in the house; Alfred moved in with their six children in 1855, but only lived there for one year before he too passed away.



Their second son, Frederick, became vicar of Burton-in-Lonsdale, and was the father of Laurence Binyon, whose lines "They shall grow not old" from his poem *For the fallen* are recited every Remembrance Day. Three of the four daughters married clergymen, all the weddings taking place in Cartmel Priory, and the husband of one of them, Emily, became vicar of Lindale. In 1858 Merlewood was bought by Mrs Eliza Horrocks, a widow, whose late husband was related to Horrockses, Miller & Co, cotton manufacturers of Preston. She extended her new estate, acquiring the adjacent farm and rebuilding the farmhouse. Eliza died at Merlewood in 1872, is buried in Lindale churchyard, and the property was let furnished for three years before her nephew, William Pitt Miller, purchased the estate in 1876. He and his wife lived there with their six children; nine servants lived in the house, while the coachman and his family lived in rooms over the coachhouse, and the gardener and his family lived in the lodge. The Miller family were at Merlewood until William's widow died in 1930, and in 1931 the estate was sold at auction to the Mutual Holiday Association Ltd, who eventually opened it as a hotel in 1938 run by J G Green and his family.

The following sale notice appeared in the Westmorland Gazette.

MERLEWOOD ... containing 4 large entertaining rooms, 20 bed and dressing rooms and complete domestic offices, garages, etc, with entrance lodge, gardens and grounds of about 9 acres, farm of about 70 acres with excellent farmhouse and buildings, 58 acres of ornamental plantations, cottages, laundry, etc, with a total area of about 138 acres, and with several very eligible building sites fronting to good roads. To be sold as a whole or divided. Very suitable for private residence, school, convalescent home or institution.

In 1940 the building was requisitioned by the War Office, and used as a training centre by the Royal Army Service Corps, the Royal Army Ordnance Corps, and the Royal Electrical and Mechanical Engineers. The property returned to the Green family in 1947 and reopened as a hotel.

In 1951, the building was bought by the Nature Conservancy, and converted into laboratories for scientific studies on moorland and woodland vegetation and soils. In 1973 the Nature Conservancy was split into two new organisations – the Nature Conservancy Council for managing the national nature reserves, and a new Institute of Terrestrial Ecology for research. Merlewood was one of six research stations round the country which formed the new Institute within the Natural Environment Research Council. Ferry House on Windermere was a sister Institute of Freshwater Ecology.

Visiting scientists at all levels came to Merlewood to collaborate on computer-based projects, some staying for several months. Many came from abroad, including Australia, Canada, Finland, France, Ireland, South Africa, the Sudan, Sweden, and the People's Republic of China. The link with the Academia Sinica Institute of Forestry and Soil Science in China was especially interesting. In the early 1980s a group from Merlewood went out to Shenyang—taking with them a computer—and subsequently individual Chinese scientists came for periods of anything up to two years. It provided a fascinating insight into life in China following the end of the Cultural Revolution.

In 2003 came the Government decision to transfer the staff and equipment to the University of Lancaster, and the Research Station closed. Merlewood remained empty for several years, until it was finally purchased by the Holiday Property Bond who restored the main building to some of its former glory and built extra accommodation in the grounds. It is now one of HPB's flagship properties, and very popular – and we are delighted to welcome some of the visitors joining us for worship at St Paul's during their stay in Grange.



RECENT CORRESPONDENCE

The Bishop of Carlisle
The Right Reverend James Newcome
Bishop's House, Ambleside Road, Keswick CA12 4DD

30th July 2021

For the attention of Patronage Board Members

To the Representatives of the Team Council

Dear Sir or Madam

Cartmel Peninsula Team Ministry ("CPTM")

I write regarding the current arrangements for ministry within CPTM.

The Church Commissioners Pastoral Scheme for CPTM, made back in 2011, envisaged a Team serving the benefice constituting 1 team rector and 3 team vicars. A process has begun with the objective of a further Church Commissioner's Scheme being made for pastoral reorganisation within the benefice. This will follow all usual due process, but it is not envisaged that such a scheme will be concluded for many months.

In practice, the benefice is presently operating with only one active team vicar in post (Nick Devenish). The team rector resigned effective from 19th July 2021. One team vicar post is vacant. One team vicar has voluntarily stepped back from ministry and the date of her return to active ministry within the Team is at this point unknown.

