

THE PARISH CHURCH OF
SAINT PAUL
GRANGE-OVER-SANDS



February 2024

£1



Normal services at The Parish Church of Saint Paul

Sundays - 11 am - Parish Service

Wednesdays - 10 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

Diane Maguire, Cardrona Road, GOS, LA11 7EW 07951423789

Visit our website www.grangepcc.co.uk

www.facebook.com/StPaulsGoS

Some thoughts from the Venerable Penny Driver

February seems to me to be a month of transition. Traditionally we move from Christmas, with the colder weather and the dark mornings and evenings of January, to March and the approach to Easter and spring with its lighter and warmer feel. Even with our strange weather patterns being as they are, February still acts as a kind of pivot between winter and spring, Christmas and Easter - especially for those who keep the Christmas trees up until Candlemas, the 2nd February.



The Church's season of Lent begins on Ash Wednesday, which this year falls on the 14th February, which is also St Valentine's Day. At first this might seem an interesting paradox. Here, on the same day that love is joyfully celebrated, albeit in a highly commercialised sometimes showy way, in the Church we sombrelly gather together for a time of self-examination, reflecting on our past deeds and our own mortality. For Valentine's Day we might send or give cards containing cryptic romantic messages expressing our affections for one another; in Church our foreheads are marked with ash as the following words are said "You are but dust and to dust you shall return, turn away from sin and be faithful to Christ". An interesting comparison.

However, I think if we look a little deeper into the heart of both traditions, their respective roots are not so different. Love is at the heart of both Ash Wednesday and St Valentine's Day.

Saint Valentine - not much is known about the original St Valentine except that there may have been two of them who have over time become remembered as one person, and who had nothing to do with romance. We know of Valentine of Tori - a bishop in the early Church, and Valentine of Rome, a priest, both of whom martyred in the third century. Both are remembered for the difficulties and dangers of living as a Christian, especially as leaders of a church under persecution. There is, however, one legend that states that one of the Valentines, imprisoned and reflecting earnestly about his own mortality, wrote a farewell letter to his jailer's daughter, with whom he had become close. He signed it "from your Valentine".

Ash Wednesday - the ash for marking our foreheads with the sign of the cross is usually made by burning palm crosses blessed and distributed on the previous year's Palm Sunday, with some olive oil added to make a light paste (not so easy to make, especially the burning part as I have learnt by experience and a few failed attempts over the years.)

So perhaps Ash Wednesday and St Valentine's Day are not so different. What connects them and lies at the heart of them is love. Love gave St Valentine determination and strength to live and to die for Jesus and his Church; God's love for us is contemplated through Lent as we examine ourselves and how we can respond to this love; and, of course, God's love was expressed ultimately on the Cross, symbolised by those palm crosses and the cross which will be marked on our foreheads.

Whatever we choose to do this February, and in particular how we choose to mark the 14th, we can be assured that the love of God will be present in a deep-rooted and important way.

OUR NEW VICAR

We were delighted to be able to make the following announcement on Sunday, 14th January.

“The Bishop of Penrith (as acting Bishop of Carlisle) has appointed the Reverend David Wilmot, at present Rector of Grasmere; Vicar of Rydal; and Chaplain to Rydal Hall, as Team Vicar of the Benefice of Cartmel Peninsula Team Ministry, with special responsibility for Grange-over-Sands and Field Broughton with Lindale.”

David will be licensed at St Paul’s on Tuesday, 30th April, at 7 pm, by Bishop Rob.



We are delighted with the news, and look forward to welcoming David and his family to Grange, and to his ministry with us. It will be lovely to see a clergy person reinstalled in the Rectory once more. It will be eight years this September since the Rev’d Nick Ash left.

David trained at Salisbury and Wells Theological College and has been ordained since 1987. Following a Curacy in Penrith he was Assistant Priest in St Albans (and Chaplain to the Police and Oaklands Further Education College). He then served as Vicar of Milton in Stoke-on-Trent and Rural Dean of Leek before moving eight years later to Windermere as Vicar of St Mary (Applethwaite) with Jesus Church, Troutbeck . In September 2019 he was appointed Rector of Grasmere, Vicar of Rydal, and Chaplain at Rydal Hall.



His wife, Margaret, is an artist specializing in painting on silk, and they have three children, Heather, Daniel and Holly.

David writes a regular blog from ‘A Lakeland Vicar’ on YouTube
davidmwilmot.wordpress.com

We now pray that a clergy person will soon be appointed to the Leven Valley parishes of Finsthwaite, Haverthwaite and Staveley.

DATES FOR YOUR DIARY

A SCHOOL VISIT TO ST PAUL'S - FRIDAY, 2ND FEBRUARY to learn about baptism.

