

The Parish Church
of St Paul
Grange over Sands



Pentecost

June 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



From the Rectory

Who do you think you're speaking to?

Dear Friends,

Some years ago, I got into conversation with a young mum. She wanted to get her baby christened and for some reason we got talking about praying. So, I asked her, "Do you pray?" "Oh yes", she said. And she went on to tell me how every evening once the kids were in bed she would sit there on the floor in the middle of the children's toys and what seemed like the wreckage of the day, and before tidying up she said she would just sit there quietly for a few minutes and say 'thank you'. I asked her "Why?" and she said that no matter how busy, stressed and short-tempered things had been, she didn't want to lose sight of how, underneath it all, something precious was going on.

I meet quite a lot of people who pray like that and I think they're on to something. They don't think they're being especially religious or praying particularly well, but that's not the point.

It's easy to think that praying is a sort of 'skill' or something you can be clever at, but it's not like that at all because praying is at its best when it's simple and honest. Just a few quiet moments saying 'Thank you' or maybe 'Sorry' or 'Help' is much closer to what praying is really about, simply because these are the kind of words we use when we're speaking to some-ONE. They remind us that prayer is a relationship.

Of course, the next step you have to take is to get a clearer picture of who it is you think you're speaking toand that's where Jesus helps us. Some people asked Jesus if he'd teach them to pray and he simply said, "When you pray say 'Father'". And the actual word he used was a bit like "Daddy".

He just wanted us always to remember that the one who hears our 'Thank you', our 'Sorry' or 'Help' is someone who knows and cares and understandsand wants us to get to know him even better.

And that's where praying gets really interesting. Praying really starts to get going when it moves on from just the occasional nod in the heavenly direction and turns into a sort of conversation, and it becomes the kind of friendship that changes your life for good. Why not give it a try?

Every Blessing

David

prayer

DATES FOR YOUR DIARY - JUNE 2025

Sunday, 1st	6 pm	Stillness & Song - Methodist Church, Grange
Monday, 2nd	4 pm	Mother Teresa payers , Father Magner Room, St Charles RC, Grange
	7 pm	A Pudding Evening , with talk about Nepal and the Himalayas by David and Margaret Wilmot - please bring a pudding to share
Wednesday, 4th	2.30 pm	Cuppa & Cake , St Paul's
Friday, 6th	5-7 pm	Repair Cafe in the Methodist Church hall
Sunday, 8th	12 noon	Pentecost Picnic - St Charles' field (see below)
Tuesday, 10th	9.30 am	Clergy Chapter Meeting
Wednesday, 11th	3.15-4.45	'Fun & Friendship' - theme 'Journeys', Grange Primary School
	7 pm	Standing Committee , St Paul's
Thursday, 19th	2 pm	Social Meeting , St Paul's
	7 pm	Corpus Christi - Holy Communion, Field Broughton
Friday, 20th	10.30 am	'Time for Peace' , Quaker Meeting House, Cartmel
Wednesday, 21st	11 am	Pastoral Meeting , St Paul's
	2 pm	Music rehearsal with Charles Edmondson, St Paul's
Monday, 23rd	1.30 pm	Year 2, Grange School visit to St Paul's
Wednesday, 25th	11 am	Year 2, Grange School visit to The Fell Church
	2 pm	Music rehearsal with Charles Edmondson, St Paul's
Sunday, 29th	2-4 pm	Tea & Tower , St Peter's Church, Field Broughton
	5 pm	Choral Evensong at St Paul's

Pentecost Picnic: St Charles' RC field, Sunday 8th June

At 12 noon on Pentecost Sunday there will be a Pentecost Picnic - an ecumenical outdoor barbeque/picnic lunch in Grange organised by Churches Together as a special witness and celebration for Pentecost. It will be on the field next to St Charles' Roman Catholic Church. Do come along and join in!