This current shortage of clerical provision is causing significant pastoral concerns. In light of the fact that there is significantly less clerical support currently available to the parishes than was envisaged by the 2011 scheme, a need for urgent additional support of a temporary nature has been identified to assist with ministry.

It is proposed that additional interim support is provided by way of providing two interim posts. These are:

Mission Community Leader and Interim Team Vicar 1.0 FTE (Cartmel Peninsula Team Ministry) of Haverthwaite, Finsthwaite, Staveley in Cartmel and Associate Priest of Grange and Associate Priest of Field Broughton. This is for one year in the first instance, renewable up to a maximum of 3 years or until the new Pastoral Scheme is enacted.

Interim Team Vicar 0.5 FTE (Cartmel Peninsula Team Ministry) of Flookburgh and Associate Priest of Allithwaite due to the absence of their Team Vicar. This is for one year in the first instance, renewable up to a maximum of 3 years or until the new Pastoral Scheme is enacted.

If the Patronage Board are in agreement with these interim proposals, then I should be grateful if we could proceed to consult others in the usual way in order to ensure that some structured support can be provided at the soonest opportunity.

Yours sincerely
James

Telephone: 01768 773430 - E-mail: bishop.carlisle@carlisediocese.org.uk

Linden House,
Linden Fold,
Grange-over-Sands,
Cumbria LA11 7AY
Tel.: 015395 33511
16th August, 2021

The Rt. Revd. James Newcome, M.A.,
Bishop of Carlisle,
Bishop's House,
Ambleside road,
Keswick CA12 4DD

Dear Bishop James,

Cartmel Peninsula Team Ministry

Thank you for your letter of 30th July and subsequent invitation to a meeting of the Patronage Board on 31st August.

The PCC of St. Paul's, Grange-over-Sands, is generally supportive of the proposal to provide a Mission Community Leader and Interim Team Vicar 1.0 FTE for the parishes of Haverthwaite, Finsthwaite, Staveley in Cartmel and Associate Priest of Grange and of Field Broughton for a period of one year in the first instance, renewable up to a maximum of 3 years or until the new Pastoral Scheme is enacted.

When this was discussed with Archdeacon Vernon earlier this year, there was also to be a House for Duty Priest made available to support the above parishes but I see no mention of this now.

There have been reservations voiced by many members of our congregation, concerning the positioning of this candidate in the Haverthwaite Vicarage, when there is an ideally situated Rectory in Grange. This is only acceptable in the short term whilst the future of the Grange property is decided.

It must be recognised that Grange is the heart of the ecumenical presence in the Cartmel Peninsula, with RC, Methodist and URC churches and congregations, plus a Hope Church meeting regularly in the school. It is desirable in the longer term that a Mission leader should be resident close to these communities and be seen within the commercial and residential boundaries of the town on a regular basis.

As far as the congregation of St. Paul's in Grange is concerned, we have now been almost 5 years without pastoral care, apart from the year or so that the Revd. Andrew Norman looked after us as Assistant Curate. The recently resigned Interim Team Rector was asked to give us "strategic guidance" only whilst being asked to devote pastoral care and attention to the Leven Valley parishes. We currently maintain our Sunday morning congregations of over 50 people but one wonders for how much longer this faith and fortitude can be maintained without someone living among us and encouraging us with a more intimate presence, daily prayer, a

mid-week Communion service and a full and direct interest in the various pastoral activities which we maintain.

The Grange Rectory is currently occupied under a commercial letting and we are told that it requires some renovation. During the period of the proposed interim appointment, we propose that this work be carried out, or the property sold and a new (er) suitable house bought so that a proper pastoral, mission-led presence of care may be restored to an important and growing commercial and religious community.

I bring this to your attention so that the position may be disclosed to the candidate being interviewed later this month and s/he is thus made aware of the feelings regarding a longer positioning outside the town of Grange and away from the church of St. Paul's. Our PCC would oppose such a suggestion as it is our belief that it would be unfavourable (if not hostile) to the longer term interests of Christianity in this part of the diocese.