REPAIR CAFÉ - FRIDAY, 2ND FEBRUARY, 6-8 pm, in the Methodist Church.

MEN'S BREAKFAST - 3RD FEBRUARY, 8.30 am, in the Methodist Church.

The next monthly ecumenical Men's breakfast. Come and share a simple breakfast, conversation and prayer.

FOODBANK COLLECTION - SUNDAY, 4TH FEBRUARY, 1-3 pm, at St Charles.

'STILLNESS AND SONG' ON SUNDAY 4TH FEBRUARY, 6-7 pm

An ecumenical service in the meditative Taizé style at the Methodist Church, led by local musicians. *For other dates, see page 21.*

CUPPA AND CAKE—WEDNESDAY, 7TH FEBRUARY 2.30-4 pm, at St Paul's.

CEILIDH - FRIDAY 9TH FEBRUARY, 6.30-9 pm, in Methodist Church Hall.

Grange Methodist Church invite you to a Ceilidh dance evening. There will be live music from the Sands Band, and light refreshments. All welcome - just turn up! No tickets and no need to say whether you are coming. Do invite neighbours and friends. You don't have to dance; the lively music is good to listen to, and it can be quite a good spectator sport! Donations invited for the Methodist Church's "Open for Community" project.

SHROVE TUESDAY 13TH FEBRUARY, 2-4 pm, at St Paul's. *See page 12*

Join us in St Paul's for pancakes and refreshments. Family and friends most welcome

ASH WEDNESDAY 14TH FEBRUARY

There will be two services to mark the beginning of Lent on the 14th February, both offering 'ashing'. The Ven Penny Driver will lead our 10 am service, and the Rev'd Annette Miller a united service in St Peter's, Field Broughton at 7 pm .

'QUIET MORNING FOR LENT' - SATURDAY 17TH FEBRUARY, 9.30 am-noon.

An ecumenical Lent meditation at the Methodist Church., led by the Rev'd Sue Nicol.

See page 15

PEACE MEETING - 16TH FEBRUARY, 10.30 am. *See page 6*

Cartmel Quakers will be holding another Peace Meeting at the Meeting House in Haggis Lane, Cartmel, at 10:30 am.. All welcome.

LENT LUNCH - FRIDAY, 23RD FEBRUARY, 12 noon, at St Paul's.

The first Lent lunch will be at St Paul's. *See page 15 for other dates and venues*

SOLO LUNCH - SUNDAY, 25TH FEBRUARY, 1 pm.

Our next lunch will be at the **Newby Bridge Hotel**. *See page 12*

1 course £16.95/2 courses £23.95/3 courses £28.95

I look forward to seeing you. Sue

MOTHER TERESA CO-WORKERS - MONDAY, 26TH FEBRUARY, 5 pm.

Prayer meeting in the chapel at St Charles Church. Anyone welcome.

FROM THE REGISTERS - FEBRUARY 2024

BAPTISM ANNIVERSARIES

Athena Esme Gardner 06/02/2022

YEAR'S MIND

Colin Patterson 05/02/2019
Irene Mary Robinson 28/02/2020
Leon Jackson 29/02/2020
Margaret Lee 29/02/2020
Elizabeth Ann Waller 01/02/2022
Raymond Riley 25/02/2022
Judith Mary McMillan 06/02/2023
Phyllis Ward 12/02/2023
Kathleen Gamble 15/02/2023



*“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.

Cartmel Quakers will be holding another **PEACE MEETING**
at the Meeting House in Haggs Lane, Cartmel
on Friday 16 February at 10:30 am.

There will be half an hour of silence with a focus on the current conflicts around the world, followed by tea and coffee and time to talk.

Everyone is very welcome.

Training in the use of our **defibrillator** has finally been arranged for the 25th March at 2 pm in St Paul's. Please let Brian know if you would like to take part.



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.

A MESSAGE FROM THE REV'D JANE MAYCOCK

as she leaves the Peninsula

This week has in many ways been business as usual: school assemblies, a standing committee, a PCC, an interment of ashes, pastoral conversations, a visit to Cartmel Grange, Diddi Disciples and a couple of planning meetings.

It has also been week for me of doing things for the last time in this role, which is a rather strange experience. I have been very touched by the expressions of gratitude and good wishes from many people. I'm also aware of a sense of joy. This is *not* a 'thank goodness I'm leaving' feeling! It *is* a sense of joy at the life and health of the church in Allithwaite and Flookburgh. There are plenty of challenges, of course, but there are lots of good things going on and I rejoice in the continuing 'business as usual' as the life of God continues to flourish amongst you.

