

THE PARISH CHURCH OF
SAINT PAUL
GRANGE-OVER-SANDS



May 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

07305777113

Team Vicar - The Rev'd David Wilmot

The Rectory, Hampsfell Road, Grange-Over-Sands, LA11 6BE

(davidmwilmot@gmail.com)

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

Rev'd Mark Houston - The Rectory, Flookburgh, LA11 7PY **07810655684**

(houstonmark15@gmail.com)

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**

Dianne Maguire, Cardrona Road, GOS, LA11 7EW **0795142378**

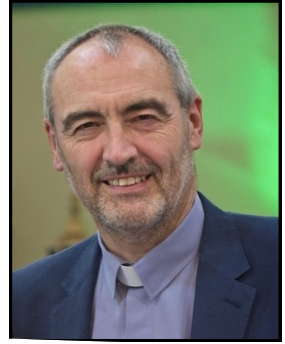
Visit our website www.grangepcc.co.uk

www.facebook.com/StPaulsGoS

FROM THE RECTORY

Me and my mouth again!

I recently heard of a public figure who is reluctant to give interviews. His friends insist that if he would become more open to the press, etc, then his career would grow much more quickly. Rather unusually he maintains that just because people put a microphone in front of you it doesn't mean you have to say something.



In today's culture, this comes across as quite a refreshing point of view. We're so used to people filling the airwaves (or indeed, everyday conversation) with their insights and opinions that someone who prefers to ponder or 'keep their counsel', as we used to call it, comes across as quite a rarity.

However, such a person reminds us of how important it can be to exercise a balance between speech and silence, and to reflect a little on the reasons why we might want to say something in the first place. For example, how much of our speech is about attention seeking? How much of our speech demonstrates that we have an underlying fear of silence?

St Paul offered these wise words: "Let no evil talk come out of your mouths but only what is useful for building up, as there is need, so that your words may give grace to those who hear". (Ephesians 4.29)

Back in the 11th century St Bernard of Clairvaux said, "If you are wise therefore you will show yourself a reservoir and not a canal. For a canal pours out as fast as it takes in; but a reservoir waits until it is full before it overflows and so communicates its surplus... We have all too few such reservoirs in the Church at present, though we have canals in plenty. They [canals] desire to pour out when they are not yet in-poured; they are readier to speak than to listen, eager to teach that which they do not know, and most anxious to exercise authority on others, although they have not learnt to rule themselves".

Perhaps the place to begin is not with what we are saying so much as what we are listening to? That is, what are we hearing that would be worth passing on? The Christian discipline is not about the avoidance of speech so much as discerning the most beneficial time to speak and the most helpful words to use. Our prayer, to pick up St Bernard's picture, is that we should become a reservoir for the goodness and grace of God.

Every Blessing,
David

Dear Friends,

Margaret and I are overwhelmed by your kindness and generosity. The wonderful hamper which arrived just as we came through the door of the Rectory continues to be enjoyed and we are deeply grateful. In the meantime the unpacking continues and we look forward to being with you in the coming days.

With much appreciation and all good wishes.

David

AND SOME MORE THANKS

Thank you for your card and congratulations for Peter's 80th Birthday. We had a lovely celebration with the family, including from Australia.

Carole Ford

What a lovely surprise we have just had. The most beautiful golden flower arrangement has arrived from St Paul's. We deeply appreciate it and are very touched. Thank you so, so much. What a very thoughtful and caring family St Paul's is.

Celia and Nigel.



SOLO DINERS

Our next lunch will be on the 2nd June at The Pheasant Inn, Allithwaite, at 1pm.

For those who have smaller appetites smaller portions are available which many find helpful.

I look forward to seeing you and any new members who would like to join us. As usual, lifts are available to anyone who needs one.

There will be a list for you to sign at the back of Church from 19th to 29th May.

