

THE PARISH CHURCH OF  
SAINT PAUL

LENT



March 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**

***Vicar for Grange-over-Sands and Field Broughton with Lindale***

**Rev'd David Wilmot—to be licensed 30th April 2024**

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

**Rev'd Mark Houston - The Rectory, Flookburgh, LA11 7PY 015395**

***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, Beckside Barn, Beckside, 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](http://www.grangepcc.co.uk)***

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

Dear Friends,

Have you noticed that we celebrate most of the festivals in the church's year, but Lent is very different. It's not a period we *celebrate*, just '*keep*'. Lent, the 40 days before Easter, not counting Sundays, began on February 14<sup>th</sup>. This year our Ash Wednesday service, marking the beginning of Lent, fell on Valentine's Day. Shops have been well stocked with cards, flowers, chocolates, persuading us to mark this day, remembering someone for whom we have special feelings. However, I doubt we would have found anything to remind us that, this year, the same day also marked the first day of Lent. Some churches and Christians treat Lent very seriously, whilst others, like the shops, ignore it completely.

I wonder what the 40 days of Lent mean to you? Perhaps these days give us a chance to revisit those New Year's resolutions we made and take them seriously to try and break some bad habits. Maybe we, like many Christians, give something up: chocolate, social media, alcohol, or responding immediately to emails. You see, there isn't any real agreement about how Lent should be kept.

So what is Lent about?

I was taught when I was small that it's about preparation - preparation for Easter, which I guess is what we all would have said. The 40 days of Lent give us plenty of time to reflect and ponder on the death and resurrection of Jesus, and perhaps appreciate Easter a little more as we take time to contemplate what it all means.

Perhaps it also provides us with an opportunity to practise resisting desires that would harm or hurt us. Trivial as this might seem, might a battle won over chocolate, wine or cake help us to win a battle over greed, lying or pride in the future?

Lent, taken seriously, can seem a very long six weeks. But Lent doesn't last. The darkness is broken by the glorious triumph of Easter Day.

Grey seems to have been the prevailing colour of the last few weeks. Dismal weather and not a lot of bright light. Perhaps our lives have been in 'Lent mode' too. Perhaps things haven't gone as we'd hoped, we don't get what we want, and joys seem to be thin on the ground. Yet, for us who are Christians, there is a wonderful and certain hope that however hard the darkness is in our lives, it will one day be lifted. Life's long Lent will end, as our earthly lives end and we journey into the amazing eternal Easter, where sin and death are destroyed for ever.

Whether or not, or how, Lent is kept is a matter of personal choice. I pray that, this year Lent for each of us will provide opportunities to be blessed and to bless others.

With every blessing.

Rev'd Sue Wilson

## FROM THE REGISTERS - MARCH 2024

### YEAR'S MIND

Marjorie Rockliffe	12/03/2019
Madge James	25/03/2019
Michael McKeown	27/03/2019
Rita Hartley	11/03/2020
John Peat	22/03/2020
Sylvia Entwistle	03/03/2020
Marjorie Crowe	17/03/2020
Florence Trudgill	04/03/2022



***“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.*

### We are all invited to the **Friday LENT LUNCHES** organised by **Cartmel Peninsula Churches Together**

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**

**Donations this year are being sent to the Leprosy Mission**



**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)



## NEWS FROM THE DIOCESE OF CARLISLE

### VACANCY IN SEE - LATEST

The Diocese of Carlisle is currently in the process of seeking and appointing a new Bishop of Carlisle.

In December 2023, the Crown Nominations Commission (CNC) were unable to agree upon a nomination, meaning the CNC will meet again in 2025 to resume the process. It has now been confirmed that the CNC will meet in January 2025 to shortlist, with interviews scheduled for 13 and 14 March, 2025.

Please note that, though Vacancy in See committee elections are due to take place later this year, those elected will serve on a new committee should a future Vacancy in See arise. Members of the current committee will continue in post for as long as the See of Carlisle remains in Vacancy this time round. The exception to this is the Dean of Carlisle, the Very Rev Jonathan Brewster, who is an ex officio member of the committee and as such has taken his place following his installation in September 2023.

In the meantime, the Rt Rev Rob Saner-Haigh, Bishop of Penrith, will continue in the role as Acting Bishop of Carlisle.

Bishop Rob has provided an update on the discernment process, and in a filmed message he also outlines how the Diocese plans to move forward over the next 18 months, gives details about a capacity funding bid to the Church Commissioners, and calls on people across the county to continue to 'raise the spiritual temperature'.

[https://youtu.be/CvVPUL7ss-c?si=7\\_YqiO7ynyeP7AT3](https://youtu.be/CvVPUL7ss-c?si=7_YqiO7ynyeP7AT3)

**Engaging Theology in Cumbria**  
**Bringing the Bible Alive through the medium of jazz**  
**11th March: Jonathan Brewster**  
**(a ZOOM session - 7.15-9 pm)**

Dean Jonathan will explore his background in music and the development of a Jazz Vespers service in his former parish in London, then he'll relate themes of jazz and freedom, improvisation and how, when we hear the psalms sung to a beautiful setting or when we hear the music of scripture expounded by jazz musicians, the bible comes alive in surprising ways and we begin to understand, not only with our heads, but with the whole of who we are.