I don't yet know what the next steps are for me (beyond my sabbatical), but that feels quite exciting

I commend to you the prayer below — another favourite — which seems appropriate for all of us as we travel into new territory with God.

May his blessing be upon you all,

Jane

A TRAVELLER'S PRAYER FROM IONA

*Our brother Jesus, you set our feet upon the way and sometimes where you lead
we do not like or understand.*

Bless us with courage if there is danger.

Bless us with graceful meetings and good companions.

Bless us with humour for we cannot travel lightly weighed down with gravity.

Bless us with humility to learn from others.

Bless us with lazy moments, to stretch and rest and savour.

Bless us with love, given and received.

*Lead us, until we find that on the road is where you are,
and where you are is going home.*

Amen



PATRONAL FESTIVAL AT ST PAUL'S

On Sunday, 28th January, 75 people gathered in St Paul's Church to celebrate the Conversion of St Paul. We were delighted to have Bishop Rob and his wife Emma with us and representatives from the Fell congregation. The Bishop led the service, assisted by Annette.

The service was followed by the annual patronal lunch, and what a feast was laid out – turkey, ham, salmon and vegetarian quiche, with a variety of salads, and an amazing choice of sweets.

All fit for a ... ?Bishop !

'to restaurant standards' – one quote!





**SERVICES AT ST PAUL'S & THE FELL CHURCH
FEBRUARY 2024**

SUNDAY, 4TH FEBRUARY - CANDLEMAS

11 am - St Paul's Church, Grange

Holy Communion - Rev'd Annette Miller

WEDNESDAY, 7TH FEBRUARY

10 am - St Paul's Church, Grange

Holy Communion - Rev'd Nick Hallam

SUNDAY, 11TH FEBRUARY - NEXT BEFORE LENT

9.30 am - The Fell Church, Grange

Matins - Lay-led

11 am - St Paul's Church, Grange

Holy Communion - Venerable Penny Driver



ASH WEDNESDAY, 14TH FEBRUARY

10 am - St Paul's Church, Grange

Holy Communion - Venerable Penny Driver

7 pm - St Peter's Church, Field Broughton

United Holy Communion - Rev'd Annette Miller

SUNDAY, 18TH FEBRUARY - FIRST SUNDAY OF LENT

11 am - St Paul's Church, Grange

Morning Worship - Sue Fleetwood and Colin Greaves (Manna House, Kendal)

WEDNESDAY, 21ST FEBRUARY

No Service at St Paul's

Joint Service at the Methodist Church, Grange

SUNDAY 25TH FEBRUARY - SECOND SUNDAY OF LENT

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, 28TH FEBRUARY

10 am - St Paul's Church, Grange

Holy Communion - Rev'd Annette Miller

ECO CHURCH

You may be interested to read this from the latest Diocesan mailing.

“The Diocese of Carlisle has gained a bronze eco award in recognition of its environmental focus.

A Rocha UK - a Christian charity working to protect and restore the natural world - presented the award after the Diocese worked on environmental projects at its head office in Penrith as well as encouraging churches across Cumbria to register as Eco Churches.

It comes just weeks after work was also completed on the Diocese’s first Net Carbon Zero vicarage. Five months ago, the Diocese purchased a property in Natland, just south of Kendal, as a replacement for the village’s existing Victorian vicarage. Work has since been undertaken to install a new air source heat pump, pressurised water heating system, solar panels on the roof and battery storage to improve efficiency and provide two-thirds of the electricity supply, increased insulation in the roof space and new external doors.

Anna Newlove, Diocesan Net Zero Officer, said: “Work towards the bronze award started back in 2022 as we encouraged more churches to become Eco Churches. That continued through 2023 with a particular focus on our Head Office and improved work practices there. We are delighted to have received this award which acknowledges the firm commitment we have made to environmental issues and we are committed to working towards the next level Eco Diocese award over the coming years”.

The bronze award considers the Diocese’s Net Zero Action plan which was endorsed by Synod last October, as well as the work of its environmental group which monitors action and progress. Ten per cent of churches must also be registered under the Eco Church scheme and 5% must have gained an award. Currently a fifth of churches in the Diocese are registered, with 10% having already gained an award. The award also takes account of the promotion of environmental issues in church schools and is a reflection of how eco issues are embedded in ministerial training. Last December, a separate bronze award was issued for Church House – the Diocese’s head office in Penrith – in recognition of work around the installation of sensor-activated LED lighting, a commitment to minimise printing, and the introduction of recycled paper.

