

THE PARISH CHURCH OF  
SAINT PAUL  
GRANGE-OVER-SANDS



March 2023

*£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](mailto: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**

**Assistant Vicar** ([miller3637@btinternet.com](mailto:miller3637@btinternet.com))

Rev'd Annette Miller - Airton, Eden Park Road, GOS, LA11 6BW

**33840**

**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**

**Visit our website [www.grangepcc.co.uk](http://www.grangepcc.co.uk)**

**[www.facebook.com/StPaulsGoS](https://www.facebook.com/StPaulsGoS)**

## FROM THE VICARAGE

In his book entitled *The Three Mile an Hour God*, Japanese theologian Kosuke Koyama reminds us that the average speed at which a human being walks is three miles per hour. Jesus - who is God, who is love - walked at three miles an hour. *Love has its speed, and it is slow.*

Lent is about drawing us deeper, not always sending us further, slowing us down instead of accelerating our passage. Most journeys today are about getting from A to B as quickly as possible. Our society loves speed. We are always moving on to the next thing even before we have finished the things we are doing! Koyama says stop! Slow down. You have to slow down to make space for love.

Charlie Mackesy's recent book *The boy, the mole, the fox and the horse* is a meditation on slowing down enough to notice what's important. If you move too quickly, you miss some beautiful things. Our dog is slowing down because of his age. Now, when I take him for a walk, his speed is noticeably different. Perhaps this is a good thing. Pilgrimage is an ancient tradition in all major religions for good reason: there is nothing like a long slow walk for reconnecting with what matters most - regaining a sense of perspective and seeing the world first hand without it whizzing by in a blur through a car window.

We don't have to make pilgrimage to a far off land to slow down and experience something very special indeed. A saunter along the promenade can open our eyes to the fact that, wherever we find ourselves, we can begin to see the world through fresh eyes.

According to Henry David Thoreau, the word '*saunter*' comes from the French phrase '*a la sainte terre*', meaning to the holy land or ground.

"But how can I find slowness in such a world of speed?" I hear you say. Try this: *Stop*, take a moment to step back from what you are doing. *Think* about the person or the task before you. *Breathe*, take a deep breath and relax. *Look* again at what you are doing and how you want to do it.

When you take a moment to find slowness, not only will you slow down and focus better on the task in hand, but you might also discover God. God is slow, gentle, loving, kind. It's sometimes easy to forget that we are called to be the same.

Jonathan

## ANNUAL CHURCH PAROCHIAL MEETING

**Early notice for our Annual Parochial Church Meeting, which will, in 2023, be held on Wednesday, 19<sup>th</sup> April, at 7.30 pm in St Paul's Church.**

Please would those who normally provide reports for inclusion in the Annual Report and Accounts let me have them by the end of February, to allow time for compilation of the report and printing.

In 2023, we are required to elect two representatives to the Deanery Synod, for a term of three years. Currently, myself, Mike Hill and Nevil Newman have carried out this role for the past three years. Nevil wishes to stand down from the PCC now, after a good number of years of dedicated service, for which we thank him. I cannot stand for election this time, as all the meetings are on an evening that I have another engagement. We are, therefore, looking for two members to represent St Paul's and the Fell Church at Deanery Synod. The meetings are held four times a year, two in St Mary's Allithwaite and two in St Mary's Windermere; provisional dates for 2023 are the first Tuesday in the months of March, July and November.

We also require one or two new members to join the Parochial Church Council (PCC). There are some leaflets at the back of Church, giving more information about the role of the PCC; please do feel free to take one if you would be interested in joining us.

*Rosemary Hoyle*  
*PCC Secretary St Paul's, Grange-over-Sands*

### **ELECTORAL ROLL**

Under Church Representation Rules the 2019 Church Electoral Roll is being revised for the April 2023 APCM. This will be the fourth revision of the 2019 roll.

If you are not on the Electoral Roll and wish to be included, application forms are available in both churches. Forms must be completed no later than Sunday 26<sup>th</sup> March 2023. If you have changed address during the past year please notify Susan Jackson.

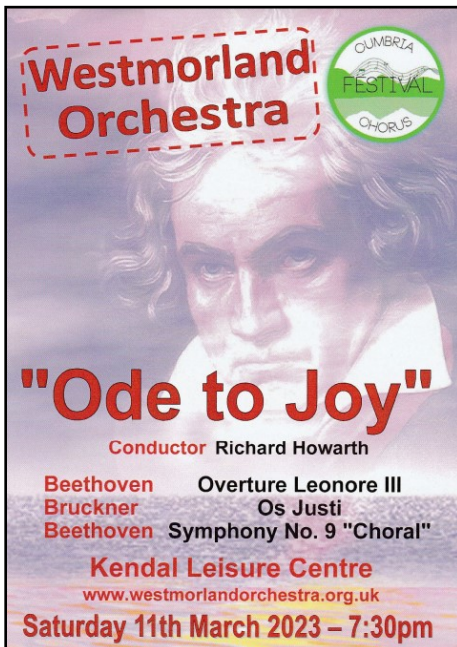
To be eligible for inclusion on the Electoral Roll, you must be at least 16 years of age, have been baptised, and, if not resident in the parish, have habitually attended public worship in the parish during the period of six months prior to enrolment.

Please return completed forms to Susan or Brian.

