

**The Parish Church
of St Paul
Grange over Sands**



May 2025

£1

Benefice of Grange-over-Sands & Field Broughton with Lindale

THE PARISH OF ST PAUL, GRANGE-OVER-SANDS

MISSION STATEMENT

To proclaim the Good News of God
and to draw others into a life-changing encounter
with Jesus

Tel No

Vicar - The Rev'd David Wilmot (davidmwilmot@gmail.com) **07305777113**

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

Associate Priest - Rev'd Annette Miller (miller3637@btinternet.com)

015395 33840 - Airton, Eden Park Rd, GOS, LA11 6BW

Normal services at The Parish Church

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)*

*****Saints Days and Holy Days - See Notice Board/Pew Sheet*****

Visit our website www.grangepcc.co.uk



Annual subscriptions for the Parish Magazine are now due!

Please pay (£12) Linda in the Office.

We hope you agree that this is good value for 12 issues.

From the Rectory

The Direction of Travel....

Dear Friends,

There once was a rich man who was near death. He was very grieved because he had worked so hard for his money and he wanted to be able to take it with him to heaven. So, he began to pray that he might be able to take some of his wealth with him. An angel hears his plea and appears to him, "Sorry, but you can't take your wealth with you". The man implores the angel to speak to God to see if He might bend the rules. The man continues to pray that his wealth could follow him. The angel reappears and informs the man that God has decided to allow him to take one suitcase with him. Overjoyed, the man gathers his largest suitcase and fills it with pure gold bars and places it beside his bed.

Soon afterward the man dies and shows up at the Gates of Heaven where he's met by St. Peter. Seeing the suitcase Peter says, "Hold on, you can't bring that in here!" But the man explains to him that he has permission and asks him to verify his story with the Lord. Sure enough, Peter checks and comes back saying, "You're right. You are allowed one carry-on bag but I'm supposed to check its contents before letting it through". Peter opens the suitcase to inspect the worldly items that the man found too precious to leave behind and exclaims, "You brought pavement??!"

There are few things more tedious than analysing jokes...! But religious jokes (like that very poor one) are often based on two assumptions. Firstly, that death involves going to a place called 'Heaven', complete with 'pearly' gates and St. Peter, and, secondly, that life is all about trying to do enough of the right things in order to get INTO this place called 'Heaven'.

So deeply ingrained are these assumptions, reinforced by the telling and re-telling of many a good joke, it comes as something of a surprise to realise that this isn't what Christians believe at all. No, the teaching of Jesus is that Heaven is not a place where I am going so much as a place that's invading where I am.

Time and again Jesus speaks of the Kingdom of Heaven (God's space) being in our midst and springing up in small, apparently insignificant but irresistible ways. Our task is to recognise the signs, repent (drop your agenda for living) and get with the flow.

In fact, the more you reflect on His life and ministry the more you realise that Jesus seems totally preoccupied with doing things which demonstrate what it looks like when the world is under this 'new management...' - when Heaven comes to earth.

In other words, this is the direction of travel; and this, after all, is the message we're really celebrating at Christmas: "God With US": the grace, goodness, truth and beauty of God coming out to meet us. St. Paul says that in Jesus "the grace of God has appeared, bringing salvation to all" (Titus 2.11). Jesus' cross and resurrection tell us that a new world order has been established. Sin and death will not have the final word. The pressure (to justify ourselves) is off and a new regime (of grace and mercy) is in place.

As for what happens when we die? Well, we go to our rest and we await the Resurrection and what the Book of Revelation calls “New heavens and a new earth”: when the Lord God finally puts all things to rights.

In the meantime, we have a job to do. Firstly, Jesus tells us to pray, “Thy Kingdom come. Thy will be done on earth as it is in heaven”. Secondly, we’re called to let God make us living examples of what citizens of this new Kingdom look like: in short, Christ-shaped people. That is, after all, what the name ‘Christian’ means.