Diocesan Secretary Derek Hurton said: “This award is testament to the work ongoing at a local level in so many of our churches who have made that commitment to protect God’s creation through the Eco Church initiative. It also ties in incredibly well with our ecumenical vision and strategy God for All and one of its key themes which is to *tread gently*.

I would especially like to thank colleagues in the Diocese's environmental team who have worked so hard to draw together the necessary evidence that demonstrates targets have been met for this bronze award. We are now very much looking towards what needs to be done to move to a silver Eco Diocese award."

The Diocese is one of 30 to receive an Eco Diocese award of the 48 currently registered with A Rocha UK. Jo Chamberlain, the Church of England's National Environment Officer, said: "Huge congratulations to the Diocese of Carlisle on achieving this Bronze award. Their commitment to ensuring environment care is at the heart of all they do shines through, along with great partnership work in encouraging their local churches to care for God's creation. We're excited to follow their journey.

We are passionate about supporting churches across the whole of the country to care for God's creation as part of their faith, practice and mission. The Eco Church and Eco Diocese schemes really help a church or diocese see how to take the next step as they explore practical ways they can care for the environment. 26 dioceses have now achieved the bronze award. It's a fantastic resource which encourages the whole church family to embody the fifth mark of mission – *to strive to safeguard the integrity of creation and sustain and renew the life of the earth*”?

Following approval by the PCC, St Paul's has now been registered for a bronze award, and a meeting has been arranged for mid-February to look at the survey questionnaire.

SOLO LUNCH

Our next meal together will be on **Sunday 25th February** at the **Newby Bridge Hotel** where we can choose one, two or three courses from the carvery.

1 course £16.95/2 courses £23.95/3 courses £28.95

The list will be at the back of St Paul's from the 11th February for you to sign up.

If you normally dine alone why not join us - please don't hesitate to ask for a lift.

Sue Fleetwood

SHROVE TUESDAY

Join us in church from 2-4 pm for a pancake and refreshments as we celebrate Shrove Tuesday.

Family and friends will be most welcome.

Hope to see you there.

Judith



HOW WE CAME TO GRANGE – NO. 18

We have lived in Woodlands Drive on the border between Allithwaite and Grange for five years, not long compared with many of you, but we do have connections with Grange going back some time. We moved up from near High Wycombe in 1972 when Peter obtained a position with K Shoes in Kendal. As we knew and loved the Lake District we were delighted !

Whilst waiting for a new house to be completed in Windermere we rented accommodation in Kendal, then Levens. Our third daughter was born whilst we were there and we soon discovered the joys of Grange for pushing the pram along the Prom, and her sisters enjoyed the playground and pony rides. (*I wonder how many of us remember Cedric's donkeys!*) When the girls were a little older we would come to the Lido as a change from Lake swimming.

Neighbours invited us to the weekly Family Service at St Martin's in Bowness. The children would all go out to the crèche or Sunday School classes part way through the Service. I was soon asked to help, reading or doing a children's talk during the Service. Some of you may remember the then Rector Colin Elliott. He asked if I had ever thought of being a Lay Reader like his wife Helen, which of course I hadn't! With a Science Degree and wanting something to fit in with the family's school terms I had taken a job as a school laboratory technician at Kirkbie Kendal School in Kendal, so fitting in studying and essays was quite a challenge. The Rev'd Derek Jackson was then Warden of Readers. I was licensed as a Lay Reader in 1988 and was very fortunate to be always involved in Services. Our musical middle daughter sang in the choir. Retired clergy from Grange frequently came to help out during the Rector's holidays or in an interregnum.

Readers were often asked to take Services at other Churches. I have been to all the Churches in the Deanery, including St Paul's. The first one I took on my own was Evensong at Cartmel Priory which was a little daunting!

After a few years I attended a Clergy and Lay conference in Ripon. There I met two women Deacons and, although being a Reader was very fulfilling, I felt God was calling me to do something more. Being accepted for Ordination and training was also a struggle, but we had our weekends at Rydal Hall and evening tutorials were fairly local. The Rev'd Norman Bargh and Derek were both tutors. Summer schools were held in Durham and Edinburgh.

I was ordained Deacon in Carlisle Cathedral at Michaelmas 1995 and Priest in 1996. I was very lucky as by that time women were able to be priests, so it has been a great privilege. I continued as a Curate at St Martin's whilst still also working.

We used to do Parish walks and Peter organised a more ambitious one to support our Millennium project by visiting all the Churches in the Deanery on foot - a distance of 40 miles. On the longest day we began at Lindale at 5 am and people joined or left during the day. By late evening there was just me and our young male

organist and friend who walked faster than I did. Daughter Anita joined me from Grasmere and we finished at St Martin's at Midnight. People were surprised to see two weary women walkers with rucksacks in Bowness at that hour.