Please book on the website at [Jonathan Brewster, 'Bringing the Bible Alive through the Medium of Jazz' – Engaging Theology in Cumbria \(engaging-theology-in-cumbria.org\)](https://www.jonathanbrewster.org.uk/bringing-the-bible-alive-through-the-medium-of-jazz-engaging-theology-in-cumbria) (donations welcome).

## A LENTEN MORNING RETREAT

On Saturday morning, 17<sup>th</sup> February, about 20 people gathered from across our churches for a 'quiet' morning in the Methodist Hall at the start of Lent. The Rev'd Sue Nicol led the session, taking as her theme 'Facing Change', and looking at verses 31-33 in the 8th chapter of St Mark's Gospel. She explained that it described a pivotal movement as Jesus predicted his death for the first time, a kind of watershed between the stories of his miracles and healings, and the start of his journey towards Jerusalem and the cross. It was a moment when Jesus, and his disciples, faced great change in their lives.



In our time of silence, Sue suggested we put ourselves in the place of one of the disciples, and pondered the following points.

- How do I think Jesus was able to face the change from ministry to suffering?
- What does the disciples' experience say to me about how I face change in my own life and faith?
- As the Church is facing change in all sorts of ways, how should I react to the challenge of these times?

The questions were particularly appropriate for those of us from St Paul's as we look forward to a new chapter in our church with the arrival of a new Vicar. How will we react to the changes that will inevitably come?

Hazel Edmondson shared what she had written down in response to Mark 8: 31-33, in particular the words "He made this very clear to them".

For all disciples

Anxiety levels rising

Challenging words to hear

Imagination running riot  
yet...

No safe reassurances

Good News?

Clarity hard to bear

How could it come to this?

All the hopes and dreams

Now crumbling in the dust,

God within it all

Eternally

It was a very worthwhile morning which finished with a simple Communion service.

Sue Nicol has been offering these Quiet Mornings in Advent and Lent, and they can be recommended.

Penny



## DATES FOR YOUR DIARY

**LENT LUNCHESES - FRIDAYS, IN MARCH, AT 12 noon, 1st, 8th, 15th & 22nd**

See facing page

**REPAIR CAFÉ - FRIDAY, 1ST MARCH, 6-8 pm,** in the Methodist Church

**MEN'S BREAKFAST - SATURDAY, 2ND MARCH, 8.30 am,** in the Methodist Church.

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

**LICENSING OF MARK HOUSTON - TUESDAY, 5TH MARCH, 7 pm,** at St Mary's Church, Allithwaite

**CUPPA AND CAKE - WEDNESDAY, 6TH MARCH, 2.30-4 pm,** at St Paul's

**MAKING OF MOTHER'S DAY POSIES - SATURDAY, 9TH MARCH, 10 am,** at St Paul's

**GOSPEL CHOIR - SATURDAY, 9TH MARCH, 7 pm,** at St Mary's Church, Ambleside  
(see page 23)

**WEDDING REHEARSAL - 9TH MARCH, 2 pm,** at St Paul's

**PCC MEETING - WEDNESDAY, 13TH MARCH, 7 pm,** at St Paul's

**WEDDING OF MATTHEW CRESWELL & PARIS THORNTON - FRIDAY, 15TH MARCH, 1 pm**

**SOCIAL MEETING - THURSDAY, 21ST MARCH, 2 pm,** at St Paul's

**CHOIR REHEARSAL - FRIDAY, 22ND MARCH, 3 pm,** at St Paul's

**FOODBANK COLLECTION - SUNDAY, 24TH MARCH, 1-3 pm,** at St Charles RC Church, Father Magner Room

**DEFIBRILLATOR TRAINING - MONDAY, 25TH MARCH, 2 pm**

Please sign up at the back of St Paul's

**MOTHER TERESA CO-WORKERS - MONDAY, 25TH MARCH, 5 pm,** at St Charles RC Church. Prayer meeting in the chapel - anyone welcome

**SCHOOL EASTER SERVICE - THURSDAY, 28TH MARCH, 9 am,** at St Paul's  
All welcome

**BRITISH SUMMER-TIME BEGINS - SUNDAY, 31ST MARCH**

The clocks will once more go forward for the start of British Summer Time. The clock will jump from 1 am to 2 am, which might be a surreal experience for anybody closely watching their digital device. Of course, manual clocks will have to be wound forward!