Sue Fleetwood

FROM THE REGISTERS - MAY 2024

BAPTISM

Louis Pateman 28/04/2024

BAPTISM ANNIVERSARIES

Knox Beau Wilson 28/05/2023

Jolyon Hugh Derek Dobson Smith 28/05/2023

FUNERALS

Jean Elizabeth Mary Cottam 18/04/2024

John Charles Howson 23/04/2024

Lloyd Saunders 26/04/2024

YEAR'S MIND

Dennis Arthur Marsden 19/05/2019

Pauline Meriel Leigh 31/05/2019

Victoria Marie Knock 01/05/2020

Freda Burton 08/05/2020

Margaret Jane Graveston 25/05/2022

Margaret Jenkins 22/05/2023

*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.*



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



SERVICES IN OUR CARE HOMES

Cartmel Peninsula Churches Together lead ecumenical worship each month:

- The **Old Vicarage, Allithwaite**, at 2:30 pm on the last Sunday of each month
- **Cartmel Grange** at 2:30 pm on the last Tuesday of each month

We are invited to join in and help chat to the residents. Some hymns are sung with prayers, etc, which take around 25 minutes.

Contact:- Rev'd David Edmondson (edmola11@yahoo.co.uk or 015395 36213)
or just show up at the front door of the Care Home at 2:15 pm!

DATES FOR YOUR DIARY

WEDNESDAY, 1st MAY

2.30 pm - **CAKE & CUPPA**, St Paul's Church, Grange

THURSDAY, 2nd MAY

10.30 am - **SOCIAL COMMITTEE MEETING**, St Paul's

FRIDAY, 3rd MAY

6-8 PM - **REPAIR CAFÉ**, Methodist Church

SATURDAY, 4th MAY

8.30 am - **MEN'S BREAKFAST**, Methodist Church

7.30 pm - **A Spring Sing with the Bay Community Singers and Of One Accord**, Victoria Hall (see p15)

MONDAY, 6th MAY - SPRING BANK HOLIDAY

WEDNESDAY, 8th MAY

12 noon - **HAVERTHWAITE LUNCH CLUB**, St Anne's, Haverthwaite

4-5.30 pm - **SOUL FUEL EXPLORERS**, St Mary's, Allithwaite

7 pm - **PAROCHIAL CHURCH COUNCIL**, St Paul's, starting with a Holy Communion service

SATURDAY, 11th MAY

10.30 am-4 pm - **OPEN GARDEN** at Canny Hill, Newby Bridge, LA12 8NT

7 pm - **ORGAN RECITAL, FR NEIL G KELLEY**, St Paul's, in aid of Grange Primary School. Tickets £10

SUNDAY, 12th MAY

12.30-4 pm - **OPEN GARDEN** at Canny Hill, Newby Bridge, LA12 8NT

SUNDAY, 12th MAY - CHRISTIAN AID WEEK (see p17)

WEDNESDAY, 15th MAY

12 noon - **AGEUK LUNCH**, Thornleigh Hotel

SUNDAY, 19th MAY

1-3.30 pm - **CPCT PENTECOST GARDEN PARTY**, St Charles' field (p11)

WEDNESDAY, 22nd MAY

4-5.30 pm - **SOUL FUEL EXPLORERS**, St Mary's, Allithwaite

SUNDAY, 26th MAY

1-3 pm - **FOODBANK**, Father Magner Room, St Charles' RC, Grange

2.30 pm - **ECUMENICAL SERVICE**, Old Vicarage, Allithwaite

MONDAY, 27th MAY - SPRING BANK HOLIDAY

5 pm - **MOTHER TERESA CO-WORKERS**, St Charles' RC, Grange

TUESDAY, 28th MAY

2.30 pm - **ECUMENICAL SERVICE**, Cartmel Grange Care Home

SATURDAY, 1ST JUNE

10 am - **SUMMER FAIR**, St Paul's, Grange

SUNDAY, 2nd JUNE - ENVIRONMENT SUNDAY

1 pm - **SOLO LUNCH**, The Pheasant, Allithwaite (see p4)

ECO CHURCH



The small group met on the 12th April to discuss where we are in achieving an Eco

Church award and what possible actions we could/should be taking.

St Paul's is now registered on the A Rocha website and the survey shows that we are already at Gold standard for Category 1: Worship and Teaching, and Bronze standard in Category 4: Community and Global Engagement and Category 5: Lifestyle. We have not yet reached a standard for Categories 2: Buildings and 3: Land.

We identified the following possible actions we might take in the future, recognising the need to consult with David.