In 1997 Peter retired as Distribution Manager from K Shoes and took a job driving and leading walks and holidays with Mountain Goat.

Derek Goddard (who some may remember at Haverthwaite) was then also training at St Martin's and told me about a vacancy being advertised for a non-Stipendiary House-for-Duty Priest in Borrowdale. I applied and was accepted, so retired from Kirkbie Kendal School. It was a wonderful place to live and minister with a friendly and interesting community. We had purchased an older house in Lorton and rented it out, but after seven years felt it needed us to live there and look after it. I was kindly welcomed in the valley as Associate Priest for the three churches - another wonderful place to be.

Another 13 years and we decided it was time for us both to retire - but where to? I thought of Grange which we now knew well, as Peter's mother Freda had moved up from Somerset to be nearer to us and lived very happily for 12 years in Hampsfell Grange until 2012. So in October 2018 we found a comfortable quiet bungalow in Woodlands Drive off Jack Hill - only a little view but many local walks.

We thought we should try St Paul's Church first as that was where Freda had belonged. Our first Service was Harvest Festival and lunch, and soon one of Charles' concerts, so it was a lovely beginning. Everyone was so kind and welcoming and we have always felt at home here.

Thank you.

Carole and Peter Ford

COME AND JOIN US!

A message for all those crafty - or would like to be crafty - people out there.

We will be restarting these monthly 2-hour sessions in St Paul's from 21st March from 2 till 4 pm. No experience necessary, just lots of enthusiasm. If you have scissors, pencil, ruler and a glue stick that often helps too. But not essential.



Please pop along if you are interested and have a look.

A cuppa and the chance to have a natter will be waiting.

Pip

THE ORIGIN OF LENT

The Lenten period and its emphasis on repentance and self-discipline evolved slowly over the centuries.

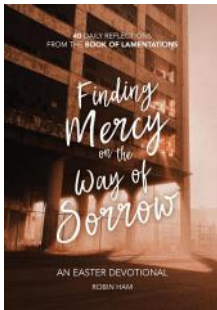
In the early church, candidates prepared for Easter baptism during Lent. People also did public penance for serious sins. In later years, the emphasis gradually shifted to private repentance. Lent became a time for people to acknowledge their sins, receive forgiveness, and make a new start.

During the Middle Ages Christians fasted by abstaining from meat and other foods, and stayed away from festivities during Lent, but gradually these customs became less rigid.

Today we have moved away from an emphasis on self-denial to prayer, meditation and reflection, some churches holding special study groups or worship services during Lent.

WAYS THAT WE CAN OBSERVE LENT

We have ordered a number of copies of the book written by the Revd Robin Ham, vicar at St Paul's Barrow - '*Finding mercy on the way of sorrow*'. It is framed as a down-to-earth guide to Lamentations, each day's entry containing a reflection and a response question or prayer, as well as a link to a Spotify playlist, for the 40 days leading from Ash Wednesday to Easter Day.




Robin explains: 'It is fair to say the book of Lamentations is hardly a well-trodden part of the bible for most Christians. Yet dwelling in its often bleak shadows we can find surprising treasure. Rather than offering us a shallow 'shiny happy people' faith, Lamentations understands our suffering - but it also shows us how we can encounter God's mercy and hope in the midst of that pain.'

See Brian if you would like a copy.

We are all invited to the **Friday Lent lunches**
23rd February St Paul's, Grange
1st March St Mary's, Allithwaite
8th March United Reformed Church
15th March St Charles RC Church
22nd March Methodist Church

Starting at noon with a short time of prayer from 1 pm



A Quiet Morning for Lent

Saturday 17th February 2024
9.30am - 12noon

'Facing Change'

You are invited to come to a 'Quiet Morning' at the beginning of Lent, as a way of preparing for Easter - we will be thinking about the changes that Jesus and his disciples had to face as he travelled towards Jerusalem. Coffee will be served in the Church hall from 9.30am and followed by an informal act of worship at 10am. Then there will be a time of quietness, with some notes for guidance if you wish to use them, before a short service of Holy Communion to which all are welcome, finishing at 12 noon. Anyone who would like to stay on afterwards to chat over 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

BAY COMMUNITY SINGERS 10th ANNIVERSARY

The Bay Community Singers invite you to join them as they celebrate 10 years of Community singing in Grange-over-Sands.

SATURDAY MARCH 23rd 2024

in the Victoria Hall

A COMMUNITY 'COME AND SING'

from 2.30 – 4.30 pm

Open to all, no previous musical or singing experience needed. Learn some fun songs and sing alongside members of the choir. Always wanted to sing, but can't commit to a regular singing group, now is your chance to have a go.