Bring a picnic to eat; drinks will be provided. If it is wet, we will use the Grange Methodist Church hall. *(See page 13)*

'Praise on the Prom' this Summer

Every Sunday at 4.30 pm by Clare House bridge from 6th July until and including August 31st. Do put it in your diary and plan to come and sing Christian songs, chat to passers-by and join in this worthwhile witness to our local community and visitors to the area. All welcome.

AGEING AS AN ART FORM - SOME MUSINGS

My 73rd birthday found me reflecting once again on the ageing process. Would I be around in 10 years' time? Would I still be able to look after myself, drive or still go for a walk? Being realistic my arthritis is not going to improve. I am on a downhill slope, the dull pain in many of my joints now seems to be most of the time rather than spasmodic, and the periods of flare up are more often, and it makes me wonder if I could keep going. But there must be a way to engage with this last phase of my life positively; after all, all my life is God-given not just the first 70 years.

A few weeks ago, this one liner appeared in my Google feed, "Ageing is an art form", and I found myself wondering if I could make it so. After all, being older and retired has many positives - I have more time to do the things I want to do, I no longer need to prove myself, or care what others think. Yes, in 10 years' time I will be less mobile, but I now have time to work at being more agile, daily walking, some low-impact dancing, hydrotherapy, or anything else that keeps me moving (not gardening though because I have to give myself permission not to like it!).

I can work at being more graceful and gracious, like how I move, what I wear, spending more time on myself, or how I show grace to others through my relationships with them, treating others like I would like to be treated myself, working at showing something of the love of God to everyone I meet. I can also continue to be curious. I've always been fairly curious wanting to know how things work, why things are like they are, and I can stay curious and keep learning new things - probably not bungee jumping, but I've never tried to play bridge and I'd like to learn a new musical instrument. Also I'm keen to find out more about artificial intelligence. (I think it might have a great potential to assist us as we age - I am fancying a house robot).

So I'm going to have a go at making my ageing into an art form. This means I will need to be more intentional about engaging in this stage of my life's journey, working with agility, grace, and a sense of curiosity, so I can add life to the years I have left and live my life to the full, as I can believe God calls us all to do.

I am, though, writing this on a good day. It will be difficult to do when it is not so good, but I intend to keep on trying, unless I can find a better alternative.

Any suggestions to Penny D please

"Knowing Jesus is the best gift any person can receive.
That we have encountered him is the best thing that can happen in our lives.
Making him known through our words and deeds is our greatest joy"

Pope Francis

FROM THE REGISTERS JUNE 2025

BAPTISM ANNIVERSARIES

Olivia May Webster	12th June 2022
Ashton Steven Christie	26th June 2022

YEAR'S MIND

Hilda Boldy	3rd June 2020
Michael Hornung	10th June 2021
Gerard Whittaker	20th June 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.*

Another silent auction!

Many will remember Mary and Nevil Newman. They worshipped with us regularly here at St Paul's, and both of them were very talented artists.

The family has very generously given two fine paintings to St Paul's, and we are offering them on sale, with the proceeds going to our building fund.

Both are of local scenes. One of them has been painted by Mary and is a view of Cartmel Priory in the winter, while the second is of Ravenglass painted by Nevil.

They will be on display in St Paul's when the church is manned over the next four weeks. We are inviting sealed bids to be handed to John, our Treasurer.

They will be sold separately.