# Sunday Services around the Benefice

March 2024	ALLITHWAITE	FLOOKEBURGH	GRANGE-OVER-SANDS	GRANGE FELL	FINSTHWAITE	HAVERTHWAITE	STAVELEY IN CARTMEL	FIELD BROUGHTON & LINDALE
Friday 1 <sup>st</sup> March	World Day of Prayer							CPCT Biddy Hibbert
Sunday 3 <sup>rd</sup> March Lent 3	10.00 am Holy Communion Canon <u>Annie Osmaston</u>	10.00 am Holy Communion <u>Rev'd George Wilson</u>	11.00 am Holy Communion <u>Rev'd Annette Miller</u>		9.30 am Communion by Extension Dianne Maguire	11.00 am Communion by Extension Dianne Maguire	11.00 am Communion by extension Richard Rhodes	9.30 am Holy Communion <u>Rev'd Annette Miller</u>
Sunday 10 <sup>th</sup> March Lent 4 Mothering Sunday	4.00 pm Service of the Word Steve Bell & Andrea Mason	10.00 am Holy Communion <u>Rev'd Mark Houston</u>	11.00 am Holy Communion The Ven Penny Driver	9.30 am Martin Lay-led	9.30 am Holy Communion Archdeacon Vernon Ross	11.00 am Joint Communion <u>Rev'd Annette Miller</u>	9.30 am Holy Communion <u>Rev'd George Wilson</u>	9.30 am Holy Communion <u>Rev'd George Wilson</u>
Sunday 17 <sup>th</sup> March Lent 5 Passiontide	10.00 am Holy Communion <u>Rev'd Mark Houston</u>	4.00 pm Cafe Style Service Lay-led	11.00am Morning Worship Lay-led		9.30 am Holy Communion Archdeacon Vernon Ross	11.00 am SB/SH Lay-led	11.00 am Holy Communion Archdeacon Vernon Ross	9.30 am Holy Baptism <u>Rev'd George Wilson</u>
Sunday 24 <sup>th</sup> March Palm Sunday	10.00 am Joint Service Holy Communion <u>Rev'd Mark Houston</u>	Joint Service at St Mary's <u>Allidwaite</u>	11.00 am Holy Communion <u>Rev'd Annette Miller</u>	9.30 am Holy Communion <u>Rev'd Annette Miller</u>	11.00 am Joint Service The Ven Penny Driver	Joint Service at <u>Finsthwaite</u>	Joint Service at <u>Finsthwaite</u>	9.30 am Morning Worship Lay-led
Holy Week Monday 25 <sup>th</sup> March								7.00 pm Compline Lay-led
Tuesday 26 <sup>th</sup> March								
Wednesday 27 <sup>th</sup> March			7.00 pm Compline Lay-led				7.00 pm Compline Lay-led	
Thursday 28 <sup>th</sup> March Maundy Thursday	7.00 pm Seder meal Frances Hogan (For more details contact St Mary's)		9.00 am Grange School Easter Service <u>Rev'd Annette Miller</u>			1.30 pm Levens Valley School Easter Service <u>Rev'd Annette Miller</u>		
			6.30 pm United Service <u>Rev'd Annette Miller</u>					



March 2024	ALLITHWAITE	FLOOKEBURGH	GRANGE-OVER-SANDS	GRANGE FELL	FINSTHWAITE	HAVERTHWAITE	STAVELEY IN CARMEL	FIELD BROUGHTON & LINDALE
Friday 29 <sup>th</sup> March Good Friday	2.00 – 3.00 pm Hour at the Cross Janice & John Tindale		2.00 – 3.00 pm Hour at the Cross Rev'd Annette Miller				2.00 – 3.00 pm Hour at the Cross Richard Rhodes	
Saturday 30 <sup>th</sup> March Holy Saturday	8.30 pm – Easter Vigil, Cartmel Priory							
Sunday 31 <sup>st</sup> March Easter Day	10.00 am Easter Communion Canon <u>Abiel</u> <u>Osmaston</u>	10.00 am Easter Communion Rev'd Mark Houston	6.40 am Sunrise Service CPCT Fell Carpark Rev'd David Edmondson (Hot Cross Buns after service, St Paul's) 11.00 am Holy Communion Rev'd Annette Miller		9.30 am Holy Communion Rev'd Nick Hallam	11.00 am Holy Communion Rev'd George Wilson	11.00 am Holy Communion Rev'd Nick Hallam	9.30 am Holy Communion Rev'd Annette Miller

Wednesday Clergy Rota - March 2024 - 10 am - Holy Communion	
6th March	Lay-led - Audrey Gorman
13th March	Holy Communion - Rev'd Annette Miller
20th March	Joint Holy Communion service with Methodists at St Paul's Church - Ven Penny Driver
27th March-Holy Week	Holy Communion - Rev'd Nick Hallam