You will then have the opportunity to perform what you have learned in the afternoon as part of our very special **CELEBRATION CONCERT AT 7 pm**. The Choir will showcase their varied repertoire of songs, including some new pieces together with some popular favourites from the past 10 years. All in all it will be a great evening of music and celebration.

There will be a charity raffle and a range of drinks will be available to buy from the bar.

Come and Sing tickets: £5 (incl tea/coffee) - please purchase in advance

Concert tickets: £10 (under 16s free)

Combination ticket: (Come and Sing and Concert) £12.50

Available from: Any choir member, Johnston's Jewellers, Butterfingers Café, online at www.ticketsource.co.uk or on the door (Concert only)

Contact: baycommunitysingers@gmail.com for further information



THE WORLD DAY OF PRAYER—FRIDAY, 1ST MARCH, 2 PM
ST PETER'S FIELD BROUGHTON

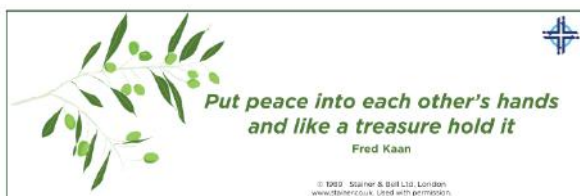
The World Day of Prayer is an ecumenical movement inspired by the motto “Informed Prayer and Prayerful Action”, and following the example of Jesus Christ, who prayed from a place of knowledge and care for the world, and who acted from a place of prayer and connection to God.

It all starts on the international dateline, in Samoa. Early in the morning, Christian women begin praying for their world. Then as the earth rotates, a great wave of prayer begins to build. It sweeps across the Pacific, touching Fiji and New Zealand. It rolls on through Asia - Japan, the Philippines, Korea, Bangladesh... The countries of Africa are next, and then the Middle East.

The wave reaches the shores of Europe as the day dawns there. Across the Atlantic it moves onwards - the Caribbean, all the Americas, and on to the Pacific again, until the sun finally sets over American Samoa, where the final service takes place, and a worldwide circle of prayer is complete.

This year's service has been devised by an ecumenical group of Palestinian Christian women who have prayed and reflected together over the past several years to respond to the invitation to write the 2024 programme. Their theme is “**I Beg You... Bear With One Another in Love,**” based on Ephesians 4:1-7, and calls us to bear with each other in love, despite all difficulties and oppression.

Particularly poignant in the present situation in Palestine and Gaza.



The Worship Service shares stories of three Palestinian Christian women, who witness to the power of bearing together in love. Their stories illuminate the experiences of Palestinian women from three different generations. The symbol of an olive tree is used throughout the service and represents the three generations through the trunk, branches, and leaves of the olive tree.



The Palestinian Christian women who wrote the service have invited the world to pray for peace, justice and freedom of religion and freedom of movement. Their prayers specifically call us to pray with women, refugees, persons experiencing homelessness, and all who are sick, dying and grieving. They also call us to confess to our collective role in causing the climate crisis, and to commit to repairing what we have destroyed. Finally, they call us, the global church, to be united in treating all with justice and love.

The Bible Study calls us to ask what it means to bear with someone in love. And it asks us to reflect on why community is important for Christians. The Bible study challenges us to lift up others around us, and allow others to lift us up.





Surplus to requirements—free to a ‘good’ home

Epson 33XL High Capacity 5 Ink Cartridge Multipack - Orange (Original)#
 Guaranteed to fit these printers
 Epson XP-530, 540, 630, 635, 640, 645
 Epson XP-7100
 Epson XP-830

Anyone interested, see Penny

Lunch at St Anne’s, Haverthwaite

On the 14th February, Celia Birchall and her ‘team’ are restarting the lunches in the hall on the 2nd Wednesday of each month.

If you would a place, please contact

David Birchall

david@artemis-media.com , tel: 31338

Mnemonic

Thirty days hath September,
 April, June and November.
 Unless a leap year is its fate,
 February hath twenty-eight.
 All the rest hath three days more,
 excepting January,
 which hath six thousand,
 one hundred and eighty-four.

Brian Bilston



What a beautiful place we live in!

A view of the Coniston hills taken from the road along the mosses.

ST JOHN'S FLOOKBURGH are trying to raise funds for maintenance work on the church and are asking for donations under this recycling scheme. Boxes are available in the church which is open every day, and our support would be appreciated.

Rosemary has offered to take any donations at St Paul's and deliver them to Flookburgh.



