

THE PARISH CHURCH OF
SAINT PAUL
GRANGE-OVER-SANDS



October 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.

Tel No

Team Rector - Vacant

Rev'd Nick Devenish - The Vicarage, Priest Lane, Cartmel, LA11 6PU 015395 36261

**Rev'd Jane Maycock - The Rectory, Longlands Rd, Bowness, LA23 3AS
015394 43063**

Associate Priest (miller3637@btinternet.com)

Rev'd Annette Miller - Airton, Eden Park Road, GOS, LA11 6BW 015395 33840

Licensed Lay Readers in the Cartmel Peninsula Team Ministry

Steve Bell, Becksides Barn, Becksides, Cartmel, LA11 7SW 015395 36789

Jenny Leahy, Studio, Mill House, Lindale, LA11 6LF 015395 35979

Visit our website www.grangeecc.co.uk

FROM THE VICARAGE

Dear Friends.

I've always found the words 'season of mists and mellow fruitfulness' from Keat's poem *To Autumn* conjure a romantic picture in my mind. But this time of year also brings the worry of SAD – seasonal affective disorder – which I struggle with most winters. This year October 10th is designated as World Mental Health Day - a subject now, thankfully, more openly acknowledged and talked about.

Most people have times when they feel low. Sometimes it can be more serious and there is the need for support or treatment. MIND, the mental health charity, lists many causes of mental health issues, including life events such as grief, poverty, abuse, environment, racism, traumatic injury, etc. Or it may be a chemical imbalance in the brain or genetic issue, and so on.

But no-one should be ashamed if they suffer. Whoever we are, we are all human beings, made in the image of God and everyone has a name. The bible verse that always comforts and uplifts me when I'm down is when God says "Do not be afraid, for I have redeemed you; I have called you by name, you are mine" (Isaiah 43:1).

Names give us identity. Names enable us feel human.

Years ago, when in Australia for a conference, I had an overpowering experience. As I stood on a beach I heard a loud voice at my shoulder saying "You are standing on stolen land". I was so affected that when it came to my ordination training I chose to return and do a placement with people of the stolen generation. I learnt of the damage done to them by the appalling government policy of removing Aboriginal children from their families, and indigenous heritage. This continued until the mid-1970s. They were given new names, and re-educated in the 'civilised' way of life. Many now suffer severe mental health issues. For days I sat with them on 'The Block', a piece of waste land in Sydney and just listened. One said to me "Not many white fellas dare to come here, let alone really hear us; you can't know how healing it has been".

I too have found that by chatting and listening to people I feel better. So, let us all try and make an effort to see people afresh, whoever and whatever they are, wherever we encounter them, be it in church or our community and beyond.

Perhaps, like me, as you get older, you find it more difficult to remember names. But don't be afraid of that. Still greet people, ask their name, and talk with them. It's a starting point. We may not change the world, but one person may feel valued and uplifted.

May God, who knows YOU by name, bless you.

Celia (McCulloch)

THE CURRENT POSITION

Although the Revd Jonathan Brewster was actually in post as Interim Priest for Grange, Field Broughton with Lindale and the three Leven Valley parishes until the end of September, we officially said goodbye to him and the family on the 30th July after his appointment as Dean of Carlisle Cathedral was announced. We were then reliant on our Associate Priest, the Revd Annette Miller, our retired clergy and our lay team for maintaining our services.

After 7 years of deliberations, it has finally been proposed that the Cartmel Peninsula Team Ministry benefice should be disbanded, and four new benefices created:

- Allithwaite and Flookburgh 1 full-time priest, based in Flookburgh Vicarage
- Cartmel – 1 priest, half paid by the Diocese, half by Cartmel PCC
- Finsthwaite, Haverthwaite and Staveley – a part-time House for Duty priest
- Grange-over-Sands and Field Broughton with Lindale – 1 full-time priest, based in Grange Rectory

This proposal has been agreed by all the PCCs and patrons, and awaits approval by the Archdeaconry & Pastoral Committee before being submitted to the Church Commissioners.

In the meantime we were asked to prepare a parish profile* for our proposed benefice, which was duly approved and sent to the Archdeacon for the process of advertising for a Team Vicar (Vicar-designate) (it has to be a Team Vicar appointment as the Team has not yet been disbanded and “so that they don’t lose their job in the transition”).

We were then asked whether we would be happy to interview a candidate proposed by the Bishop. If he/she was accepted, then we would obviously not need the expense of advertising. The PCCs of both Grange and Field Broughton agreed.

However, the Bishop’s preferred candidate declined to stand for interview, and so we are now faced with advertising the post. The advert has been prepared by the Archdeacon and will appear shortly on the Diocesan web site and Church of England Pathways web site, and in the Church Times starting on the 29th September for 4 weeks, with a closing date of the 23rd October and interviews on the 10th November.

At one time the not inconsiderable cost of an advert in the Church Times was split 3 ways - Bishop/Patron/Parish, but since all adverts are now placed on-line on the Diocesan and CofE Pathways web sites, advertising in the Church Times is a decision of the benefice/parish, who then bear the full cost. We understand that to be in the region of £1,050.

We now pray for a good response to the advert!

* The profile can be viewed on our web site - <https://www.grangepcc.co.uk/news/profile-for-the-new-benefice-designate/>

FROM THE REGISTERS - OCTOBER 2023



WEDDING

Matthew Wilson & Elizabeth Barker 2nd September 2023

BAPTISM ANNIVERSARIES

Skyla-Rae Reardon 17th October 2021

YEAR'S MIND

James Procter	22nd October 2018
Rowland Williams	31st October 2019
Michael Towers Barber	1st October 2021
John McGuire Harrison	6th October 2022
Alan James Howson	15th October 2022
David Joseph Gamble	27th October 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.

OUR NEXT LAY-LED SERVICE

On the 15th October we welcome the Rev'd Ron Rutter, who is coming to speak to us about 'Raising dementia awareness'. Ron is a retired priest, living at Heversham, and was formerly Deputy Head at Cartmel Priory School.

