

THE PARISH CHURCH OF
SAINT PAUL
GRANGE-OVER-SANDS



October 2022

£1



Normal services at The Parish Church of Saint Paul

Sundays - 11.00 am - Parish Service

Wednesdays - 10.00 am - Holy Communion

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

United Service within the Benefice

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 (ivicar@btinternet.com)

Rev'd Canon Jonathan Brewster

Tel No

07977127244

Team Vicars

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

36261

Rev'd Jane Maycock - The Rectory, Longlands Rd, Bowness, LA23 3AS

015394 4306

Licensed Lay Readers in the Cartmel Peninsula Team Ministry

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

36789

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

35979

Dianne Maguire, Cardrona Road, GOS

07951423789

Lay Reader Emeritus

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

Visit our website www.grangepcc.co.uk

www.facebook.com/StPaulsGoS



HER LATE MAJESTY QUEEN ELIZABETH II 1926-2022

Churches across Cumbria marked the Queen's funeral on 19th September, and gave thanks for her life. Some churches opened their doors to offer people the opportunity to come together to watch the ceremony, with the BBC waiving the need for a TV licence for the day.

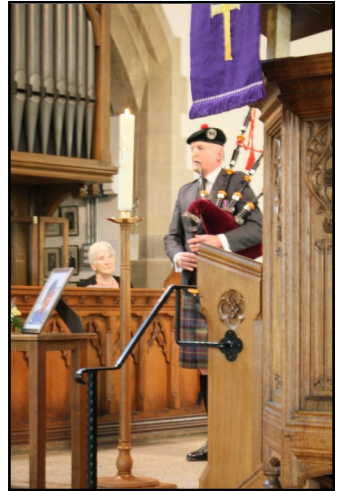
At St Paul's in Grange there was a special service at 11 am on the 18th September, when over 120 people gathered to pay their respects. The service was led by the Venerable Penny Driver, and the Revd Jo Rand, Methodist Minister, gave the address. Invited guests included Deputy

Lieutenant Col (retired) Chris Sanderson, OBE JP DL, Claire Logan from the Grange Town Council, and Phillipa Summers, the Head Teacher of Grange Primary School. The reading from Revelation 21.1-7 was delivered by Col Sanderson, and Colin Milner, a member of the Grange Parochial Church Council, led the intercessions. Charles Edmondson was the organist, and the music included "*Lift up your heads O ye gates*" by George Fredrick Handel, a Taizé chant, and the anthem "*God be in my head*" by Walford Davies. Before the commendation, Piper Ewen Cameron played a haunting lament "*Flowers of the Forest*" as he processed from the back of church to stand behind the photograph of the Queen. The service ended with a prayer for the new King, and the singing of the National Anthem.

The service was recorded (courtesy of Paul Rand) and was available on YouTube via the following link <https://youtu.be/pawJz1lkPss>

Bishop James took part in both the state funeral and the committal at St George's Chapel, Windsor, as part of his role as Clerk of the Closet. In a personal reflection, he said: "I'm fully aware of the many services which have been taking place in churches across our county since we first learned of Her Majesty's death and the many ways in which clergy and congregation members have given thanks for the Queen's life and for our new King.

May I take this opportunity to thank everyone who has done so much to honour Her Majesty and the Royal Family over the last week, and may I ask that you continue to commit them all to your prayers."





WOW.....WHAT AN AMAZING EXPERIENCE....

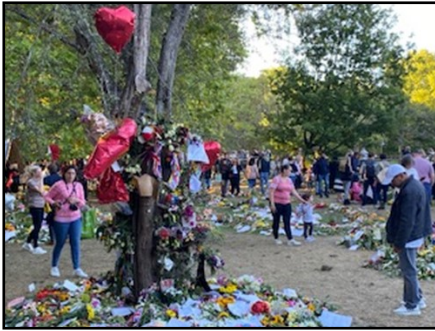
A MOMENT IN HISTORY!

A few weeks ago we had the sad news the Queen had passed. As a massive fan of our Royal family I just knew I wanted to experience and feel close to all that was going on. So off I went with my friend for 4 days in London over the weekend of the funeral. All I can say is that I have never witnessed or felt anything like it...the love, the patriotism, the tributes that marked the streets, the scent of the masses of flowers laid in

parks, and the strange silence whilst standing amongst hundreds of others at the gates of Buckingham palace!

The country did her proud and I will remember those few days for ever.....a story to tell!

Kathryn Evans



God has given us many gifts, some of which we celebrate through the **Harvest Festival**. We remember His goodness and provision for us and are challenged to use His gifts wisely. Many people are less fortunate than ourselves and we need to remember God loves them too, and often could use us, and the gifts He has given us, to demonstrate that love for them, not just at harvest time, but all the year round. Using the gifts He has given us in the service of others is one of the most appropriate ways of demonstrating our gratitude to God for all that He has done for us.