JUNE 2025 - WEDNESDAY & SUNDAY SERVICES

	ST PAUL'S GRANGE-OVER- SANDS	GRANGE FELL	ST PETER'S FIELD BROUGHTON & LINDALE
1st JUNE SUNDAY 7th EASTER	11 am Holy Communion CW Rev'd David Wilmot		9.30 am Holy Communion BCP Rev'd David Wilmot
4th JUNE WEDNESDAY	10 am Holy Communion CW Rev'd David Wilmot		
8th JUNE SUNDAY PENTECOST	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
11th JUNE WEDNESDAY	10 am Holy Communion CW Rev'd David Wilmot		
15th JUNE TRINITY SUNDAY	11 am Holy Communion CW The Venerable Penny Driver		9.30 am Holy Communion CW Rev'd Annette Miller
18th JUNE WEDNESDAY	10 am Holy Communion CW Rev'd David Wilmot		
19th JUNE THURSDAY CORPUS CHRISTI			7 pm Holy Communion CW Rev'd David Wilmot
22nd JUNE SUNDAY TRINITY 1	11 am Holy Communion CW & Baptism Rev'd David Wilmot	9.30 am Holy Communion BCP Rev'd Annette Miller	9.30 am Mattins BCP & Baptism Rev'd David Wilmot
25th JUNE WEDNESDAY	10 am Holy Communion CW Rev'd Annette Miller		
29th JUNE SUNDAY TRINITY 2 ST PETER	11 am Holy Communion CW 5 pm Choral Evensong Rev'd David Wilmot		9.30 am Patronal Holy Communion Rev'd David Wilmot

NEWS FROM THE DIOCESE

Downing Street has announced that His Majesty The King has approved the nomination of the Rt Rev Rob Saner-Haigh as the 68th Bishop of Carlisle.

In May 2022, Rob was appointed the Bishop of Penrith and has been the Acting Bishop of Carlisle since September 2023. Having served his curacy in the county from 2005, he has ministered for all but two years in Cumbria.

Bishop Rob, 52, said: “It is such an honour to have been nominated as the next Bishop of Carlisle and to be able to continue to serve this county that I love.

“This will be a time of both continuity and change for the Diocese of Carlisle. I’m a local vicar at heart and love the local church. It’s where we learn together about who God is and what that means for our lives and the place where we can best serve our local communities. There is a rich variety of churches across the county, from those which have stood as a sign of God’s love at the heart of their communities for a thousand years, to those starting new today in village halls or on fellsides. I will do all I can to help each flourish as, together, we seek to share the good news of Jesus. As Bishop of Carlisle, I will also seek to highlight this wonderful county and to do all I can for the people of Cumbria.

“I’m delighted to be able to help lead our county’s ecumenical vision and strategy, God for All, and alongside my denominational colleagues remain committed to seeing more people follow daily, speak boldly, care deeply and tread gently in service to Jesus.”

Bishop Rob served his curacy in Appleby Deanery before moving to the parishes of Dalston with Cumdivock, Raughtonhead and Wreay. He was Bishop’s Chaplain for three years and Director of Ordinands for two. From 2010 he was the Vicar of Holy Trinity Kendal and assistant Rural Dean for seven years prior to his move to the Diocese of Newcastle in 2020 to take up the position of Residentiary Canon Director of Mission and Ministry. He returned to Cumbria in 2022 following his appointment as Bishop of Penrith.

Born and raised in Birkenhead on Merseyside he attended Birmingham University to study Ancient History and Archaeology, later completing his MPhil research in Archaeology. After working as an archaeologist, he worked for a church in Birmingham and then as project manager in an IT firm before training for ordination at Wycliffe Hall in Oxford. He is married to Emma with three children: Ollie (23), Jemima (21) and Hal (19).



The Most Rev and Rt Hon Stephen Cottrell, Archbishop of York, said: “It’s a real joy to welcome the appointment of Rob Saner-Haigh as the new Bishop of Carlisle. His deep love of the gospel combines with a deep love for Cumbria, a heart for service, and a genuine affection for the people and communities he will serve.

“As acting Bishop for the past eighteen months and as Bishop of Penrith and as a parish priest in the Diocese before that, Rob knows the Diocese well. He has a great team around him and a great desire to work for the building of God’s kingdom in Cumbria. This is an exciting time. Please join me in praying for Rob, for his family and for the Diocese of Carlisle as this new chapter begins.”

Bishop Rob succeeds the Rt Rev James Newcome as Bishop of Carlisle, following his retirement in August 2023. A service of installation and welcome will take place at Carlisle Cathedral on a date to be confirmed.