We shall be following up some of the issues raised in the talk on Tuesday, 24th October, at 2 pm in St Paul's, when Ron will help us explore how best we can become a dementia-friendly church to support people with any of the 'hidden' illnesses. Anyone is welcome to come along and join this discussion.

GET YOUR STAMPS IN FOR CHRISTMAS !

Stamp prices are increasing on the 2nd October 2023

1st standard up 15p to £1.25; 1st large up 35p to £1.95
2nd standard no change 75p; 2nd large up 40p to £1.55



While on the subject of stamps, can I remind you that we do collect used stamps for RNIB, the Royal National Institute of Blind People. Don't forget that used stamps have a value – and this is another opportunity for recycling! RNIB receives £20 per kilogram of stamps, and last year over £30,000 was raised from something that most people would just throw away!

Please look out for the collecting box at the back of St Paul's and also now at the Fell Church.

A BELATED ACKNOWLEDGMENT - Thanks are due to Nicky Harvey who was the source of the clergy letter on seasons in last month's magazine.

SERVICES AT ST PAUL'S & THE FELL CHURCH OCTOBER 2023



SUNDAY 1ST OCTOBER
17TH AFTER TRINITY
11 am - St Paul's Church, Grange
Harvest Festival with Holy Communion
Rev'd Annette Miller

WEDNESDAY 4TH OCTOBER
10 am - St Paul's Church, Grange
Holy Communion – Rev'd Nick Hallam

SUNDAY 8TH OCTOBER
18TH SUNDAY AFTER TRINITY
9.30 am – The Fell Church, Grange
Matins - Lay-led
11 am – St Paul's Church, Grange
Holy Communion - The Venerable Penny Driver

WEDNESDAY 11TH OCTOBER
10 am – St Paul's Church, Grange
Holy Communion - Rev'd Annette Miller

SUNDAY 15TH OCTOBER
19TH AFTER TRINITY
11 am – St Paul's Church, Grange
Morning Worship - Lay-led with the Rev'd Ron Rutter

WEDNESDAY 18TH SEPTEMBER
10 am - Joint Service with Methodists
at Methodist Church, Grange

SUNDAY 22ND OCTOBER
19TH AFTER TRINITY
9.30 am – The Fell Church, Grange
Holy Communion – Rev'd Annette Miller
11 am - St Paul's Church, Grange
Holy Communion - Rev'd Annette Miller

WEDNESDAY 25TH OCTOBER
10 am - St Paul's Church, Grange
Holy Communion – The Ven Penny Driver



SUNDAY 29TH OCTOBER
LAST AFTER TRINITY

United Service at St Paul's Church, Grange over Sands
Rev'd John Dixon, Rural Dean - **'A celebration of youth ministry'**
and the Commissioning of Andrea Mason as Community and Youth Leader

ST PAUL'S PASTORAL TEAM

We are justly proud of our Pastoral Team. The members (and others) help many of our congregation in different ways at difficult times: visiting the housebound, giving communion at home, offering help and advice, visiting those in hospital and homes, sending greetings cards.



We try to keep abreast of everyone in the parish, anyone who is suddenly missing on a Sunday, those who are sick or in need of help. We have an email group which helps us to pass on information as quickly as we can. Visits are arranged, and people are asked if they would like to be named in the regular prayers and/or have their names on the prayer tree.

Lay pastoral visiting is very rewarding. The people visited always seem appreciative, and friendships are formed. Occasionally someone falls through the net, and it would help if you could let us know of anyone who may like a visit.

Holy Communion is taken each month on the first or second Wednesday mornings to those who are unable to get to church for one reason or another. Please tell us if you or anyone you know would like to receive Communion at home. This is a vital part of the mission of our church. This Harvest-time they will receive a small token gift to let them know they are remembered.

We are always glad to receive news of special birthdays and/or anniversaries so that we can celebrate together in church. We all look forward to Sundays with cake!

A recent introduction has been the 'Cake and Cuppa' afternoons on the first Wednesday of each month; this is an opportunity for us to get together and enjoy fellowship, and is proving very popular. Again, if you know of anyone who would welcome some company - and some home baking, please invite them to come along. This is entirely free and open to anyone in our community.

It is also worth remembering that Jesus asked us all to love our neighbours, and pastoral care is not restricted to these few people! It is the job of us all - we live in different areas of Grange and can easily keep an eye on those living near us and perhaps pop in occasionally for a chat.

11 AM, SUNDAY 29TH OCTOBER—‘A CELEBRATION OF YOUTH MINISTRY’

St Paul's are delighted to host this ecumenical service to commission Andrea Mason as our new Community and Youth Worker, and to celebrate and pray for the work with our young people. It will be led by the Rev'd John Dixon, our Rural Dean, with input from the young people and the Youth Trust, and will be live-streamed via YouTube.

DATES FOR YOUR DIARY IN OCTOBER 2023

- Sunday, 1st** **HARVEST FESTIVAL, FOLLOWED BY PARISH LUNCH**
6-7 pm - "Stillness & Song" - a Taizé-style service, Methodist Church, Grange
- Tuesday, 3rd** 9.30 am - **Primary Schools Day at Cartmel Priory**, Years 5&6
- Wednesday, 4th** 2.30 pm - **Cuppa and Cake, St Paul's**. All welcome
- Saturday, 7th** 10 am - **Boon Day**, St Paul's garden tidy, All Welcome
- Sunday, 8th** 1 pm - **Solo Lunch** at Newby Bridge Hotel
- Monday, 9th** 3 pm - **Planning Meeting** for United Service on 29th
- Wednesday, 11th** 11 am - **Meeting in St Paul's** for readers of lessons in church
12 noon - **Haverthwaite Lunch Club**, please book
(david@amhost.co.uk)
7 pm - **Standing Committee** meeting, St Paul's
- Thursday, 12th** 10 am-4 pm - **Eco Fair**, Victoria Hall (*see page 11*)
11 am - **Charles Edmondson's Concert for Piano & Organ**,
St Paul's (*see page 16*)
- Saturday, 14th** 6.30 pm - **Curry & Quiz night** at St Mary's, Allithwaite
7.pm - **Quiz Night** Victoria Hall (*see page 22*)
- Thursday, 19th** 2 pm - **Craft afternoon with Pip**, St Paul's
- Saturday, 21st** **Prayer Ministry Training Day**, Ulverston Parish Church
- Tuesday, 24th** 2 pm - **Dementia Awareness Meeting** at St Paul's, with the
Rev'd Ron Rutter
2.30 pm - **Cartmel Grange Nursing Home service**
- Thursday, 26th** 2 pm - **Social Committee Meeting**, St Paul's

SUNDAY 5TH NOVEMBER - 3 PM - SERVICE FOR ALL SOULS

(see page 11)

VOLUNTEERS WANTED!