How we came to Grange (no. 2 in our series) by Barbara Ramsden

In the 1980's, having lived in nine different houses in our married life, Peter and I were in what we considered our 'final resting place' near Keighley. It was a new detached house with gardens on three sides which we spent years developing, and with lovely views: Ilkley Moor westward and Ingleborough to the east. We were settled for life, or so we thought. We also had a touring caravan which we kept on a site in a small village near Pickering where we spent weekends walking the dog on the north Yorkshire Moors almost from our doorstep. Why would we want to move?

I suppose we had become very fit and perhaps needed more challenging routes and scenery, and we began to yearn for the Lake District where we'd first fallen in love with each other and the mountains. However, it wasn't easy to find a place where we could park the caravan unattended for most of the time, and, if we did, it was going to be very expensive, so we moved our search to the outskirts of Cumbria, and eventually settled on a small site at Meathop.

At first we were disappointed as we had to use the car more frequently to exercise the dog and to walk the Fells, and I did not like Grange with its muddy foreshore and lack of parking. Fortunately during the long summer holiday when I spent some time alone at Meathop with just the dog and lots of marking and lesson planning, I discovered Hampsfell, Eggerslack Woods, the limestone pavements, contorted hawthorn trees, and the views from the Hospice – I was entranced.

For a few years we spent rainy weekends looking in estate agents' windows, growing to love the town, Higginson's pies, Hazelmere's cream cakes, and Grange Now with its coverage of all the activities taking place. As time for my retirement approached we began viewing properties but were still undecided about removing – again. Then, one Saturday after we'd overslept and driven like mad from Keighley to be shown around a property, we called in Poole's Newsagents to buy a Westmorland Gazette with, perhaps, more viewing in mind. I apologised as I had only a £10 note to pay for it; Barry's smile and assurance that the £10 note was not a problem was so different from life in industrial Yorkshire. Soon we were standing in sunshine in a garden on Rockcliffe Road, with views across the Bay and butterflies fluttering round us. Here both Peter and I experienced the utmost peace and tranquillity, and agreed there and then that this 'Gentle Town' where gentlemen raised their hats to ladies and the shopkeepers were so helpful was where we wanted to live.

Things didn't run smoothly, of course. Twenty-five years ago there was a crash in the housing market and we had to downsize. Our house sold very quickly so Peter had to get work in Cumbria and live in the caravan whilst I moved in with our daughter in Bradford to finish the term. It was the best move we ever made and with views over to Ingleborough, half-way between our previous lovely home and here, we're over the moon, especially when, from our bedroom windows, we view its reflection on a full tide in Morecambe Bay.

DATES FOR YOUR DIARY IN OCTOBER 2022

Saturday 1st

1 pm Wedding, St Paul's Church, Grange

Lauren Whinfield & Adam Harding

7 pm - St Peter's Field Broughton with Lindale

Words and Music evening with refreshments

Sunday 2nd

11 am - HARVEST & LICENSING SERVICE at St Paul's

2 - 3 pm Foodbank donations

St Charles RC Church, Grange

Wednesday 5th

2.30 pm - Cuppa & Cake in St Paul's Church

Friday 7th

10.15 am - Visit to Rookhow & Rusland Church (*see page 9*)

5 - 7 pm - Repair Café (*see page 12*)

Methodist Church, Grange

Saturday 8th

7 pm - Flookburgh Silver Band

St John's Church, Flookburgh

Tickets (£10) from Cockles or call/text Julia on 07929 668276

Sunday 9th

6 - 7 pm - Taizé Service

Methodist Church, Grange

Wednesday 12th

12 noon-2 pm - Lunch Club at St Anne's Church Hall, Haverthwaite

Contact Sarah sarahbrew@btinternet.com

7 pm - Standing Committee Meeting in St Paul's

Wednesday 19th

12 noon - Funeral of Olga Edwards, St Paul's Church

7 pm - Hair Razer 60 years of Hairdressing (*see page 23*)

Soroptimists - Cartmel Village Hall

Monday 24th

5 pm - Co-Workers of Mother Teresa in St Charles RC Church, Grange

Sunday 30th

4 pm - All Souls Day led by the Revd Annette Miller,

remembering those we have lost



Parish of Saint Paul, Grange-over-Sands



OCTOBER 2022

SERVICES AT
ST PAUL'S & FELL CHURCHES

2ND OCTOBER - SIXTEENTH SUNDAY AFTER TRINITY

11.00 am - Harvest Communion & Licensing of Rev'd Annette Miller
St Paul's Church, Grange
Rev'd Jonathan Brewster & Bishop of Penrith

WEDNESDAY 5th OCTOBER

10.00 am - Holy Communion - St Paul's Church, Grange
Rev'd Sue Nicol



9TH OCTOBER - SEVENTEENTH SUNDAY AFTER TRINITY

9.30 am - The Fell Church, Grange - Lay-led
11.00 am - Holy Communion - St Paul's Church, Grange
The Venerable Penny Driver

