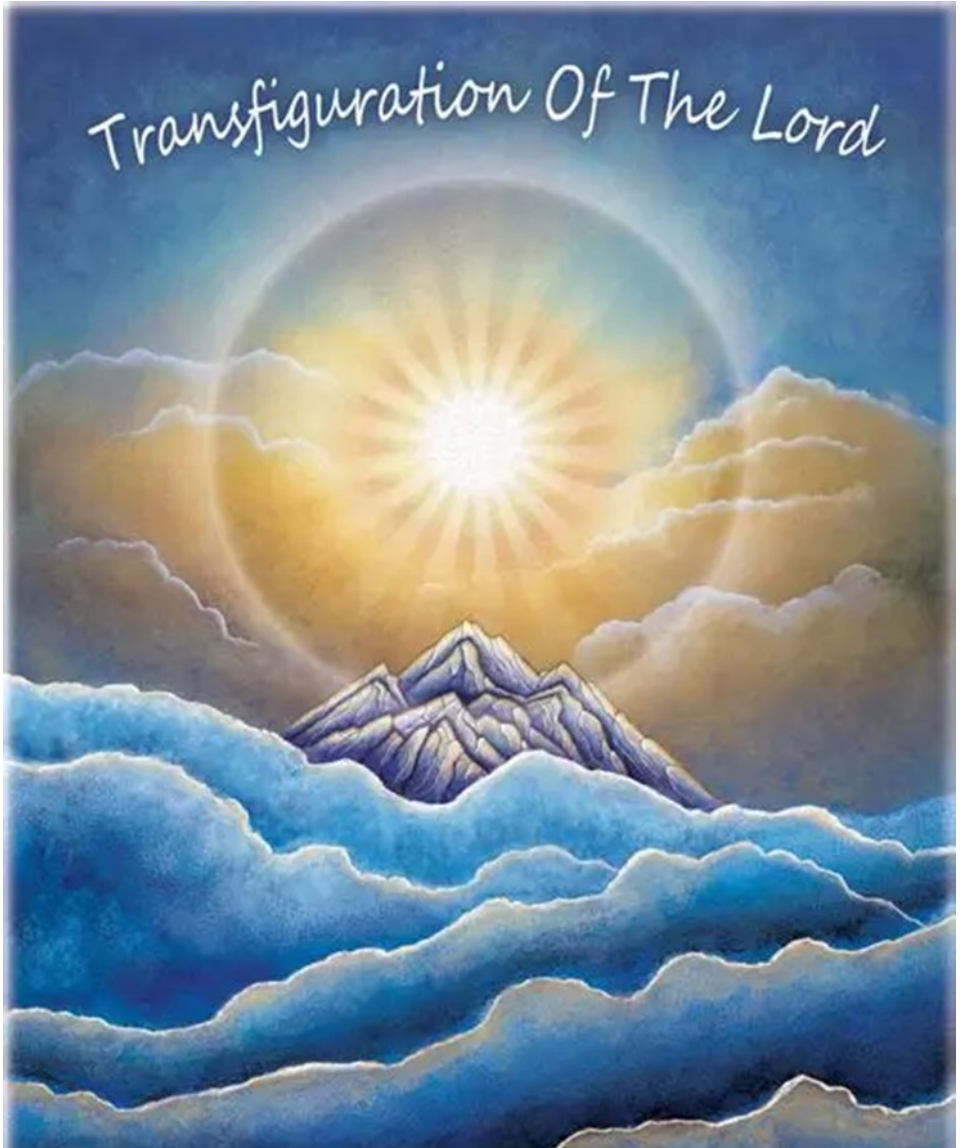


**The Parish Church  
of St Paul  
Grange over Sands**



**August 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**

**07305777113**

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

([davidmwilmot@gmail.com](mailto:davidmwilmot@gmail.com))

**Associate Priest - Rev'd Annette Miller**

**015395 33840**

Airton, Eden Park Rd, GOS, LA11 6BW

([miller3637@btinternet.com](mailto:miller3637@btinternet.com))



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

## From the Rectory

### Words that go with you

Dear Friends,

There is a prayer, much beloved by Orthodox Christians, known as ‘The Jesus Prayer’. Its basic form is,

**“Lord Jesus Christ,  
Son of the Living God,  
have mercy on me, a sinner”**

Many Christians find it helpful to sit quietly for a while each day simply repeating these words as a way of opening their heart and mind to God. Indeed, it’s a prayer we can carry around with us throughout the day - following St Paul’s encouragement that we should “pray constantly”.

I recently heard a man speak of how his wife was especially fond of this prayer. In fact, it became so much a part of her that medical staff realised she was saying this prayer while she was still unconscious and recovering from a serious operation!

All of which got me thinking about those prayers and verses of scripture which have a special meaning for us. I wonder what words of Jesus, what words of comfort or encouragement, what promises of God you will carry with you as this woman did?

What words will you carry with you throughout your day, so as to open your heart and mind to God? What words will you take with you in moments as significant as an operation, or when you prepare to meet the Lord?