*Susan Jackson*  
*Electoral Roll Officer*

## DATES FOR YOUR DIARY IN MARCH 2023

- Wednesday, 1st** 2.30 pm Cuppa and Cake, St Paul's
- Friday, 3rd** 12 noon Lent lunch, Boarbank Hall, Allithwaite  
2 pm World Day of Prayer - St Mary's Church, Allithwaite  
6-8 pm Repair Café, Grange Methodist Church
- Wednesday, 8th** 12 noon Haverthwaite Lunch Club  
12 noon Funeral - Judith McMillan at St Paul's Church, Grange
- Friday, 10th** 12 noon Lent lunch, United Reformed Church, Grange  
2.30 pm Funeral - Phyllis Ward at St Paul's Church, Grange
- Wednesday, 15th** 10 am Walk with Sarah B. Meet at St Anne's Haverthwaite in cars then drive to Rusland Pool for gentle walk with coffee stop  
7 pm Parochial Church Council, St Paul's  
12.30 pm Funeral - Kathleen Gamble at St Paul's Church, Grange
- Friday, 17th** 12 noon Lent lunch, St Anne's, Haverthwaite
- Friday, 24th** 12 noon Lent lunch, St Paul's, Grange
- Sunday, 26th** 1-3 pm Foodbank, St Charles RC, Grange
- Thursday, 30th** 7 pm Bay Community Singers Spring Concert, St Paul's
- Friday, 31st** 2.30 pm - School end-of-term Service for Easter, St Paul's



**Westmorland Orchestra**

CUMBRIA FESTIVAL CHORUS

**"Ode to Joy"**

Conductor Richard Howarth

Beethoven Overture Leonore III  
Bruckner Os Justi  
Beethoven Symphony No. 9 "Choral"

Kendal Leisure Centre  
[www.westmorlandorchestra.org.uk](http://www.westmorlandorchestra.org.uk)  
Saturday 11th March 2023 - 7:30pm

*Rosemary and Penny D will be singing!*

A Stage Performance of  
J.S. Bach  
St John's Passion  
16th April - 2.30 pm & 7.00 pm  
At the Victoria Hall,  
Grange over Sands  
Tickets at  
[www.cumbriaoperagroup.com](http://www.cumbriaoperagroup.com)

## FROM THE REGISTERS MARCH 2023

### YEAR'S MIND

Marjorie Rockcliffe	2th March 2019
Madge James	25th March 2019
Michael Charles McKeown	27th March 2019
John Peat	22nd March 2020
Sylvia Entwistle	3rd March 2020
Marjorie Crowe	17th March 2020
Florence Trudgill	4th March 2022



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

*Deaths in the previous five years are included in the magazine, but each name in our remembrance book for the last 10 years is read out in the intercessions at St Paul's Sunday morning service.*

**60<sup>th</sup>**  
*Anniversary*

**Our Congratulations to  
Marie and Fred Poole**  
who celebrate their  
Diamond Wedding  
on the 2nd March

### THORNLEIGH CHRISTIAN HOTEL

#### THIS YEAR CELEBRATES 50 YEARS OF CHRISTIAN HOSPITALITY

Thornleigh Hotel, 26 The Esplanade, Grange over Sands

Tel: 015395 32733 email [office@thornleigh.org](mailto:office@thornleigh.org)

#### AN AUDIENCE WITH...

Evening starts at 8 pm and finishes around 9 pm, all are welcome.... no charge!

Or book for dinner beforehand, served at 6.30 pm (3-course meal with coffee)

£26

**Monday 6th March - Rev'd Nick Devenish**

**Tuesday 7th March - Rev'd Canon Amiel Osmaston**

**Wednesday 8th March - Bishop Geoff Pearson**

**Thursday 9th March - Bishop Cyril Ashton**

**Friday 10th March - Rev'd Jo Rand**

**Saturday 11th March - Rev'd Paul & Deacon Kina Saunders**

## DISASTERS EMERGENCY COMMITTEE (DEC\*) APPEAL FOR TURKEY AND SYRIA

Over 46,000 people have died in the two devastating earthquakes which struck south-eastern Turkey near the border with Syria. There are 17 million people in the affected area, many of them in urgent need of shelter, food and medical aid.

The Diocese of Carlisle's Partnership in World Mission committee has sanctioned a £1,000 donation from the Bishop's Harvest Appeal emergency fund.

\* The DEC is a UK organisation made up of 15 member charities who are experts in humanitarian aid and specialise in different areas of disaster response. They come together to provide integrated aid in emergencies.

Action Against Hunger

ActionAid

Age International

British Red Cross

CAFOD

CARE International

Christian Aid

Concern. Worldwide

Int Rescue Committee

Islamic Relief

Oxfam

Plan International

Save the Children

Tearfund

World Vision

### How you can help

£10 could provide blankets to keep two people warm

£25 could provide emergency food for a family for ten days

£50 could provide emergency shelter for two families

The official website for donations is: [www.dec.org.uk/appeal/turkey-syria-earthquake-appeal](http://www.dec.org.uk/appeal/turkey-syria-earthquake-appeal) There will be a plate available at the back of St Paul's for the next few weeks for anyone who wishes to make a donation but is unable to do so on-line.



### A prayer for those affected by the earthquakes in Turkey and Syria

God, our refuge in times of trouble,  
We pray for all those affected by the earthquakes in Turkey and Syria.

We pray for those who mourn, those who have suffered injury, and those who have been displaced.

We pray for those who are working hard in response amidst such difficult circumstances.

In the darkness and despair, may your light shine; bringing hope, help and a future for all those affected.

We ask this in the name of Jesus Christ your Son our Lord,  
Amen



A special prayer offered up by Cumbria Ecumenical Spirituality group.

Occasionals.....

Another of Colin's collection of country churches

### ST JAMES' CHURCH, BUTTERMERE

Many thanks to those folk who have either purchased the little booklet about the 25 country churches or have hinted that they might appreciate some new articles on an occasional basis in our parish magazine concerning rural churches worth visiting. Now that better weather should be on its way, this is another one worth exploring.



