

THE PARISH CHURCH OF  
SAINT PAUL  
GRANGE-OVER-SANDS



Lest we Forget  
**Remembrance Day**

November 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](mailto: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](http://www.grangeecc.co.uk)***

## THE HARVEST OF OUR LIVES

October is harvest month in the UK and has a special resonance for those of us who live in the country. You can see when the fields are ready and then the farmers are out working very long hours and hoping the weather behaves. There's much at stake. Many churches have harvest festival services around this time.

The word harvest can of course be used in a range of contexts, including reflecting the outcome or impact of a person's life, whether for better or worse. I think that an increasing number of people, religious or otherwise, believe that we should all have a sense of responsibility for how we live, for how we look after the planet (that's a very topical concern) and for how we look after each other. And the Bible, which uses the word harvest quite a lot, is also interested in the spiritual dimension of our lives and the fruit that may come from that.

As Christians, how should we strike a balance here, in terms of priorities and motivation, as we reflect on the harvest of our own lives? Paul's letter to the Philippians is very relevant in this regard. In chapter 1 he gives a firm word of instruction "Only, live your life in a manner worthy of the gospel of Christ, so that, whether I come and see you or am absent and hear about you, I will know that you are standing firm in one spirit, striving side by side with one mind for the faith of the gospel."

Now that's really a sermon in itself. It speaks of the witness of the whole of a Christian's life, including in public, and also the important support we can give each other. How does this relate to our Christian lives today and the harvest of them? Well, Paul's talking about the importance of integrity, unity and faithfulness. Then in a later chapter of Philippians he becomes very personal. Paul had long realised that any claim he'd once had in orthodox Jewish terms to be a perfect tenant of God's vineyard was worthless. His only hope and aim was to cling to Christ. Christianity for him wasn't a religion it was a person. C. S. Lewis echoed this when he said that there are three kinds of people. The first live simply for their own sake and pleasure, the second accept some other claim upon them, be it God or the good of society. They try and surrender to the higher claim as much as it demands, like paying taxes, but hope that there will be enough left over for them to live on. The third type are those like Paul who can say that for them to live is Christ. They've got rid of the tiresome business of adjusting the rival claims of self and God by the simple expedient of rejecting the claims of self altogether.

May God bless the harvest of your life as you seek to support others.

Warmest wishes,

Rev'd Nick Hallam  
(Hawkshead)

## LATEST NEWS

We are delighted to hear that the Rev'd Mark Houston has been appointed as Team Vicar at Allithwaite and Flookburgh. Mark comes from the Inglewood Benefice within the Deanery of Penrith.

Two applications were received from the advertisement for Grange and Field Broughton, but the decision has been taken to re-advertise. The good news is that work has already started on the Rectory and on the garden!

## SCHOOLS DAY IN THE PRIORY

**Jenny Leahy** writes: "We had a wonderful day on Tuesday at the Priory in Cartmel, blessed with fine weather throughout. There were 140 children in Years 5 and 6 from our six primary schools on the Cartmel Peninsula, and a team of 27 people from Allithwaite, Grange, Flookburgh, Field Broughton and Cartmel, including members of the Anglican and Methodist churches plus folk from NISCU and St Mark's, Barrow - a great mix!

Our theme was '**Small things, big impact!**' focusing on the four little parables in Matthew 13: the mustard seed, the yeast, the hidden treasure and the pearl. They were all explored and discovered through short talks and six different activities throughout the day - a prayer space, music, drama, craft, outside activity 'Seek and you shall find', and games in the Methodist chapel.

Jo Rand's talk on the yeast with a demonstration in the morning meant that she was able to show the risen dough in the afternoon, which was met with a round of applause!

Chris Mason took a short time of worship at the end of the day and was able to introduce Andrea, our new Community and Youth Leader, to the children and staff from all the schools.



Each school was able to take away a trough of bulbs planted during time in the prayer space. We pray that each child will continue to wonder about all they heard and experienced and that seeds of the Good News will have been sown."



## FROM THE REGISTERS - NOVEMBER 2023

### BAPTISM ANNIVERSARIES

Luca Blue Rocky Spendlove	27/11/2022
Tiger Alfred Barry Spendlove	27/11/2022

### YEAR'S MIND

Ian Dave Clarke	27/11/2018
Margaret Wignall	26/11/2019
John Clayton Meadowcroft	26/11/2019
Douglas Wigfall	11/11/2020
Ian Morgan	30/11/2020
Brian Gladwin	28/11/2020
Richard Fletcher	7/11/2021
Robert Garnet	16/11/2022

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

## CHURCH VISITS TO OUR URSING AND CARE HOMES From the Rev'd David Edmondson

Hello All

Thank you all for your support in going into Cartmel Grange on the last Tuesday of each month: this is now established, and will continue. I am leading a Remembrance time of worship there on Thursday 9th November at 2:15 pm- so will be at the front door at 2 pm to meet anyone willing to join me. If you feel this is something you'd like to participate in, please let me know. Another case of the more, the merrier (though that's perhaps not quite the appropriate word for Remembrance).

I've also been talking to the new manager at the Old Vicarage in Allithwaite. They would like something similar to what we do at Cartmel Grange, but say that their need is for something at the weekend. I've agreed to go in on the last Sunday of each month. I realise that a lot of people won't be able to help on a Sunday, but this is a much smaller home, with only 12 residents, so we'd probably be looking at a little group of 3 or 4 people. They have a small lounge, and it is something Hazel and I could do by ourselves if absolutely necessary - but it would be much nicer to have 5 or 6 of us so that we could at least sing hymns. Again, please let me know if you would be willing to lend your support, and please publicise what we are doing within your own church congregations.