# SERVICES AT ST PAUL'S & THE FELL CHURCH

## MARCH 2024

### SUNDAY SERVICES

**3RD MARCH - LENT 3**

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

Holy Communion - Rev'd Annette Miller

**10TH MARCH - LENT 4**

**MOTHERING SUNDAY**

**9.30 am - The Fell Church**

Matins - Lay-led

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

Holy Communion - The Ven Penny Driver

**17TH MARCH - LENT 5**

**PASSIONTIDE**

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

Morning Worship - Lay-led

**24TH MARCH - PALM SUNDAY**

**9.30 am - The Fell Church**

Holy Communion - Rev'd Annette Miller

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

Holy Communion - Rev'd Annette Miller

### WEDNESDAY SERVICES

**10 am AT ST PAUL'S**

**6TH MARCH**

Lay-led - Audrey Gorman

**13TH MARCH**

**Holy Communion**

Rev'd Annette Miller

**20TH MARCH**

**Joint Service at St Paul's with**

**Methodist Church**

**Holy Communion**

The Venerable Penny Driver

**27TH MARCH**

**Holy Communion**

Rev'd Nick Hallam

### HOLY WEEK

**MONDAY, 25TH MARCH, 7 PM, COMPLINE** - St Peter's Church, Field Broughton

**TUESDAY, 26TH MARCH, 7 PM, COMPLINE** - St Mary's Church, Staveley in Cartmel

**WEDNESDAY, 27TH MARCH, 7 PM, COMPLINE** - St Paul's Church, Grange

**MAUNDY THURSDAY, 28TH MARCH**

**9 AM GRANGE SCHOOL EASTER SERVICE**, St Paul's - Rev'd Annette Miller

**6.30 PM UNITED SERVICE**, St Paul's - Rev'd Annette Miller

**GOOD FRIDAY, 29TH MARCH**

**2-3 PM HOUR AT THE CROSS**, St Paul's - Rev'd Annette Miller

**EASTER SUNDAY, 31ST MARCH**

**6.40 AM CPCT SUNRISE SERVICE**

Hampsfell Carpark - Rev'd David Edmondson

(Hot Cross Buns afterwards at St Paul's)

**11 AM HOLY COMMUNION**, St Paul's - Rev'd Annette Miller



In a poem entitled, **'THE PEACE OF WILD THINGS'**, the American poet, cultural critic, environmental activist, and farmer, **Wendell Berry**, writes:

When despair for the world grows in me  
and I wake in the night at the least sound  
in fear of what my life and my children's lives may be,  
I go and lie down where the wood drake  
rests in his beauty on the water,  
and the great heron feeds.  
I come into the peace of wild things  
who do not tax their lives with forethought of grief.

I come into the presence of still water.  
And I feel above me the day-blind stars  
waiting with their light. For a time  
I rest in the grace of the world, and I am free.

# Lent

Be joyful in hope,  
patient in affliction,  
faithful in prayer.  
Romans 12:12



## HOW WE CAME TO GRANGE – No. 19

My journey to Grange starts in Eastbourne but I spent nearly all my childhood in Cornwall and Devon. I always say I am Devonian because from the age of 9 to 18 I had a fantastic range of experiences there. Those years were full of incredible interactions with numerous adults, experts in their various fields: so much so I have started writing about these brilliant people and what they taught me.

In 1960 I started a three-year teacher training course. I took a year out 1962/63 to work at the Department of Geodesy and Geophysics at Cambridge, most of the year being spent at sea on a Royal Navy survey ship. We collected data that supported the theory of continental drift.

In 1964 I started teaching at Northwich, Cheshire, and married a primary school teacher I had met at college. Our lives were very busy, not only with teaching and raising three children but I also decided to study for a degree at home. Despite never attending a lecture, I gained my honorary degree in geography and geology. By 1969, we had moved our family to Leek, north Staffordshire. My wife gained her first primary headship in Derbyshire, and I worked my way up to head of department. Then we moved to Wiltshire where I was deputy head at a large secondary school. Always liking a challenge, I accepted a headteacher position, working with several secondary schools and a further education college, to develop technological skills and vocational education.

Using that experience, I moved to Lancashire. My wife decided to remain in Wiltshire where she really enjoyed her headship. I was tasked with extending technology and vocational education across all Lancashire secondary schools and numerous special schools. Promotions eventually led to me being appointed as Chief Adviser, leading a team of nearly 200 advisors, advisory teachers and administrative staff, working to support all Lancashire secondary, primary and special schools.

By 1990 I was living at Goosnargh, near Preston. I met Pauline, who lived at Bolton where she was a medical secretary in thoracic medication at Bolton Royal Infirmary. We married in 1994. By 2000 we were living at Goosnargh and had both retired. Lancashire County Council identified Goosnargh as an area to be developed and housing developments started, sadly changing the rural character of the village. We decided we needed to move which was a great shame because we were enjoying being involved in so many groups. Pauline did a lot of work with the WI and helped at St Mary's Church. I helped raise funding to develop a children's play area, was chair of governors at the village primary school, and established a heritage group linked to St Mary's Church, as part of developing the ancient church to serve as a community hub.

So, where to live? Pauline's daughter Ann and her husband Wayne had moved to Lindale and established three businesses linked to tourism. Pauline and I travelled up and down the M6 on a regular basis to visit them.

We both enjoyed visiting Grange and the surrounding area, and it became clear this was where we wanted to live. I gave up some education consultancy work and stopped travelling all over the north of England and the Midlands, assessing teachers wishing to be identified as advanced skilled teachers.