The journey to St James' Church at Buttermere is really something quite special and takes in much of the most spectacular Lake District scenery that can be seen by road. I would suggest using the A592/A591 to Keswick and outward over the Newlands Pass which leads directly down to the church. There is a rather rough area nearby to park cars which is probably more extensively used on a Sunday when worship

takes place here. After locating the church and perhaps a quick exploration of the Buttermere Valley, the return journey ought to take the traveller over the Honister Pass and back through the beautiful Borrowdale Valley to Keswick.

For a church site this is not just tiny but magnificent. The building constructed out of local stone was completed in 1840 and much modernised with the small east-end extension built in 1930. At this location, the building commands views of fells and lakes in all directions. Only the most miniature of churchyards is encompassed by the stone wall, but burials here are nigh-on impossible! The rocky ground is no good for digging graves, so a journey to the nearby churchyard at Loweswater is required.

Upon entering the church, the visitor has to pass through the impressive "*Shepherd's Gate*", depicting the farmer with Herdwick sheep going up the fells. Made out of wrought iron it reminds us of the connection with Jesus Christ as "*The Good Shepherd*" and those who still use the land here to graze their flocks where sheep far outnumber the tiny population of less than a hundred souls who actually reside in Buttermere. The gateway is a good place to stop and wonder at the scenery before taking the few more steps to actually open the door and enter inside. Here is a place of sanctity and quiet reflection - a far contrast to the busyness of this valley in the height of Summer with thousands passing through this part of the Lake District. The interior lives up to expectation. The small and lovely carved oak pews are few in number. One can only imagine funerals here of locals with many having to stand either inside or





outside, and then await the transportation of the coffin down the valley to elsewhere.

To me it's always lovely to see on display a staff of the churchwarden, waiting in readiness to "poke" those who in Victorian times might fall asleep during a long sermon! The visitor is also immediately drawn to the magnificent east window with stained glass figures of both Mary and Martha. Also look for the "*Wainwright Memorial Plaque*" which reminds us of the great fell-writer, whose penmanship, drawings and cartography have so encouraged many to walk the hills of this National Park. His ashes now lie not-so-far away on Haystacks Mountain, seen in the panorama photograph taken just outside the church looking towards Honister. The great "fell-walker" loved this place.



Also of fame - and I saw reference in the church somewhere - is "*The Maid of Buttermere*", a novel recently brought to life and based on this valley by Melvyn Bragg. I gather "*The Maid*" used to live in the close-by Fish Inn on the shore of Buttermere, where reference was originally made by both Wordsworth and Coleridge, but somehow the story has been brought much more up to date by Lord Bragg. Yes, it's

worth the stroll (or drive) down to the Fish Inn at Buttermere for perhaps a light lunch, a refreshing drink, or just to take in the impressive scenery.

However, my reflections at this spot must be the tranquillity of the church and all its spiritual attractions upon entering it, with the desire to further explore the valley and its surroundings. But visit perhaps not on a Sunday, nor indeed a busy Summer weekend! Choose favourable weather to enjoy what I guarantee will be a wonderful and impressive day out.



...I couldn't help thinking that someone from our church community has said that they know this place very well... and maybe even preached here! I wonder who?

Colin M

## *Sunday Services around the Benefice*

	ALLITHWAITE	FLOOKBURGH	GRANGE	GRANGE FELL	FINSTHWAITE	HAVERTHWAITE	STAVELEY IN CARTMEL	FIELD BROUGHTON & LINDALE
March 2023								
Sunday 5 <sup>th</sup> March 2 <sup>nd</sup> Sunday of Lent	9.30 am Communion & Baptism Rev'd Jane Maycock	10.00 am Holy Communion Rev'd George Wilson	11.00 am Holy Communion Rev'd Jonathan Brewster		9.30 am Communion by extension Dianne Maguire	11.00 am Communion by extension Dianne Maguire	11.00 am Holy Communion Rev'd Annette Miller	9.30 am Holy Communion Rev'd Jonathan Brewster
Sunday 12 <sup>th</sup> March 3 <sup>rd</sup> Sunday of Lent	9.30 am Service of the Word & Baptism Rev'd Jane Maycock	10.00 am Morning Worship Lay-led	11.00 am Holy Communion The Venerable Penny Driver	9.30 am Matins Lay-led	9.30 am Holy Communion Rev'd Jonathan Brewster	11.00 am Holy Communion Rev'd Annette Miller	11.00 am Holy Communion Rev'd Jonathan Brewster	9.30 am Holy Communion Rev'd Annette Miller
Sunday 19 <sup>th</sup> March Mothering Sunday	9.30 am Service of the Word Janice & John Tindale	4.00 pm Café Style Service All Welcome	11.00am Holy Communion Rev'd Annette Miller		11.00 am United Service at Haverthwaite	11.00 am United Service Holy Communion Rev'd Jonathan Brewster	11.00 am United Service at Haverthwaite	9.30 am Holy Communion Archdeacon Vernon Ross
Sunday 26 <sup>th</sup> March 5 <sup>th</sup> Sunday of Lent	9.30 am Joint Holy Communion with St John's Church Flookburgh Rev'd Jane Maycock	Joint Holy 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 Lay-led	11.00 am Lay-led	11.00 am Communion by extension RR	9.30 am Lay-led

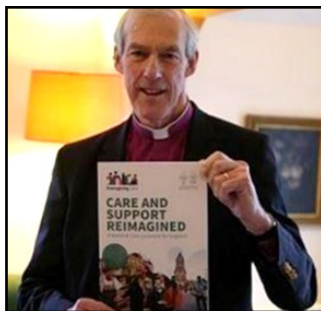
## *Wednesday Clergy Rota - March 2023 - 10 am - Holy Communion*

1st March	Holy Communion - Rev'd Nick Hallam
8th March	Holy Communion - Rev'd Annette Miller
15th March	Joint service with Methodist at St Paul's, Grange Rev'd Jonathan Brewster
22nd March	Holy Communion - The Venerable Penny Driver
29th March	Lay-led

## NEWS FROM THE DIOCESE

### CARE & SUPPORT REIMAGINED

At the beginning of his time as the Archbishop of Canterbury, Justin Welby wrote 'Reimagining Britain', a book outlining his ideas on three issues close to his heart: housing, care and education.