*David's phone number 36213, email: edmola11@yahoo.co.uk*

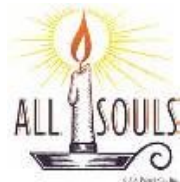
# SERVICES AT ST PAUL'S & THE FELL CHURCH NOVEMBER 2023

**WEDNESDAY 1ST NOVEMBER**

**10 am - St Paul's Church, Grange**  
Holy Communion – Rev'd Nick Hallam

**SUNDAY 5TH NOVEMBER - ALL SOULS/ALL SAINTS  
FOURTH BEFORE ADVENT**

**11 am - St Paul's Church, Grange**  
Holy Communion - Rev'd Annette Miller  
**4 pm - St Paul's Church, Grange**  
All Souls' Service - Rev'd Annette Miller



**WEDNESDAY 8TH NOVEMBER**

**10 am - St Paul's Church, Grange**  
Holy Communion – Rev'd Annette Miller

**SUNDAY 12TH NOVEMBER - REMEMBRANCE SUNDAY  
THIRD BEFORE ADVENT**

**9.30 am – The Fell Church, Grange** - Matins - Lay-led  
**10.55 am – St Paul's Church, Grange**  
Remembrance Service - The Venerable Penny Driver  
**2.00 pm - St Paul's Church, Grange**  
Civic Remembrance Service - The Venerable Penny Driver



**WEDNESDAY 15TH NOVEMBER**

**10 am – Joint Service with Methodists at St Paul's Church, Grange**  
Holy Communion – The Ven Penny Driver

**SUNDAY 19TH NOVEMBER - SECOND BEFORE ADVENT**

**11 am – St Paul's Church, Grange** - Morning Worship - Lay-led  
ECO CHURCH—Audrey Gorman & Pam Martin

**WEDNESDAY 22ND NOVEMBER**

**10 am - St Paul's Church, Grange**  
Holy Communion - The Ven Penny Driver

**SUNDAY 26TH NOVEMBER - CHRIST THE KING**

**SUNDAY NEXT BEFORE ADVENT**

**9.30 am – The Fell Church, Grange**  
Holy Communion – The Rev'd Canon John Dixon, Rural Dean  
**11 am - St Paul's Church, Grange**  
Holy Communion - The Rev'd Canon John Dixon, Rural Dean



**WEDNESDAY 29TH NOVEMBER**

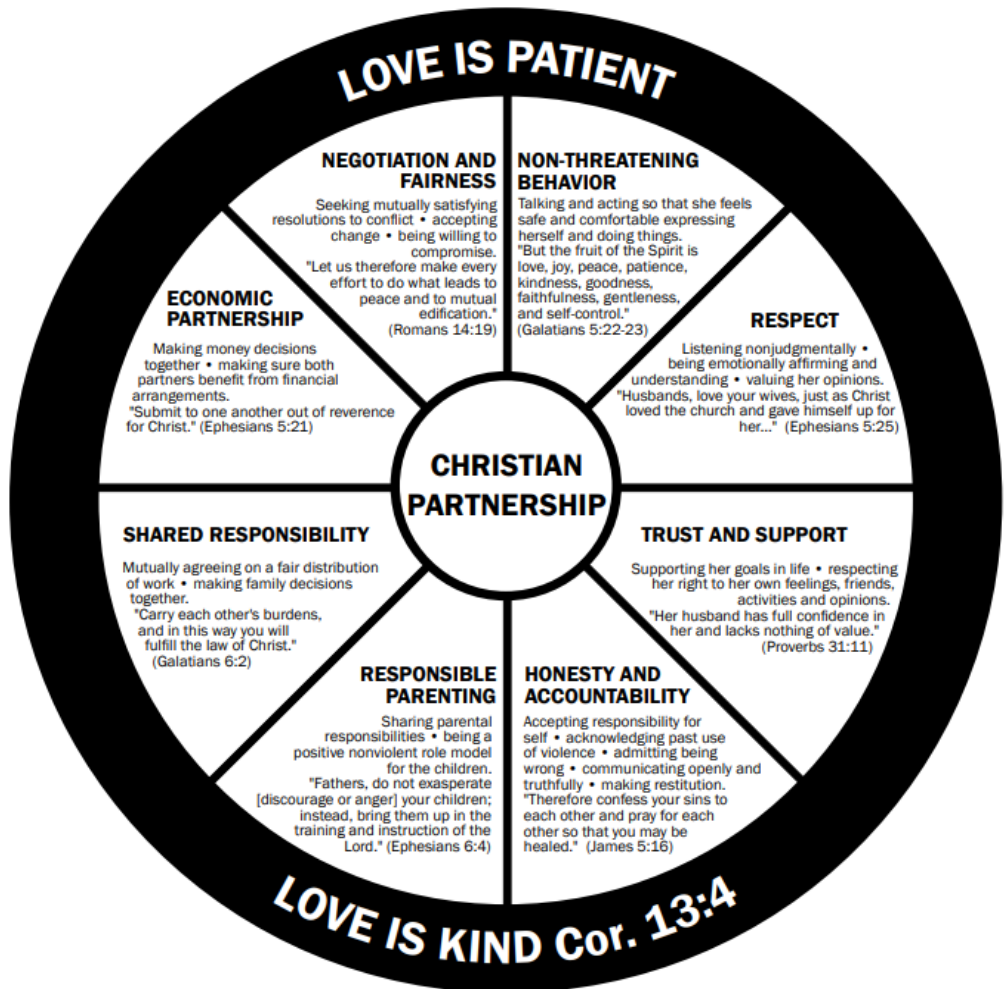
**10 am - St Paul's Church, Grange**  
Holy Communion – Rev'd Nick Hallam

## RAISING AWARENESS OF DOMESTIC ABUSE

All members of the PCC are now required to attend a training session to raise awareness of domestic abuse, and several members recently travelled to St Mark's Church at Natland.