WEDNESDAY 12th OCTOBER

10.00 am - Holy Communion - St Paul's Church, Grange
Rev'd Jonathan Brewster

16TH OCTOBER - EIGHTEENTH SUNDAY AFTER TRINITY

11.00 am - Lay-led - St Paul's Church, Grange
Sue Fleetwood & Mrs Joyce Hallam—'Respect for the planet'

WEDNESDAY 19th OCTOBER

10.00 am - Joint Holy Communion with
Methodists at Methodist Church, Grange

23RD OCTOBER - LAST SUNDAY AFTER TRINITY

9.30 am - Holy Communion - The Fell Church, Grange
Rev'd Jonathan Brewster
11.00 am - Holy Communion - St Paul's Church, Grange
Rev'd Jonathan Brewster

WEDNESDAY 26th OCTOBER

10.00 am - Holy Communion - St Paul's Church, Grange
Rev'd Nick Hallam

30TH OCTOBER - FOURTH SUNDAY BEFORE ADVENT

ALL SAINTS DAY

11.00 am - United Holy Communion - St Peter's Church, Finsthwaite
Rev'd Jonathan Brewster
4.00 pm - All Souls Service at St Paul's Church, Grange
Rev'd Annette Miller

FROM THE REGISTERS OCTOBER 2022

BAPTISM

We were delighted to welcome Albert David Richards into our church family on Sunday 25th September when he was baptized during the morning service.



BAPTISM ANNIVERSARIES

| | |
|----------------------|-------------------|
| Tommy Roger Davidson | 28th October 2018 |
| Skyla Rae Reardon | 17th October 2021 |

YEAR'S MIND

| | |
|------------------|-------------------|
| James Procter | 22nd October 2018 |
| Rowland Williams | 31st October 2019 |

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

Intinction, ie the dipping of the wafer into the wine

Since we re-introduced the chalice some of our congregation have been dipping their wafer into the common cup. However, this practice is not recommended because of the risk of passing infection. Therefore, in future the wine will only be offered from the chalice.

Rookhow Quaker
Meeting House



ENJOY A DAY OUT WITH FRIENDS!

FRIDAY, 7TH OCTOBER

We have arranged an outing to Rookhow, the Quaker Meeting House, with Colin leading the day. We aim to leave Grange at approx 10.15 am arriving about 11 am to be met by Sue Nicholls (Joyce's daughter) who is Development Manager. We shall be served coffee, then have a guided tour, followed by packed lunch (BYO).

Rookhow was built in 1725 for the 'scattered communities of the Society of Friends'. As well as being a meeting place for Quakers over the last 300 years, Rookhow is a Grade II listed site, historically significant as an early Quaker Meeting House, with spice cupboard, 'plank and muntin' wooden panelling, stone floors, huge doorways, and a key the size of a trowel! Early Quakers arrived on horseback or in gigs, the gig barn now used as an outdoor covered seating area.

After lunch we will move on to Rusland Church, one of the rural churches described in Colin's booklet.

A list is available at the back of St Paul's for you to sign up – please indicate if you are able to offer lifts.

SCHOOLS PRIORY DAY – TUESDAY 27TH SEPTEMBER 2022

Our theme this year was **Rescue**, and it was good to welcome back the children from years 5 & 6 of the 6 primary schools across the peninsula, after a break since 2019.

Helen Hoyle had organised the day with Jenny Leahy, with many helpers from all the local churches. The day was based on the Bible story from Joshua 2 about Rahab and the Israelite spies, and the 138 children were split into six teams, each team participating in the following activities.

- Drama about Rahab expertly led by Jean & Mick Malkin in the drama tent
- Fun rope games with Jean Bell in the Methodist Chapel
- Walking the Cumbria Schools Labyrinth* - a calming special time focusing on giving your worries to God
- Craft session where red plaited friendship bracelets were made
- Music learning *The God of Hope* and *God of Creation* with signing actions
- Prayer spaces where the children wrote Thank you, Sorry and Rescue prayers.

Throughout the day the children gathered together for the welcome and introduction and to listen to the bible story by the Revd Nick Devenish, later explained more fully by the Revd Jane Maycock. The Revd Jonathan Brewster told how one copy of the original Bible translated into English from Latin by William Tyndale 500 years ago had been rescued from fire, and is now held in St Paul's Cathedral, one of only three in the world. The Revd Benjamin Carter, Canon Warden of Carlisle Cathedral, spoke about the Labyrinth which had been created with contributions from primary schools across the county (including Grange).

What a successful day! It was wonderful for the children who really enjoyed it, but also for all the leaders and helpers across the Team as we were able to share God's word and be together – a great team. A massive thank you to Helen Hoyle, Jenny Leahy, and, of course, her awesome helpers.
Judith

* 2022 marks the 900th Anniversary of the foundation of the Augustinian Priory which, in 1133, became our Cathedral Church. The theme for the year is "Journey and Rest" and the primary schools in the county were invited to explore that through the ancient spiritual tradition of a labyrinth and to submit their own labyrinth tile. The result has already been on display in the frater at Carlisle Cathedral and in Holy Trinity, Kendal, and is currently in Cartmel Priory until the end of October – well worth a visit to see the different interpretations.