The Archbishops' Commission, co-chaired by Bishop James, produced the first report 'Coming Home' which concentrated on housing. 'Reimagining of Care', the second report, was released on 24<sup>th</sup> January, and calls for a National Care Covenant setting out the responsibilities of everyone involved in care and support: individuals, families, communities and local and national government. It advocates a radical and inspiring vision for adult social care in England, drawing on Christian theology, tradition and values.

Following on from the publication, the Archbishop asked Bishop James, in his role as the Church of England's lead bishop on health and social care, to visit Australia to explore how the church there is supporting social care provision.

Last month Bishop James spent eight days exploring the work of Anglicare Southern Queensland, one of 42 such affiliated groups across Australia, formed more than 150 years ago. Whilst part of the Diocese of Brisbane, it advocates directly to government, assists government in policy development, and drives research on such areas as homelessness, housing affordability, and aged care. It has approximately 600 staff working in residential aged care and a further 1500 staff working to provide 'in home care' services. Each night the organisation has approximately 1200 children in its care – largely through foster parents but also residential youth programmes. It also runs a women's shelter, a home for homeless men, and counselling services.

Bishop James said: "I very much look forward to investigating further how, through the Anglicare model, the church in Australia is actively drawing alongside and supporting those people in the community who need social care provision. What everyone involved in the Commission's report has recognised is that for too long now there has been a lack of investment and long-term planning around social care provision. This must change and we see an opportunity for the Church to proactively feed into that process."

He added: "I have read with huge interest the much-valued and wide array of services which are offered up to those who need them in Queensland, all given through God's grace and love. I'm excited to see what lessons we can learn and consider how these could positively impact social care provision in England."

Bishop James will report back to his Care Commission colleagues on his return.



**SERVICES AT ST PAUL'S & FELL CHURCH FOR MARCH 2023**

**WEDNESDAY 1<sup>ST</sup> MARCH**

**10 am - St Paul's Church, Grange**

Holy Communion – Rev'd Nick Hallam

**SUNDAY 5<sup>TH</sup> MARCH – 2<sup>ND</sup> SUNDAY OF LENT**

**11 am - St Paul's Church, Grange**

Holy Communion – Rev'd Jonathan Brewster

**WEDNESDAY 8<sup>TH</sup> MARCH**

**10 am - St Paul's Church, Grange**

Holy Communion – Rev'd Annette Miller

**SUNDAY 12<sup>TH</sup> MARCH – 3<sup>RD</sup> SUNDAY OF LENT**

**9.30 am – The Fell Church, Grange –Matins - Lay-led**

**11 am – St Paul's Church, Grange**

Holy Communion - The Venerable Penny Driver

**WEDNESDAY 15<sup>TH</sup> MARCH**

**10 am – Joint at St Paul's with Methodist Church**

Rev'd Jonathan Brewster

**SUNDAY 19<sup>TH</sup> MARCH – MOTHERING SUNDAY**

**11 am – St Paul's Church, Grange**

Holy Communion – Rev'd Annette Miller

**WEDNESDAY 22<sup>ND</sup> MARCH**

**10 am - St Paul's Church, Grange**

Holy Communion – The Venerable Penny Driver

**SUNDAY 26<sup>TH</sup> MARCH – 5<sup>TH</sup> SUNDAY OF LENT**

**9.30 am – The Fell Church, Grange - Holy Communion – Rev'd Jonathan Brewster**

**11.00 am – St Paul's Church, Grange – Rev'd Jonathan Brewster**

**WEDNESDAY 29<sup>TH</sup> MARCH**

**10 am - St Paul's Church, Grange**

Morning Prayer - lay-led

## HOW WE CAME TO GRANGE – No. 7

I was born in Pilling, south of Lancaster, and went to primary school there and secondary to Casterton School, near Kirkby Lonsdale. I am from a medical family and decided on a nursing career. I went to do my general training at The London Hospital in Whitechapel, and followed that by nursing in Aberdeen, Oxford, Zambia and Vancouver.

By this time my parents were indicating to me that they hadn't seen much of me for some time and told me that there was a job going for a nurse at St Martin's College in Lancaster. I thought that would be a bit mundane after my exciting travels, but I applied and was accepted, and spent two happy years there before moving to Leeds in 1973. It was while I was there that I met Geoff, sharing a mutual interest in classical music. Geoff was teaching at Leeds Grammar School and I was nursing in the Leeds Student Medical Practice at the University where I worked for 22 years.

We were married in 1979 at St Luke's Church, Hest Bank, in the village where my parents had retired. An interesting fact was that, prior to our Leeds days, we were both in Oxford at the same time - I even went to concerts at his college when he was probably there but we didn't meet.

When we came up to retiring age we agreed on two possible places that interested us: the Cotswold area and the Lake District. So we put ourselves on most of the Estate Agents' books, ordered the Westmorland Gazette, and trawled Rightmove on the internet. I thought how nice a house by a lake would be! How naive was that – we therefore widened our choice. We had several alternative visits to the Malvern area and to the Grange/Arnside area. We visited some lovely properties in the Malvern area; I even joined the library to find out about societies and local events, being pretty sure that was where we were going to live bearing in mind our love of music and Elgar, Holst and Vaughan Williams all composers from that region. We particularly like Elgar's music and have visited his birthplace Broadheath several times where there is a very interesting museum. What an interesting and talented person he was.