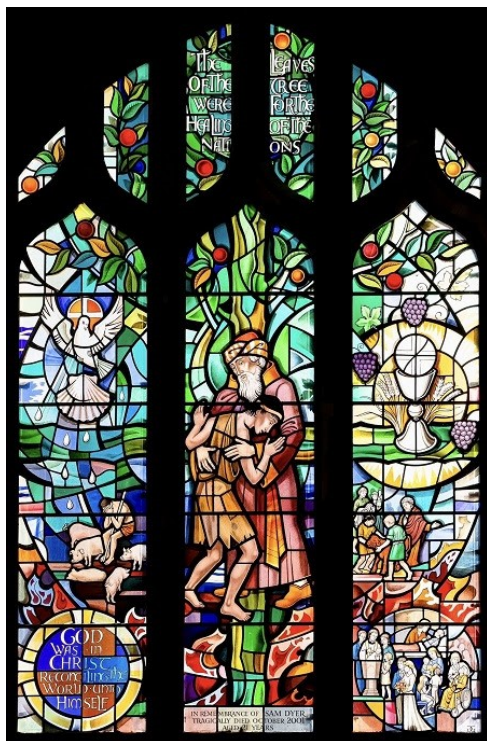
Stained Glass photo winner

Each year, the Bishop sends certificates to Treasurers across the Diocese to thank churches for their generous giving through Ministry Offer – and these have been landing on doormats recently.

Earlier this year, the Stewardship Department ran a competition so that one of our many fantastic church windows could feature on the certificate. We are delighted to report that the winner was Wendy Kendall of St Michael’s Church Workington. Wendy kindly shared her basket of chocolate goodies after the church service one week – and the next!

Well done, Wendy!

Keep your eyes peeled in the E-news for a chance to win and share your favourite window when we get ready to prepare next year’s certificates.



*We must remember to submit a photo of one of our
beautiful windows next year.*

MAKING OUR WAY THROUGH GRIEF

- Don't take on new responsibilities right away.
- Don't over-extend yourself. Keep decision-making to a minimum.
- Accept help and support when offered. Ask for help. No-one minds.
- It is very important to find someone who cares, understands, and with whom you may talk freely.
- It's OK to need comforting. Seek the support of others.
- Invite a relative/friend for dinner or overnight.
- Consider meeting new people.
- Be patient with yourself. Healing takes time.
- Lean into the pain. It cannot be outrun. Let the grief/healing process run its full course.
- Through this emotional period, it is OK to feel depressed.
- Crying does make you feel better.
- If Sundays, holidays, etc, are especially difficult times, schedule activities that you find particularly comforting for these times.
- Seek the help of a counsellor or clergy if grief is unresolved.
- Try to get adequate rest. Go to bed earlier. Avoid caffeine.
- Good nutrition is important. Decrease junk food. Eat a balanced meal.
- Keep a journal. It is a good way to understand what you are feeling/thinking and, when reread later, you see you are getting better.
- Read. There are many helpful books on grief. If grief is understood, it is a little easier to handle.
- Exercise. It offers an opportunity to work off frustration, aids sleep.
- Try to socialize with family and friends. Don't feel guilty if you have a good time. Your loved one would want you to be happy.
- It's OK to be angry. You may be angry at yourself, God, your loved one, others, or just angry in general. Don't push it down. Let it out.
- Do not have unrealistic expectations of yourself. Grief takes time. It comes and goes.
- Do things a little differently yet try not to make a lot of changes. This sounds like a contradiction, but it is not.
- Plan new interests. Join a class (exercise, tennis, self-awareness, craft, adult education).



- Read, learn something new. Rediscover old interests, activities, friends. Plan things to which you can look forward - a trip, visit, lunch with a friend. Start now to build memories today for tomorrow.
- Find quotes/posters/poems that are helpful to you and post them where you can see them. Pray, read the Bible, trust.