Yours sincerely,

Michael B. Hill
Churchwarden
Church of St. Paul
Grange-over-Sands

c.c. Archdeacon Vernon Ross

FROM THE REGISTERS FOR SEPTEMBER

YEAR'S MIND

Ieuan Davies	15th September 2015
Joan Dean	28th September 2015
Malcom Higginson	21st September 2016
Ian Wilson	28th September 2017
Nancy Atkinson	19th September 2019
Robin Leaver	21st September 2019



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

***“Born of Water
and the Spirit”***

CHURCH DIARY - SEPTEMBER 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

No.17 - Colton Church

This time there is an Ordnance Survey Map reference! SD 318861. Just so you can instantly locate Colton Church (in fact, quite near Bouth).



Coupled with this beautiful spring photograph is an explanation of the direction of where these articles on country churches are going. There has been a suggestion that the articles should be put together in a booklet, perhaps for a minimal sale to benefit our church (to offset photocopying costs). I'm so very grateful for the comments I have received which have really made me commit to writing all the more. With this in mind, we have agreed a final number – no. 25 will be the last. All things do have to come to an end somewhere, and, with the pandemic starting to abate somewhat, we hope that 'periods of isolation' will become a thing of the past! I hope now that the so-called "*lockdown periods*" are just a "*thing of the past*" and that you may be able to visit some of these beautiful places for yourselves.

In the meantime, back to Colton Church!

Once you have found your way here, the church notice states that it is dedicated to the "Holy Trinity", and that there may be a connection to the site of a Holy Well just to the west of the building adjacent to the square tower. But who really knows?

The churchyard looked immaculate on my spring visit, and again I showed more than a real interest in the adjacent church school that can be seen in the background of the next photograph. Long since closed though! Now some sort of a church hall.

Colton community only has six dwellings, so children of those long-since bygone days must have had to walk quite a way down the narrow lanes near the church just to receive their education. I presume most of them, and perhaps Colton's congregation of today, probably come from the nearby larger village of Bouth about a mile and a half away.



Holy Trinity at Colton was first consecrated in 1578 and much of that building still survives. However, the tower and the North transept were added in 1721, and finally, in 1890, the prolific Victorian church architects *'Paley, Austin & Paley'* re-designed and reordered the place to what you see today. The church school next door was added soon afterwards, but had to close in the late 1950's.

Inside the building did seem relatively dark and not perhaps as inspiring as some country churches I have visited. However, a beautiful stained glass window in the SW corner took my eye depicting *'Jacob's Dream'*; it was purchased by grateful parishioners in remembrance of one of its largest benefactors, Harriet Dickson of Abbot's Reading Farm, not far from Bouth.



But the real treasure here at Colton Church is its external view looking North-West from the churchyard towards the Coniston Fells. It is simply magnificent. "Dow Crag" and the "Old Man" certainly looked inviting, as I sat on a seat and admired them! It is a truly inspirational scene depicting the very best of rural Cumbria.

I learned that Colton Church is part of the so called *'Coniston and Crake Valley Benefice'*, encompassing this one with Egton-cum-Newland, Lowick with Blawith, Coniston and Torver plus Penny Bridge. Quite a handful of rural churches for a single ordained clergy person to deal with and, in terms of area, very large indeed!

Unlike some village churches, car parking here is easy with a large space at the terminus of a very narrow lane. And for some contemplation and solitude...I cannot think of anywhere more beautiful to position a holy building and can understand those who choose this location for their final resting place. Those few souls who worship regularly here certainly need to be congratulated on maintaining their large churchyard in such a tidy and beautiful manner. Yes.....not too far from Grange-over-Sands and well worth that afternoon visit some time....but take a snack or a picnic perhaps just to amaze at the panorama seen in the photo! Do, though, choose a fine and sunny day!

Colin.

FREE ONCE AGAIN TO EAT TOGETHER

At last the Solo Diners were able to meet up again after Lockdown.

“On Sunday August 15th, I was delighted to be invited to join the solo diners, a group who normally eat alone joining together for Sunday lunch in a local hostelry. This was the first time it's been possible to meet together due to COVID restrictions.

After the Sunday morning service 17 of us met at the Derby Arms, Witherslack. Sue Fleetwood had arranged the lunch and the arrangements were excellent, with a large list of what we had pre-ordered and the cost. She has to be congratulated on her efficiency.

The food was delicious: a choice of starters from soup, beetroot and goats cheese salad or whitebait, and for main course roast beef, roast lamb, scampi, fish and chips, and a chickpea spiced pie.