Every Blessing

David

DATES FOR YOUR DIARY - MAY 2025

Monday 5th		Bank Holiday
Wednesday 7th	2 pm	Sands Concert with Cuppa & Cake at the Fell Church
Thursday 8th	12.30 pm	Funeral of Joan Abbott, Beetham Crematorium
Friday 9th	11 am	Funeral of Pauline Coope, St Paul’s
Monday 12th	7 pm	Field Broughton PCC Meeting
Tuesday 13th	9.30 am	Clergy Chapter Meeting
	7 pm	CPCT AGM, Methodist Church, Grange
Wednesday 14th	7 pm	St Paul’s PCC (finance) Meeting
Friday, 16th	7.30 pm	‘The armed man’, Ulverston Choral Society, Ulverston Parish Church
Saturday 17th	10 am	St Paul’s Spring Fair
Wednesday 21st	11 am	Pastoral Meeting, St Paul’s
	2 pm	Music rehearsal in Church with Charles Edmondson
Friday 23rd	10.30 am	“Time for Peace”, Quaker Meeting House, Cartmel
Sunday 25th	2.30 pm	Ecumenical worship at the Old Vicarage, Allithwaite
Monday 26th		Spring Bank Holiday - School half term
Tuesday, 27th	2.30 pm	Ecumenical worship at Cartmel Grange
Thursday 29th		Ascension Day
	2 pm	Starting at Grange Fell Golf Course, walking to the hospice for 10 minute reflection
	7 pm	Holy Communion CW, St Paul’s
Sunday, 1st June	6-7 pm	‘Stillness & Song’ - Taizé-style reflection, Methodists
Monday, 2nd June	7 pm	Talk on the Himalayas—with puddings—by Margaret and David Wilmot, St Paul’s

**FROM THE REGISTERS
MAY 2025**

BAPTISM ANNIVERSARIES

Tiger Alfred Barry Spendlove	08/05/2020
Knox Beau Wilson	28/05/2023
Jolyon Hugh Derek Dobson Smith	28/05/2023

YEAR'S MIND

Victoria Marie Nock	01/05/2020
Freda Burton	08/05/2020
Margaret Jane Graveston	25/05/2022
Margaret Jenkins	22/05/2023
Fay Edwards	17/05/2024
Pamela Goord	29/05/2024



***“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.*

AN INVITATION

Wednesday, 7th May, 2 pm

**An Invitation to the Fell Church to celebrate
*The Merrie Month of May***

A selection of songs and tunes to welcome in the summer
presented by The Sands Band.

The Cake & Cuppa will be served here this month!

St Anne's Lunch Club at Haverthwaite

After a long spell of serving delicious meals on the second Wednesday of
each month Celia and Dave Birchall have decided the time has come to
hang up their pinnies! We shall miss these happy occasions, and send
our thanks, love and good wishes to our friends at Haverthwaite.

MAY 2025 - WEDNESDAY & SUNDAY SERVICES

	ST PAUL'S GRANGE-OVER- SANDS	GRANGE FELL	ST PETER'S FIELD BROUGHTON & LINDALE
4th MAY Third Sunday of Easter	11 am Sunday Celebration Team & Rev'd Annette Miller		9.30 am Holy Communion BCP Rev'd Annette Miller
7th MAY WEDNESDAY	10 am Holy Communion Rev'd David Wilmot		
11th MAY FOURTH SUNDAY OF EASTER	11.00 am Holy Communion CW Rev'd David Wilmot	9.30 am Mattins BCP Rev'd Annette Miller	9.30 am Holy Communion CW Rev'd David Wilmot
14th MAY WEDNESDAY	10 am Holy Communion CW Rev'd Annette Miller		
18th MAY FIFTH SUNDAY OF EASTER	11 am Holy Communion CW Rev'd David Wilmot		9.30 am Holy Communion CW Rev'd David Wilmot
21st MAY WEDNESDAY	10 am Holy Communion CW Rev'd David Wilmot		
25th MAY SIXTH SUNDAY OF EASTER	11 am Holy Baptism CW Rev'd David Wilmot 1.30 pm - Holy Baptism Rev'd David Wilmot	9.30 am Holy Communion BCP Rev'd David Wilmot	9.30 am Mattins BCP Biddy Hibbert
28th MAY WEDNESDAY	10 am Holy Communion CW Rev'd Annette Miller		
29th MAY THURSDAY ASCENSION DAY	7 pm Holy Communion CW Rev'd David Wilmot		

The Top 100 Most Read Bible Verses (Part 2)

(All verses are quoted from the New International Version.)