Other ideas

- Take a hot relaxing bath; bask in the sun; take time for yourself (movie, theatre, dinner).
- Be good to yourself.
- Do something for someone else.
- Join a volunteer or support group.
- Helping others does much to ease the pain. Reach out and touch someone.
- Be determined to work through your grief.
- Remember, you will be better. Hold on to hope.
- Some days you just seem to exist, but better days will be back.
- Simply stated - put balance back in your life: **PRAY, REST, WORK AND PLAY.**



From Safe Place by Anita Savage, Stanford CT



The baptism of Luca Ryan last month—Welcome, Luca, to our Christian family!

St Paul's Church,
Grange over Sands
invites you to
"Choral Evensong"

Sunday 29th June
at 5 pm



OUR SPRING FAIR

A successful event on a glorious spring day

Raffle	£ 431
Café	£ 194
Plants	£ 188
Cakes	£ 174
Books	£ 66
Bric-a-brac	£ 40
Scarves and jewellery	£ 53
Tombola	£ 37
Donations	£ 35
Cards	£ 5
Total	£1,223.00



A CHANGE OF VENUE FOR 'CAKE AND CUPPA'

Our friends at the Fell Church held its second open-day and musical event on Wednesday, 7th May, and invited the regulars of 'Cake and Cuppa' who would normally have been meeting that afternoon at St Paul's. About 30 people attended. It was a special occasion as they had organised the Sands Band to play for an hour before we had refreshments. Most of us had never heard them play before; what a joy they were. They had entitled the concert *'The Merrie Month of May'*, and it was just that, with some very jolly folk pieces. There were five members in the band, a double bass player, a guitarist, a violinist, a keyboard player and an accordionist.

In between the pieces we were treated to some spontaneous, very witty remarks from the players, causing ripples of laughter from the audience; their enthusiasm was infectious.

Following the concert we had delicious tea and cakes served by members of the Church. David Wilmot thanked the people of Fell Church for a most enjoyable afternoon.

Margaret Caseley



ECO CHURCH



Petition to reduce the use of plastic

After years of campaigning and a public outcry, five years ago, Greenpeace won commitments from UK supermarkets to cut their plastic use, but now they're catastrophically far from hitting their targets, with plastic production still at excessive levels. Whatever personal shopping choices you make, this isn't something you can fix alone. For all of us doing our bit and recycling, it's shocking to know that only 17% of our plastic is actually recycled. The rest is landfilled, burned or dumped abroad.

The good news is that, for the first time, the UK government is preparing to strike a deal with countries all over the world that could reduce plastic production at the source. Can you sign the petition and add your name to tell the government this is an issue you care about! <https://action.greenpeace.org.uk/supermarkets-broken-plastic-promises>

THE GREAT BIG GREEN WEEK 7-15TH JUNE

UK's largest celebration of community effort to address climate change and safeguard our natural environment, this year's campaign focuses on the impact everyone can make to create a better tomorrow. We are encouraged to make simple swaps such as choosing Fairtrade coffee, sharing food waste tips or leftover recipe ideas, opting for walking or public transport instead of driving, and transforming disused green spaces into wildflower gardens.



Did you know you can recycle your foil milk bottle tops?

Yes, foil milk bottle tops can be recycled in the blue bag or recycling centre. It's recommended you clean the foil and crumple it into a ball to prevent it from being lost in the recycling process. The same applies to the foil lids of yoghurt pots.

Tip: 'the scrunch test'

To check if something truly is recyclable foil, simply scrunch it in your hand. If it stays the shape you scrunched it to, it's recyclable; if it springs back, it's not.