Can you help?

St Paul's needs a Health and Safety Officer.

The Churches Together Youth Trust (CTYT) is looking for another trustee and also a secretary, and a Vice President is needed for our ecumenical **Churches Together in Grange & District** (to be renamed Cartmel Peninsula Churches Together).

Are any of these something you could do?

HOW I CAME TO GRANGE – NO. 14

The first time I came to Grange was during the war. The family travelled from our home in Morecambe to Arnside for our holidays. The great excitement for my brother and me was taking the train to Grange going over the sea, but best of all was having ice-cream from the kiosk next to what is now Paragon, which still serves ice-cream! The next time I came to Grange was as a student from Casterton School when we were brought to the swimming baths. I thought it was a lovely pool, more attractive than the large pool at Morecambe.

When Robert and I met in 1966 we discovered we both enjoyed walking in the Lake District, and so we arranged to go on a walking holiday together. It was during that first holiday that we decided to get married which we did the following spring.

We both worked in hospitals in Liverpool with short breaks: Robert did two years of National Service as a pharmacist in a hospital in Germany, and I spent three years nursing in a Christian hospital in Iran.

We made our home in Liverpool and our two children were both born there. In 1973 we moved to Dundee where Robert became pharmacist at the new Ninewells Hospital. We lived there for 17 years, and continued our family holidays in the Lake District, often staying at Holiday Fellowship houses in Coniston and Keswick. When we retired in 1990 we knew we wanted to move nearer to the Lake District and also to be nearer three elderly relatives. We looked in areas from Heysham to Bouth for a detached bungalow with garage. However, we forgot all about that when we saw the beautiful view from the sitting room in our present home, Stoneleigh, in Grange – a semi-detached house on three floors with no garage!

We soon settled into life in Grange and enjoyed activities like the Ramblers, Lecture Society, and singing. We looked for a church and visited Flookburgh and Cartmel Priory, but we found our home here at St Paul's where we received a warm welcome. We have appreciated the friendship and fellowship. It was a special blessing when the family came to live in Kendal and we were able to share our three grandchildren.

In 1993 I felt moved to apply for Reader training and was surprised to be accepted at the age of 62. My tutor was the young Rev'd Derek Jackson who was very kind to me. Alan Baker, a fellow trainee, and I travelled to Derek's home for tutorials and we had some training weekends at Rydal Hall. I enjoyed the training and it has been a privilege and joy to serve as a Licensed Reader since 1995 and to be involved in the life of St Paul's. I have appreciated the kindness and support of many people.

The view from the window has been very special for us. When Robert was ill he had his bed in the sitting room window where he could see the tides coming and going. He said 'What more can I ask for!'

I am so glad we came to Grange. Joyce (Leach)

Over the years Robert and Joyce served in various capacities, both as members of the PCC, and Joyce starting the Edward Bear Club, singing in the choir, visiting assiduously round the parish, and taking Communion to the housebound.

ALL SOULS SERVICE
SUNDAY, 5TH NOVEMBER, 4 PM

“Though I walk through the valley
of the shadow of death,
I will fear no evil; for
You are with me,
Your rod and staff they comfort me.”
Psalms 23:4



Each year we have a special service to remember the lives of our loved ones whom we have lost. Invitations are sent to all those who have had a bereavement during the past 12 months, but all are welcome.

There will be a book at the back of St Paul's from the middle of October for you to enter any name that you would like read out during this service, and there is an opportunity for you to light a candle.

It is a reflective and meaningful service which will be led by the Rev'd Annette Miller, and refreshments will be served afterwards to allow time for a chat.

CRAFTING WITH PIP

In August we concentrated on finishing what we started in July. So next time the church has a celebration or special event, look out for our bunting. Come rain or shine it will flutter in the breeze and, if the stitching is robust, may even survive the storm!!! On the inside we have folded paper bunting designed to stretch between St Paul's eight columns.

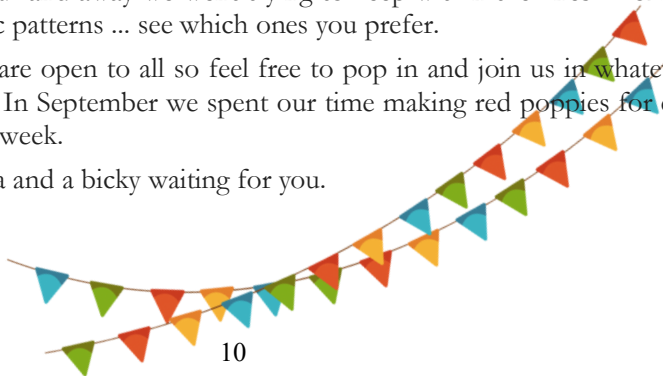
For decades, colouring in has been seen as a childlike activity but recently opinions have changed. Adult colouring is now a thing. It promotes mindfulness, relaxation and calm. It enables the colourers to immerse themselves in intricate patterns and deciding on colours. Creativity can be unleashed as everyday cares are set to one side.