In spite of several visits to Malvern we still hadn't given up on coming to the Lake District. It was a much easier trip to come over to Grange for the day, a nice drive over, and lunch at the Hazelmere Cafe plus viewing properties here. My sister lived at Canny Hill, Newby Bridge, so that was a draw, giving us advice about the local area and meeting their friends. However, we just did not find the one for us around Malvern, but did find one in Grange, and have absolutely no regrets. We sold our house in Leeds very quickly in 2005 but had a delay completing our offer on the Grange house. Meanwhile we stayed for a couple of months in an apartment at



Wycombe Villa on The Promenade, which enabled us to enjoy travelling the area with no commitments. I joined U3A and other societies and made some good friends, particularly here at St Paul's, and we have no regrets at choosing this beautiful place.

Penny is very persuasive asking for articles for this magazine. I was very hesitant to accept but thank you, Penny, I have enjoyed going down memory lane!

Margaret Caseley



### SPRING CONCERT BY THE BAY COMMUNITY SINGERS

Welcome in the arrival of spring and lighter nights by joining Bay Community Singers and The Lidos in a joint concert of uplifting and fun singalong songs at their concert at St.



Paul's Church on **THURSDAY 30<sup>TH</sup> MARCH** starting at 7 pm.

The Lidos will be performing a lovely selection of well-known songs from the '60s and during the concert the two groups will combine together for joint performances of a few popular tunes which are sure to get your hands clapping and toes tapping!

Bay Community Singers, as always, will be singing songs from their repertoire, together with some new pieces they have been working hard on learning at rehearsals this last term.

Please spread the word and come along to support these two local, talented music groups.

Entrance is £8 on the door (under 18's free) and there will be tea and cakes served during the interval. There will also be a raffle.

Proceeds from the concert will be divided between two very worthy charities: The Stroke Association and Make 2nds Count, a lesser known charity giving hope to those affected by secondary breast cancer.



## CHURCHES TOGETHER IN GRANGE & DISTRICT

### LENT LUNCHES

**Fridays during Lent 12 noon – 1.15pm**

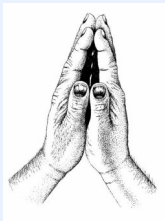
including a short time of devotions 1.00-1.15pm

Lunch will be offered in one of the Local Churches

Do come along and bring a friend

**Donations to be shared between Christian Aid, CAFOD, and Tear Fund**

Friday 24th February:	Grange Methodist Church
Friday 3rd March:	Boarbank Hall
Friday 10th March:	Grange United Reformed Church
Friday 17th March:	St Anne's Church, Haverthwaite
Friday 24th March:	St Paul's Church, Grange
Friday 31st March:	St John's Church, Flookburgh



*I pray today for my brothers and sisters within the Christian community. I grieve the places where division, gossip, pain, or anger have wounded our unity. I pray particularly for a place where I know relationships are broken. Spirit of God, will You bring reconciliation and the peace of Your presence to wounded and hurting places?*

### WORLD DAY OF PRAYER FRIDAY 3<sup>RD</sup> MARCH

The World Day of Prayer service will be held this year at St Mary's Church, Allithwaite, on Friday 3<sup>rd</sup> March at 2.00pm.

It is being planned by an ecumenical group from all the local churches, co-ordinated by Churches Together and led by Jenny Leahy, Alison Gawith and others.

This is an international annual event, and denominations and churches all over the world take part in it.

All are welcome

### Stillness & Song

Sundays in 2023:

2<sup>nd</sup> April, 11<sup>th</sup> June,  
1<sup>st</sup> October, 26<sup>th</sup> November  
6-7pm  
at Grange Methodist Church

Quiet, reflection and song  
in the style of the Taizé community  
Music led by local musicians

We will always be glad to welcome new instrumentalists and singers to lead the music. We meet to practice on the day at 4.15pm, and music can be provided in advance. Please get in touch with Rev'd Jo Rand, [jo.rand@methodist.org.uk](mailto:jo.rand@methodist.org.uk) or phone 015395 33164.

**FRIDAY, 24TH FEBRUARY**, marked the one-year anniversary of the start of the conflict in Ukraine. Churches Together in Grange and District invited anyone who wished to come to a time of quiet reflection and prayer for peace, for about 20 minutes at the peace pavement in the Ornamental Gardens, and to stand in solidarity with national services being organised with Churches Together in Britain and the Ukrainian Greek Catholic Church. Around 30 people attended in Grange.



The following prayer has been suggested by Christian Aid

We implore you, O Merciful God, look with grace upon those who courageously defend their land. Remember the mothers and fathers, the innocent children, widows and orphans, the disabled and helpless, those seeking shelter and refuge, who reach out to you and to their fellow human beings for mercy and compassion. Bless those who have already shown great generosity and solidarity, and those who prepare to receive their Ukrainian brothers and sisters in Ukraine's greatest time of need. Bring us together as your children, your creation, and instill in us your strength, wisdom and understanding. May you be praised and glorified, now and forever, and to the ages of ages. Amen.

**YOU**  
**are invited for**  
**A CUPPA AND CAKE**  
**Come and enjoy an opportunity**  
**to sit awhile and chat**  
**in the Social Area at St Paul's Church**

The first Wednesday in each month,  
 1st March, 5th April, 3rd May

Please do bring a friend along, especially if you know someone who'd enjoy some food and company. All welcome.



## THE CRACKED POT

An elderly woman had two large pots, each hung on the ends of a pole which she carried across her neck. One of the pots had a crack in it while the other pot was perfect and always delivered a full portion of water. At the end of the long walks from the stream to the house, the cracked pot arrived only half full.

For a full two years this went on daily, with the woman bringing home only one and a half pots of water. Of course, the perfect pot was proud of its accomplishments. But the poor cracked pot was ashamed of its own imperfection, and miserable that it could only do half of what it had been made to do.