21. **John** 14:6: Jesus answered, “I am the way and the truth and the life. No one comes to the Father except through me.
22. **Matthew** 28:20: and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age.”
23. **Romans** 5:8: But God demonstrates his own love for us in this: While we were still sinners, Christ died for us.
24. **Philippians** 4:8: Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.
25. **Philippians** 4:7: And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.
26. **Joshua** 1:9: Have I not commanded you? Be strong and courageous. Do not be terrified; do not be discouraged, for the LORD your God will be with you wherever you go.”
27. **Isaiah** 40:31: but those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.
28. **Ephesians** 2:9: not by works, so that no one can boast.
29. **Romans** 6:23: For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord.
30. **Galatians** 5:23: gentleness and self-control. Against such things there is no law.
31. **Isaiah** 53:5: But he was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was upon him, and by his wounds we are healed.
32. **1 Peter** 3:15: But in your hearts set apart Christ as Lord. Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have. But do this with gentleness and respect,
33. **2 Timothy** 3:16: All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness,
34. **Matthew** 6:33: But seek first his kingdom and his righteousness, and all these things will be given to you as well.
35. **Hebrews** 12:2: Let us fix our eyes on Jesus, the author and perfecter of our faith, who for the joy set before him endured the cross, scorning its shame, and sat down at the right hand of the throne of God.

36. **1 Peter** 5:7: Cast all your anxiety on him because he cares for you.
37. **Ephesians** 2:10: For we are God's workmanship, created in Christ Jesus to do good works, which God prepared in advance for us to do.
38. **1 Corinthians** 10:13: No temptation has seized you except what is common to man. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can stand up under it.
39. **Matthew** 11:28: "Come to me, all you who are weary and burdened, and I will give you rest.
40. **Hebrews** 11:1: Now faith is being sure of what we hope for and certain of what we do not see.

EASTER SERVICE FOR THE PRIMARY SCHOOL

On Friday, 4th April, St Paul's Church hosted the Easter service for Grange Primary School. The church was full of people, and Father David welcomed everyone and began with a prayer. The children enthusiastically and creatively retold the story of Holy Week and Easter Day using words, songs and artwork. Fr David led the final hymn – 'Wide, wide is the ocean' – with actions, ending the service with a prayer and a blessing.

Thank you to Mrs Summers and the staff for their hard work in preparing the service which everyone enjoyed.



NEWS FROM THE DIOCESE

Bishop Rob's Easter message

In his Easter message, the Acting Bishop of Carlisle reflects on how God is always at work even when we may feel alone.

The Rt Rev Rob Saner-Haigh, who was filmed at St John's Church, Keswick, draws on the quiet of Holy Saturday as being a time when Jesus' followers would have felt defeated following his crucifixion. But Bishop Rob continues: "On that Saturday, there appears to be no happy ending, no rescue, no victory. But then, early on the Sunday, Mary, then Peter and John, then others, discover that the tomb is empty. Jesus is Alive! All that he promised, all that he said would happen, has come true. Hope is reborn. Death is dead, love has won, Christ has conquered!"

Cathedral Chrism Eucharist

Dozens of clergy and lay ministers from across the Diocese of Carlisle came together on Tuesday, 15th April, for a Chrism Eucharist service at Carlisle Cathedral.

They were joined by Bishop Rob and other senior leadership colleagues, the date having been moved from Maundy Thursday when the service was held in previous years.

With music by the Cathedral Consort and a worship group, all made a renewal of their commitment to ministry, remembering that Jesus came not to be served but to serve. Oils were blessed for pastoral use in parishes throughout the coming year – to offer blessing to those who are sick, those to be baptised, and those to be confirmed.



The Spring 2025 edition of **'The Way'** - the ecumenical digital newspaper for the Church in Cumbria - has just been published.

It focuses on health and wellbeing and looks at what churches, faith communities and individuals are doing to support each other and those around them.

West Cumbrian vicar, the Rev Paul Kerry, and his congregant, Phil Hall, speak about their volunteer work as members of the Wasdale Mountain Rescue Team, we interview 87-year-old the Rev Ken Wright who has just retired from his hospital chaplaincy after 28 years, and there's a feature on the ministry of Methodist minister and agricultural chaplain, the Rev David Newlove, to raise awareness of mental health pressures within farming communities. There are also features on the work of pioneer minister the Rev Sharon Murphy in Workington, and all the fun, fellowship and faith which is being nurtured in a new form of church in Barrow.