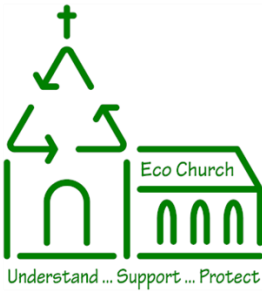
There are plenty of adult colouring books on the market but Pip provided some designs for us to colour and away we went trying to keep within the lines. From floral pictures to psychedelic patterns ... see which ones you prefer.

These crafty sessions are open to all so feel free to pop in and join us in whatever we find ourselves doing. In September we spent our time making red poppies for display during Remembrance week.

There's always a cuppa and a bicky waiting for you.

Pip





ECO CHURCH

Eco Church is an interdenominational Christian awards scheme designed to equip churches to work towards environmentally friendly practices. It is run by A Rocha UK. The scheme is free to register and provides a practical framework for action, providing tools to show that the Church is good news for God's earth. By completing an online survey, bronze, silver and gold awards are presented to churches across a wide range of areas, including worship and teaching, care and management of church buildings and land, engagement in the community and the wider world, and individual lifestyle choices.

In a time of unprecedented environmental stress, in a rapidly warming world, when 40% of our native species have declined in the past 50 years, and one in 7 are now in danger of becoming extinct, Eco Church enables churches to respond to God's mandate to human beings to care for His creation, by integrating environmental care throughout their church's life and mission.

Eco Church was launched in St Paul's Cathedral in January 2016, and since 2021 the number of eco churches has grown by 110%, with 6,500 churches currently registered. At the end of 2022, there were **1155 Bronze, 401 Silver, and 23 Gold** Church of England Eco Churches, and the first two Gold cathedrals: Salisbury and Chelmsford. Our Methodist Church in Grange has a Bronze award.

At our lay-led service in November, Pam Martin will be speaking to us and sharing her experience of Eco Church. Pam is a Licensed Lay Minister at Levens Church, which became the first church in the country to get a Gold award. At its September meeting the PCC discussed registering for this scheme, but agreed to wait until we have heard Pam before reaching a decision. In the meantime it would be good if we could get a small group (4 or 5 people) who would be interested in looking at the survey questionnaire together.

A poem by Gideon Heugh

I stand outside
the barred church doors
hammering with my fists
while around me
the world dies.

I don't want to be let in
but pray
for those inside
to come out
and join the fight.



RETIRED CLERGY 'DAY' AT ST PAUL'S

As usual the St Paul's gift of hospitality came to welcome a meeting of the retired clergy from the Diocese of Carlisle. Some thirty people gathered on Thursday, 7th September. Coffee and biscuits awaited them on their arrival and later a full lunch was enjoyed.



Canon Ruth Crossley in her retirement as Bishop's Officer for retired clergy had organised this gathering. Many of St Paul's

congregation will remember Ruth from the days she was Curate at St Paul's. She led a short time of prayer and reflection, before introducing the Rt Rev'd Rob Saner-Haigh, the Bishop of Penrith, who is currently acting Bishop of Carlisle. He spoke of his own journey of faith. He also addressed some of the issues facing the Church of England at this time.

Canon Derek Jackson (retired)



CALLING ALL READERS AND POTENTIAL READERS

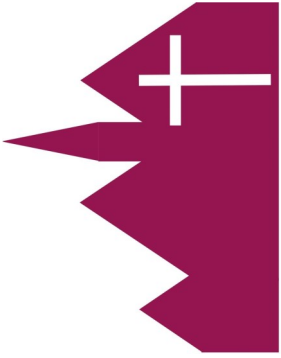
A date for your diary

We will be meeting at 11 am on 11th October after the Wednesday morning service at St Paul's to talk about the reading of lessons at our services.

Sunday Services around the Benefice

	ALLITHWAITE	FLOOKBURGH	GRANGE-OVER-SANDS	GRANGE FELL	FINSTHWAITE	HAVERTHWAITE	STAVELEY IN CARTMEL	FIELD BRIGHTON & LINDALE
October 2023								
Sunday 1 st October 17 th after Trinity	10.00 am Holy Communion Canon Amiel Osmaston	10.00 am Holy Communion Rev'd Jane Maycock	11.00 am Harvest Festival Holy Communion Rev'd Annette Miller	9.30 am Morning Worship Lay-led	9.30 am Morning Worship Lay-led	11.00 am Morning Worship Lay-led	11.00 am Harvest Festival Richard Rhodes	9.30 am Holy Communion Rev'd Annette Miller
Sunday 8 th October 18 th after Trinity	4.00 pm Service of the Word Steve Bell	10.00 am Holy Communion Rev'd Jane Maycock	11.00 am Holy Communion The Venerable Penny Driver	9.30 am Mattins Lay-led	11.00 am Holy Communion Rev'd George Wilson	11.00 am Holy Communion Rev'd George Wilson	11.00 am Holy Communion Rev'd Annette Miller	9.30 am Holy Communion Rev'd George Wilson
Sunday 15 th October 19 th after Trinity	10.00 am Holy Communion Rev'd Jane Maycock	4.00 pm Afternoon Prayer Lay-led All Welcome	11.00 am Morning Worship Lay-led		11.00 am Holy Communion The Archdeacon Vernon Ross	11.00 am Holy Communion Rev'd George Wilson	11.00 am Holy Communion The Archdeacon Vernon Ross	9.30 am Morning Worship Lay-led
Sunday 22 nd October 20 th after Trinity	Joint Service 10.00 am At St John's Flookburgh	10.00 am Joint Service Holy Communion Rev'd Jane Maycock & Jenny Leahy	11 am Holy Communion Rev'd Annette Miller	9.30 am Holy Communion Rev'd Annette Miller	6.00 pm Evensong The Rural Dean Rev'd John Dixon	11.00 am Morning Worship Lay-led	11.00 am Holy Communion by Extension Richard Rhodes	9.30 am Morning Worship Lay-led

11 am - United ecumenical service
St Paul's Church, Grange-over-Sands
 The Rev'd John Dixon, (Rural Dean) with the Youth Trust
 A celebration of Youth Work on the Cartmel Peninsula
 and the Commissioning of Andrea Mason as our Community and Youth Worker



Wednesday Clergy Rota - October 2023	
10 am - Holy Communion	
4th October	Holy Communion - Rev'd Nick Hallam
11th October	Holy Communion - Rev'd Annette Miller
18th October	Holy Communion service with Methodists At Methodist Church - Grange
25th October	Holy Communion - Ven Penny Driver

WASPS

You're having a few drinks in the garden with friends, or a family BBQ, when a load of wasps arrive to spoil the party. You haven't seen them all summer and suddenly they're all over the place, annoying everybody, causing panic. Sound familiar?