FUTURE EVENTS FOR YOUR DIARY

CUPPA & CAKE IN ST PAUL'S CHURCH

Our next afternoon at 2.30 pm on **Wednesday, 2nd November**, in St Paul's Church.

BAY COMMUNITY SINGERS AND FRIENDS

Jane Thedham will be presenting their Autumn Concert on Thursday, 10th November, at 7 pm, in St Paul's Church.



LAKES GOSPEL CHOIR CONCERT

The Lakes Gospel Choir will be giving a concert at St Mary's Church, Allithwaite, on the evening of **Saturday 12th November**, 7.00pm – 9.00pm. It should be great – so do put the date in your diary and invite friends! Several members of St Mary's congregation sing in the choir.

ADVENT 'QUIET' MORNING

The Revd Sue Nicol will be leading this morning from 9.30 am on Saturday, 26th November, in the Methodist Church to mark the beginning of Advent.

COLIN'S COUNTRY CHURCHES

This booklet is now on sale at a cost of £5.00. It contains descriptions of 25 of our country 'gems', with photographs and postcodes to help you find them.

Please don't forget that we also have two other publications which have been produced, one describing the history of St Paul's and the other the story behind the Fell Church.

VOLUNTEERS NEEDED?

REPAIR CAFÉ – 7TH OCTOBER, 5-7 PM – COULD YOU HELP?

Do you remember the Repair Café that the Methodists ran as part of the Moving Mountains weekend in March 2018? Some of us had always hoped that this might become a regular (or at least occasionally repeated) event, but for various reasons that hasn't happened – yet.

PEAT (Peninsula Environmental Action Together) has been meeting at Grange Methodist Church, and are teaming up to give the Repair Café another go. Repair Cafés are a volunteer-led initiative aiming at keeping things functional, not a professional restoration service like The Repair Shop on TV. The idea is to help reduce the amount of stuff going to landfill by repairing it. However, those who have run Repair Cafés often say they find they're doing much more than that – they're repairing communities and people too, through relationships built up and skills being valued and handed on. We're hoping this will be something that the churches will support with time and energy as part of our care for God's creation, and the people who live here.

Having looked at other examples of Repair Cafés in Cumbria, we have decided that, rather than try to run a huge event, the best approach is little and often, working with what we've got, rather than trying to cover everything at once. Our first Repair Café will be on **7th October, 5-7 pm**, in the Methodist Church Hall, and we are seeking volunteers for:

- Welcoming and 'signing in'
- Serving refreshments
- Mending textiles / clothing
- Mending wood / furniture / glueing things
- Mending small electrical items
- Mending computers / smartphones / software issues
- Mending bicycles
- Any other sort of mending!



Those who volunteer are not expected to have professional skills or qualifications – we’re looking for those who like ‘tinkering’ and problem solving, DIY repairing at home. All who bring items for repair are asked to sign an agreement recognising that this is not a professional repair service, and they are encouraged to participate in the repair of their own items where possible. There will be a list of local tradespeople to refer people to when we can’t help.

If you are interested in helping out or want to know more, please contact Rev Jo Rand (015395) 33164 / jo.rand@methodist.org.uk,

VOLUNTEERS ALSO WANTED ...

Churches Together have agreed to hold another **“Nativity on the Move”** in Grange, on the afternoon of Saturday, December 17th, following much the same pattern as the previous event three years ago.

Some volunteers are needed to join a working group to plan this event. It would involve two or three meetings before the event and some involvement in making the necessary arrangements.

Anyone interested should contact the Revd David Edmondson (edmola11@yahoo.co.uk or 015395 36213). Alternatively, just turn up at the first planning meeting at 7 pm on Tuesday, 18th October, at Jo Rand’s home, “The Manse”, in Fernleigh Road, Grange (from the Co-op on Kents Bank Road go up the alley at the side of the shop, turn left at the top and look for Jo’s electric car charging point after a few yards on your left).

AND FOR THE POPPY ‘FALL’

We are redoing the poppy ‘fall’ for the Remembrance Day service. The original backing has deteriorated so we are having to remove all the poppies and reattach them to new netting. If you could help, please watch out for dates on the pewsheet when we shall be ‘replanting’ the poppies!

Many hands make light work ...



SOLO DINERS

20 people signed up for the Solo lunch on Sunday, 11th September, and we all gathered at The Pheasant in Allithwaite to enjoy a meal together that we had not had to prepare or wash up afterwards! We were seated in the new extended dining room with views across to Humphrey Head, and there was plenty of choice on the menu. Most of us opted for the 'Roast of the Day' – beef or turkey – and Andrew treated himself to a Knickerbocker Glory!