Our bungalow at Goosnargh was sold and both of us were relieved to leave tending the large garden we had developed, with lawns to mow and lots of trees and shrubs requiring topiary. We moved to Grange and rented Fern Cottage, next to the Hazelmere. We loved the smell of baking, which started in the early hours, and greatly enjoyed looking out of the upstairs window at the park, with its lake, and watching the trains coming and going, with the Bay beyond. Pauline called it 'Toy Town'.

It took eight months to find somewhere to settle. We wanted a ground floor apartment, no garden, but somewhere to sit outside. After visiting lots of properties we were beginning to despair of finding somewhere suitable. One morning Wayne rang to say a bungalow had just come on the market and might be worth a look. We arranged a viewing that morning and by the end of the day we agreed a price and bought it.

We spent two years modernising the bungalow and re-designed the small gardens, back and front. In the meantime, Pauline joined the Bay Community Singers, having previously sung with the Lancashire WI Federation choir, often as their soloist, which performed at various cathedrals across the country. I now look after the U3A scrabble group. We started attending the beautiful Church of St Paul's and are extremely grateful for the warm and friendly welcome we have experienced.

Pauline and Alan Wheatley

## TWO INVITATIONS THIS MONTH!





## CELEBRATING WITH PANCAKES

Shrove Tuesday was celebrated at St Paul's with an invitation to all to come along and enjoy pancakes!

Over 30 pancakes were made and enjoyed – Delia's recipe turning out to be the best – with a varied choice of toppings on offer. It was fascinating to see the flavour the children chose, and how the older ones among us stuck to the traditional lemon juice and sugar!

A good time was had by all, and the children particularly enjoyed hunting for our church mice.



A Rocha UK's **ECO CHURCH** scheme helps churches across denominations commit to practical environmental actions in all aspects of church life.



Many more churches are waking up to the need to care for God's creation, providing community recycling services, taking action to reduce their carbon footprint, and creating a driving force behind change that we desperately need.

With over 6000 churches now registered, Eco Church is much more than a scheme. It is increasingly a community of churches and Christians responding to the environment crisis together, sharing tips and learning together.

The Diocese of Carlisle is currently encouraging all who manage its offices and places of worship to become “*eco-churches*” or “*eco-friendly buildings*”. As mentioned in last month's article we have now registered St Paul's Church on the “Arocha” web site, and a small group has met to complete an Eco Survey about how we are caring for God's earth in five key areas of our church life:

- Worship and teaching
- Management of church buildings
- Management of church land
- Community and global engagement
- Lifestyle

Our answers have been entered on-line and will collect points towards an Eco Church Award – the more our church does, the more points we get!

### **How the award scheme works**

There are three levels of Award – Bronze, Silver and Gold. In order to qualify you must attain the required standard in each of the areas covered by the Eco Survey. You can see when you have gained sufficient points in each category by looking at the coloured lines that appear on screen with the Eco Survey questions. The lines change colour as your points accumulate to reflect the level of Award you have achieved in that category. If all categories turn bronze, you have reached the standard to qualify for a Bronze Award, etc.

### **What next for us?**

The late Pam Martin gave us a useful document entitled ‘What churches/worship communities can do to become more environmentally friendly’, and the group are now looking at these suggestions and picking out those which we feel we can usefully/easily implement. At our next meeting on the 12<sup>th</sup> April, we shall be discussing the next steps. If anyone would like to join us, they would be most welcome.

Brian, Colin, Heather, John, Judith, Rosemary and Penny

## RECYCLING

One important consideration in becoming an Eco Church is to ascertain exactly what we as a church re-cycle or re-use. And furthermore.....do members of the congregation actually have knowledge of this?

Some obvious things are the recycling of **paper** via the blue boxes which are put out every two weeks and importantly the compostable garden materials that goes in our two green bins. It is surprising how those who do the flowers in church so diligently, plus the few of us that tend the church grounds, produce so much '**green waste**'. This goes off to a depot in Kendal where it is transformed into a peat-free type of compost and then sold back to the gardening public.

We collect used **postage stamps** in a box at the rear of the church and these are sent to the Royal National Institute for the Blind.

**Spectacles** (used or obsolete in some manner) are also accumulated and sent off for re-use in poorer countries.

All **plastic and glass** from the church kitchen is taken away and put in our own domestic recycling packs for the fortnightly collection.

We also recycle used **batteries**, many of which come from either the church microphones or those left over from the Christmas Tree Festival, taking them to the household recycling plant at Risedale.

**Light bulbs** when they blow are replaced by new ones with the old ones also being recycled.

More recently, church members were asked to bring used **Christmas cards** for use in Pip's crafty-afternoons! A new innovation!

In the past we pride ourselves that some pieces of church **furniture** have been reshaped through carpentry to form things like the south wall cupboards (former pews), the shortened choir stall by the organ, and the steps at the lectern.

Old **candles** along with their stubs are collected and recycled by children at Grange School who regularly make new candles by melting down the wax into yoghurt carton moulds. A unique link perhaps, between any church and its partner CofE school?