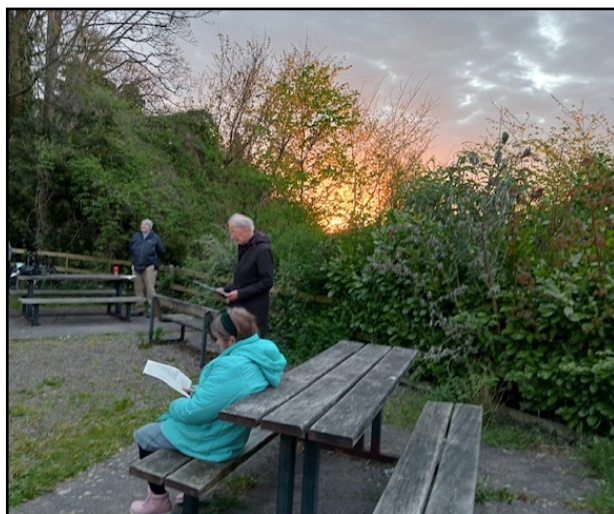
On Thursday, 24th April, a cheque for £750 was handed over to Brian, Churchwarden, by Jane Thedham, leader of the Bay Community Singers following a very successful concert held in St Paul's last month. The money is going towards the cost of the new heating system which has recently been installed.

We are very grateful to Jane and all the members of her choir, and we very much forward to future events.



‘SON’-RISE SERVICE ON EASTER DAY

Members of churches around Grange and District gathered to greet the Risen Lord on Easter Day. It was a wonderful sunrise and Rev'd David Edmundson from the Methodist Church led an uplifting act of worship. Following the service the fellowship continued with hot drinks and hot cross buns provided by St Paul's Church.



A JOYFUL EASTER AT ST PAUL'S

After a meaningful and thought-provoking journey through Lent led by our Vicar, who offered us a varied programme of ways to observe this time, Holy Week brought us to Good Friday. The morning was spent with a workshop for young people, with the telling of the Easter story along with songs, video, crafts and hot cross buns.



Easter Day began with the ecumenical ‘Son’-rise service led by the Revd David Edmondson (see page 11) followed by hot-cross buns in St Paul’s.



The church was beautifully decorated for the main morning service of celebration, and a full congregation raised the roof with the joyful Easter hymns. Our baptismal vows were reaffirmed, the Vicar sprinkling the congregation with blessed water from the font by means of a branch of rosemary.





The decorations included contributions from the Primary School.

To our Cake & Cuppa 'regulars'

This month we have been invited to the Fell Church for the 'Merrie Month of May' concert—a selection of songs and tunes to welcome in the summer, presented by the Sands Band. If you have never been inside the Fell Church before, now is your opportunity, and to meet our Fell community! Please note concert starts at 2 pm.

Next month we shall be back at St Paul's - 4th June at the regular time of 2.30 pm.

Dear Friends

I have had so many cards and letters from you all following Jill's death that I hope you will forgive this shared letter. Your expressions of love and your prayers have meant a great deal – as indeed they have over the challenging years we have faced as Jill's health declined. It was a hugely difficult decision we made in 2009 to leave Cumbria after Jill had been ill, but I realised then that time might be limited, and we were indeed able to enjoy just three good years with our four (then) tiny grandsons before Jill's mobility deteriorated.



Since then Jill has become increasingly dependant on help, but bore her indignities and pain with grit and (mostly) humour – rather more than I could do at times. When we were forced to leave our Somerset cottage and come to Southampton in 2019, she accepted Professional Care, and we have been so lucky with those who have helped us. In the last three years she has had Care four times a day, from an international and multi-faith team who were both respectful and full of humour. Jill said “I never expected to have a Sikh, a Muslim, or a Buddhist dealing with the intimate parts of my life!” But they did, and we have learned so much from each other.

My two prayers – that I should have health and strength to see Jill to journey's end, and that she would have a peaceful death – were both granted, and I was with her as she slipped away into the next great adventure. I know that she is now at rest with the Lord.

Jill's funeral was a thanksgiving at which so many friends who have supported us were present; it was very special that Penny and Sue were with us, Penny reading the lesson, our old friend Graeme Knowles, one-time Dean of Carlisle, gave a superb address, and George and Jane Howe (our former Archdeacon) were also with us. The family are keeping a close eye on me, and our four strapping grandsons are caring for Grandad!