Recycling
FOR GOOD CAUSES

find us Recycling for Good Causes
14 Amber Business Village
Arlington
Tamworth
B77 4RP

call 0800 633 5323
email info@recyclingforgoodcauses.org
visit www.recyclingforgoodcauses.org

Items we recycle

<h3 style="text-align: center; background-color: #e91e63; color: white; padding: 5px;">Jewellery</h3> <p style="text-align: center;">Unwanted gold & silver including damaged items Costume jewellery Watches</p> 	<h3 style="text-align: center; background-color: #e91e63; color: white; padding: 5px;">Coins & Currency</h3> <p style="text-align: center;">Banknotes & Coins Any currency UK or foreign of any age/unchangeable currency</p> 
<h3 style="text-align: center; background-color: #e91e63; color: white; padding: 5px;">Mobile Phones, Cameras & Gadgets</h3> <p style="text-align: center;">Mobile Phones . Video Cameras Old Film Cameras . Digital Cameras . Sat Navs Game Consoles . Games & Accessories . iPods MP3 Players . Tablet Computers</p> 	<h3 style="text-align: center; background-color: #e91e63; color: white; padding: 5px;">Stamps</h3> <p style="text-align: center;">Loose / Single Stamps First Day Covers Presentation Packs</p> 



**NO Ink or
Toner Cartridges
Thank You**

**Donors: Please place your items into the sack provided
at your designated drop off point.**

**Drop off point representative: Call Recycling For Good Causes
on 0800 633 5323 (freephone) when your sack is full or weighs
over 10kg for your free collection.**



The Local Group of Co-Workers for Mother Teresa is appealing for goods for the Food Banks at Ulverston, Barrow and Millom

"Over 90% of the food distributed by foodbanks in The Trussell Trust network is donated by the public – that's why your food donations are absolutely vital to our ability to give everyone referred to us a balanced and nutritious three-day supply of food."

"We want to make sure that no-one in our local community has to go hungry, but we need your help to make this happen."

Since Christmas stocks are low on everything!

Tinned meat, soup & vegetables

UHT milk

Long-life fruit juices

Coffee, tea

Tinned rice and steamed puddings

Jam

Toiletries

Father Magner Room, St Charles RC Church
1 - 3 pm

Sunday, 4th February 2024

PLEASE GIVE GENEROUSLY TO HELP THOSE
LESS FORTUNATE THAN OURSELVES



All are welcome to a

Ceilidh

Grange Methodist church hall

Friday, February 9th

6:30 p.m. to 9:00 p.m.

Caller: Dave Rogers

Live music from the Sands Band

Light refreshments

Just turn up!

Donations invited for our
"Open for Community" project

Dance or watch while

The Telling, a music and theatre company, are bringing a show to the Victoria Hall in Grange-over-Sands on 3rd February.

Into the Melting Pot

Set in Seville in 1492, the show follows a Jewish woman on her final night in Seville. She is being forced to leave Spain as ordered by the Spanish Catholic Monarchs. She tunes into the voices of a community of Jewish, Christian and Muslim women from across the Spanish peninsula.



Down the centuries, women's stories of integration, love, the rich cultural heritage of the Spanish peninsula and racial intolerance are played out to a soundtrack of plaintive Sephardic songs and lively medieval music, with full staging and stunning lighting.

You can find out more about the show at: <https://www.thetelling.co.uk/events/itmp-grange>

Supported by Sir John Fisher Foundation, Arts Council England and Shoresh Charitable Trust.

Cartmel Peninsula

Next REPAIR CAFE Dates

FRIDAY: 5 Jan | 2 Feb | 1 Mar



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

Parish Magazine

The annual subscription for your Parish Magazine is now due.

The price remains the same at £12 - which we believe is good value!

Please hand in your payment to Linda in the Office, along with any suggestions you may have for changes, additions, amendments, etc.

We are looking for more contributions to the 'How I came to Grange' series.

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 or cptmoffice@gmail.com

PLEASE SUPPORT OUR ADVERTISERS

Stillness & Song

Sundays in 2024:

4th Feb, 7th Apr, 2nd Jun,

6th Oct, 24th Nov

6-7pm

at Grange Methodist Church

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



Sunday Services around the Benefice

February 2024	ALLITHWAITE	FLOOKBURGH	GRANGE-OVER-SANDS	GRANGE FELL	FINSTHWAITE	HAVERTHWAITE	STAVELEY IN CARTMEL	FIELD BROUGHTON & LINDALE
Sunday 4 th February Second Sunday before Lent Candlemass	10.00 am Holy Communion Canon Anniel Osmaaston	10.00 am Holy Baptism Rev'd George Wilson	11.00 am Holy Communion Rev'd Annette Miller	9.30 am Madrins Lay-led	9.30 am Lay-led	11.00 am David Birchall & Simon Hodgson Lay-led	11.00 am Holy Communion Richard Rhodes	9.30 am Holy Communion Rev'd Annette Miller
Sunday 11 th February Sunday next before Lent	4.00 pm Service of the Word Jenny Leahy	10.00 am Holy Communion Rev'd George Wilson	11.00 am Holy Communion The Ven Penny Driver	9.30 am Holy Communion Rev'd Annette Miller	9.30 am Holy Communion Rev'd Annette Miller	11.00 am Lay-led	11.00 am Holy Communion Rev'd Annette Miller	9.30 am Morning Worship Biddy Hibbert
Wednesday 14 th February Ash Wednesday	10.00 am Service of the Word Janice & John Tindale	4.00 pm Café Style Lay-led	11.00 am Morning Worship Lay-led Colin Greaves	10.00 am Holy Communion The Ven Penny Driver	9.30 am Communion by Extension Chris Smith		11.00 am Holy Communion by Extension Chris Smith	7.00 pm United Holy Communion Rev'd Annette Miller
Sunday 18 th February First Sunday of Lent	10.00 am Service of the Word Janice & John Tindale	4.00 pm Café Style Lay-led	11.00 am Morning Worship Lay-led Colin Greaves	9.30 am Holy Communion Rev'd Annette Miller	9.30 am Communion by Extension Chris Smith	11.00 am Holy Communion Archdeacon Vernon Ross	11.00 am Holy Communion by Extension Chris Smith	9.30 am Holy Communion Archdeacon Vernon Ross
Sunday 25 th February Second Sunday of Lent	Joint service at St John's Flookburgh	10.00 am Holy Communion Joint Service with St Mary's Althwaite Rev'd George Wilson	11.00 am Holy Communion Rev'd Annette Miller	9.30 am Holy Communion Rev'd Annette Miller	6.00 pm Evening The Ven Penny Driver	11.00 am David Birchall & Simon Hodgson Lay-led	11.00 am Holy Communion by Extension Family Bragg	9.30 am Communion by Extension Family Bragg
TELEPHONE NUMBERS - Clergy								
Rev'd Jane Maycock - 015394 43063			Venerable Penny Driver - 015395 36251			TELEPHONE NUMBERS Readers		
07785782973			Rev'd Annette Miller - 015395 33840			Steve Bell - 015395 36789		
Canon Anniel Osmaaston - 015395 35476			Rev'd George Wilson - 015395 59494			Richard Rhodes - 015395 31634		
Archdeacon Vernon Ross - 015395 34717			Rev'd Nick Hallam - 015394 36069			Tony Jefferts - 07813 790678		
						Biddy Hibbert - 07869250302		
						Jenny Leahy - 015395 35979		

Wednesday Clergy Rota - February 2024 - 10 am - Holy Communion

7th February	Holy Communion - Rev'd Nick Hallam
14th February	Ash Wednesday
21st February	Holy Communion - Ven Penny Driver
28th February	Joint Holy Communion service at Methodist Church
	Holy Communion - Rev'd Annette Miller



Monday 5th February 2024
Every other week

SOUL FUEL



Food  **Games** 

↓ **Years 7 & 8**

★ **Grange Methodist Church**
↓ **5:30pm - 7:00pm**

For more information contact
andrea.mason@cartislediocese.org.uk
07377831808

This is a new venture being started by Andrea Mason, our Community Youth Leader.

It is aimed at years 7 & 8. and will run in the Methodist Hall every other week.

Andrea is asking for help with the games and in the kitchen (ie heating up pizza or burgers).

Is there anyone who could volunteer?

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	189
October	31	172	131	160	165	304	158	144
November	118	189	62	85	114	71	177	227
December	65	109	160	155	126	153	162	146*
Annual Totals	1,275	1,435	1,052	1,433	1,408	1,325	1,231	1669*

Annual Totals
1,266*

* means incomplete total till next month

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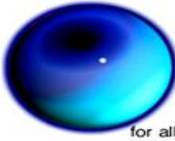
2024 CHURCH CAR PARKING PERMITS

Application forms for 2024
Car Parking Permits are
now available at the
back of Church.

Prices are once again frozen at
£45 for one car, and
£65 for two cars.

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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19 supporters have joined

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Don't forget to use easyfundraising when booking holidays, buying white goods, TVs, etc – it all raises money for St Paul's, at no cost to yourself other than what you are going to spend on your items.

The link - <https://www.easyfundraising.org.uk/donation-reminder/>

Our donation page is St Paul's Church - Grange over Sands

USEFUL CONTACT NUMBERS

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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

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