Category 1: Worship and training

- Reintroduction of the healing services, and possibly a repeat of the pet service
- A display of books on environmental issues
- Services featuring 'eco' topics/creation/promoting World Environment Sunday
- Inclusion of environmental issues in intercessions

Category 2: Buildings

John, Brian and Colin are already looking at more energy efficient ways of improving the heating in our church, and John has already carried out an energy audit. We shall be hearing more about these plans before applying for a Diocesan faculty to carry out the work.

Our investments are ethically sound.

Category 3: Land

Much of this category does not apply to St Paul's, but we could do the following.

- Installation of a bird box (from Men's Shed) and a bug hotel (involving school)
- Installing a water butt was not considered appropriate.

Category 4: Community and global engagement

- A stall at our fairs selling or exhibiting Fairtrade/environmentally friendly products
- Introduction of a regular 'green' page in the Magazine, including eco-tips
- Circulating minutes of all Eco Church meetings
- Responding to local/national/international appeals
- Advertising environmental events

Category 5: Lifestyle

- Reminders to reduce/reuse/refill and recycle – a stall for unwanted tools at the next fair
- Publicising opportunities for recycling
- Re-evaluating our journeys: explore walking or cycling, car-sharing
- Informing the congregation about renewable energy providers and the value of switching providers
- Recommending suitable literature

This month's ECO-TIPS

Use soap bars, etc, that don't use plastic containers

Buy plastic-free fruit and vegetables

Support local shops—and use less fuel

Recycle unwanted goods by:

- *Donating to the Spring Fair or local charity shops*
NB We have a new stall at the fair for unwanted tools in good condition
- *Using the freecycle app on the internet—www.freecycle.org*
Remember that we recycle stamps, spectacles, and foreign coins at St Paul's, also books and jigsaws can be donated, loaned and returned

PEAT membership asks:

- Can you help with Great Big Green Week? 8-16th June. It's the UK's biggest celebration of community action to tackle climate change and protect nature. Get in touch if you can help
- We are looking for ideas to use a legacy donation of £750 left by Chrissie Ogilvie to PEAT for local sustainability projects, many people will remember Chrissie as a very active member of our local community. Get in touch if you think of an ideas.

Pay attention humans...

Italian diver Enzo Maiorca has related an incident that happened to him.



While diving into Siracusa sea he felt something patting him on the back. He turned around and saw a dolphin, which he understood did not want to play but to express something.

The dolphin dived and Enzo followed. At a depth of 12 metres trapped in a net there was another dolphin. With the help of his daughter, Enzo managed to release it, and as the two dolphins greeted each other they emitted an almost human cry (this is how Enzo described it). Dolphins can be held under water for up to ten minutes then drown. The trapped dolphin was a female who soon gave birth.

The male swam round them and standing in front of Enzo touched his cheek (like a kiss), a gesture of gratitude. Enzo finished his tale: "Until man learns to respect and communicate with the animal world, he will never be able to know his true role on this Earth."

SERVICES AT ST PAUL'S , ST PETER'S & THE FELL CHURCH

MAY 2024

WEDNESDAY, 1ST MAY - 10 am - St Paul's Church, Grange

Holy Communion - Rev'd David Wilmot

SUNDAY, 5TH MAY - 6TH OF EASTER

9.30 am - St Peter's Church, Field Broughton

Holy Communion - Rev'd David Wilmot

11 am - St Paul's Church, Grange

Parish Communion - Rev'd David Wilmot & Rev'd Annette Miller

WEDNESDAY, 8TH MAY - 10 am - St Paul's Church, Grange

Holy Communion - Rev'd Annette Miller

THURSDAY, 9TH MAY - ASCENSION DAY

7pm - St Paul's Church, Grange - Holy Communion - Rev'd David Wilmot

SUNDAY, 12TH MAY - 7TH OF EASTER (Sunday after Ascension)

9.30 am - St Peter's Church, Field Broughton

Holy Communion - Rev'd Annette Miller

9.30 am - The Fell Church, Grange

Mattins - Rev'd David Wilmot

11 am - St Paul's Church, Grange

Parish Communion - Rev'd David Wilmot & Rev'd Annette Miller



WEDNESDAY, 15TH MAY

10 am - Joint Service with Methodists at St Paul's Church, Grange

Holy Communion - Rev'd David Wilmot

SUNDAY, 19TH MAY - PENTECOST (Whit Sunday)