August/September is the time of year when people start to ask 'what's the point of wasps?' The answer may surprise you.

Did you know there are approximately 9,000 species of wasp in the UK alone? These include parasitic wasps, some of which are so small they are like pin heads. Of the 250 larger wasps which have a stinger, most are solitary and cause no upset to humans.

However, when we talk about wasps, we're almost certainly referring to our nation's nemesis, the Common wasp (*Vespula vulgaris*). To understand why these wasps become really annoying this time of year, you first need to understand their life cycle.

Common wasps live socially like bees but, unlike honey bees, they haven't evolved a way of storing food to allow the colony to survive the winter. In fact, the only survivors are the young, fertilised queens who hibernate over winter, emerging in the spring to build little walnut-sized nests where they lay around 20 eggs. The queen feeds the resulting larvae until around May when they mature and become workers. Then she focuses on more egg-laying and the workers get on with feeding them, enlarging the nest as they go along. By this time of year the nest has grown to around 40 cm in diameter, often larger, and can contain up to 10,000 wasps! In late August/September, a dramatic change takes place. The queen quits her egg laying and no longer releases the pheromone that causes the workers to work. Basically, these workers are made redundant, left jobless and disorientated. And the problem for us is that, although adult wasps are insect predators, that meat is to feed the larvae, not themselves. In their adult state, wasps are not able to digest solid food and need sugary liquid to survive. Now, with no larvae to feed, they become uncontrollably and insatiably hungry.

Wasps love easy food such as over-ripe fruit and your fizzy drinks. Towards the end of their brief lives, their hunger drives them to search for easy sugar just at the time when we are more likely to be in our gardens and outdoor spaces eating sweet things. The timing couldn't be better for them or worse for us.

So why are those who panic and try to swat them away more likely to be stung than those who remain calm? Well, the problem is that these redundant workers have their own pheromone, which helps protect the nest from attack earlier in the year, which is essentially a chemical rallying cry to other workers that the nest is under attack.

So, when you swat that annoying wasp, and it feels under attack, the rallying cry goes out. Suddenly loads more wasps start arriving in aggressive 'red-mist' mode, fired up and ready to defend their nest. This is why the best advice is to stay calm.



Think of it this way, from May that wasp has been working its socks off helping to keep things nice on planet earth. Now it's going to die. So why not give it a break, save your swats, put a bowl of sugary drink somewhere out of your way, and let it go out on a nice sugar rush.

At the very least, don't kill it.

What's the point of wasps? Without them, it's likely that human life would not survive because, in the absence of their role as predators, our planet would be overrun by even more damaging insects such as aphids, ants and caterpillars.

Network Youth Church Update – Chris Mason

Windermere Drop In

For ten consecutive days from 5th July, we ran a Drop-In for young people outside St Mary's Church, Windermere. Upwards of 50 young people from the Lakes School, many on multiple occasions, dropped by to eat cake and grapes, play games and chat. Now that September has arrived, we plan to continue the Drop In on a Friday after school. Please pray for the team as this moves forward.

Schools

Towards the end of the summer term, Chris led the week-long Prayer Space at Cartmel Priory School, when we encouraged the young people to pray for the world and their community.

The year 6 transition session at St Mary's Allithwaite had 67 children from across the six Cartmel Peninsula primary schools.

Over the summer term, we have been rebuilding links with The Lakes School and I was able to take an all-school assembly. Plans are afoot to pilot a Lunch Club, hopefully weekly from September onwards.

New Worker on the Cartmel Peninsula

Andrea Mason has started her role as Community and Youth Leader in the Cartmel Peninsula. She will be commissioned by the Revd John Dixon, Rural Dean, at a special service in St Paul's on the 29th October to celebrate youth work on the peninsula. Andrea will be responsible for community outreach, and part of this will involve working with Network Youth Church.

Meeting to Pray

Those interested in praying for youth work in the Windermere area would be welcome to our regular prayer breakfasts; please email me and I will let you know when and where we are meeting.

Finally

I am looking forward to seeing how God moves across the Deanery for the rest of 2023. So far, the year has been encouraging, with new contacts with young people and a strengthening of links with churches and organisations. Many thanks for your prayers.

chris.mason@carlisle-diocese.org.uk

PIANO & ORGAN CONCERT 14TH SEPTEMBER 2023

Once again, Charles entertained us on a Thursday morning, and gave us a virtuoso display of European keyboard music: we were able to appreciate six European composers writing over a period in excess of 300 years and two English musicians of the 18th and 20th centuries.

The latter were not well known to the audience but their work was tuneful and enjoyable, and one (Percy Fletcher) had appeared in Charles's repertoire on a previous occasion.

The European writers, all of them well-known to us by name, displayed a variety of styles from Bach's Baroque masterpiece and a Haydn's Rococo sonata to Chopin's Victorian-age romanticism and the 20th century Modernism of Albert Renaud and Saint-Saëns. This variety of tempo and style gave us rich entertainment.

Yet again, our catering team provided tea/coffee and biscuits for a pleasant easy-going morning. Thank you to all, and especially to Charles for his preparation and performance.

There is one further morning concert – the last this year – on 12th October, followed by a performance on the afternoon of Sunday, 26th November, by Burnside Brass Band, and then our Festival of Lessons and Carols on Sunday, 17th December, with a full choir in attendance. Everyone is welcome to these events and we look forward to full support from our congregation for the effort and imagination which go into each musical entertainment.