It was a useful and thought-provoking afternoon. Domestic abuse can take many forms, and we came away with some interesting facts that we thought might be worth sharing.

### The dynamics of healthy domestic relationships





Researchers from Coventry University and the University of Leicester asked 438 churchgoers in Cumbria how the church was responding to domestic abuse.

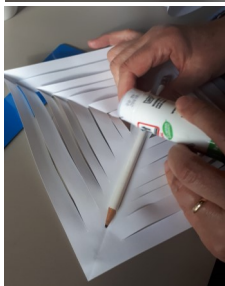
- 42.2% experienced at least one abusive act in a current and/or previous relationship, on at least one occasion
- 71% were aware of domestic abuse in their community but only 37.6% thought it was a problem in their church
- Only 2 in 7 churchgoers consider their church to be adequately equipped to deal with a disclosure of domestic abuse
- Women were more than 4 times as likely as men to report having been sexually abused or to have experienced financial abuse
- 56.7% involved Christian perpetrators, compared with 43.3% non-Christian
- People over the age of 60 are less likely to report abuse (38%), compared to 53% of those aged under 60.

If some-one disclosed domestic abuse to you, follow the 4Rs – Recognise, Respond, Record, Refer. Our Parish Safeguarding Officer is Judith Mitchell, and the Diocesan Safeguarding Advisor is **Joanna Van Lachterop** (T: 07458 016884; Email: [safeguarding.adviser@carlisle-diocese.org.uk](mailto:safeguarding.adviser@carlisle-diocese.org.uk) )

## CRAFTING WITH PIP

This month our ‘crafty’ folk were preparing for Christmas by making stars. Our next date for your diary is Thursday, 23rd November, at 2 pm, when all are welcome to come and join in the fun.

After that we shall be having a break until Spring—watch out for a starting date!





## Sunday Services around the Benefice

November 2023	ALLITHWAITE	FLOOKBURGH	GRANGE-OVER-SANDS	GRANGE FELL	FINSTHWAITE	HAVERTHWAITE	STAVELEY IN CARTMEL	FIELD BROUGHTON & LINDALE
Sunday 5 <sup>th</sup> November 4 <sup>th</sup> before Advent All Saints/ All Souls Day	10.00 am Holy Communion All Souls Memorial service Canon Jane Maycock	10.00 am All Souls Memorial Service Rev'd George Wilson	11.00 am Holy Communion Rev'd Annette Miller 4.00 pm All Souls's Service Rev'd Annette Miller	9.30 am Morning Worship Tony Jeffries	9.30 am Morning Worship Tony Jeffries	11.00 am Morning Worship Tony Jeffries	11.00 am Communion by Extension Richard Rhodes	9.30 am Holy Communion Rev'd Annette Miller
Sunday 12 <sup>th</sup> November 3 <sup>rd</sup> before Advent <b>Remembrance Sunday</b>	10.45 am <b>Remembrance Service</b> Service of the Word Canon Amiel Osmaison	10.45 am <b>Remembrance Service</b> Holy Communion Rev'd Jane Maycock	10.55 am <b>Remembrance Service</b> The Venerable Penny Driver 2.00 pm <b>Civic Remembrance Service</b> The Venerable Penny Driver	9.30 am Matins Lay-led	10.30 am United Service at Staveley in Cartmel	10.30 am United Service at Staveley in Cartmel 3.00 pm <b>Remembrance Service</b> <b>Royal British Legion</b> Rev'd Annette Miller	10.30 am <b>United Remembrance Service</b> Rev'd Annette Miller	9.30 am <b>Remembrance Service</b> Lay-led Ham at Lindale Cenotaph
Sunday 19 <sup>th</sup> November 2 <sup>nd</sup> before Advent	10.00 am Holy Communion Rev'd Jane Maycock & Steve Bell	4.00 pm Afternoon Prayer Lay-led All Welcome	11.00am Morning Worship Lay-led	9.30 am Holy Communion The Archdeacon Vernon Ross	11.00 am Holy Communion Rev'd George Wilson	11.00 am Holy Communion Rev'd George Wilson	11.00 am Holy Communion The Archdeacon Vernon Ross	9.30 am Holy Communion Rev'd George Wilson
Sunday 26 <sup>th</sup> November Sunday next before advent Christ the King	Joint Service 10.00 am Service of the Word Jenny Leabhey	10.00 am Joint Service At St Mary's Allithwaite	11 am Holy Communion Rural Dean John Dixon	9.30 am Holy Communion Rural Dean John Dixon	11.00 am Morning Worship Lay-led	11.00 am Morning Worship Lay-led David Birchall	11.00 am Holy Communion Rev'd George Wilson	9.30 am Morning Worship Lay-led

## Wednesday Clergy Rota - November 2023 - 10 am - Holy Communion

1st November	Holy Communion - Rev'd Nick Hallam
8th November	Holy Communion - Rev'd Annette Miller
15th November	Holy Communion service with Methodists The Ven Penny Driver
22nd November	Holy Communion - Ven Penny Driver
29th November	Holy Communion—Rev'd Nick Hallam