After two years of what it perceived to be bitter failure, it spoke to the woman one day by the stream. 'I am ashamed of myself, because this crack in my side causes water to leak out all the way back to your house.'

The old woman smiled, 'Did you notice that there are flowers on your side of the path, but not on the other pot's side? That's because I have always known about your flaw, so I planted flower seeds on your side of the path, and every day while we walk back, you water them. For two years I have been able to pick these beautiful flowers to decorate the table. Without you being just the way you are, there would not be this beauty to grace the house'.

### **Moral of the story:**

Each of us has our own unique flaw. But it's the cracks and flaws we each have that make our lives together so very interesting and rewarding. You've just got to take each person for what they are and look for the good in them.

### **I WISH YOU ENOUGH**

I wish you enough sun to keep your attitude bright no matter how grey the day may appear.

I wish you enough rain to appreciate the sun even more.

I wish you enough happiness to keep your spirit alive and everlasting.

I wish you enough pain so that even the smallest of joys in life may appear bigger.

I wish you enough gain to satisfy your wanting.

I wish you enough loss to appreciate all that you possess.

I wish you enough hellos to get you through the final good-bye.

*Sarah Mason, CEO of the Morecambe Bay Partnership, has posted this interesting article on Facebook.*

## **Pink-footed geese and Morecambe Bay**

Morecambe Bay's saltmarshes, sands and mudflats are designated as internationally important. It's one of the top three places in the UK for overwintering birds, along with the Wash and the Ribble Estuaries.

A familiar sight over the Bay in winter is the characteristic v-formation of pink-footed geese. These incredible birds spend winter in the UK arriving from their breeding grounds in Greenland, Iceland and Spitzbergen and can be seen in flocks around the Bay throughout the winter months.

But why the v-formation?

Not surprisingly, birds are clever and over millennia have worked out that flying in this way helps the flock save energy, which is vitally important when conditions are harsh and food scarce. As the birds fly forward through the air, their wing tips create turbulence (a bit like a racing car) pushing the air immediately behind the bird down. To the side, an upwash or drag is created (again like a racing car) allowing the bird flying behind to be pulled along and thereby using less energy.

Studies have shown that the best position for birds such as geese to follow is a metre behind and to the side of the bird it is following, leading to the v-formation. If you spend a bit of time watching a skein of geese, you'll quickly notice that the leader of the flock changes regularly, thereby giving every bird a rest, as the bird at the front is without doubt doing all the work! It isn't only geese which use this efficient method of movement. The formation can be seen in ibises, cranes, cormorants, gulls, swans and also pelicans, although we are unlikely to see those over Morecambe Bay!

Much is still unknown about the v-formation used by flocks. Research has yet to reveal whether the leading birds are chosen and if so, why, and what levels of co-operation exist between flock members. I always feel that some mysteries of the natural world should remain, and when I gaze up to the skies on hearing the iconic "wink-wink" call of the pink-footed geese each winter, I often wonder what journey they are on and why.

You can see pink-footed geese all around Morecambe Bay during the winter months, but a particularly good place to see them without the risk of disturbing them as they rest and feed up is from the Furness Line travelling between Arnside and Grange-over-Sands, or from the various viewing hides at RSPB's Leighton Moss nature reserve.

The Morecambe Bay Partnership has an interesting series of on-line talks about the Bay in its **Sunset Series**. **On Tuesday, 4<sup>th</sup> April, Joseph Earl will explore the crucial role that saltmarsh environments may play in protecting people and places against climate change along the north-west coast.** Online event, £3.00. Book via [www.eventbrite.co.uk](http://www.eventbrite.co.uk) 19:00-20:00





## PANCAKE PARTY AT ST PAUL'S

Sarah Brewster invited the children from Grange Primary School to come and enjoy pancakes at St Paul's on the afternoon of Shrove Tuesday, along with their parents and/or grandparents. 30 pancakes were consumed and a jolly good time was had by all!



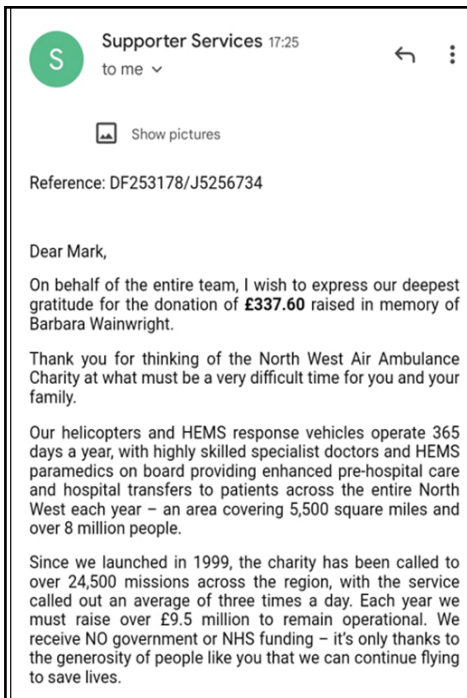
## A USEFUL CHART TO HAVE IN THE KITCHEN ?