Plastic milk bottle tops can be used to raise money for Friends of Water Search and Rescue Team. These are then turned into pellets that go into the manufacture of items such as traffic bollards and traffic cones. They have teamed up with EVRI to create a returns service. For more information: <https://fowsart.org.uk/>



PEAT Newsletter Special Edition

‘Let’s Talk: The Future of Travel & Transport on the Cartmel Peninsula’

Dear friends, members, and allies of PEAT

We’re excited to invite you to support a bold new project aimed at rethinking how we travel around the Cartmel Peninsula. Transport and travel come up time and again in our community conversations, too often with solutions that are only temporary fixes. But what if travel could be something we actually look forward to? Something safe, clean, easy, affordable, and accessible for everyone?

At PEAT, we believe the people who live in and visit the Cartmel Peninsula know best what their community needs. That’s why we’ve launched **‘Let’s Talk: The Future of Travel and Transport on the Cartmel Peninsula’**, supported by Future Proof Cumbria (formerly CAFs) and Deliberate CIC.

This project aims to gather diverse voices from across the Peninsula, young people, commuters, older residents, people with limited mobility, business owners, visitors and local councils. Every voice matters as we explore how travel and transport can better serve our communities. By coming together, we can shape what we want and challenge what we don’t want.

Using the Great Big Green Week we are hosting in-person pop-up events and are asking for your help so we can reach as widely and as deeply as possible into our communities.

- High Newton Village Hall - 7th June, coffee morning, 10 am-12 noon
- Lower Holker Village Hall - 8th June, table-top Sale, 9 am-1 pm
- Victoria Hall, Grange - 9-15th June - open all day

We are also delighted to be partnering with Deliberate, a dynamic young organisation using a digital engagement platform called [polis](https://www.deliberate.org.uk/about). Deliberate is a new small locally based organisation *‘founded on an ethos of experimentation, exploring new ways to help the public imagine and create a more ecologically-balanced future.’* <https://www.deliberate.org.uk/about>

**‘Not everything that is faced can be changed,
but nothing can be changed until it is faced’ James Baldwin**

For the readers of Lee Child’s novels

Did you know that author Lee Child was inspired to name his character Jack Reacher after a shopping trip with his wife to Asda in Kendal. An old lady asked for his help in reaching for a can of pears on a top shelf (Lee being very tall at 6ft 5”). On hearing this, Lee’s wife commented that, if his writing career didn’t work out, he could always get a job as a ‘reacher’!

THE GRANGE RESILIENCE GROUP (GRG) was formed by a small group of local residents concerned about the increasing likelihood of extreme weather due to climate change, and possible effects such as wild fire, flooding, power cuts, etc.

Our aim is to provide a means for local groups and individuals in Grange to develop and co-ordinate their skills and resources so we can work effectively with statutory and emergency services when the time comes, and also support each other practically and socially.

As part of this process we are hoping to create a Community Emergency Plan to be filed with the Westmorland & Furness Council. These community plans, supported and encouraged by both central government and local councils, can be as simple or complex as the situation and resources allow. We have the support of Grange Town Council in going ahead.

The group will also be considering what we can do preventatively to make our situation safer and more robust as time goes on.

The more people are on board with this project, the more we can achieve. If you might be interested in joining us, or if this could be of interest to a group you belong to, please get in touch at GOSCEP@proton.me .

Claire Entwistle



Boarbank Hall Garden and Book sale

On Sunday 8th June before/after the Pentecost Picnic (or instead if you prefer!) do pop in to Boarbank Hall, the excellent residential nursing home in Allithwaite run by the Augustinian sisters for their annual fundraising sale of high-quality flowers, plants and shrubs from their beautiful gardens. There will also be good second-hand books for sale – fiction and non-fiction.