A happy occasion to be repeated in two months' time.



ORGAN CONCERT BY IAN THOMPSON

On Thursday 1st September 2022 Ian gave his inaugural concert at St Paul's with a varied collection of works from JS Bach and JP Sweelinck to Dietrich Buxtehude, Louis Vierne, Oliver Messiaen, Sigfrid Karg-Elert, and local Cartmel composer Adrian Self.

The popular piece, Toccata & Fugue in D minor by Bach, had been heard by Ian as a child and he was determined to be able to play the piece, which helped him in his bid to learn to play the organ. What a stirring momentous start to the concert!

Ian followed this with:

Echo Fantasia composed by JP Sweelinck

Fugue in C (Jig Fugue) by Dietrich Buxtehude

Pastorale by Louis Vierne

Le Banquet Celeste by Oliver Messiaen

A Birthday Suite by Adrian Self showing us wonderfully different music to reflect the late Queen's favourite places in the UK.

The last piece - Nun danket alle Gott (Now thank we all our God) by Sigfrid Karg Elert – was a fitting end to the concert. How lucky we are as a church to have not one but two brilliant organists!

We look forward to another excellent concert by Ian, in 2023.

Judith

JILL MADE THE OLD GRAND PIANO SING

Thursday 29th September is a date many concert-goers in Grange will remember as the day that Jill Crossland, from West Yorkshire, gave a quite magnificent and exquisite piano recital in St Paul's Church.

At the age of 11, Jill entered the Cheetham's Music School in Manchester as a pupil, going on to become a student at the Royal Northern College of Music. Subsequently, Jill has pursued a professional career in music and last Thursday she gave her first concert here at St Paul's much to the delight of the assembled company. Jill's playing was impeccable throughout and she gave us a delightful selection of baroque and classical pieces.

The first half comprised music by Scarlatti and JS Bach who (along with G F Händel) were born in 1685. Keyboard music from this period is often heard performed on a harpsichord. Using the Bechstein Grand in church, however, enabled Jill to give a great deal of dynamic contrast in her performance where articulation and phrasing were exemplary. The programme continued with a work by the Viennese composer, Franz Schubert, namely his A flat Impromptu. This was a dazzling performance which admirably showed off the rippling effects of arpeggios intended by the composer. The recital ended with a robust performance of Frederic Chopin's first Polonaise followed by his Three Ecossaises where Jill was able to demonstrate a good deal of chiaroscuro of sound.

The audience applauded enthusiastically, giving a strong indication for a return visit of this very talented and gifted lady.

Charles Edmondson

THANK YOU FOR THE SUPPORT

I thought it would be interesting to give an update on our situation at mid-year (or thereabouts) in respect of our attendances at our Sunday and Wednesday services.

By law, we are required to record the number present at every service in our two churches and this shows that, up to mid-August, our average Sunday attendance in St Paul's was 66 adults. This figure was distorted by one "double baptism" and a united Jubilee service in June so, removing these two services from the figures, gives a "true" figure for a normal service of 58. Services have been held in the Fell Church on alternate Sundays with an average of 11 persons present. Meanwhile, on Wednesdays, our Communion or prayer service has averaged 15 attending. This excludes the Ash Wednesday service – our only service that day – when 33 people were present for Communion and the imposition of ashes.

The St Paul's Sunday figure compares very favourably with our pre-Covid number which was in the low 60s. Across the entire CofE, attendances seem to have dropped by c. 25%, so we are grateful to everyone who continues to worship with us. Our services have been taken predominantly by Canon Jonathan and the Ven. Penny Driver – to both of whom we express our thanks – but we have been pleased to welcome a number of other clergy and we have developed a pleasing "lay-led" service format which has been led by various members of our congregation. We are grateful to everyone who has participated. We have also been able to maintain our musical input, led by Charles, Joan and Ian on the organ, and we are looking at further variety by reintroducing Charles Edmondson's arrangement of the *Gloria* and other responses on Sunday mornings.

Our Wednesday morning attendance is a little disappointing as it includes a bi-monthly visit from our Methodist friends. We have developed a pleasant non-Communion service for when a priest is unavailable and we have also enjoyed regular Communion services by the Revd Nick Hallam, as well as by Jonathan and Penny Driver. Our coffee and biscuits continue to be much appreciated by our Wednesday friends and the same can certainly be repeated for Sunday mornings when there is a cheerful "buzz" as conversations develop. We are grateful for everyone who shares the task of preparing, serving and clearing up on these days.

Financially, with so many people now making direct regular contributions from their banks, our position remains very stable. The contributions by envelopes are appreciated and these are counted regularly by a new team under our Treasurer, John. We have kept our churches and grounds in good order but further expenditure will (as always) be needed; we are expanding and strengthening our wifi network. Thank you to everyone who continues with their monetary support.