Kitchen Cheat Sheet			
METRIC CONVERSION - AUSTRALIA			
<b>WEIGHT</b>		<b>LIQUID</b>	
1 oz = 28.35 g		1 cup (aus) = 250 ml	
1 g = 0.035 oz		1 fl oz = 29.5 ml	
1 kg = 35 oz (2.2 lbs)		1 ml = 0.034 fl oz	
<b>METRIC</b>	<b>IMPERIAL</b>	<b>METRIC</b>	<b>PINT CUPS FL OZ.</b>
30 g	1 oz	100 ml	3½
60 g	2 oz	125 ml	½ 4½
85 g	3 oz	150 ml	¼ 5
115 g	4 oz (¼ lb)	200 ml	7
140 g	5 oz	250 ml	1 9
170 g	6 oz	275 ml	½ 10
200 g	7 oz	300 ml	11
230 g	8 oz (½ lb)	400 ml	14
250 g	9 oz	500 ml	2 18
285 g	10 oz	570 ml	1 20
450 g	16 oz (1 lb)	750 ml	3 26
500 g	17 oz	1.0 L	1¾ 4 35
<b>OVEN TEMP</b>		<b>COMMON INGREDIENTS</b>	
<b>CELSIUS</b>	<b>FAHRENHEIT</b>	<b>METRIC</b>	<b>IMPERIAL</b>
120	250 VERY SLOW	1 cup flour	140 g 5 oz
140	280 SLOW	1 cup sugar	250 g 9 oz
150	300	1 cup brown sugar	185 g 6½ oz
160	325 MODERATELY SLOW	(firmly packed)	
180	350 MODERATE	1 cup butter	250 g 9 oz
190	375 MODERATELY HOT	1 stick butter	115 g 4 oz
200	400 HOT	1 cup grated cheese	115 g 4 oz
230	450 VERY HOT		

## DEAR FRIENDS AT ST PAUL'S

The North West Air Ambulance have acknowledged the donations in memory of Barbara Wainwright. Barbara would have been humbled by the love and high esteem reflected in the donations.

Thank you, Stewart, Mark, Steven and Georgia



### OF INTEREST ? A service from a different church each week, bringing worship and prayer to where you are

If you are unable to get to church on a Sunday morning, you may be interested to know that each Sunday you are invited to a live weekly online service hosted by different churches across the Church of England from 9 am on the website, Facebook or YouTube . It is also available for playback immediately after the service ends.

<https://www.churchofengland.org/prayer-and-worship/join-us-church-online/weekly-online-services>

All the weekly service content is manually subtitled and contains British Sign Language (BSL) interpretation throughout.

You can also download a copy of the Bible from the free **Youversion bible** app available from the Google app store. Open the app and at the bottom of the page click on Bible. There is a choice of versions to choose from, but one recommendation is the David Suchet audio version.

**DUST + GLORY** A useful site for Lent is the Church of England's free app 'Dust and Glory', based on the Archbishops' book for Lent written by Bishop Emma Ineson, our former Bishop of Penrith who has recently been announced as Bishop of Kensington. It encourages us to take a fresh look at the frustrations and failings that every day brings, and to seek to learn from them and grow closer to God through them.

Another site for daily meditations is **Lectio 365**, a free daily devotional resource that helps you pray the Bible every day. It is a traditional monastic practice that has been used by Christians for centuries: follow daily Bible readings, thoughts and prayers.

## THE “WARM SPACES” INITIATIVE IN LOCAL CHURCHES

The ecumenical “Churches Together in Grange and District” has set up a **“Warm Spot”** at **Grange Methodist Church Hall**, coffee morning on Wednesdays 10 am - 12 noon.

Also, **St Paul’s Grange** invites you to **‘Cuppa and Cake’** at 2.30 pm on the first Wednesday of each month.

**St Mary’s Allithwaite** has **Café Allithwaite breakfast** on the first Friday of each month, 8.30–10 am. Also the **Community Lunch** on the third Wednesday of each month, served from 12 noon until 1.30 pm. Both events provide hot food and are free!

**St Anne’s Haverthwaite Lunch Club** on the second Wednesday of each month at 12.30 pm.

The Revd David Edmondson writes: “This is part of the nationwide **“Warm Spaces”** initiative, encouraging community groups to open buildings and heat them for people who have difficulty keeping their own homes comfortably warm all day. Our churches are ideal venues for this, and enable us to show God’s care for people.

We are encouraging other churches to join in , so that we cover as much of the week as possible without having two churches close to each other open at the same time.”

Congratulations to **Brian McCann** who has been appointed a Trustee for South Lakeland Age UK from the 1<sup>st</sup> March when he attends his first meeting.



**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](http://www.ageuk.org.uk/campaigns) Twitter: [@ageukcampaigns](https://twitter.com/ageukcampaigns)

# SYMBOLS OF CHURCH SEASONS AND DAYS

By John Bradner

## Devil, Satan

Because of his role as the tempter, the devil comes into prominence during Lent. He is the personification of evil and the mythical enemy of Christ himself as well as of every follower of Christ. Mark (1: 13) says that Jesus “was in the wilderness forty days, tempted by Satan”. Matthew (4: 1) and Luke (4: 2) both tell that in the wilderness Jesus was “tempted by the devil”, and reveal three temptations which Jesus successfully resisted.



The devil is often depicted as the Prince of the Underworld equipped with a pitchfork. In pictures of Jesus’ temptations he often appears with the wings of a fallen angel. He may wear a crown as the king of pride. He is sometimes related to the mythical satyr of unsavoury repute and given the horns and hooves of a goat.

Revelation 12 contains a version of the conflict between Christ and Satan. In verse 9 we read “the great dragon was thrown down, that ancient serpent, who is called the Devil and Satan”. Accordingly the devil is often represented by a dragon (especially when shown vanquished by St Michael) or a serpent, or if shown like a man he has a reptile’s tail.

The following animals are sometimes used to represent the devil.

**Ape** - which is also a symbol of sin and lust.

**Blackbird** - because of its black feathers representing the darkness of sin, and its melodious song, which reminds us of the alluring temptations of the flesh.

**Fox** - renowned for its cunning and its ability to feign death to attract the unwary.

**Leopard** - a symbol of sin and cruelty.

**Lion** - because of its pride and fierceness. This is only one of several different symbolic ideas about the beast. Sculptors have represented Christ as standing on a lion, after the idea in Ps 91:13, “You will tread on the lion and the adder, the young lion and serpent you will trample under foot”.