**“Lord Jesus Christ,  
Son of the Living God,  
have mercy on me, a sinner”**

is a good place to start.

Every Blessing

**David**

## **New Light Through Old Windows:**

### **Praying with the Psalms**

This Summer at St Paul's we shall be reflecting on the importance of the Psalms for our life of faith.

You will be very welcome.



**LET'S PRAY**

**Sunday 3rd August 11 am**

'Where are you, O God?' - Psalm 22

**Sunday 10th August 11 am**

'The Lord is my light' - Psalm 27

**Sunday 17th August 11 am**

'Psalms for Cumbrians' - Psalm 121

## **FROM THE REGISTERS AUGUST 2025**

### **DEPARTED**

Peter Robin Ford  
Doug Ratcliffe

15th July 2025  
July 2025



### **YEAR'S MIND**

Geraint Jones  
Brian Michael Wearing  
Catherine Mary Hey

11th August 2020  
5th August 2024  
11th August 2024

*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"***

## DATES FOR YOUR DIARY - AUGUST 2025

|                             |         |   |
|-----------------------------|---------|---|
| Sunday, 3rd                 | 4.30 pm | 'Praise on the Prom'                                |
| Monday, 4th                 | 8.30 am | Morning Prayer                                      |
| Tuesday, 5th                | 8.30 am | Morning Prayer                                      |
|                             | 10 am   | Helpers in Vestry meeting                           |
| Wednesday, 6th              | 8.30 am | Morning Prayer                                      |
|                             | 2.30 pm | Cuppa & Cake, St Paul's                             |
| Thursday, 7th               | 6.30 pm | Basic Foundation Training, St Paul's                |
| Saturday, 9th               | 11 am   | 'On the move', Victoria Hall ( <i>see page 18</i> ) |
| Sunday, 10th                | 4.30 pm | 'Praise on the Prom'                                |
| Monday, 11th                | 8.30 am | Morning Prayer                                      |
| Tuesday, 12th               | 8.30 am | Morning Prayer                                      |
|                             | 10 am   | Clergy Chapter Meeting, St Paul's                   |
| Wednesday, 13th             | 8.30 am | Morning Prayer                                      |
|                             | 7 pm    | PCC Standing Committee meeting, St Paul's           |
| Thursday, 14th              | 8.30 am | Morning Prayer                                      |
| Sunday, 17th                | 4.30 pm | 'Praise on the Prom'                                |
| Monday, 18th                | 8.30 am | Morning Prayer                                      |
| Tuesday, 19th               | 8.30 am | Morning Prayer                                      |
| Wednesday, 20th             | 8.30 am | Morning Prayer                                      |
| Thursday, 21st              | 8.30 am | Morning Prayer                                      |
| Sunday, 24th                | 4.30 pm | 'Praise on the Prom'                                |
| Monday, 25th - Bank Holiday |         |   |
|                             | 8.30 am | Morning Prayer                                      |
| Tuesday, 26th               | 8.30 am | Morning Prayer                                      |
| Wednesday, 27th             | 8.30 am | Morning Prayer                                      |
| Thursday, 28th              | 8.30 am | Morning Prayer                                      |
| Sunday, 31st                | 4.30 pm | 'Praise on the Prom'                                |

## SEPTEMBER

|             |       |                                   |
|-------------|-------|-----------------------------------|
| Monday, 1st | 11 am | Worship meeting, St Paul's        |
|             | 4 pm  | Mother Teresa prayers, St Charles |

*"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



## EVENSONG AT ST PAUL'S

Sunday 29th June it was advertised as an Evensong service at St Paul's commencing at 5 pm. I thought I would go along and in preparation I wondered how long it had been in our church since this type of afternoon service may have been held. I rather suspect that the regular Evensong services held each Sunday fizzled out in the mid-1990's simply due to the lack of numbers attending. I recall Ann Waller who was choir mistress at that time being quite disappointed along with many of her then choir members who very

much liked the music and singing that accompanied such a service. I suspect the Rev'd Alan Gibson was the last incumbent of our church to preside at an Evensong service, but this service was led by our Vicar, Rev'd David Wilmot.

It turned out that the recent Evensong was a very memorable occasion and most uplifting because of the wonderful musical accompaniment by Charles Edmondson and a very talented group of choir members he had assembled. He called them the "Gloriana Singers". They were magnificent under Charles' conducting manner and assisted by some wonderful organ playing by a friend of Charles, who regularly plays at Kendal Parish Church. Charles told me that the choir he had brought were singing in preparation for a concert he and they were soon to perform in Lincolnshire.

There were about 40 present in the congregation and roughly 20 people connected with his choir. We witnessed some very fine choral singing indeed. After the service, many of those like me went over to Charles to compliment him and his singers. We agreed that the highlight was the singing of "The Lord is my Shepherd" psalm, where when we closed our eyes it was exactly the same as we recalled from the signature tune for the Vicar of Dibley! When we opened our eyes though we couldn't see the programme credits, nor the vehicles trundling down the escarpment of that particular section of the Chiltern Hills where the M40 passes by the fictional village of Dibley!