We now look forward to our services in the remainder of the year. Our pre-Christmas and Christmas programmes are already well into the planning stage.

Mike



Bishop James and Bishop Rob have written to all clergy, churchwardens and PCC secretaries with details of six **God for All** roadshow events over the coming months to further update people on progress around the county's ecumenical vision and strategy.

Follow Daily **Care Deeply**
Speak Boldly **Tread Gently**

The six events - two to be held during October and a further four in January - will offer an opportunity to present on the latest work to identify key component strategies and major areas of focus for the vision for the next 10 years.

Monday 17 October, 2022 – St Andrew's Penrith: [Click here to book](#)

Thursday 20 October, 2022 – Christ Church Cockermouth: [Click here to book](#)

Tuesday 10 January, 2023 - St John's Houghton: [Click here to book](#)

Thursday 12 January, 2023 - St Mary and St Michael's Egremont: [Click here to book](#)

Monday 23 January, 2023 - St Thomas Kendal: [Click here to book](#)

Tuesday 24 January, 2023 – St Paul's Barrow: [Click here to book](#)

We would like to see as many people as possible at each event (though numbers will be governed by maximum occupancy). The events are open to all, though we hope to have as many clergy colleagues and PCC members attend as possible so that they can receive the latest updates and feed in their comments and reflections. An online event will also be held at a date yet to be arranged.



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.

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)

Sunday Services around the Benefice

| | ALLTHWAITE | FLOOKBURGH | GRANGE | GRANGE FELL | FINSTHWAITE | HAVERTHWAITE | STAVELEY IN CARTMEL | FIELD BROUGHTON & LINDALE |
|--|---|---|--|--|---|--|--|--|
| October 2022 | | | | | | | | |
| Sunday 2 nd October 16 th Sunday after Trinity | 9.30 am Holy Communion Rev'd Jane Maycock | 10.00 Morning Prayer Jean Platt | 11.00 am Holy Communion Rev'd Jonathan Brewster | | 9.30 am Communion by extension Dianna Maguire | 11.00 am Communion by extension Dianna Maguire | 11.00 am Communion by extension Harvest Richard Rhodes | 9.30 am Holy Communion Rev'd Jonathan Brewster |
| Sunday 9 th October 17 th Sunday after Trinity | 4.00 pm Harvest Festival Steve Bell | 10.00 am Harvest Festival Rev'd Jane Maycock & Amanda Kay | 11.00 am Holy Communion The Venerable Penny Driver | 9.30 am Lay-led | 9.30 am Holy Communion Rev'd Jonathan Brewster | 11.00 am TBC | 11.00 am Holy Communion Rev'd Jonathan Brewster | 9.30 am Lay-led |
| Sunday 16 th October 18 th Sunday after Trinity | 9.30 am Service of the Word Janice & John Tindale | 4.00 pm Evening Prayer Jean Platt | 11.00 am Lay-led | | 9.30 am Holy Communion The Archdeacon Vernon Ross | 11.00 am Holy Communion TBC | 11.00 am Holy Communion The Archdeacon Vernon Ross | 9.30 am Holy Communion Rev'd Annette Miller |
| Sunday 23 rd October 19 th Sunday after Trinity | 9.30 am Joint Communion at St Mary's with St John's Flookburgh Rev'd Ansel Osmaston | Joint Communion at St Mary's Allithwaite | 11.00 am Holy Communion Rev'd Jonathan Brewster | 9.30 am Holy Communion Rev'd Jonathan Brewster | 6.00 pm Evensong Lay-led | 11.00 am Lay-led | 11.00 am Rev'd Annette Miller | 9.30 am Lay-led |
| Sunday 30 th October All Saints Day | 9.30 am Service of the Word All Souls Service Jane Maycock | 10.00 am Morning Prayer Kin Bryan & Joy Taylor | 4.00 pm All Souls Service Rev'd Annette Miller | | 11.00 am United Communion Rev'd Jonathan Brewster | | | |

Wednesdays Clergy Rota - October 2022 - 10 am - Holy Communion

| | |
|--------------|---|
| 5th October | Rev'd Sue Nicol |
| 12th October | Rev'd Canon Jonathan Brewster |
| 19th October | Joint with Methodists at Methodist Church, Grange |
| 26th October | Rev'd Nick Hallam |

Anna Chaplains are named after the widow, Anna, who appears with Simeon in Luke's gospel; both are good role models of faithful older people. Anna Chaplains are there for people of strong, little or no faith at all.



Churches Together in Cumbria are running the **Exploring Anna Chaplaincy** course in the autumn - starting on Tuesday November 1st until December 6th; 13.30-15.30.

This six-week course is run on Zoom and is open to anyone interested in how to provide spiritual and pastoral support to people in later life. Their vision is to see an Anna Chaplain in every small- and medium-sized community in the country, and for the Anna Chaplain name to become synonymous with spiritual care for older people.

Previous participants have found this course helpful:

I found it interesting and enjoyable and I particularly enjoyed listening to others describe their ministry. They were inspiring.'