Another aspect that should be mentioned is the disposal of the former choir **robes**, some of which went to Africa as sun protection garments and others to be re-used by the school as 'costumes' in their school nativity plays or other productions.

I suppose that we should also remember that we loan **jigsaws** and second-hand **books** through the new church lending library, which in themselves are forms of re-use or re-cycling.

A lot is going on behind the scenes in our church, and it is important that we are all aware of this.

Colin

**PEAT (Peninsula Environment Action Together)\*** is compiling a comprehensive list of places where items can be recycled, and this is to be printed in a future issue of Grange Now. In the meantime, readers might like to know of the following.

Soft plastics	Co-op in Grange
Blister packs	Highgate Vets in Kendal
Toothpaste tubes	Boots
Tetrapacks	Recycling center in Carnforth
Beauty products/plastic tubes/lipsticks	Sainsbury's
Asthma inhalers	Cohen's Chemists, Ulverston

And don't forget St John's Flookburgh are collecting items to recycle – see page 20 of the February magazine, and the various web sites, eg the freecycle network, Grange seek and sell.

*\*PEAT was set up some two years ago to address climate change and habitat loss by promoting more sustainable ways of living. The group is engaging people in community projects, holding talks and exhibitions, and giving out information, eg the very successful Ecofair in the Victoria Hall. The PCC has decided to pay the £5 annual subscription to this group.*

***And here is another opportunity to consider our life styles and choices!***

### **An invitation to take part in the Big Plastic Count**

<https://thebigplasticcount.com/>

For one week, 11-17<sup>th</sup> March, we are invited by Greenpeace UK and the non-profit organisation Everyday Plastic to count each piece of plastic that we use in our homes, as evidence of the scale of plastic waste in the UK, and in order to convince UK ministers to lead the way at the global talks that could finally phase out plastic pollution for good.

The Big Plastic Count is the largest plastic investigation of its kind, and represents a once-in-a-generation opportunity for the public to influence the next round of negotiations for the UN Global Plastics Treaty set to be held in Ottawa, Canada, 23-29<sup>th</sup> April.

Almost a quarter of a million people participated in The Big Plastic Count in 2022, which revealed that:

- UK households throw **nearly two billion pieces of plastic packaging away weekly**
- just **12% is recycled in the UK**, with the rest being burned, shipped abroad, or languished in landfills
- **83% of plastic recorded was from food and drink packaging waste**, the most common item being fruit and vegetable packaging.

## Greenpeace is now calling on the government to:

- reduce plastic production by at least 75% by 2040 and speed up the introduction of innovative reuse and refill models;
- completely ban all plastic waste exports by 2027 at the latest;
- immediately implement an all-in Deposit Return Scheme (DRS) and Extended Producer Responsibility (EPR) requirements for recycling and reuse;
- end approvals for new incineration facilities.

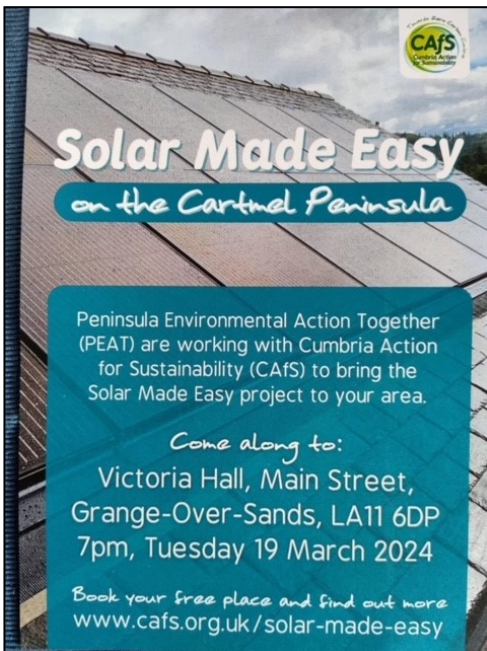
“The plastic crisis hasn’t gone away but our government is still tinkering at the edges of meaningful action. Recycling systems can’t cope with the volume of plastic packaging we use, so the government and companies must act to turn off the tap at the source. Since Blue Planet II in 2018, the public has been clamoring for action on plastic pollution and, six years later, the government has run out of excuses. In this election year we urge you to join us for the return of The Big Plastic Count. We need UK ministers to stand up and push for an ambitious Global Plastics Treaty that radically reduces plastic production and accelerates national reuse and refill systems.” **Nina Schrank, Head of Plastics, Greenpeace UK**

After six years of promises, the government has banned a few items like plastic straws, plates, trays, cutlery and balloon sticks while delaying more systemic measures like a deposit return scheme and completely failing to bring in binding plastic reduction targets. Banning a small number of individual plastic items will not lead to a meaningful reduction in single-use plastic overall. The Big Plastic Count has demonstrated that **plastic food packaging is the biggest contributor to plastic waste** and needs addressing most urgently.

Please remember, this isn't about feeling guilty about the amount of plastic you use! Too much single-use plastic is produced and there aren't reusable alternatives that suit everyone's needs.