Thank you all for being in touch. Now I have more freedom I hope to visit Cumbria later in the year to see you all.

With love and thankful prayers for you all.

Ian Coomber

A Rocha produces a weekly prayer diary, and encourages us to join them in prayer, believing that together our individual actions and prayers will collectively contribute to positive change as we seek to protect and restore the environment for the blessing of all in our communities and to the glory of God.

WEEK 3 (19th MAY) the prayer is for our POLLINATORS

Nearly 90% of the world's wild flowering plant species depend, entirely or at least in part, on animal pollination. Butterflies and bees are important pollinators in the UK and we want to encourage churches, land owners and individuals to take action for their survival. Pray for increased awareness and action for bees and other pollinators as we mark **World Bee Day on the 20th May**.

There are 270 species of bee in Britain and Ireland. Generally they reside in any habitat, as long as there is a place for them to build a hive, abundant flowering plants, and a water source. Like many other insects, bees are crucial pollinators, but numbers are declining because of habitat loss, climate change and agricultural intensification. Honeybees currently have no legal protection in the UK so they need all the help they can get!

How we can help

- Plant bee-friendly plants and flowers (rich in nectar).
- Transform your garden into a buzz of activity: grow flowering plants all year round and be part of creating the largest nature reserve in Britain – our gardens. If you do not have a garden, use windowsills and hanging baskets.
- Provide a source of shallow water in your greenspace (a shallow bowlful is fine!).
- Create suitable habitats through suitable mowing and cutting regimes and allow some area of grass to grow taller.
- Avoid using pesticides whenever possible, and check chemicals to see if they contain neonicotinoids.
- Use peat-free compost.
- Support farmers looking after their land in wildlife-friendly ways. Buy local, organic produce.



Did you know that bees cannot see the colour red but they can see the ultraviolet patterns in flowers so they do visit red flowers!



Nature can be experienced when we notice an insect, hear a bird sing, feel the earth beneath our hands, or even when we watch a documentary. There is strong evidence that nature is also good for mental health. Try to immerse yourself in nature every day, even for just a few minutes, and give thanks to God for His good creation.

CONGRATULATIONS !

We have just heard that we have been awarded the Eco Church Bronze Award from
A Rocha UK



"Well done to everyone at St Paul's Church, Grange-over-Sands for your incredible efforts... Your church has achieved an Eco Church Bronze Award. I know how hard you worked. Every minute you invested was worth it. On behalf of the natural world you've restored and the climate you've protected, thank you."

We completed an online Eco Survey about how we as a church are caring for God's earth in different areas of our life and work. The answers provided collected points towards an Eco Church Award – the more your church does, the more points you get!

The survey involves five key areas of church life:

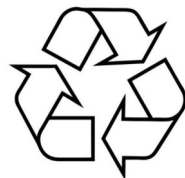
- Worship and teaching
- Buildings and energy
- Land and nature
- Community and global engagement
- Lifestyle

**We have started our journey.
We now need to work
towards the next level for a
Silver award!**

WHERE CAN I RECYCLE?

Grange Soroptimists and PEAT have compiled a list of where to recycle items that cannot be placed in the regular Council waste and recycling kerbside collections. Given below is a list of where items can be collected, in the hope that it may encourage us to reduce, re-use and recycle products that would otherwise go to landfill.

Asthma inhalers	Cohen's Chemists, Ulverston
Batteries	Spar, Grange library, House Waste Recycling Centre HWRC (Guides Lot), M&S, Aldi – box also available at the Repair Café in Methodist Hall – 1st Friday of each month, 5-7 pm
Beauty products	(plastic tubes/bottles/compacts/palettes, mascaras, eyeliners) - Sainsbury's
Blister packs	Boots in Kendal & Ulverston, Superdrug Pharmacies
Chemicals	HWRC
Clothes	Charity shops, Salvation Army (RC church carpark), HWRC
Electrical items	HWRC, Curry's
Light bulbs & broken tools	B&Q
Medication	Grange Pharmacies
Pens	Rymans, Westmorland Shopping Centre, Kendal
Rags (textiles unsuitable for resale)	-Bay Search & Rescue (in bags marked clearly 'rags')
Shoes (not slippers)	Any Clarks store for their ShoeBiz project
Soft plastics	Grange Co-op, Aldi
Spectacles	Grange library, St Paul's Church, Lakeland Optical
Stamps	Grange library, St Paul's Church, Flookburgh Church
Tetrapacks (pasticized cardboard cartons for milk & other drinks)	Recycling Centre in Carnforth
Textiles (curtains, towels, etc)	Bay Search and Rescue, Dunelm Mill <i>NB Duvets and Pillows must be brand new and in their original packaging</i>
Tools	Tools for Self-Reliance (tfsr.org)
Toothpaste tubes	Boots
Wool	Grange library