9.30 am - St Peter's Church, Field Broughton

Holy Communion - Rev'd David Wilmot

11 am - St Paul's Church, Grange

Parish Communion - Rev'd David Wilmot

WEDNESDAY, 22ND MAY - 10 am - St Paul's Church, Grange

Holy Communion - Rev'd David Wilmot

SUNDAY, 26TH MAY - TRINITY SUNDAY

9.30 am - St Peter's Church, Field Broughton

Mattins - Bidy Hibbert

9.30 am - The Fell Church, Grange

Holy Communion - Rev'd David Wilmot

11 am - St Paul's Church, Grange

Morning Worship - Audrey Gorman & Rev'd David Wilmot

WEDNESDAY, 29TH MAY - 10 am - St Paul's Church, Grange

Holy Communion - Rev'd Annette Miller

NEWS FROM THE DIOCESE OF CARLISLE

Thy Kingdom Come is a global ecumenical prayer movement that invites Christians around the world to pray from Ascension to Pentecost (9-19 May) for more people to come to know Jesus.

As our response to **Thy Kingdom Come** for this year, we are encouraging every Mission Community to share in and engage in prayer activity. To inspire us, our denominational leaders have offered this 'Leading your Church into Growth' prayer.



God of Mission,
Who alone brings growth to your Church,
Send your Holy Spirit to give Vision to our planning,
Wisdom to our actions,
And power to our witness.
Help our church to grow in numbers,
In spiritual commitment to you,
And in service to our local community.
Through Jesus Christ our Lord, Amen.

ARCHDEACON OF CARLISLE - COVER

At the end of March the Ven Richard Pratt retired from the post of Archdeacon of Carlisle, and the Rev'd Ruth Newton has been appointed his successor from August.

Bishop Rob has written to all clergy, Rural Deans and Mission Community Leaders explaining that the Ven Penny Driver has agreed to provide interim Archdeaconry cover to support the Deaneries of Carlisle, Brampton, Penrith and Appleby.

Bishop Rob writes: "Penny brings with her huge amounts of senior leadership experience, having served as Archdeacon of Westmorland and Furness for 5½ years and Archdeacon in the Diocese of Exeter for 5 years before that. I am hugely grateful to her for stepping out of retirement to take on this interim role."



Penny will start on Monday, 29th April, and will focus on the statutory functions of an Archdeacon, particularly on the pastoral care of the clergy and people of the parishes in the respective Deaneries, as well as dealing with safeguarding matters.

We wish Penny well as she takes on these duties. Do pray for her as this is a very complex and demanding role in terms of travel, time and stress.

CARTMEL PENINSULA CHURCHES TOGETHER (CPCT)

Cartmel Peninsula Churches Together
invite you to a

Garden Party

for Pentecost
the Birthday of the Church

**Sunday
19th May
1-3:30pm**

Free of charge

Bring a picnic from 1pm

Ulverston Town Band from 2pm

Short service at 3pm

Tea & coffee provided

Games and activities

Bouncy castle

All welcome

on St Charles' Field

or Grange Methodist if wet weather

An Ecumenical Party for Pentecost, 19th May

CPCT invite you to a **Garden Party** on **Sunday 19th May** from **1– 3.30 pm** to celebrate the Birthday of the Church. We will gather on St Charles' Field (or in Grange Methodist church if wet weather). Come along and bring all the family (and your friends and neighbours!), and bring your own picnic.

There will be a bouncy castle, drinks, games and activities, and the Ulverston Town Band will play from 2 pm, with a short service at 3 pm.

Cartmel Peninsula Repair Café

When: Friday, 3rd May, 6-8 pm

Where: Grange Methodist Church

CHURCHES TOGETHER IN CUMBRIA

'THE HIDING PLACE'

presented by the Christian theatre company, Oddments Theatre Co

Where: St John's Houghton, Carlisle, CA6 4JE

When: Wednesday, 22nd May, 7pm

The production focuses on the true story of Corrie, a Christian woman who worked with her family to help Jewish people escape from the Nazis during the Second World War.

Tickets **£12** in advance and **£14** on the door.