## DATES FOR YOUR DIARY IN NOVEMBER 2023

- Wednesday, 1st    11 am - Readers meeting  
2.30 pm - Cuppa and Cake, St Paul's. All welcome  
3.30 pm - 'Fun and Friendship' after school
- Friday, 3rd        6-8 pm - Repair Café at the Methodist Church (see p 27)
- Sunday, 5th        4 pm - All Souls' Service - St Paul's
- Wednesday, 8th    12 noon - Haverthwaite Lunch Club, please book  
(david@amhost.co.uk)  
2 pm - DBS meeting with Safeguarding Officer, St Paul's  
5 pm - Rehearsal for Remembrance Service  
7 pm - PCC meeting, St Paul's
- Thursday, 9th     2.15 pm - Remembrance Service at Cartmel Grange**
- Saturday, 11th    11 am - Remembrance Day at the War Memorial**
- Sunday, 12th      2 pm - Civic Remembrance Service - St Paul's and at the War Memorial**
- Saturday, 18th    12.30 pm - Craft Fair, Methodist Church Grange
- Thursday, 23rd    2 pm - Craft afternoon with Pip, St Paul's
- Friday, 24th       2 pm - Setting up for the Fair
- Saturday, 25th    10 am - St Paul's Christmas Fair
- Sunday, 26th       1-3 pm - Foodbank collection  
2 pm - Burnside Brass Band, St Paul's (see p 22)  
2.30 pm - Worship at the Old Vicarage, Allithwaite (see p 5)  
6 pm - Stillness & Song, Grange Methodist Church
- Tuesday, 28th    2.30 pm - Worship at Cartmel Grange Nursing Home
- Thursday, 30th    2 pm - Advent Meditation, Ven Penny Driver, St Paul's

**SUNDAY 3RD DECEMBER - CHURCHES TOGETHER ADVENT CAROL SERVICE  
3.30 PM, BOARBANK HALL, ALLITHWAITE**



**Fish over Chips are offering a FREE full Christmas Dinner**  
for those struggling to cope or who will be alone over  
the festive period.

If you know of someone in the Grange area in need of help and some kindness, or even 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

## HOW I CAME TO GRANGE – NO. 15

In our case, the question really is, “Why did we come to Cumbria”, because, as most of you know, we live in Kendal.

I was born in Bradford and met Eileen, who was born in Leicester, when we were both students at the City of Sheffield Teacher Training College. Her family had moved to Kendal when she was seven, as her father, Reg Williams, took up the post of chief shoe designer at K Shoes, and she attended Castle Street Primary School and Kendal High School for Girls.

On completing our Certificates in Education we both taught in Devon, followed by similar posts in Bury St Edmunds in Suffolk. It was here that our first child, Catherine, was born but who sadly died in Kendal aged three and a half months. I had just been appointed as a lecturer in music and director of Chapel Music at the Ripon College of Education in north Yorkshire. It was here in Ripon that Richard, Graham and Carolyn were born.

In 1974 I joined the advisory service of the Education Department of the newly formed Humberside County Council and stayed until its demise in 1996. Meanwhile, in addition to looking after three children, Eileen did some part-time teaching as well as being appointed to the bench as a Justice of the Peace, spending 32 years in the Magistracy in Scunthorpe and in Kendal. I have clicked up a few more years than that, but on the organ bench!

It was during these years that we regularly made the journey as a family to Kendal to stay with Eileen’s parents becoming very familiar with the delights of south Lakeland, so that in 1999, on retirement, we moved to a house in Kendal which is in the very same road in which Eileen grew up. By this time our children were all married and we now have seven grandchildren who all come regularly to stay with us.

Eileen is very involved in activities at Kendal Parish Church. In December 2024, I am planning my 50th recital/concert at St Paul’s which I think will probably be my last, although I have no plans to retire from my liturgical commitments.

As I write this article, I am heavily involved in preparing the music for this year’s Festival of Lessons and Carols at St Paul’s on Sunday, 17th December. If asked what has been the most thrilling part of being a liturgical organist over the last 75 years, the answer will indubitably be the annual involvement in the Festival of Lessons and Carols, starting in 1948 as an eight-year-old chorister in the parish church choir where my father was organist and choirmaster. Since 1948, I’ve been involved each year in the Festival as a listener (to the performances of the choir of King’s College, Cambridge, on Radio 3), as an organist, as a choral director, as a singer, and as an arranger of many carols, and I have loved every minute of it, and as a reader of one of the lessons.

Charles Edmondson

# Remember...

## *Remembrance Day*

**11am on 11 Nov 2023**

Service and 1 Minute  
Silence at the War  
Memorial, Ornamental  
Gardens, Grange over  
Sands, LA11 6ED

## *Remembrance Sunday*

**12 Nov 2023**

**2pm: The Civic Service of  
Remembrance**  
St Paul's Church,  
Crown Hill, LA11 6BD

Everyone is then invited to  
make their own way from  
the Church to the War  
Memorial

**3.30pm: Act of  
Remembrance**

Held at the War Memorial in  
the Ornamental Gardens  
LA11 6ED



Join The Royal British Legion,  
St Paul's Church, Churches  
Together in Grange over Sands  
and Grange Town Council to  
remember the service men and  
women, service animals and  
civilians who lost their lives in  
war, and those still experiencing  
conflict.