Mike Hill

The Parish Church of St Paul, Grange over Sands

invites you to a

**Concert of Music for Organ & Piano
given by Charles Edmondson**

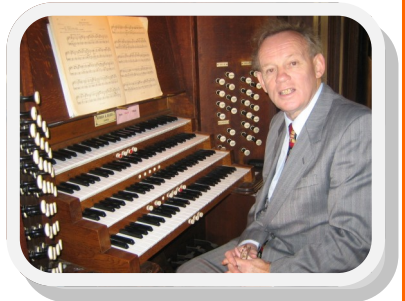
Thursday, 12th October

11 am

in St Paul's Church

Admission free with a retiring collection.

Coffee is served from 10.30 am onwards



The programme will include music by Mozart, Schubert and Saint-Saëns and will conclude with a selection of pieces from Scandinavia which will include six Humoresques by the Danish Composer Carl Nielsen.

NEWS FROM THE DIOCESE

The Diocesan Healing Ministry Team are running a Prayer Ministry Training Day at a choice of two venues this autumn. It will be held at Ulverston Parish Church on Saturday 21st October, and at Carlisle Cathedral on Saturday 4th November. These days are ideal as a refresher for current prayer ministry teams, and also suitable for those new to prayer ministry, plus those who pray with people in other settings such as pastoral conversations, home visits and outreach projects.

The day covers some theology of healing ministry and a model of prayer. There will be group times to practise praying for one another, a Q&A, and a Eucharistic Healing Service.

You can book on to the events here;

Ulverston Parish Church - £8.00 (BYO lunch) + Ticket Fee (15p)

<https://www.trybooking.co.uk/CQOS>

Carlisle Cathedral - £13.00 (Lunch provided) + Ticket Fee

<https://www.trybooking.co.uk/CQOV>

FREE WILL WRITING MONTH

Churches are being encouraged to use the month of October as a time to encourage congregation members to consider making or updating their Wills, and to think about whether they would like to leave a gift to their local church.

To support church members in this process, the Diocese is pleased to offer free Wills through a National Church of England partnership with Farewill.

There is also a Farewill webinar on Thursday 26 October at 7pm, where Stewardship Enabler Sophie Hodge and the national church's lead for legacies, Helen Simpkins, will be explaining more about Farewill, taking questions, and walking people through the Will writing process. See the Diocesan web site for more information.

WARM WELCOME LAUNCH EVENT

What: Warm Welcome Launch Event

Where: Online

When: Wednesday 4 October, 7.30-8.30pm



Every Warm Welcome Space is

Welcoming, Warm, Safe, Free



Churches are invited to join the 2023 Warm Welcome Launch Event and be part of the movement to turn poverty and isolation into warmth and local connection this winter. Last year over 7000 local groups registered as Warm Welcome Spaces, with the aim this year to grow that number, to help ensure everyone has somewhere warm and friendly to go, and no-one has to get through winter alone.

There will be details about how Warm Welcome can support local groups to run amazing warm spaces, and the opportunity to hear from organisations who are getting ready for the winter, as well as from partners and supporters of our campaign.

ADVENT

The Church of England has unveiled its Advent and Christmas campaign for 2023. This year's theme – *Follow the Star: Join the Song* – highlights how singing can help draw us closer to God and each other through the journey from Advent to Epiphany.

Key elements include:

- An invitation to all choirs and singing groups to sing
- A new version of 'The First Nowell'
- Free resources to help choirs of all ages and stages learn and perform the carol
- Supporting resources for schools including collective worship sessions
- A Follow the Star Advent Calendar for families
- Accompanying online Advent reflections for all ages
- Daily Christmas reflections booklet by Richard Carter - plus free app, email and audio versions
- Free tools and resources on A Church Near You site



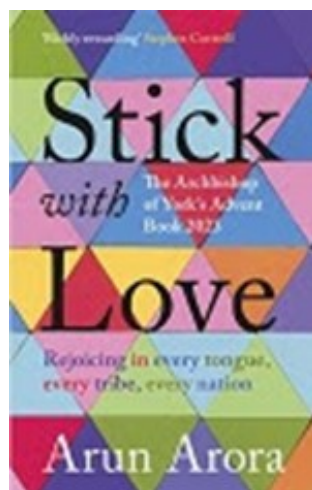
Links to resources have been uploaded to the national Church of England website and further updates will be made available. (<https://www.churchofengland.org/>)

ARCHBISHOP'S ADVENT BOOK

Stick with Love, Rejoicing in Every Tongue, Every Tribe, Every Nation is the Archbishop of York's Advent Book for 2023

It includes a foreword by Stephen Cottrell and is written by the Bishop of Kirkstall, Arun Arora. He helps us consider the biblical picture of the Church as the people of God, drawn from every tribe, every tongue and every nation. Themes of racial justice, hospitality and welcome are explored alongside the stories of saints from across the globe. Beginning with reflections from Isaiah and Revelation, the meditations lead us on to consider the missionaries, martyrs and mystics who light our Advent way.

Publication Date: 21 Sep 2023, Publisher: SPCK Publishing, ISBN-13: 9780281089857, 9780281089864
<https://spckpublishing.co.uk/stick-with-love-566>



VACANCY IN SEE PRAYER

As the process continues to discern and nominate a new Bishop of Carlisle please do continue to hold all members of the Crown Nominations Commission in your prayers. Churches and communities are encouraged to use this special Diocesan prayer in their regular intercessions.



A Prayer for our new Bishop

Everlasting God,
You have welcomed each one of us in
Jesus and called us to be your people in
this place;

Send us your Holy Spirit, and fill us with
vision, energy, and faithfulness in prayer,
that we may be true to our calling to
follow daily, care deeply, speak boldly and
tread gently.

Guide us as we seek to discern who you
are calling to be our new Bishop, that they
may be a wise and gentle shepherd of
your people, ready to serve us with joy,
build us up in faith and be a herald of
your son, Our Saviour Jesus Christ.
Amen



GARDEN BOON DAY – CALLING FOR VOLUNTEERS!