The Top 100 Most Read Bible Verses (Part 3)

(All verses are quoted from the New International Version)

41. **2 Corinthians** 5:17: Therefore, if anyone is in Christ, he is a new creation; the old has gone, the new has come!
42. **Hebrews** 13:5: Keep your lives free from the love of money and be content with what you have, because God has said, "Never will I leave you; never will I forsake you."
43. **2 Corinthians** 12:9: But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me.
44. **Romans** 10:9: That if you confess with your mouth, "Jesus is Lord," and believe in your heart that God raised him from the dead, you will be saved.
45. **Isaiah** 41:10: So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.
46. **Genesis** 1:26: Then God said, "Let us make man in our image, in our likeness, and let them rule over the fish of the sea and the birds of the air, over the livestock, over all the earth, and over all the creatures that move along the ground."
47. **Matthew** 11:29: Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.
48. **John** 16:33: "I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world."
49. **Acts** 1:8: But you will receive power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth."
50. **2 Timothy** 1:7: For God did not give us a spirit of timidity, but a spirit of power, of love and of self-discipline.
51. **Isaiah** 53:4: Surely he took up our infirmities and carried our sorrows, yet we considered him stricken by God, smitten by him, and afflicted.
52. **2 Corinthians** 5:21: God made him who had no sin to be sin for us, so that in him we might become the righteousness of God.
53. **Romans** 15:13: May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.
54. **John** 11:25: Jesus said to her, "I am the resurrection and the life. He who believes in me will live, even though he dies;
55. **Hebrews** 11:6: And without faith it is impossible to please God, because anyone who comes to him must believe that he exists and that he rewards those who earnestly seek him.
56. **John** 5:24: "I tell you the truth, whoever hears my word and believes him who sent me has eternal life and will not be condemned; he has crossed over from death to life.

57. **James 1:2:** Consider it pure joy, my brothers, whenever you face trials of many kinds.
58. **Isaiah 53:6:** We all, like sheep, have gone astray, each of us has turned to his own way; and the LORD has laid on him the iniquity of us all.
59. **Acts 2:38:** Peter replied, “Repent and be baptized, every one of you, in the name of Jesus Christ for the forgiveness of your sins. And you will receive the gift of the Holy Spirit.
60. **Ephesians 3:20:** Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us.

CELEBRATING ASCENSION DAY ON HAMPSFELL



A group from Churches Together in Grange walked up to Hampsfell Hospice, to celebrate Ascension Day. The walk was led by the Rev'd Kate Hunt, from the United Reformed Church. In all, 15 of us and a dog set off.

The walk up Hampsfell was a reminder that the apostles climbed a hill after Jesus ascended to heaven.



At the Hospice we shared a short reading, a hymn, some bottles of bubbles and a packet of maltesers. The weather was a bit wet and windy, but the countryside, the view, the maltesers and the company more than made up for it.

Kate has agreed that this will be a regular Ascension Day event but has promised us better weather!

Dorothy Black



PILGRIMAGE

To the Shrine of Our Lady of WALSINGHAM 29th Sept - 2nd Oct 2025

A residential visit to the Anglican Shrine of Our Lady of Walsingham, Norfolk - a place of pilgrimage for Christians for almost 1000 years. The shrine welcomes thousands of visitors each year who come to share in shrine services, use the time for quiet reflection and personal devotion, and enjoy the excellent food and hospitality in the company of fellow pilgrims.



Twin rooms have been allocated at the shrine for us. A small number of single rooms may also be available, and there are some rooms with disabled facilities for those with mobility issues. The cost will be around £445 per person, this includes coach travel and full board at the shrine beginning with supper on Monday and ending with breakfast on Thursday. An excursion to Norwich has been arranged for the Tuesday, and so there will be no lunch at the shrine that day as we will be elsewhere.

Pilgrims can take part in as many or as few shrine services as they wish. The programme of services during our visit will include Monday: First visit to the Holy House (on arrival); Tuesday: Sprinkling at the Holy Well (with liturgy of reconciliation and healing); Wednesday: Pilgrim Mass in the morning; and Procession and Benediction in the evening.

For more information please contact Mark Latimer on 07927 020299 opendyapson@btinternet.com; or Fr Thomas Sample thomasisample@outlook.com; or Fr Andrew Norman revdabn@gmail.com

Completed booking forms should be returned to your parish priest.
Cheques should be made payable to St James' PCC.