I am enjoying it so much. My ministry to older people has been confirmed.'

Contact Katherine Froggatt on ac@churchestogethercumbria.org.uk if interested in joining the course.

For those who remember Nancey Atkinson

Many of us will remember Nancey and her two granddaughters, Mary and Alice, whom she brought to church when they were visiting her. I have just received an email from Mary, introducing the new addition to the family.

“ I know the Grange gang would want to hear of the safe arrival of the little man who would be grandma's great grandson! We had a c section on 7th September at St Thomas's, London, as he was breech, and were joined by an 8lb 9oz baby boy, now called Jolyon, Jolly for short.

How is everyone at St Paul's? We're hoping we might be able to bring Jolly to Grange before too long, and wonder if he could be christened at St Paul's some time next year, maybe?”

Lovely news, and Nancey would have been so proud. We look forward to welcoming the family to St Paul's next year.



Penny

PEAT ran two very interesting evenings this last week

- **Let's Talk: FOOD** on the 26th September, in the Flookburgh Village Hall |
- **Let's Talk: WASTE** on the 27th September, in the Methodist room

Some interesting facts I gleaned

The actual value of **food** production in the UK is complicated by the fact that processed food production includes the use of imported agricultural products, and that a large amount of the cereal production is used for animal feed. The best data on the actual value of UK agricultural products used for human consumption either directly or via the manufacture of bakery products, oils and fats, prepared meals, and beverages suggest:

| | |
|---------------------------|--------------|
| Meat and dairy | £6.4 billion |
| Fruit and vegetables | £2.2 billion |
| Cereals (not animal feed) | £1.6 billion |

The UK is not food secure. We typically import about £6.8 billion in meat and dairy, £11.4 billion in fruit and vegetables, and approximately £1.6 billion in cereal (not animal feed).

Primary food production has a significant impact on the environment, taking land away from nature and releasing waste materials and chemicals which contribute to land, water and air pollution. UK agriculture uses 8.8 million hectares of land, the vast majority for pasture and arable crops. Just 131 thousand hectares or 1.5% is used for the growth of fruit and vegetables.

In the UK, councils collect 27 million tonnes of household **waste** each year, of which approximately 44% is recycled. This compares with 33 million tonnes of commercial/industrial waste, 27 million tonnes of mining/agricultural/forestry waste, and 109 million tonnes from construction/demolition/excavation.

The make-up of household waste is difficult to determine as the categories used vary. Approximately, a typical household produces the following types of waste:

| | |
|--------------------------------------|--------|
| Food | 30-40% |
| Paper and cardboard | 20-30% |
| Glass | 10-15% |
| Wood | 5-10% |
| Metals | 5% |
| Plastics | 5% |
| Textiles | 2-5% |
| Equipment, incl electronic equipment | 2% |
| Other | <1% |

According to the Chartered Institute of Waste Management, the majority of solid waste produced by agriculture is plastic packaging (especially pesticide, fertiliser and animal feed containers and bags), tyres and batteries, animal carcasses, and clinical waste. The total mass of this type of waste is around 3 million tonnes per annum, which is equivalent to about 10% of all household waste. Penny

**CHRISTIAN MEDITATION CUMBRIA
BOARBANK RETREAT 'LIVING IN SILENCE'
FRIDAY-SUNDAY 7-9TH OCTOBER 2022**

Note from Cameron Butland:

We are grateful to the Sisters for accommodating us, and I am personally looking forward to returning. The retreat will be led by members of CMC. All of the residential places are booked but we could accommodate up to six more people as non-residential guests. Please book your place through my spirituality email cdsa03@gmail.com

CONGRATULATIONS TO BOARBANK HALL

Last month, Boarbank Hall (the Catholic care home/hospice in Allithwaite), held a celebration of their centenary. There was a special mass/communion service, and a generous buffet lunch culminating in cutting a special cake! Visitors, local people and nuns from other communities around the country gathered to celebrate the joyful occasion.

We are very blessed in this area to have the ministry of the nuns (the order of Canonesses of St Augustine) and the staff at Boarbank, and are grateful to them especially for their love and care towards so many of our friends and loved ones over the years.

Ecumenical good news

It is great to hear that Revd Jo Rand

(minister of Grange Methodist church) has been re-

invited by her denominational leaders to continue in ministry here for a period of two further years from September 2023. So Jo and Paul, with their children Martha and Amos, will be with us until the summer of 2025. Jo's strong commitment to ecumenical activities has helped to lay a strong foundation for our developing Mission Community here on the Cartmel Peninsula.

“Trust in the LORD with all your heart, and do not lean on your own understanding. In all your ways, acknowledge Him, and He will make straight your paths.”

Proverbs 3:5–6.

Dales folk took their milk to Liverpool

Joyce Scobie, of Sedbergh and District History Society, recalls tough economic times more than 100 years ago, when many farmers in the western part of the Yorkshire Dales were forced to move to Liverpool to earn a living as 'cowkeepers', supplying milk to city dwellers.