HOW I CAME TO GRANGE – NO. 21

The Story of HEATHER AND IAN MORGAN

The Morgans came happily to settle in Grange-over-Sands after a beautiful visit between holidays in Wales and Scotland in 2018: a long way from their home in Buckinghamshire. Ian was returning to his childhood home, when he was the only child in the family. His Dad, an Anglican priest, was then Chaplain to the Air Force on the Solway Firth coast of the Lake District. Despite the absence of experience for Heather in this district was the sure knowledge that her mother really loved the area. Yewbarrow Woods - their backyard - is where the spirit of love is present, though Ian is buried here. Faith and hope abound in the Church members at St Paul's - a holy and special place.

The love of Jesus and our destiny in Heaven was an important part of every sermon preached by Ian for over 40 years. In the Lichfield diocese (where he served for 25 years as Licensed Lay Minister) they found their first home together, where Bishop Matthew led the Remembrance Service in 2023. Heather had connections in Harrow where she was born, and in the Amersham and Chesham School District where she was most recently College Head of Religious Studies, and where Ian served in St Mary's Church in Amersham for 15 years. Abroad, a member of the Anglican Church, Heather served on the Diocesan Evangelism and Partners-in-Mission committees, hosting world-wide dignitaries and musicians. In her community she was captain of the Helen Kate sloop and Chairman of the Sea Scouts.

Prayer is a most important dedicated activity, and as a long-time member of the Order of St Luke the Physician, Heather also organises Conferences. Directing Christian drama for evangelism has been a highlight of her life in London, Seattle, Victoria and West Vancouver. Now, regular French classes, singing in three choirs, and occasional table tennis are her other part-time activities. Many have come to know the power of thanksgiving, forgiveness and intercession for healing through the Morgans' prayer groups. Thank you to all members for the prayers; continue to lift each other up for a blessing.

When I look at the **Cross** where Jesus died –
I see **forgiveness** – please forgive me
I see **love** – please give me compassion
I see **light** – please show me the way
I see **life** – please help me to follow you
Amen

Carol Ford has very kindly donated a number of books relating to pastoral care and intercessions. We have put these on a separate bookcase at the back of church. Anyone preparing intercessions will find this a useful resource.

Sunday Services around the Peninsula

W/MAY 2024	ALLITHWAITE	FLOORBURGH	GRANGE-OVER-SANDS	GRANGE FELL	FIELD BROUGHTON & LINDALE SANDS	FINSFERRYDALE	HAYERSFERRYDALE	STAYLEY IN CARTMEL
Sunday 5th May 6th Sunday of Easter	10 am Holy Communion Rev'd Mark Houston & Rev'd F. Anderson Preaching	10 am	11 am Parish Communion Rev'd David Whitton & Rev'd Annette Miller	9:30 am Rev'd David Whitton	9:30 am Holy Communion Rev'd David Whitton	9:30 am Communion by Extension Dianne Maguire	11 am Communion by Extension Dianne Maguire	11 am TBA
Thursday 9th May Ascension Day			7 pm Holy Communion Rev'd David Whitton			6 pm Ascension Day Service Meet at Turn Horse Car Park		
Sunday 12th May 7th Sunday of Easter (Sunday after Ascension)	4 pm Service of the Word Steve Bell & CME Minion Parishes speaking	10 am	11 am Parish Communion Rev'd David Whitton & Rev'd Annette Miller	9:30 am Martinus Rev'd David Whitton	9:30 am Holy Communion Rev'd Annette Miller	9:30 am Holy Communion Rev'd Marcus Bagg	11 am Holy Communion Rev'd George Wilson	11 am Holy Communion Rev'd Marcus Bagg
Sunday 19th May Pentecost (What Sunday)	10 am Holy Communion Day of Pentecost Rev'd Mark Houston	4 pm Cafe Style Lay-led	11 am Parish Communion Rev'd David Whitton		9:30 am Holy Communion Rev'd David Whitton		11 am Holy Communion Archie Jackson Vernon Boon	11 am Communion by Extension Richard Eubanks
Sunday 26th May Trinity Sunday	10 am Joint Service of the Word at St Mary's with St Johns Bookburgh Rev'd Mark Houston	Joint Service at St Mary's Allithwaite	11 am Morning Worship Aubrey Connan & Rev'd David Whitton	9:30 am Holy Communion Rev'd David Whitton	9:30 am Martinus Biddy Hibbert	6 pm Evensong Lay-led	11 am Morning Worship Lay-led	11 am Morning Worship Lay-led
Thursday 30th May Corpus Christi					7 pm Holy Communion Rev'd David Whitton			