I was fortunate to meet new friends and reconnect with old ones; the chat was non-stop and very interesting, until the food and wine arrived. The Yorkshire puddings were to be seen to be believed.

We couldn't believe how busy the hotel was, with every table taken – just like normal times again.

I would like to thank everyone for their company and friendship – a wonderful way to spend a Sunday afternoon.

God Bless

Margaret T”

It really was a delight to be able to go out together again for a meal. One lone male braved the female company, but we very much hope that next time he will be encouraging others to join him. Rumour has it that the Woodlands Hotel will be our next venue – watch out for the date



SCHOOL MATES REDISCOVERED – 65 YEARS ON!

Maureen Chadwick (née Kerr) and I ‘met’ in 2018. We both went on several U3A and Forum outings, on one occasion spending the whole day in each other’s company. A few days later we happened to be walking up Main Street together when I mentioned I was going to Radcliffe to attend a funeral, but did not think Maureen would know the town. All was revealed when she disclosed that she had been born there, and attended St Thomas’s CofE Primary School, as did I. We were both the same age, and, on learning Maureen’s maiden name, I realised we had been classmates. Later we spent a great afternoon studying the photograph and trying to name all the other scholars.

A lovely discovery and, but for that chance remark about the funeral, would we ever have realised our connection?

Eileen Burke (née Porter)

See if you can recognise Eileen and Maureen in the photograph.

Have we any more similar coincidences at Church?





Growing Well is a mental health charity offering free effective support for anyone feeling depressed, anxious or finding everyday life difficult, based on a six-acre organic horticultural enterprise just south of Kendal at Low Sizergh Farm. The farm's shop and tea room is well signposted from the A591. Once you get to the car park look out for the Growing Well and farm trail signs and walk down the track towards the 6 polytunnels.

Keeping on going, keeping on growing

A message from Chief Executive Mary Houston

“Like charities all round the country, Covid has hit us hard. We closed our service to volunteers on March 20th and suspended our Occupational Life Skills and horticulture training. We have had to cancel fundraising events – losing us tens of thousands of pounds this year. Other fundraising plans and projects are on hold or having to be rethought to take into account the difficulties businesses are facing. Competition for emergency funding for charities has been enormous.

During lockdown, our therapeutic team of occupational therapists gave regular 1-1 remote mental health support to more than 60 individuals, helped by a Cumbria Community Foundation grant for IT equipment. Meanwhile a skeleton crew of growers and redeployed staff worked hard to keep farm production going to fulfil our commitment to our ‘Crop Share’ vegetable box customers and ensure a fully functioning operation was there for volunteers to pick up when they returned for our partial re-opening on June 22.

We know that once COVID-19 has passed, mental health support is going to be a crucial resource for even more people within our community. That’s why we have all worked so hard to keep going and keep growing and get to the other side of this, so that we can be there for more people.

Helping people to find meaningful occupation, develop their emotional resilience and prepare for a new chapter, be it work, college or (in this case) post-COVID-19 life, is something we can do very effectively. Producing beautiful, local food is something we also do and something we can see that people are appreciating more than ever.

We have lost approximately £100,000 from cancelled events, postponed fundraising plans, training income, and the cost of redeploying staff to our field rather than taking advantage of the Government’s furlough scheme.

We have successfully gained around £50,000 from the Government’s charity package via the National Lottery, the local Cumbria Community Foundation Covid-19 response fund, and other donations but we still have a big gap to fill!”

Growing Well offers a unique combination of vocational horticultural and catering activity, therapeutic support and training, which benefits more than 100 local people per year. Individuals attend the service on one day per week (9am-4pm), the usual length of stay being between 6 months and 2 years.

Activities are offered as a powerful alternative (or accompaniment) to talking therapy. Where sometimes there just aren't the words, activities provide a unique context for discovering, understanding and communicating personal needs, and strengths. In this occupationally focused approach, the activity IS the therapy. A range of supported, meaningful activity and training is offered, all based around participatory work on the field and in our kitchens.

When working with our volunteers (our beneficiaries), the focus is on three, vital objectives:

- * Building emotional resilience
- * Developing life skills
- * Supporting healthier, more active living

Extracted from their web site –

“When you start at Growing Well you can try a variety of jobs, including...