St John's Flookburgh are collecting phones, tablets, jewellery, stamps and videos – leave in church, and the Arnside Sustainability Group have a base for hard-to-recycle items such as pens at the Arnside Chip Shop.

Grange Household Waste Recycling Centre at Guides Lot is open Thursday-Saturday, 8 am-4 pm, and full details of items that can be taken are given on the web site – search for guides lot

Any items can be sold or given away on Facebook (Grange Buy and Sell), Cartmel Community page, or the Freecycle Network (freecycle.org)

Clean items of clothing and bedding can be taken to the Women's Centre - Nan Tait Centre, Abbey Road, Barrow-in-Furness, Cumbria, LA14 1LG (see web site for opening hours (www.womenscommunitymatters.org))

We aim to try and keep this list updated, so details of any other outlets will be welcomed. <https://sigbi.org/grange-over-sands/contact-us/>

Fundraising Open Days!
Proceeds to Grange Methodist Church
Building Development Project

Open Garden

Saturday 10th May 10.30am - 4pm

Sunday 11th May 1pm - 4pm

You are invited to visit the home of Sue and Peter Nicol.
Hopefully the rhododendrons will be out and it will be a sunny day!!

**Hollin Head Wood, Canny Hill,
Newby Bridge LA12 8NT**

Refreshments (tea and coffee etc) and cake stall

DONATIONS WELCOME! Card Reader available!



**Ulverston
Choral Society**
and Ensemble

Directed by Deborah Milledge



The Armed Man **A Mass for Peace** by Karl Jenkins

and music by Daley, Elder, Finzi
& Vaughan Williams

Friday 16th May 2025 at 7:30pm
Ulverston Parish Church

Early Bird tickets £15.00 (up to 9th May)

Full price tickets £17 (from 9th May)

Under 18's and Full Time Students £10

Available online, from choir members or on the door

ulverstonchoral.co.uk

Charity Number 500372

Flat 111, Ellera Gardens, Windermere, LA23 1JE

Thank you - I would like to express my heartfelt thanks to everyone at the Fell and St Paul's Churches for the warm welcome and the support you gave to John and I when we moved to Grange nearly 28 years ago. I have now moved to Windermere to be nearer my family, but I shall miss you and think of you often.

Kindest regards,
Anne Peat

NEWS FROM ST PETER'S, FIELD BROUGHTON

Dates for your diaries, further details will be posted nearer to the events.

All events in Field Broughton Parish Rooms unless otherwise stated.

Monday 5 May 2025	VE Day Celebration	12.30 pm £10	Two course lunch, nibbles & glass of wine, please book with louiseshrapnel@gmail.com
Tuesday 13 May 2025	Wild West Night	6.45 pm £15.00	A cowboy-themed menu, please book via fieldbroughtonsocial@gmail.com
Thursday 19 June 2025	Ladies Night (with their Lords)	6.45 pm £15.00	An elegant grazing buffet at the end of Gold Cup Day, please book via fieldbroughtonsocial@gmail.com

With all events, let us know of any dietary requirements as we are happy to accommodate them - please let us know when booking.

The committee is using fieldbroughtonsocial@gmail.com for the majority of bookings and enquiries.

You can receive communications, updates, news, etc, from this email address.

Let us know if you would like adding to the email distribution list.

We also post this information on the Field Broughton & Surrounding Communities Facebook page.

Louise Shrapnel

Chairman, Friends of St Peter's Social Committee

Committee Member, Field Broughton Parish Rooms Committee

11-17 May 2025

Christian Aid Week

Will you help fund vital tools and training, so farmers can support their community to escape hunger?

How your support makes a difference

With your support, we can fund vital training, so communities can fight the effects of the climate crisis.