Wednesday Clergy Rota - May 2024 - 10 am - Holy Communion	
1st May	Holy Communion - Rev'd David Whitton
8th May	Holy Communion - Rev'd Annette Miller
15th May	Joint Holy Communion service with Methodists at St Paul's Rev'd David Whitton
22nd May	Holy Communion - Rev'd David Whitton
29th May	Holy Communion - Rev'd Annette Miller



A PRAYER FOR EASTERTIDE

by Stephen Cottrell

Loving God,

Your Son Jesus Christ carried us to the cross and shed his blood for us and brought us into new communion with you.

Help us to follow in his way, deny ourselves and take up the cross he gives us that the world may learn his way of peace.



May his life and his purposes be alive in us this day, and may we be alive in him;

And when our hearts are broken, and when the burdens of this life feel too great to bear, take us to the cross, and enable us to see there the great weight that Jesus carried;

For here we receive the affirmation of your love, the assurance of your promise, and the strength to persevere.

For we ask it in his name. **Amen**



<h2>Exhibition of Icons</h2>	
	<p>Painted by local Iconographer Dr David Wright 18th-27th May 2024 Kendal Parish Church Open 9-4pm daily.</p>
<p>Lecture on Iconography by Dr David Wright 18th May Refreshments available from 7pm, Lecture begins 7.30pm https://www.trvbooking.com/uk/DJFM</p>	<p>Talk on Artistic Techniques by Dr David Wright 22nd May Refreshments available from 1.30pm, Talk begins at 2pm https://www.trvbooking.com/uk/DJFO</p>
<p>Exhibition and lectures are free. Donations towards the work of the church gratefully received.</p> 	



Our last collection equated to 299 meals, and £170 was given in cash - for which many thanks.

Our next Collection is on Sunday, 26th May at the Father Magner Room of St Charles RC Church, 1-3 pm as usual.



A SPRING SING WITH BAY COMMUNITY SINGERS AND OF ONE ACCORD

Following the success of their 10th anniversary concert in March, Bay Community Singers were thrilled to be able to donate £1,250 to the local charity, Dignity in Dementia. The choir would like to thank everyone who supported the event and helped to make it such a great occasion.

We are excited to announce our next concert on

SATURDAY MAY 4th 2024 – A SPRING SING

in collaboration with **Of One Accord**, a fabulous award-winning choir based in Shrewsbury. They have chosen to travel to our beautiful town for a choir tour and we are delighted to be sharing the stage with them and also performing a couple of songs together. The concert is at the **Victoria Hall, 7.30 pm**, and entry is £10 on the door with under 16s free. This includes refreshments during the interval. There will also be a raffle and, in line with our ethos of supporting local charities, we will be donating proceeds to Carer Support, South Lakes. We would really appreciate your support once again so please spread the word. This is sure to be a lovely evening of entertainment and high-quality choral singing.

Our new term is well under way, but new members still have a chance to join us starting Thursday May 9th 7-9 pm at the URC hall in Grange. Please contact us on baycommunitysingers@gmail.com for more information.



“Cockles at the Lantern”, in Allithwaite

Michael Fieldhouse writes: Guess what our new Allithwaite shop has opened in the old premises of “The Lantern”.. and it's fantastic.



Opening hours:

Monday to Saturday 07.30-19.00

Sunday 08.00 - 16.00

It's a General Store and they sell everything! And are gearing up to meet our needs - and they will deliver. Why not pop in and give them your support.

I think you'll be pleasantly surprised.

Happy shopping!"

OPEN GARDEN EVENT

We are invited to visit the home and garden of Sue and Peter Nicol at Canny Hill,
Newby Bridge, LA12 8NT

They have glorious rhododendrons!

All profits are for the Methodist Church Development Fund.

Refreshments provided, and there will be a cake stall.

Saturday 11th May 10.30am – 4pm

Sunday 12th May 12.30pm – 4pm



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 Twitter: [@ageukcampaigns](https://twitter.com/ageukcampaigns)

AGEUK LUNCH

A new initiative starts on 17th April and then the third Wednesday of each month at Thornleigh - £14.

Book your place at the hotel - 01539728118.