59,845 participants have already registered, including schools.

The poster opposite shows what is involved. Submit your count result and you will eventually receive your personal plastic footprint which will show where your waste ends up. Once all the results are analysed Greenpeace will share the national picture, and the next steps on pushing the government into action.





# YOUR HOW-TO GUIDE

**DATES FOR THE DIARY:**  
The Big Plastic Count: 11-17 MARCH 2024  
Submission deadline: 31 MARCH 2024  
Results published: APRIL 2024

## HOW TO PREPARE

Get ready in three simple steps

1. **Print out the Let's Count Tally Sheet** below and stick it somewhere you'll see it: on the fridge, near the bin or beside the recycling.
2. **Check the types of plastic** we're recording by visiting [thebigplasticcount.com/help](https://thebigplasticcount.com/help).
3. **Tell the people you live with** that you're taking part. We want to count household plastic waste, so that means everyone at home needs to tally their plastic before throwing it away.

## HOW TO SUBMIT YOUR RESULTS

Once this week is over, simply submit your results by 31 MARCH 2024 on our website:



[thebigplasticcount.com/submit](https://thebigplasticcount.com/submit)  
or scan the QR code

When taking part, you might feel like the plastics crisis is your fault. It's not. Only governments, brands and supermarkets have the means to provide accessible alternatives. Your evidence will persuade them to do that.



Once you've submitted your results, we'll calculate your household's plastic footprint and use the evidence to push for lasting change. Thank you again for taking part.

# THE BIG PLASTIC COUNT

## HOW TO TAKE PART

1. Between 11-17 MARCH 2024, tally the plastic you use on the Let's Count Tally Sheet. This includes plastic that goes in the bin and in the recycling.
2. When you're out and about during the week, record any plastic you use, like packaging from take-away lunches or service station snacks, then tally it up when you get back home.
3. At the end of the week, submit your results by 31 MARCH 2024 at [thebigplasticcount.com/submit](https://thebigplasticcount.com/submit).

## WHAT NOT TO COUNT

Plasters, medication packaging, period products, nappies, poo bags, plastic cutlery, drinks cartons.

We aren't counting plastic items that are used for medical or sanitary reasons as these are vital for the people who need them. We're also not counting Let's Pack items – the plasticised cardboard that many drinks cartons are made of – because it's hard to trace. That includes sandwich packaging, coffee cups, Pringles and similar products.



If you're still unsure what to count, check out our Plastic ID tool:  
[thebigplasticcount.com/help](https://thebigplasticcount.com/help)  
or scan the QR code

# THE BIG PLASTIC COUNT

11-17 MARCH  
GREENPEACE · EVERYDAY PLASTIC

## TALLY SHEET

Plastics are all over the place. You'll see it, then tally the types of plastic packaging you throw away each day.

Tick off the days as you count your plastic:

M O T W T F S S

## FOOD & DRINK



Small bottles (up to 500ml)  
(water, soft drinks, sauces etc.)

Total

Black pots, tubs and trays  
(ready meals, chilled foods, cooked meats etc.)



Pots, tubs and trays  
(yoghurt, dips, butter, pastries, meat etc.)



Snack bags, packets and wrappers  
(chips, biscuits, cereal bars, chocolate etc.)



Other hard food and drink packaging  
(coffee pods, plastic cups, polystyrene cups etc.)



Other soft food and drink packaging  
(rice, bread bags, frozen peas, cling film, cheese etc.)



Fruit, veg and salad bags, wrappers and nets  
(salad, bananas, cucumber, lemons etc.)



Small bottles (up to 500ml)  
(hand wash, shampoo, washing up liquid etc.)



Large bottles (over 500ml)  
(bottle cleaner, bleach, surface cleaner etc.)



Pots, tubs and tubs  
(moisturiser, sunscreen, laundry tablets etc.)



Other hard plastic packaging  
(plastic packaging for toys, books, stationery, DIY etc.)



Other soft plastic packaging  
(pet food pouches, carrier bags, bubble wrap etc.)



## CLEANING & TOILETRIES



Small bottles (up to 500ml)  
(hand wash, shampoo, washing up liquid etc.)



Large bottles (over 500ml)  
(bottle cleaner, bleach, surface cleaner etc.)



Pots, tubs and tubs  
(moisturiser, sunscreen, laundry tablets etc.)



Other hard plastic packaging  
(plastic packaging for toys, books, stationery, DIY etc.)



Other soft plastic packaging  
(pet food pouches, carrier bags, bubble wrap etc.)



## EVERYTHING ELSE



Other hard plastic packaging  
(plastic packaging for toys, books, stationery, DIY etc.)



Other soft plastic packaging  
(pet food pouches, carrier bags, bubble wrap etc.)



## SUBMIT YOUR RESULTS

Submit your findings at:  
[thebigplasticcount.com/submit](https://thebigplasticcount.com/submit)  
or scan the QR code to the right.