If you wish to make a donation to their work, there are special envelopes for this purpose at the back of church by the west door



St Paul's Church Spring Fair

All the usual stalls

**Cake - Bric-a-Brac - Plants - Books
Scarves & Jewellery**

**also unwanted tools - in good condition
Raffle & Tombola**

**Sue's Café
with bacon butties**

Saturday, 17th May

10 am - 1 pm

Admission Free



SPONGE CAKE FROM MRS BEATON

My soon-to-be daughter-in-law Donna bought me this wonderful cookery book from 1912, a Mrs Beeton's Family Cookery, New Edition.

It's a fascinating book, all in alphabetical order so it can be like a needle in a haystack trying to find a recipe.

The other day I was searching for a Victoria sponge cake, and found the following which I found quite strange and funny.

I have written it as it is shown in the book.

SPONGE CAKE

Ingredients - The weight of 8 eggs in caster sugar, the weight of 5 eggs in flour, the rind of 1 lemon, 1 tablespoon of brandy.

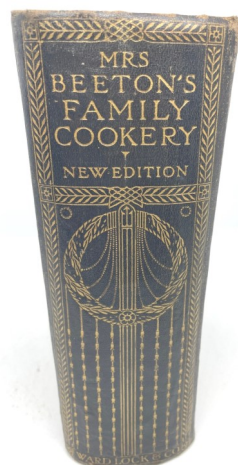
Method - Put the eggs into one side of the scale, and take the weight of 8 in caster sugar, and the weight OF 5 in good, dry flour. Separate the yolks from the whites of the eggs; beat in the former, put them into a saucepan with the sugar, and let them remain over the fire until milk-warm, keeping them well stirred. Then put them into a basin, add the grated lemon rind, mixed with the brandy, and beat the ingredients well together. Whisk the whites of the eggs to a very stiff froth, stir them into the other ingredients, and beat the cake well for $\frac{1}{4}$ of an hour. Then take out the whisk, sieve in the flour, and mix it lightly with a wooden spoon. Put it into a buttered mold dusted out with a little finely sifted sugar and flour, and bake the cake in a quick oven for $1\frac{1}{2}$ hours. Care must be taken that it is put in the oven immediately, or it will not be light. The Flavoring of this cake may be varied by adding a few drops of essence of almonds, instead of the grated lemon rind.

Time - $1\frac{1}{2}$ hours

Average Cost - 1s. 3d. Sufficient for 1 cake

Paul is keen to try it so will let you know if we do and how it turns out.

Linda





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

	2018	2019	2020	2021	2022	2023	2024	2025
January	142	73	107	186	58	174	229	151
February	69	99	263	139	171	42	161	52
March	60	182	75	134	48	173	134	31
April	98	39	12	12	40	84	149	23*
May	37	52	26	101	68	34	110	
June	19	91	99	30	79	87	63	
July	33	134	169	70	80	226	111	
August	108	180	188	63	78	143	176	
September	133	177	66	62	112	189	154	
October	131	160	165	304	158	144	183	
November	62	85	114	71	177	227	64	
December	160	155	126	153	162	259	153	
Annual								
Totals	1,052	1,433	1,408	1,325	1,231	1,782	1,687	257*

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

Stillness & Song

Sundays in 2025:

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Over 50's Fitness – Friendly classes for all abilities which help promote mobility, muscle strength and balance.

Gentle Exercise class: Every Thursday at 2.3-3.30pm at United Reformed Church, Kents Bank Road, Grange, LA11 7EY – Please drop in and give it a try.

Chair Yoga: Every Monday starting from 28th April – Booking essential

Grange 11am–12 noon at the URC, Kents Bank Road

Ulverston 2–3 pm at Ford Park, 42a Hart Street, LA12 7JP

Lunch Clubs - We host several lunch clubs in and around the Grange area which provide a reasonably priced 2-course lunch in a friendly atmosphere

Grange Lunch Club – 3rd Wednesday of the month, Thornleigh Hotel

Allithwaite Lunch Club – 2nd Tuesday of the month, Pheasant Inn

Cark Lunch Club – 4th Friday of the month, Pheasant Inn, Allithwaite

To book, or for further information please call Age UKSC on **01539 728118**

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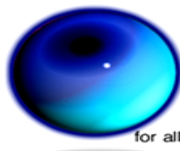
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Items no longer than 300 words, please.

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Please contact the Churchwarden

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

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