Name _____ Telephone _____

Address _____

I would like to join the pilgrimage to Walsingham and enclose a deposit of £50 (non returnable)

Special dietary or other needs _____

Single room required ☐ or, I am prepared to share a twin room with _____

☐ I have mobility issues and need a ground floor room.

☐ I would like to go on the trip to Norwich

NEWS FROM ST PETER'S, FIELD BROUGHTON

I do hope that the glorious weather we have been experiencing is a sign of a long hot summer. We all seem to feel better in the warmth and sunshine.

The Friends of St Peter's have held a couple of successful events recently. The VE 80 celebration at the beginning of May happened in the form of an afternoon tea—lots of scones, sandwiches and cakes plus fizz. The hall was decorated with lots of flags as well as an ATS uniform, RAF flying jackets and small items relating to the Armed Forces.



In mid-May, a Wild West Night was enjoyed by all who came along. Alongside delicious food, a “horse” and “Wanted” frames proved great for photos, not to mention the line of checked shirts!



SO, WHAT NEXT?

On Tuesday 10 June, 10 am-12 noon there will be a pop up transport and travel event in Field Broughton Parish Rooms (see page 16), and there will be coffee and scones available for donations with proceeds going to the Parish Rooms.

On Thursday 19 June, at 6.45 pm, there will be a varied two-course summer buffet in the Parish Rooms with the theme of Ladies Day. Lords are welcome too, of course, and, if the weather is good, we may be in the garden of The Old Vicarage in Field Broughton. The event is £15 per person and can be booked via fieldbroughtonsocial@gmail.com.

Broughton East Parish Council

Broughton East Parish Council has a website – www.broughtoneastpc.org.uk and the next meeting is on Monday 2 June 2025 at 6.30 pm in Field Broughton Parish Rooms.

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





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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	0*
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:

~~2nd Feb, 13th Apr~~, 1st Jun,

5th Oct, 7th Dec

6-7pm

at Grange Methodist Church

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



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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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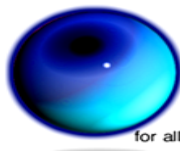
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Any comments, articles or queries for the
magazine should be emailed to

Linda or Penny.

Items no longer than 300 words, please.

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USEFUL CONTACT NUMBERS

Churchwarden

Brian McCann	brian_johnmccann@hotmail.com	34902
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Deanery Synod

Brian McCann	brian_johnmccann@hotmail.com	34902
Mike Hill	m.hill811@btinternet.com	33511

Treasurer

John Millican	johnmillican1980@btinternet.com	32561
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Parish Safeguarding Officer

Judith Mitchell	j.a.mitchell356@gmail.com	35664
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Fell Church

Please contact the Churchwarden

Parochial Church Council Secretary

Rosemary Hoyle	rosemary-hoyle@sky.com	58108
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Office / Parish Administrator

Linda Brown		35560
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Tue, Wed & Thur - 9.00 am-12.30 pm Fri - 9.00 am - 1.00 pm

E-mail - stpaulschurchgrange@gmail.com

Address, Office, St Paul's Church, Church Hill, Grange over Sands
LA11 6BD

Magazine Co-ordinator

Penny Ward	pennyward01@gmail.com	33243
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Children's Society Local Secretary

Judith Mitchell	j.a.mitchell356@gmail.com	35664
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Bible Reading Fellowship Representative

Jose Baguley		35162
--------------	--	-------

Stewardship Secretary

Chris Brown	cymbrown6@hotmail.com	015393 24015
-------------	-----------------------	--------------

Magazine Editor

Team Office	stpaulschurchgrange@gmail.com	35560
-------------	-------------------------------	-------

Missions Secretary

Rosemary Hoyle	rosemary-hoyle@sky.com	58108
----------------	------------------------	-------

Flowers

Kath Bush		32601
Audrey Gorman	peterandaudrey2@btinternet.com	35209