**Owl** - likes to hide in darkness. It tricks other birds.

**Raven** - because of its blackness, sometimes represents sin.

**Spider** - which prepares a trap for the unwary with its web.

**Wolf** - Prowls around sheepfolds, an enemy of the sheep.

In colour the devil may be black since that is the traditional appearance of demons; or red because his home is in hell-fire; or green because that is frequently seen in snakes.

## Fasting

The Lenten fast was suggested by Jesus’ fasting forty days in the wilderness following his baptism. Fasting (which is usually abstinence from food) and other forms of abstinence are used at this time as a sign of subduing the flesh to the spirit and as a sign of penitence.



## "BACK OF TOWN"

A grandson of slaves, a boy was born in a poor neighbourhood of New Orleans known as the "Back of Town". His father abandoned the family when the child was an infant, his mother became a prostitute, and the boy and his sister had to live with their grandmother.



Early in life he proved to be gifted for music and with three other kids he sang in the streets of New Orleans. His first gains were coins that were thrown to them.

A Jewish family, Karnofsky, who had emigrated from Lithuania to the USA, had pity for the 7-year-old boy and brought him into their home. There he remained and slept in this Jewish family's home where, for one of the first times in his life, he was treated with kindness and tenderness.

When he went to bed, Mrs. Karnofsky sang him a Russian lullaby that he would sing with her. Later, he learned to sing and play several Russian and Jewish songs. Over time, this boy became like an adopted son of the family.

The Karnofskys gave him money to buy his first musical instrument, as was the custom in the Jewish families. They sincerely admired his musical talent. Later, when he became a professional musician and composer, he used Jewish melodies in some of his compositions.

The young black boy grew up and wrote a book about this Jewish family who had adopted him in 1907. In memory of this family, and until the end of his life, he wore a Star of David and said that in this family he had learned "how to live real life and determination".

You might recognize his name. This little boy was called Louis "Satchmo" Armstrong. Louis Armstrong proudly spoke fluent Yiddish and "Satchmo" is Yiddish for "big cheeks", a nickname some say was given to him by Mrs. Karnofsky!

### TRY THIS ...

How smart is your right foot? You have to try it!  
It is absolutely true. I guess there are some things that the brain cannot handle.

1. While sitting in a chair, lift your right foot off the floor and make clockwise circles.
2. Now, while doing that, draw the number '6' in the air with your right hand. Your foot will change direction.

Told you so! And there is absolutely nothing you can do about it! You and I both know how stupid it is, but before the day is done you are going to try it again—if you have not already done so!



## RENEWING OUR MINDS

**‘Do not conform to the pattern of this world, but be transformed by the renewing of your mind.’ (Romans 12:2, NIV)**

What is the pattern of this world?

It might not be possible to know exactly what Paul meant by this, but looking at the world around us, we can discern some of the ‘isms’ that shape it:

**Cynicism.** Believing that human nature is fundamentally selfish.

**Consumerism** Believing that happiness is found in acquiring more things.

**Capitalism.** Believing that endless economic growth is possible, and should be relentlessly pursued.

**Individualism.** Believing that we should all be self-reliant – responsible for our own lives alone.

This pattern of the world has led to great injustice, destruction and sorrow.

Let us renew our minds and believe the truth that all humans are made in God’s image.

Let us believe in enough, that less is more, that simple is beautiful. And let us believe in each-otherness, in connection, and in community.

*Loving God, form our lives into a more beautiful pattern.*

*Renew our minds so that they are shaped by faith, hope and love.*

*And help us all to bring heaven here. Amen.*

**Gideon Heugh**

*Gideon writes for Tearfund and is a poet and environmentalist*

### GRANGE OVER SANDS MONTHLY RAINFALL (MM) - ANDREW LITTLE

	2016	2017	2018	2019	2020	2021	2022	2023
January	141	98	142	73	107	186	58	174
February	125	91	69	99	263	139	171	40*
March	107	162	60	182	75	134	48	
April	72	15	98	39	12	12	40	
May	32	75	37	52	26	101	68	
<b>June</b>	<b>185</b>	<b>135</b>	<b>19</b>	<b>91</b>	<b>99</b>	<b>30</b>	<b>79</b>	
<b>July</b>	<b>113</b>	<b>126</b>	<b>33</b>	<b>134</b>	<b>169</b>	<b>70</b>	<b>80</b>	
<b>August</b>	<b>168</b>	<b>86</b>	<b>108</b>	<b>180</b>	<b>188</b>	<b>63</b>	<b>78</b>	
September	118	177	133	177	66	62	112	
October	31	172	131	160	165	304	158	
November	118	189	62	85	114	71	177	
December	65	109	160	155	126	153	162	
<b>Annual Totals</b>	<b>1,275</b>	<b>1,435</b>	<b>1,052</b>	<b>1,433</b>	<b>1,408</b>	<b>1,325</b>	<b>1231</b>	<b>214*</b>

*\* means incomplete total till next month*



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## CALLING ALL KNITTERS!

For some years the Soroptimists have sent knitted blankets to the Hamlin Fistula Hospital in Ethiopia. Each woman arriving in the hospital is given a blanket, and they have become a symbol of the warmth and comfort of care they will receive. The hospital is now in desperate need of more blankets. Would anyone like to knit squares – garter stitch on no. 8 (4mm) needles in acrylic double knitting wool of bright colours. These will be made up into blankets measuring either 36" x 48" or 42" x 54", finished with a simple crocheted or blanket stitch border to strengthen.

Information about the hospital can be found at [hamlinfistulauk.org](http://hamlinfistulauk.org), or speak to Rosemary, Mollie, Sue F or Penny.

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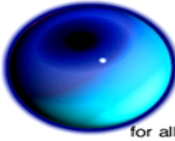
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