➤ People said they could not make out the odd dialect

IN THE mid 19th century the area around Sedbergh, Garsdale and Dent was suffering a depression in agriculture. Many farmers left their farms and moved to Liverpool to start up dairies to supply the burgeoning industrial population with fresh milk.

Cowhouses, or milk houses as they were usually called, were to be found on almost every street corner in the centre of Liverpool and outlying districts.

The family lived in a terrace house (and often the one next door), which had a dairy for butter making, cellars to keep the milk cool, a hayloft over the horse's stable, a space for a cart, a muck midden and a cobbled yard which was surrounded by high walls with large

wooden gates for the cart to go through.

The larger cow houses had their own field or big garden at the back where the cows could be left to graze all day.

But most of the smaller dairies had little or no land and the cattle were kept confined in the yard and fed on hay, grass collected by the children from nearby parks (including Everton football ground) and brewer's grains from the nearest brewery.

The work was very arduous. A typical day started with milking at 5am for the 7am milk round which was repeated later at 4pm. In addition the animals had to be cleaned before milking; the churns, kits and strainers had to be scalded and bedding replaced. Later strict regulations came into force and a milk-testing scheme was introduced.

Some sons and daughters intermarried with local young people, in spite of being considered 'foreigners' because people couldn't understand the dialect!

But there was a strong 'Dales' feeling and friend-



PRIDE IN THEIR WORK: The Bargh's were a Dales family who sold milk in Liverpool. Top, a prize cow is displayed outside the house and dairy in Liverpool. Above, cowkeepers took pride in their horses and carts – cleanliness served as a good advertisement for the quality of the milk. Haygarth was a popular name in the Dent area.

Photographs courtesy of Sedbergh and District History Society

ships, chapel-going and social activities were very strong.

Some returned to the Dales to have babies – others sent their children 'back home' for holidays while cousins would go to Liverpool for a 'working' holiday.

When they decided to retire many older people left their sons or daughters to manage the dairy and went back to the Dales.

The heyday of cowkeeping was before the 1914-18 war. Then the women were left to run the dairies on their own. In the 1939-45 war Liverpool was heavily bombed and many milk-houses and stock were destroyed. Thereafter the number of cow-keepers declined as they could not compete with the new large dairies which could offer 'divi' etc. The last cowkeeper gave up his business in 1976.

Further information on the Liverpool Cowkeepers.

Spot the name in the top photo! Ancestors of Margaret Bargh's in-laws were also listed as cowkeepers in the 1901 census for Liverpool.



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Easyfundraising is the UK's biggest charity shopping site—over 1.9 million users have so far raised over £32 million. St Paul's Church – Grange over Sands is registered as a charity, so when ordering groceries, goods, booking theatre or rail ticket, or holidays on-line, and/or on Ebay use EASYFUNDRAISING, a clever website that turns everyday on-line shopping into free donations. Visit the web site www.easyfundraising.org.uk/ to see how it works and for a list of over 5,200 retailers. To date, since we started using this site £543.12 has been raised for St Paul's, £81.84 in this last year.

Similarly, when ordering goods from Amazon, start with smile.amazon.co.uk and choose Saint Paul Grange over Sands as your chosen charity. Amazon donates 0.5% of the price of eligible purchases.





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RAINFALL (MM) - ANDREW LITTLE**

| | 2015 | 2016 | 2017 | 2018 | 2019 | 2020 | 2021 | 2022 |
|--------------------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|-------------|
| January | 154 | 141 | 98 | 142 | 73 | 107 | 186 | 58 |
| February | 76 | 125 | 91 | 69 | 99 | 263 | 139 | 171 |
| March | 110 | 107 | 162 | 60 | 182 | 75 | 134 | 48 |
| April | 46 | 72 | 15 | 98 | 39 | 12 | 12 | 40 |
| May | 165 | 32 | 75 | 37 | 52 | 26 | 101 | 68 |
| June | 34 | 185 | 135 | 19 | 91 | 99 | 30 | 79 |
| July | 69 | 113 | 126 | 33 | 134 | 169 | 70 | 80 |
| August | 112 | 168 | 86 | 108 | 180 | 188 | 63 | 63* |
| September | 29 | 118 | 177 | 133 | 177 | 66 | 62 | |
| October | 60 | 31 | 172 | 131 | 160 | 165 | 304 | |
| November | 246 | 118 | 189 | 62 | 85 | 114 | 71 | |
| December | 352 | 65 | 109 | 160 | 155 | 126 | 153 | |
| Annual Totals | 1,453 | 1,275 | 1,435 | 1,052 | 1,433 | 1,408 | 1,325 | 607* |

** means incomplete total till next month*

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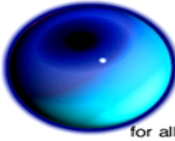


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