Christian Aid Week
Sunday 12th to
Saturday 18th May 2024



A Prayer for Christian Aid Week 2024

Loving God,
Help us to hear the voices of those enduring extreme
poverty.
It is hard to listen to stories of pain.
Show us how compassion for others can bring healing and
fullness of life for all.
Help us to understand that we are one through your love,
for every human being is loved by you, beyond measure.

Loving God,
you call on us to build your kingdom of justice, mercy, and
truth.
It isn't a task for the faint-hearted.
When we lose our sense of purpose, fill us with faith.
When we doubt or throw up our hands in despair, fill us
with hope.
When we pass by our neighbour as though we did not
know them,
Fill us with the love that turns us back and takes us to their
aid.

In Jesus' name,
Amen.

Christian  Aid
We believe in life before death

BILL AND COCO'S EASTER SURPRISE OR BILL HAD A LITTLE LAMB ...



The sheep had been moved from Hampsfell the previous day for lambing so I decided to walk to the hospice and let Coco have a good run. On our way down Coco suddenly ran towards what I thought was a small white dog. As I got nearer I heard the unmistakable bleating of a lamb, and saw this tiny creature huddled against the wall; it must have been there over night and was desperately hungry because it was trying to suckle on Coco. There were no other sheep or lambs in sight. Thankfully two other walkers were nearby who kindly looked after Coco as I carried the lamb to safety.

After a couple of telephone calls the lamb was reunited with its mother and to date both lamb and mother are thriving.

However, not sure if I want to eat a roast lamb dinner in the near future.

Bill



CURLEW CALL

The sound evokes another place and time.
I am transported with delight.
I remember when engines took their time to start.
We'd stand and hold our breaths on frosty days as
Father turned the handle, muttering darkly.
There followed a series of long, ascending notes;
then at last a tremulous, throbbing sound
accompanied by the family exhaling.
And so the cry, or call, or song of my friend curlew;
at first uncertain – should he fly or no?
Then the miracle of flight begins to grip him; he
allows the wind to take him where he wants to go.
The exultation as he soars his purlieu rises in his
throat as would a hymn.
Alleluia, curlew! Alleluia!



By Chrissie Greaves – used by permission



St Paul's

SUMMER

*Raffle
and
Tombola*

FAIR

*Sue's café
With bacon
butties*

All the usual stalls

Cakes—Bric-a-Brac—Plants—Books—Scarves & jewellery

With one new stall

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Saturday, 1st June 2024

10 am—1 pm

St Paul's Church, Grange-over-Sands

ADMISSION FREE



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



CONCERT
given by
DAVID EDMONDS



accompanied by
Charles Edmondson

**Tuesday, 11th June 2024
at 11 am
in St Paul's Church**

Admission free with a retiring collection

'A SONG FOR THE TOMB'

BY TERESA MORGAN

Ages before Jerusalem was founded
I was formed for this day.
God said, shall these sea-bones live?
I will sculpt me a tomb: a lime-white chamber
fit for a king.

I was ready when they brought him in:
bloody and broken, like a king from his last
battle. Dusk was falling. They hurried, careful.
So careful. They were brittle with pain.
They straightened him (legs, arms, head) in the
niche;
stopped my mouth with a rock, and crept away.

We were quiet together.
He slept inside me. I cradled him,
like a child unborn. Outside,
Earth shuddered; the sun failed; stars shot like bolts
Through warring heavens.
I kept him safe

Till he began to stir
like the child whose time has come.
The deep places of creation whispered,
Let there be light!
A mighty spasm shook the stone. I gaped.
He rose. For a moment
he stood facing the dawn, then he was gone.