...working on the field, carrying out growing activities – sowing seeds, planting out, watering and looking after the plants, and finally picking and packing them for sale. This is great if you enjoy being outside, moving around and getting stuck in.

...preparing and cooking lunch for the team, and also experimenting with new food products to sell. This is great for people who either enjoy or would like to have a go at cooking, it's less physically demanding and gives a great sense of achievement, working as part of team to prepare lunch for everyone!

...working in the office, helping to run the organisation. You can get involved with financial tasks, marketing, events, and a wide range of other administrative tasks.

You'll have the chance to study for horticultural qualifications, which will build your skill, knowledge and confidence. Practical training in tractor driving and other useful skills is available. For people working in the office and kitchen, there will be opportunities to attend relevant training, if you are interested in doing so.

**Further information is available on the web site
<https://www.growingwell.co.uk/> (Tel no. 07903013648)**

Testimonial from a Growing Well member—

“I think it just brings you out of your illness because you spend so much time in your head, cut off from the world...you step out of your own problems and out of your own head and see the world again!”

FRESHERS CAFÉ

FIRST AND FRIENDLIEST CAFÉ IN AMBLESIDE

Famously friendly café in Ambleside, the heart of the English Lake District. Delicious homemade food including all-day breakfast, spectacular quiches, sandwiches, toasties and jackets, fresh homemade soups and cakes galore. Vegan and GF options. Premium coffees, selection of teas, smoothies, milkshakes, ice creams and iced coffees. Accessible by wheelchair users - please call for further information. Child friendly, dog friendly, bike-friendly, basically all-round friendly family-run business.

Cordon blow! World's top restaurant beaten by cafe

Diner voted No1 online... but only No2 in Lakes town

By James Tozer

WITIT delicacies ranging from black pudding 'topper' to scotch eggs with a swiss meat volcano, diners lucky enough to get a table at the Old Stamp House are left in no doubt that they have firmly entered the world of fine dining.

Indeed the efforts of Michelin-starred chef-proprietor Ryan Blackburn in securing Cumbria for the finest local produce have now landed his top restaurant the stunning accolade of 'best in the world' from TripAdvisor.

But one look at the customer reviews posted on the very same website reveals that the 50 cover venue comes in at only No2 in the popular Lake District local scene. For just down the road is Fresher's Cafe, where main meal options include jacket potatoes, quiche Lorraine and egg marmalade sandwiches.

Rated as the friendliest cafe in Ambleside, the barely 30 customers can sit up with a healthy homemade sandwich and a cup of tea - compared with £15 per head plus wine for the dinner-tasting menu at the Old Stamp House.

'My first reaction was disbelief'

Home: Both restaurants were in their own way, beating their

Homely: Diners at Fresher's Cafe, where the menu includes a full English, left

Ambleside's 65 restaurants and cafe had never been, his objective.

When we opened in 2017, the first six months were so quiet I didn't think we were going to survive, he said.

Eventually things picked up, but even getting into the top 50 on TripAdvisor was something I thought was out of reach.

We're just delighted to be on

THE OLD STAMP HOUSE

Black pudding 'bon bon' with Cumberland sauce and pickled apple

Arctic Char 'ikejime', Ceviche with radish and rhubarb

FRESHER'S CAFE

Full Breakfast - two bacon, two sausages, fried egg, beans, mushrooms, tomato and toast - £7.50

Quiche Lorraine

Who remembers the delicious quiches and cakes made by Doris Almond when she was living in Grange and a member of the congregation at St Paul's? Doris relocated to Ambleside when her family moved there, and her grandson, Jacob, opened the café after finishing at university – hence the name! The Café has just been voted the best and friendliest in Ambleside, and has received more 5* hits on Trip Advisor than the Old Stamp House restaurant in the town, rated the world's best fine dining restaurant. A reporter from the Daily Mail arrived to investigate, and the above article was published. I rang Doris to congratulate them, and she wishes to be remembered to us all and sends her love. She misses us at St Paul's! At 88, she is still baking.