## REMEMBERING AT ST PAUL'S

November seems to be the month for remembrance. On the 5th November we shall be remembering our loved ones that have gone before us. Annette will lead us in a quiet service in the afternoon when we shall have the opportunity to hear names read out and to light a candle.



The following Sunday we have the annual Civic Service of Remembrance, led by Penny Driver and Nigel McCulloch, with members of clergy from the other churches in Grange taking part, as well as the choir from Grange Primary School. The Deputy Lieutenant, Susie Bagot, will be present, to represent the King, along with local MP Tim Farron, the Mayor, members of our Town Council, and the new Westmorland and Furness District Council. Once again, the Standard of the Royal British Legion and the Union Flag will form the guard of honour for the presentation of banners and colours of the various uniformed organisations, followed by representatives of the various local organisations. Their wreaths will be presented at the altar before being laid later at the War Memorial in the ornamental gardens.

The church will, as usual, be beautifully decorated by our flower team. The 'fall of poppies' will again grace the sanctuary. For those of you who may not know, about 2000 individual poppies were knitted by volunteers from across the district in 2019 for the 80th Anniversary Year of the start of the Second World War. The large poppy comprising 52 individual poppies in the centre was made by members of Grange Women's Institute, each one representing a name on the war memorial. In addition, the front lawn will be 'planted' with poppies made by Pip, and the poppies on the columns inside church have been made this year under her direction at our craft sessions.



### 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."

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

There is a book at the back of St Paul's 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 Revd Annette Miller, and refreshments will be served afterwards to allow time for a chat.

## FOODBANK NEWS

### “Half of working families claiming Universal Credit ran out of food in September”

**The Trussell Trust has published new research that reveals the true and devastating consequences of the inadequacy of Universal Credit, with millions of families across the country struggling to make ends meet – including working households and disabled people.**

A third of working families (32%) receiving the benefit report struggling to heat their homes in the last six months, while one in five (21%) have been unable to make essential journeys such as travel to work or the school run because they couldn't afford the cost of fuel or public transport.

The research finds that in the last three months people claiming Universal Credit were slightly over four times more likely to skip meals (40% vs 9%) and be unable to cook hot food (21% vs 5%) than the wider population who claim no benefits. It also indicates that people claiming Universal Credit were over five times more likely to go without toiletries like shampoo and soap in the last six months (17% vs 3%), as payments fail to cover the cost of essentials.

Worryingly, disabled families receiving the benefit are nearly twice as likely to go without other essentials so they can buy food compared with non-disabled families (41% vs 25%) – with many in disabled families going without dental treatment (37%) and medication (16%) due to lack of income.

The situation is worsening with more people who claim Universal Credit accessing a food bank in the last 30 days compared with the same period last year (11% vs 8%).

The charity is urging the government to ensure that benefits are always enough to afford the essentials. They state that, as a minimum, this must begin with the Chancellor committing to increase benefits in line with inflation in his autumn statement this November, and reduce the burden of debt deductions which reduce Universal Credit payments even further for millions of families.

*Extract from the Trussell Trust web site.*

Many thanks to all who donated to our last collection in Grange. We provided 457 meals + £190 in cash.

**The date for our Christmas collection is Sunday, 26<sup>th</sup> November - same time, same place.**





## LAST CONCERT OF THE YEAR 12<sup>TH</sup> October 2023

Charles's last mid-week presentation of the year was his usual eclectic mix of centuries and styles, giving us all a chance to refresh our views and to hear someone new. And, in order that nobody should feel excluded, he gave us the most helpful and useful of prefaces to each piece.

So we learned what makes a *fantasie*, as distinct from the more formal construction of a symphony; we listened with interest for the second parade of the bride in Kuula's *Wedding March*; and we almost began to count the notes in Pierné's *Prelude* on the organ. Scott Joplin made a welcome entrance and who could have thought that a sober-spirited Dane could write such amusing and whimsical bagatelles as Carl Nielsen? All in all, a most pleasant – and instructive – morning, made even more enjoyable by the ministrations of our catering team of Audrey and Carol with their super choice of exotic biscuits. Thank you to everyone for this last performance, and for a most satisfying and enjoyable 2023 season.

A further concert will be given in the afternoon of **Sunday, 26<sup>th</sup> November, at 2 pm** when the Burneside Brass Band will visit St. Paul's (see p 22). (You may remember that two of the band included St Paul's on their musical expedition around churches in Cumbria). This is the final Sunday before Advent and our Christmas Fair weekend as well, as we look forward to the approach of the festive season.

Do please join us.



## A UNITED ECUMENICAL SERVICE 29TH OCTOBER 2023 AT ST PAUL'S GRANGE

How wonderful to see St Paul's full with over 145 people from all our churches across the peninsula coming together to celebrate youth ministry on the Cartmel peninsula and to commission Andrea Mason as our Community and Youth Leader.

The Rev'd Canon John Dixon, Rural Dean, travelled from Hawkshead to lead the service, which included contributions from the young people. Amos Rand read the first lesson from Jeremiah, and the Jackson family the second lesson from St John. Charles Edmondson played for two of the hymns, but the other two were led by the music group from the Methodist Church. Chris Mason, the Network Youth Leader, spoke of the developments over the 11 years since he was appointed, showing slides and paying tribute to the various youth workers and interns who had worked with him. Mervyn Hull, Chair of the Churches Together Youth Trust, described the Trust and suggested three ways in which individuals and churches can support them – by prayer, volunteering, and donating – the Trust is entirely funded by voluntary contributions. The Revd Jo Rand introduced and interviewed Andrea Mason, asking her about her calling and hopes for the future before Canon John Dixon formally commissioned her. Andrea's infectious nature and enthusiasm for her new role certainly shone out. The Rev'd Jane Maycock gave the address, and Rosemary Hoyle the intercessions.