On Saturday morning, 7th October, we shall be tidying up the garden areas at St Paul's now that summer is officially over. Please come along from 10 am if you feel you could help – we shall supply the refreshments!

SOLO DINERS

A reminder for you to add your name to the list at the back of St Paul's if you would like to join us for our next lunch together on Sunday, 8th October, this time at the Newby Bridge Hotel. We have visited there before and always been delighted with their Sunday buffet. Lifts can be arranged for those without transport.

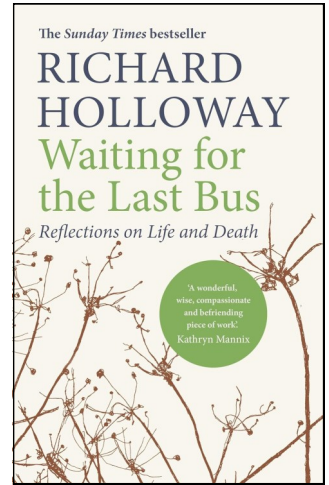
ST PAUL'S LIBRARY

Waiting for the Last Bus

By Richard Holloway

Now in his ninth decade, former Bishop of Edinburgh Richard Holloway has spent a lifetime at the bedside of the dying, guiding countless men and women towards peaceful deaths. A positive and profound exploration of the many important lessons we can learn, this is also a stirring plea to acquaint ourselves with death. Doing so gives us the chance to think about the meaning of life itself; and can mean the difference between ordinary sorrow and unbearable regret at the end.

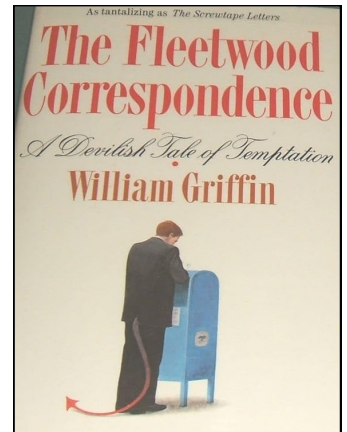
Radical, joyful and moving, *Waiting for the Last Bus* is an invitation to reconsider life's greatest mystery by one of the most important and beloved religious leaders of our time.



The Fleetwood Correspondence - a devilish tale of temptation

By William Griffin

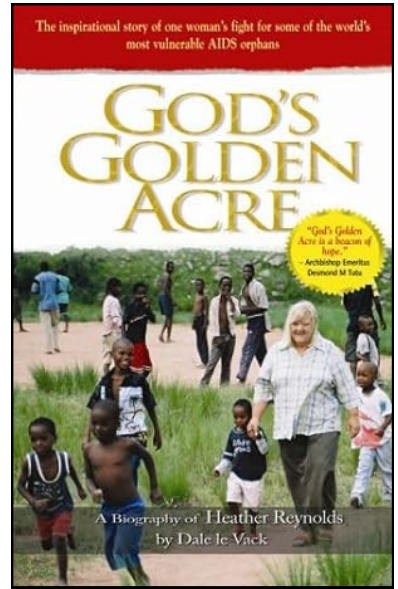
William Griffin, the author of this enormously witty epistolary novel, takes his cue from C. S. Lewis. Like Lewis's beloved *Screwtop Letters*, the letters of a master tempter to his protégé, this novel contains a packet of letters from one devil to another. The correspondent is an accomplished young demon named Fleetwood. He's taking a break from his high-powered position in the American mass-temptation industry to answer his uncle's challenge to successfully tempt just one individual, a young woman who has recently moved to Manhattan. Though Fleetwood's elderly uncle is only an ember of his former self, he can still make his nephew burn, and Fleetwood outdoes himself trying to show up the older devil. The demonic minion tries every technique at his disposal--from whispering philosophical arguments in her ear to tapping her phone to tipping hot food into her male friend's lap--to win the soul of the beautiful woman. And as if that isn't enough for an upwardly mobile young demon, Fleetwood also has to contend with a bevy of belligerent angelic bouncers. Will Fleetwood win, or might the road to Heaven be paved with diabolic intentions? Find out in this hilarious yet thoughtful satire in which the arena where souls are lost (or won) is modern-day America.



God's Golden Acre: *The Inspirational Story Of One Woman's Fight For Some Of The World's Most Vulnerable Aids Orphans*

By Dale le Vack

In KwaZulu-Natal Heather Reynolds and her husband Patrick have established a community care centre for orphaned and abandoned children, where children find sanctuary from abuse, poverty, and starvation. The very sick die with dignity; but for those who survive Heather provides love, security, education, hope and a future. She has set up football leagues and a touring theatre and dance troupe. Braving local indifference and facing down opposition from neighbours and gang leaders, she has attracted dozens of volunteers to assist in her rescue mission. A one-woman force of nature, she has enlisted the support of such celebrities as Oprah Winfrey and Jude Law. Where did such courage and vision come from? This is Heather's own astonishing story.

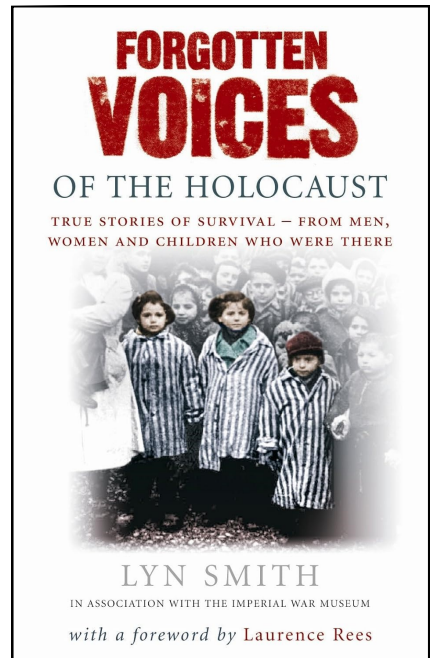


Forgotten Voices of the Holocaust

By Lyn Smith

Following the success of *Forgotten Voices of the Great War*, Lyn Smith visits the oral accounts preserved in the Imperial War Museum Sound Archive, to reveal the sheer complexity and horror of one of human history's darkest hours.