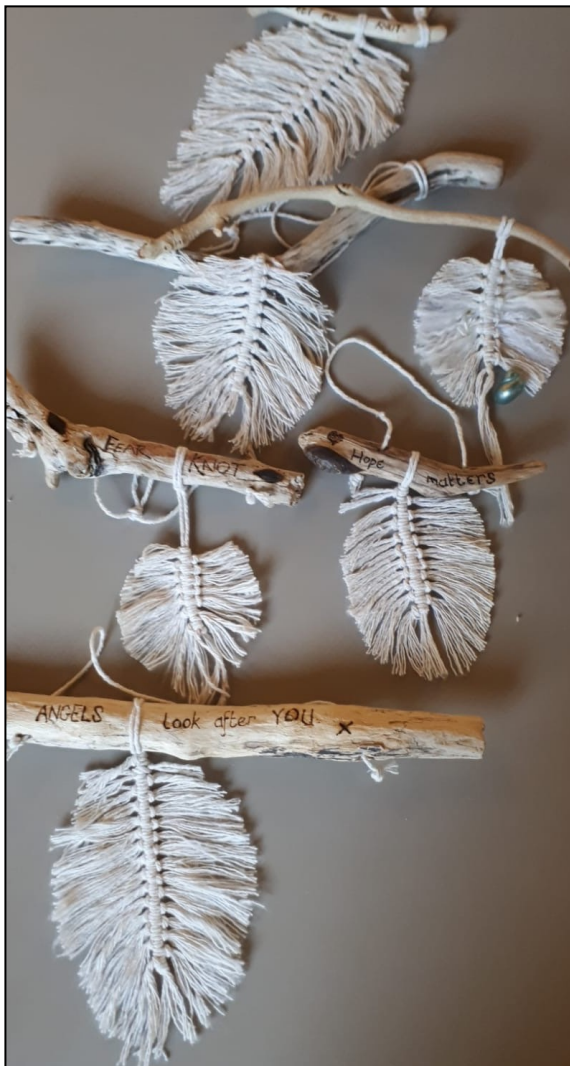
Later
there would be angels, blazing eyed
and docile, folding linen bandages.
There would be men and women,
storms of grieving
suddenly stilled.
But first, as the sun rose,
there was just light and silence. A cave
empty
and a world full of promises fulfilled.

*Poem from 'The Journey' by John
Pritchard*

On display in the Methodist Chapel at Hawkshead



CRAFTY OFFERINGS
from the first session of the new season



Feathers with messages of hope

Next date Thursday, 23rd May
2-4 pm

Do come along and join us—
no experience necessary!

ANOTHER WAY

You may have heard of **Amy Bray**, a young Cumbrian woman who set up the charity Another Way.

She is doing more amazing work here on our doorstep with young people, watch her short film here <https://www.another-way.org.uk/> to launch her latest project the 'Power of 10', and prepare to be moved by the energy and possibilities of community and people coming together.

Her belief is that if *'one person spreads a message to ten people on one day, and the next day those ten people told ten more each, then in only ten days the whole world hears the message. If all seven billion of us made one difference, imagine how many problems could be solved.'* Such a simple powerful message that we can all do, so how come sometimes it feels so hard?

You might be wondering where to start in these times when it feels so difficult, uncomfortable, and pointless. How do we even start a conversation, let alone have one about the climate and ecological breakdown that's happening and, how do we move to a more sustainable future. Some of the tips are to:

- find common ground
- listen well, talk less
- start where people are - we are all on a journey
- tell your story about why it matters to you, how did you get here, children, grandchildren, legacy - what did you do when you knew?
- ask questions that start a conversation - eg 'what concerns do you have for the future of your children/our children? what changes in weather patterns have you noticed in your lifetime? what environmental changes have you noticed?' There are plenty of local examples that might help, eg Windermere, river pollution, decline of local bird populations
- talk about small steps that make a difference - see Amy Bray's website for a simple list of 10 things

The key seems to be that it's about the conversation not the conquest.



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Any comments, articles or queries for the magazine should be emailed to Linda or Penny. Items no longer than 300 words, please.

To advertise on the back pages, please contact the Office 015395 35560, stpaulschurchgrange@gmail.com

We are grateful to those who advertise in the magazine, and hope that readers will use their services.

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	263	139	171	42	161
March	162	60	182	75	134	48	173	134
April	15	98	39	12	12	40	84	135*
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	304	158	144	
November	189	62	85	114	71	177	227	
December	109	160	155	126	153	162	259	
Annual Totals	1,435	1,052	1,433	1,408	1,325	1,231	1,782	659*

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

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PLEASE NOTE

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

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then every other week**

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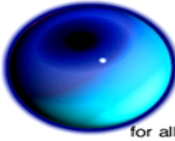


⬆️ Years 5 & 6

⬆️ St. Mary's Allithwaite

⬆️ 4:00pm - 5:30pm

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



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

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

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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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