## NOT SURE WHERE TO PUT AN ITEM?

Check out our Plastic ID tool:  
[thebigplasticcount.com/help](https://thebigplasticcount.com/help)  
or scan the QR code to the right.



# **BAY COMMUNITY SINGERS 10<sup>th</sup> ANNIVERSARY**

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

**SATURDAY MARCH 23<sup>rd</sup> 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](http://www.ticketsource.co.uk) or on the door (Concert only)

Contact: [baycommunitysingers@gmail.com](mailto:baycommunitysingers@gmail.com) for further information



## WORLD DAY OF PRAYER - 1ST MARCH, ST PETER'S FIELD BROUGHTON

### "I BEG YOU, BEAR WITH ONE ANOTHER IN LOVE"

This year's service was most poignant in view of the current situation in Gaza and Palestine. It had been devised by a group of Palestinian Christian women who had worked together over the past several years to respond to the invitation to write the 2024 programme. The service shared the experiences of three women from different generations who witnessed to the power of bearing together in love.

St Paul's will be hosting next year's service which is being devised by women in the Cook Islands, with the theme "I made you wonderful".



*The date will be Friday, 7th March.*



Our next Foodbank Collection is on Sunday, 24th March, between 1 and 3 pm at St Charles' Father Magner Room

## TRIED AND TESTED RECIPES

It has been suggested that we might have a 'slot' in our magazine for recommending favourite recipes. Here are the first two – please let us have copies of your favourites!

### Broccoli salad

12 oz broccoli, broken into small florets  
12 slices bacon, fried till crisp and crumbled  
8 oz red onion, thinly chopped  
3.5 oz of grated cheese



Combine all together, and then add  
450 ml mayonnaise  
4 tablespoons of white wine vinegar  
1 oz castor sugar  
Mix together and serve.

### Courgette and brie soup

3 courgettes – topped/tailed and sliced  
1 medium onion – peeled and sliced  
1 medium potato – peeled and chopped  
1 chicken stock cube  
200 g brie cheese

Place vegetables in large pan and just  
cover with water  
Bring to boil and add chicken stock  
cube  
Cook until tender and then add the  
sliced brie  
Stir until melted and then whisk until all  
blended  
Season to taste

## 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.



## ELECTORAL ROLL

Under Church Representation Rules the 2019 Church Electoral Roll is  
being revised for the April 2024 APCM. This will be the fifth revision of  
the 2019 roll.

If you are not on the Electoral Roll and wish to be included, application  
forms are available in both churches. Forms must be completed no later  
than Sunday 24<sup>th</sup> March 2024. If you have changed address during the past  
year please notify Susan Jackson.

Completed forms should be returned to Susan or Brian.



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(Children under 16 free)

**Saturday 9th March 2024 at 7pm**  
(doors open 6.15pm)







May this day bring Sabbath rest to my heart  
and my home.

May God's image in me be restored, and  
my imagination in God be re-stored.

May the gravity of material things be  
lightened, and the relativity of time slow  
down.

May I know grace to embrace my own  
finite smallness in the arms of God's  
infinite greatness.

May God's word feed me and His Spirit  
lead me into the week and into the life to  
come.

Our thanks go to Andrew Little for his diligence in supplying us with figures for rainfall each month since 2012. It is really interesting to see that the annual total of 1,782 mm for 2023 is so far above all previous years - although I guess we might have expected that! It is also fascinating to compare the monthly figures since 2017 - 304 mm was the highest, recorded in October 2021, 263 mm in February 2020, and 259 mm last December. January 2024 was the wettest January Andrew has recorded.

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

	2017	2018	2019	2020	2021	2022	2023	2024
January	98	142	73	107	186	58	174	229
February	91	69	99	<b>263</b>	139	171	42	88*
March	162	60	<b>182</b>	75	134	48	173	
April	15	98	39	12	12	40	84	
May	75	37	52	26	101	68	34	
June	135	19	91	99	30	79	87	
July	126	33	134	169	70	80	226	
August	86	108	180	188	63	78	143	
September	177	133	177	66	62	112	189	
October	172	131	160	165	<b>304</b>	158	144	
November	<b>189</b>	62	85	114	71	<b>177</b>	227	
December	109	<b>160</b>	155	126	153	162	<b>259</b>	

**Annual**

**Totals**     **1,435**   **1,052**   **1,433**   **1,408**   **1,325**   **1,231**   **1,782**   **317\***

*\* = incomplete total till next month; bold = highest rainfall of that year*

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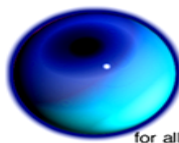
*Lent is a time of rebirth...*



#Lent2017 #unityboulder

## **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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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

### **Churchwarden**

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### **Treasurer**

John Millican	johnmillican1980@btinternet.com	32561
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### **Parish Safeguarding Officer**

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### **Fell Church**

Please contact the Churchwarden

### **Parochial Church Council Secretary**

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### **Team Office / Parish Administrator**

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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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Audrey Gorman	peterandaudrey2@btinternet.com	35209
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