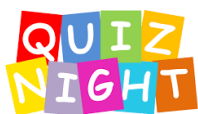
The great majority of Holocaust survivors suffered considerable physical and psychological wounds, yet even in this dark time of human history tales of faith, love and courage can be found. As well as revealing the story of the Holocaust as directly experienced by victims, these testimonies also illustrate how, even enduring the most harsh conditions, degrading treatment and suffering massive family losses, hope, the will to survive, and the human spirit still shine through.



A SURPRISE VISITOR TO ST PAUL'S

19-year-old Kyle Harrison popped into the church one afternoon asking if he could ring our bell!

Kyle, a member of St James Church, Barrow, has been ringing bells for the past 9 years, and travels round Cumbria ringing as many bells as he can in order to see how the different bells ring. He has his own YouTube channel - look up Kyle the ringer!



VICTORIA HALL - are holding a Quiz Night, teams of up to 4, at 7pm on Saturday, 14th October. £6 per person to include light refreshments. Would anyone like to make up a team from St Paul's for a sociable and fun evening?

NEED A LIFT? CONTACT THE VOLUNTARY DRIVER SERVICE

Co-ordinator Jan Maynard 01539742500 or 07825340226

Joyce has used this service for hospital visits and to the local surgery.

Requests should be made before Thursday morning for the following week.

The cost is 45p per mile.

However, be warned! They cannot guarantee a driver as there is a shortage of volunteers.



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 47080 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**



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**at Allithwaite Community Centre, Quarry Rd, Allithwaite
LA11 7QJ**

**Raffle of Flower
Arrangements**

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Charities**

Tickets £5.00 (including tea & cake)

Isabel Huggett (Grange) 015395 36378

Email huggett735@btinternet.com

Chris Butler (Ulverston) 07584162020

Email jcbutler1950@talktalk.net

REPAIR CAFÉ

FRIDAY 6TH OCTOBER

The Repair Café will be open again on the first Fridays of October and November. So come along to the Methodist hall in Grange (near the Co-op) **between 6 and 8 pm on Friday, October 6th** with any textile, wood or small electrical items that you would like to find out how to repair, and to share refreshments. There is no charge for this service, though donations are welcome. It is important to show that as Christians we are concerned to live sustainably on God's earth. (see page 27)

PLEASE NOTE

Any posters for display in St Paul's should be passed to Gill Webster.

Please leave in Gill's tray opposite the office. Thank you.

Grange Drama present

MURDER IN PLAY

A comedy thriller by Simon Brett,
directed by Ian Wilson

at Lower Holker Village Hall

7.30 pm

Wednesday to Saturday

1 - 4 November 2023

Tickets : £10.00

Under 16 £5.00

On Line Booking (*no booking fee*)

at Grange Drama website
from Monday 2 October

www.grange-drama.org.uk

Pay at the Door from 7.00 pm
on the night

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Fish over Chips are offering a **FREE
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the festive period.

If you know of someone in the Grange area
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yourself - no questions asked (alone, couples
or families) who would appreciate this
gesture, please get in touch by phoning
07977193114 or calling into the shop for
more information, or to put your name
down before December.

Just so we can work out numbers

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	42
March	107	162	60	182	75	134	48	173
April	72	15	98	39	12	12	40	84
May	32	75	37	52	26	101	68	34
June	185	135	19	91	99	30	79	87
July	113	126	33	134	169	70	80	226
August	168	86	108	180	188	63	78	143
September	118	177	133	177	66	62	112	148*
October	31	172	131	160	165	304	158	
November	118	189	62	85	114	71	177	
December	65	109	160	155	126	153	162	
Annual Totals	1,275	1,435	1,052	1,433	1,408	1,325	1231	1111*

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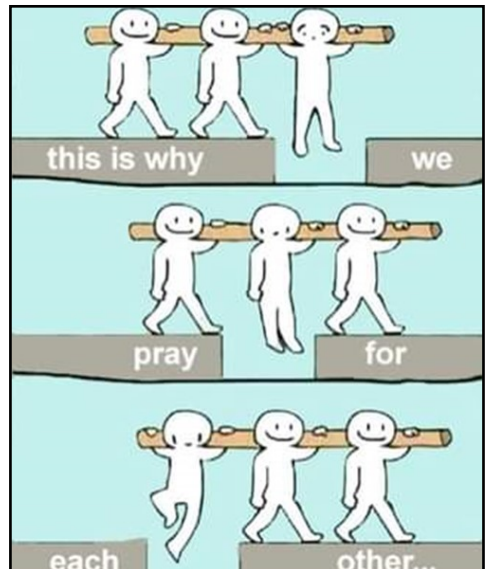
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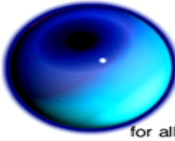
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- . Learn new repair skills
- . Eat yummy cake
- . Leave smiling

All welcome

JOIN IN!

6-8pm

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Kents Bank Road, LA11 7EY

Want to Repair or Help? - Please get in touch ...

PeninsulaRepairCafe@gmail.com | CartmelPeninsulaRepairCafe.blogspot.com

Stillness & Song

Sundays in 2023:

2nd April, 11th June,

1st October, 26th November

6-7pm

at Grange Methodist Church

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

USEFUL CONTACT NUMBERS

Churchwarden

Brian McCann brian_johnmccann@hotmail.com 34902

Deanery Synod

Brian McCann brian_johnmccann@hotmail.com 34902

Mike Hill m.hill811@btinternet.com 33511

Treasurer

John Millican johnmillican1980@btinternet.com 32561

Parish Safeguarding Officer

Judith Mitchell j.a.mitchell356@gmail.com 35664

Fell Church

Please contact the Churchwarden

Parochial Church Council Secretary

Rosemary Hoyle rosemary-hoyle@sky.com 58108

Team Office / Parish Administrator

Linda Brown 35560

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

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

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