One of Andrea's first initiatives will be the Light Party at St Mary's, Allithwaite, on the 31<sup>st</sup> October, 4-6 pm, all welcome.

It was a joyful service, and people stayed behind afterwards to share fellowship and to enjoy the splendid range of cakes that had been donated from across the peninsula.

The service was live-streamed and can be seen on YouTube <https://www.youtube.com/watch?v=wdavLSRuvrk&t=5370s>





# MISSION IMPOSSIBLE



**We want to see a new generation of children and young people who have a vibrant, personal faith in Jesus! Do you?**

Whether you're a volunteer, an employed children's and youth worker, a church leader, or anyone else passionate about reaching those children and young people who don't go to church with the good news of Jesus, you're invited to come and meet your local Scripture Union team this Autumn and discover how, together, we can make effective mission possible.

Scan the QR code to discover more and book your place



**Wednesday 8 November**  
7.15pm for a 7.30pm start

**ST MARYS CHURCH**  
Church Road  
Allithwaite  
Grange-over-Sands  
LA11 7QR

SU.ORG.UK/TOUR

**Envisioned. Equipped. Encouraged.**

## **LIVING WITH DEMENTIA**

Fourteen of us turned up for a further discussion with the Rev'd Ron Rutter one Tuesday afternoon. Ron had spoken at our October service of Morning Prayer about living with dementia from his experiences with his wife, and his work with the Alzheimers Society. It was an interesting afternoon, and we have ordered the five books that Ron recommended which will be available to borrow.

A further recommendation has been given to us about a YouTube video '**HEAD TO HEART**'. It has been made by Sarah Thorpe, the Lichfield Diocesan dementia person, whose father suffered from dementia. Herself, her mother and brothers describe in their own words how they learnt to cope.

<https://youtube.com/playlist?list=PLpKbHvSWJtxeszQX7GS6ryE2WhsrzdKuJ>

### **And a post I picked up from Facebook**

#### ***If I get dementia -***

- I'd like my family, friends and carers to hang this wish list up on the wall where I live. I want them to remember these things.
- I want my friends and family to embrace my reality.
- If I think my spouse is still alive, or if I think we're visiting my parents for dinner, let me believe those things. I'll be much happier for it.
- Don't argue with me about what is true for me vs what is true for you.
- If I am not sure who you are, do not take it personally. My timeline is confusing to me.
- If I can no longer use utensils, do not start feeding me. Instead, switch me to a finger-food diet, and see if I can still feed myself.
- If I'm sad or anxious, hold my hand and listen. Don't tell me my feelings are unfounded.
- I don't want to be treated like a child. Talk to me like the adult that I am.
- I still want to enjoy the things that I've always enjoyed. Help me find a way to exercise, read, and visit with friends.
- Ask me to tell you a story from my past.
- If I become agitated, take the time to figure out what is bothering me.
- Treat me as you would want to be treated. Don't talk about me as if I'm not in the room.
- Make sure that there are plenty of snacks for me in the house. Even now if I don't eat I get angry, and I may have trouble explaining what I need.
- Don't feel guilty if you cannot care for me 24 hours a day, 7 days a week. It's not your fault, and you've done your best. Find someone who can help you, or choose a great new place for me to live.
- If I live in a dementia care community, please visit me often.
- Don't act frustrated if I mix up names, events, or places. It's not my fault.
- Make sure I always have my favourite music playing within earshot.
- If I like to pick up items and carry them around, help me return them to their original place.
- Don't exclude me from parties and family gatherings.
- Know that I still like receiving hugs or handshakes.
- Remember that I am still the person you know and love.

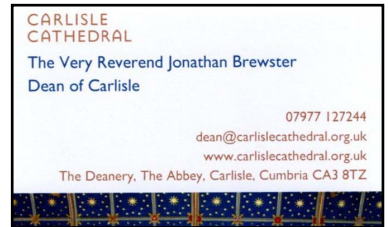
## NEWS FROM THE DIOCESE

On Saturday, 30th September, the Installation and Institution of the New Dean of Carlisle took place at Carlisle Cathedral.

The Very Revd Jonathan Brewster became the 42nd Dean of Carlisle at this special service, attended by over 400 guests, including leading figures from the City and Diocese, as well as friends and family of the new Dean, and members of the public.

The service featured beautiful performances by the Cathedral choirs, a civic welcome from local dignitaries, and prayers led by members of the clergy from across the Diocese of Carlisle. In his sermon, drawing from the Cathedral's Augustinian heritage, Jonathan spoke of the Cathedral as a place where all are invited to discover the deep rest that St Augustine famously wrote about. "In a world of information noise, where news, information and opinion is delivered at pace, the offer of such sanctuary and rest is needed now more than ever".

*(Diocesan eNews 6<sup>th</sup> October)*



### OUR TRIP TO CARLISLE

On the 30<sup>th</sup> September, Jonathan Brewster was inaugurated as Dean of Carlisle Cathedral. Twenty-nine people mainly from St Paul's boarded a coach to celebrate Jonathan's special day. The Bishop of Penrith led the service, with other dignitaries also taking part in the ceremony. The setting at the Cathedral was perfect, and the choir and hymns enhanced the ceremony.