3 The Courtyard, Rothay Road, Ambleside LA22 0EE

SYMBOLS OF CHURCH SEASONS & DAYS

A symbol is intended to suggest meaning. It represents something below the surface. Like a sign it is a means of communication, a device to direct our thinking. Symbolism is a language that may at times remind us of Egyptian hieroglyphics. But all symbolism is not pictorial. Some of it is found in names and phrases, and, in fact, many pictorial symbols had their origin in literature. A great deal of Christian symbolism goes back to the Bible and other writings of many centuries ago. Knowing the background of a symbol enables us to understand the reason for its use.

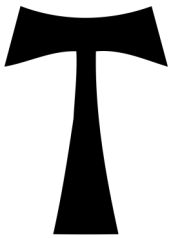
SEPTEMBER

Holy Cross Day, September 14th

Another name for this day is the Exaltation of the Holy Cross. In legend the day is irrevocably connected with St. Helena, the mother of the Roman Emperor Constantine. She is said to have found the wood of the true cross at Golgotha in the early fourth century. Constantine erected the Church of the Holy Sepulchre at the spot and it was consecrated on September 13th, 335.

Crosses of various kinds seem appropriate to this day. The principal types of crosses are the tau cross, with three branches, the Latin cross with four parts of which the lower element or staff is about twice as long as the others, and the Greek cross with four equal branches.

There are many variations of these elemental forms. One often seen is a Latin cross with a circle around the crossing, called the Celtic cross. A cross with the clothed figure of Christ the King is also appropriate.



TAE CROSS



**GREEK
CROSS**



Christianity Latin cross



**CELTIC
CROSS**

WRITTEN BY GINA
(a Companion of the Society of Saint Francis)

Home coming

With a smile and nod
They invited me in to their triune circle.
I knew what was expected of me, so,
Into the chalice I placed my offering of wine,
now sour and sedimented.
One at least was familiar with its bitter taste
having moistened his parched throat with such a gift on Calvary.
From my pocket I took my second offering:
Bread, desert dry, musty and grey.
Shamefaced that this was the meagre sum of a life of so-called devotion.

I tried to offer words of apology,
But warmly each held out cupped hands,
And hesitatingly I broke the bread into pieces and gave it.
Slowly they savoured the bread as if it were fresh baked
and sweet as honey cakes.
Likewise sipping the wine with obvious relish,
They drank it down to the very dregs.
On their lips it became full bodied, rich and clear,
Then still smiling one spoke for them all:
Well done good and faithful friend.
Welcome home.



‘REFUGEES’

A reverse poem by Brian Bilston



They have no need of our help
So do not tell me
These haggard faces could belong to you or me
Should life have dealt a different hand
We need to see them for who they really are
Chancers and scroungers
Layabouts and loungers
With bombs up their sleeves
Cut-throats and thieves
They are not
Welcome here
We should make them
Go back to where they came from
They cannot
Share our food
Share our homes
Share our countries
Instead let us
Build a wall to keep them out
It is not okay to say
These are people just like us
A place should only belong to those who are born there
Do not be so stupid to think that
The world can be looked at another way.

*Now please read in reverse
from bottom to top*

Frequently described as the “Poet Laureate of Twitter”, Brian Bilston is a poet clouded in the pipe smoke of mystery. Very little is known about him other than the fragments of information revealed on social media: his penchant for tank tops, his enjoyment of Vimto, his dislike of Jeremy Clarkson. Find out more on his website www.brianbilston.com

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HOUSE MOVES

A recent newspaper article claims that, on average, a person in the UK lives in 7 different houses. throughout their life. What number are you on?

Mike Hill	19
Helen Hill	18
Margaret Caseley	16 +
Penny Ward	6
Sue Fleetwood	4



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	30
July	70	69	113	126	33	134	169	70
August	124	112	168	86	108	180	188	63*
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	735

** means incomplete total till next month*

An unfortunate siting for a traffic sign
- outside the former vet's!



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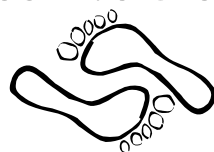
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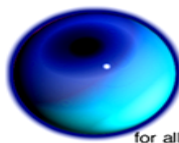


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Vacant	
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John Millican, Ruslands, Cat Tree Road, GOS LA11 7EB	32561
Parish Safeguarding Officer	
Judith Mitchell, Silverdale, Highfield Road, GOS LA11 7JB	35664
Fell Church	
Please contact the Churchwarden	
Organist and Choir	
Vacant	
Parochial Church Council Secretary	
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Linda Brown	35560
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