It was lovely to see and chat with Jonathan, Sarah and the girls, and to see how well they had settled in to their new home in the Cathedral Close, and we all agreed that we hoped we can keep in regular contact. After the inauguration a splendid buffet and drinks were provided and greatly accepted by everyone.

Even though the weather was not at its best, all from the coach agreed it had been a lovely day. Being on the coach gave us all the chance to chat with one another and to discover things we did not know about each other, making the journey pass quickly.

Thank you to all who attended from St Paul's.  
Perhaps more trips on a coach could be the thing !?!!

Brian



## VACANCY IN SEE

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**




## **BISHOP ROB (BISHOP OF PENRITH) WRITES -**

“As we witness continued fighting in **Israel and Gaza**, our thoughts and prayers are particularly for the people of Israel and Palestine in their grief, terror and suffering. Let us pray that we might not divide Arab or Jew, Palestinian or Israeli, but rather hold them together in our hearts and prayers. I am sure that this situation and people have been at the forefront of our prayers across the diocese, and I want to encourage us to continue in that, and particularly for our fellow Christians in that place. Given the seriousness of what is happening in the world, not only in Israel and Gaza but also in Russia and Ukraine and many other war-torn countries there is a particular urgency to pray for God’s peace and God’s kingdom to come, and to do whatever we can to support efforts for peace, justice and relief.

Bishop Rob has circulated this prayer for peace in the Holy Land, which has been offered up by St George’s in Jerusalem.

We are also asked to remember the congregation of Christ Church in Jerusalem and we give thanks that Archdeacon Stewart Fyfe - who was on sabbatical in the Holy Land - has managed to fly out safely.

***O God of all justice and peace, we cry out to you in the midst of the pain and trauma of violence and fear which prevails in the Holy Land. Be with those who need you in these days of suffering; we pray for people of all faiths - Jews, Muslims and Christians and for all people of the land.***

***While we pray to you, O Lord, for an end to violence and the establishment of peace, we also call for you to bring justice and equity to the peoples. Guide us into your kingdom where all people are treated with dignity and honour as your children for to all of us you are our Heavenly Father.***

***In Jesus’ name we pray.***

***Amen.***

## **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?



## CHRISTMAS FAIR AT ST PAUL'S

The arrangements are all in hand for Saturday, 25th November, when we shall be holding our annual Christmas Fair. All our usual stalls will be offering their goods for sale—books, bric-a-brac, cakes, flower and craft, scarves and jewellery, tombola. Donations for any of the stalls are welcomed, and boxes will be available at the back of church. A particular plea is for goodies for our cake stalls!



The raffle tickets are now printed and also available for sale to you, your family and neighbours! The top prizes this year include:

- £50 voucher for the Woodlands Hotel at Meathop
- Buffet lunch for two at the Newby Bridge Hotel
- Afternoon tea for two at Clare House Hotel
- Chival Regal bottle of whisky
- A box of cakes from The Old School Kitchen

We are grateful to all who have generously donated prizes.

We shall be setting up in church from 2 pm on the Friday, and welcome any help.





**A CLOTHES SWAP**

**WEAR IT**

**LOVE IT**

**SHARE IT !**

**Why shop when you can swap?**

**1st December 2023**  
**Cartmel Village Hall**  
 Arrival 6pm—6.45pm

Grange Soroptimists invite you to bring clothes, shoes, accessories and costume jewellery you no longer wear and use them as currency to take home something you will love!


Pre-loved, carefully selected women's items only please  
*(No nightwear, swimwear, underwear or pierced jewellery accepted)*

**Entry by ticket only with at least 1 item of clothing**  
**£5 includes a glass of fizz**  
*(contact [sonia.boyle@yahoo.com](mailto:sonia.boyle@yahoo.com) or 07811392820)*

Items left over will be donated to Women's Community Matters, and Cancer Research

Any profits from the event will be given to a local environmental project





Grange Soroptimists invite you to

***Deck the Halls***

***Flower arranging by Joan Bentley***

**Sunday 19<sup>th</sup> November 2pm**  
**at Allithwaite Community Centre, Quarry Rd, Allithwaite**  
**LA11 7QJ**

<b>Raffle of Flower Arrangements</b>  Proceeds to Soroptimist Charities	<b>Tickets £5.00</b> (including tea & cake) <b>Isabel Huggett</b> (Grange) 015395 36378 <b>Email <a href="mailto:huggett735@btinternet.com">huggett735@btinternet.com</a></b> <b>Chris Butler</b> (Ulverston) 07584162020 <b>Email <a href="mailto:jcbutler1950@talktalk.net">jcbutler1950@talktalk.net</a></b>
-------------------------------------------------------------------------------	-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

The Parish Church of St Paul  
Grange-over-Sands  
invites you to  
an afternoon concert  
with

## Burneside Brass

Sunday, 26th November, 2 pm



Burneside Brass is a friendly community band based in the village of Burneside, just outside Kendal. They compete in the 4th section at local area contests, and also enjoy a busy social programme of concerts throughout the year.

The band is proud to have lots of young players in its ranks, and encourages new players to learn through its training band system.

Burneside Brass looks forward to entertaining you with a mixed programme of brass band classics, popular tunes, and some Christmas music at this concert.



*Entry free, but donations welcomed*

*Refreshments*

## REPAIR CAFÉ FRIDAY 3RD NOVEMBER

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, 3rd November** 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.

### Need a lift? Contact the Voluntary Driver Service

Co-ordinator Jan Maynard 01539742500 or 07825340226.

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**

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



The Parish Church of St Paul  
Grange-over-Sands  
invites you to

## REFLECTIONS OF LIGHT



### AN ADVENT STUDY COURSE

inspired by the stained glass windows in St Paul's Church  
and led by the Venerable Penny Driver

Thursdays: 30th November, 7th December, 14th December, 21st December

2.00pm - 3.15pm

*(including time for refreshments together)*

All welcome



CARTMEL PENINSULA CHURCHES TOGETHER

### A Quiet Morning for Advent

Saturday 2<sup>nd</sup> December 2023

9.30am - 12noon

### 'Words of Reassurance'

You are welcome to come to this 'Quiet Morning' at the beginning of Advent, in preparation for Christmas.

Coffee is at 9.30am and is followed by worship at 10am. Then there is a time of quietness, with some notes for guidance if you wish to use them, before a celebration of Holy Communion, finishing at 12noon.

Anyone who would like to stay on afterwards for lunch is welcome to do so - please bring your own food, drinks will be provided.

**Grange Methodist Church,**

**Kents Bank Road, Grange-over-Sands LA11 7EY**

Contact Revd Sue Nicol for further information: 015395 31044

### Sunday Before Advent Christine Rossetti

The end of all things is at hand. We all  
Stand in the balance trembling as we stand;  
Or if not trembling, tottering to a fall.  
The end of all things is at hand.

O hearts of men, covet the unending land!  
O hearts of men, covet the musical,  
Sweet, never-ending waters of that strand!

While Earth shows poor, a slippery rolling ball,  
And Hell looms vast, a gulf unplumbed, unspanned,  
And Heaven flings wide its gates to great and small,  
The end of all things is at hand.



**If you would like to advertise in  
 St Paul's Parish Magazine  
 Please contact the  
 Team Office on 015395 35560  
 or e-mail details to [stpaulschurchgrange@gmail.com](mailto:stpaulschurchgrange@gmail.com)  
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**Have you noticed our new Lending Library by the back door?**

There are a number of paper-back novels available for anyone to take—and return—for free!

If anyone has the time - or patience - it might be good if the books could be sorted alphabetically by name of author! The stock can be added to as well if you have read and finished with a book.

Some DVDs and CDs are also available on the top shelf of the white bookcase.

Our more serious, religious, literature remains on the shelves at the back of church by the kitchen. Again, these are available to take home but please sign them out in the book.



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

	2016	2017	2018	2019	2020	2021	2022	2023
January	141	98	142	73	107	<b>186</b>	58	174
February	125	91	69	99	<b>263</b>	139	171	42
March	107	162	60	<b>182</b>	75	134	48	173
April	72	15	<b>98</b>	39	12	12	40	84
May	32	75	37	52	26	<b>101</b>	68	34
June	<b>185</b>	135	19	91	99	30	79	87
July	113	126	33	134	169	70	80	<b>226</b>
August	168	86	108	180	<b>188</b>	63	78	143
September	118	177	133	177	66	62	112	<b>189</b>
October	31	172	131	160	165	<b>304</b>	158	114*
November	118	<b>189</b>	62	85	114	71	177	
December	65	109	160	155	126	153	<b>162</b>	
<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>1,231</b>	<b>1,266*</b>

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### 'Art Heart Space'

**Sunday 19th November, 2.30-4.30 pm**  
**Allithwaite Community Centre**

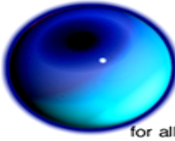
Anyone who enjoys art is invited to 'Art Heart Space', a creative outreach initiative. It's a monthly opportunity to enjoy painting, drawing or doodling, with a few thoughts on spiritual connections. Resources and materials provided. You don't have to be an accomplished artist!

"Come and enjoy painting, drawing, colouring or doodling - there's no pressure for results, just time to enjoy the process."

[jennyleahy@talktalk.net](mailto:jennyleahy@talktalk.net)

### 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.



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## Cartmel Peninsula

### Next REPAIR CAFE Dates

FRIDAYS: 1 Sep | 6 Oct | 3 Nov



Let's make things last longer ...

- . Bring broken items
- . Learn new repair skills
- . Eat yummy cake
- . Leave smiling

All welcome

JOIN IN!

**6-8pm**

**Grange Methodist Church**  
**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](mailto:brian_johnmccann@hotmail.com)                    34902

### Deanery Synod

Brian McCann                    [brian\\_johnmccann@hotmail.com](mailto:brian_johnmccann@hotmail.com)                    34902

Mike Hill                         [m.hill811@btinternet.com](mailto:m.hill811@btinternet.com)                         33511

### Treasurer

John Millican                    [johnmillican1980@btinternet.com](mailto:johnmillican1980@btinternet.com)                    32561

### Parish Safeguarding Officer

Judith Mitchell                 [j.a.mitchell356@gmail.com](mailto:j.a.mitchell356@gmail.com)                    35664

### Fell Church

Please contact the Churchwarden

### Parochial Church Council Secretary

Rosemary Hoyle                 [rosemary-hoyle@sky.com](mailto: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](mailto:stpaulschurchgrange@gmail.com) or [cptmoffice@gmail.com](mailto:cptmoffice@gmail.com)**

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### Stewardship Secretary

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Team Office                      35560

**e-mail - [stpaulschurchgrange@gmail.com](mailto:stpaulschurchgrange@gmail.com)**

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### Flowers

Kath Bush                         32601

Audrey Gorman ([peterandaudrey2@btinternet.com](mailto:peterandaudrey2@btinternet.com))                    35209