The service was a fitting tribute to the "Glory of God" and a most wonderful occasion that could match anything heard in any of our English cathedrals. Grateful appreciation to you, Charles, and all those you persuaded to come to our church.

Colin



## AUGUST 2025 - WEDNESDAY & SUNDAY SERVICES

|  | ST PAUL'S<br>GRANGE-OVER- SANDS  | GRANGE<br>FELL   | ST PETER'S<br>FIELD BROUGHTON<br>& LINDALE                         |
|--|--|--|--|
| 3rd AUGUST<br>SEVENTH SUNDAY<br>AFTER TRINITY              | 11.00 am<br>Holy Communion CW<br>The Venerable<br>Penny Driver                 |  | 9.30 am<br>Holy Communion<br>BCP<br>Rev'd David Wilmot             |
| 6th AUGUST<br>WEDNESDAY<br>FEAST OF THE<br>TRANSFIGURATION | 10.00 am<br>Holy Communion CW<br>Rev'd Annette Miller                          |  |  |
| 10th JULY<br>EIGHTH SUNDAY<br>AFTER TRINITY                | 11.00 am<br>Holy Communion CW<br>Rev'd David Wilmot                            | 9.30 am<br>Mattins BCP<br>Rev'd Annette<br>Miller              | 9.30 am<br>Holy Communion<br>CW with Baptism<br>Rev'd David Wilmot |
| 13th AUGUST<br>WEDNESDAY                                   | 10.00 am<br>Holy Communion CW<br>Rev'd David Wilmot                            |  |  |
| 17th AUGUST<br>NINTH SUNDAY<br>AFTER TRINITY               | 11.00 am<br>Sunday Celebration<br>Rev'd David Wilmot &<br>The Ven Penny Driver |  | 9.30 am<br>Holy Communion<br>CW<br>Rev'd David Wilmot              |
| 20th AUGUST<br>WEDNESDAY                                   | 10.00 am<br>Holy Communion CW<br>Rev'd David Wilmot                            |  |  |
| 24th AUGUST<br>TENTH SUNDAY<br>AFTER TRINITY               | 11.00 am<br>Holy Communion CW<br>Rev'd David Wilmot                            | 9.30 am<br>Holy<br>Communion<br>BCP<br>Rev'd Annette<br>Miller | 9.30 am<br>Mattins BCP<br>Biddy Hibbert                            |
| 27th AUGUST<br>WEDNESDAY                                   | 10.00 am<br>Holy Communion CW<br>Rev'd David Wilmot                            |  |  |
| 31st AUGUST<br>ELEVENTH SUNDAY<br>AFTER TRINITY            | 11.00 am<br>Holy Communion CW<br>Rev'd David Wilmot                            |  | 9.30 am<br>Holy Communion<br>CW<br>Rev'd David Wilmot              |

## A FAREWELL TO MRS PHILLIPA SUMMERS

After a long career lasting 37 years in teaching, with 13 years spent as Headteacher at Grange CE Primary School, Mrs Summers has now retired, and we wish her well.

Mrs Summers was appointed as Headteacher in September 2011, taking over from Colin Milner. During the last 13 years the school has been very successful with excellent SIAMs inspection results and very good OFSTED reports. The school curriculum is broad and we have good SATs results in KS1 & KS2, plus early years and Yr1 phonics tests.

The school has grown in number and we now have over 159 children, plus a large nursery which includes 2-year-olds +. We provide full wrap-around child care from breakfast club to after-school club, along with 2-week holiday provision for children, which makes Grange school even more attractive to working parents.

There have been challenges - curriculum changes, managing budgets, and providing continued education during Covid in 2020 - which were all achieved admirably.

‘Achieve, believe, care’ and a new school mission statement was developed around Hebrews 10, v24 ... ‘Let us think of ways to motivate one another to acts of love and good works’...and this lies at the heart of school life.

There have been great achievements in many sports, from cross-country running, rounders to football, with competitions across the Cartmel Peninsula and Cumbria. Children have also had fantastic cultural opportunities - visits to London, York, being part of ‘Sing Up’ in Manchester arena, and art gallery and theatre visits. Outdoor activities have been especially important, with the annual school day at Castlehead Field Centre, the Yrs 5/6 overnight visits to Ullswater, and in the past to Ridley Hall, with the focus to include ‘being active outdoors’.

Mrs Summers and the staff have continued the very strong links with St Paul’s, and the Church have been welcomed in school via Collective Worship, with Rev Nick Ash, Curate Andrew Norman, Rev David Wilmot, Colin Milner, along with Minister Jo Rand from the Methodist Church. St Paul’s parishioners have run a weekly Church Club, ‘Fun & Friendship’ after-school events each term, together with regular class visits to St Paul’s, and for end-of-term services. With guidance from Mrs Summers the children have played a large part in Church celebrations, eg Remembrance Day service and the Christmas Tree Festival opening, etc.

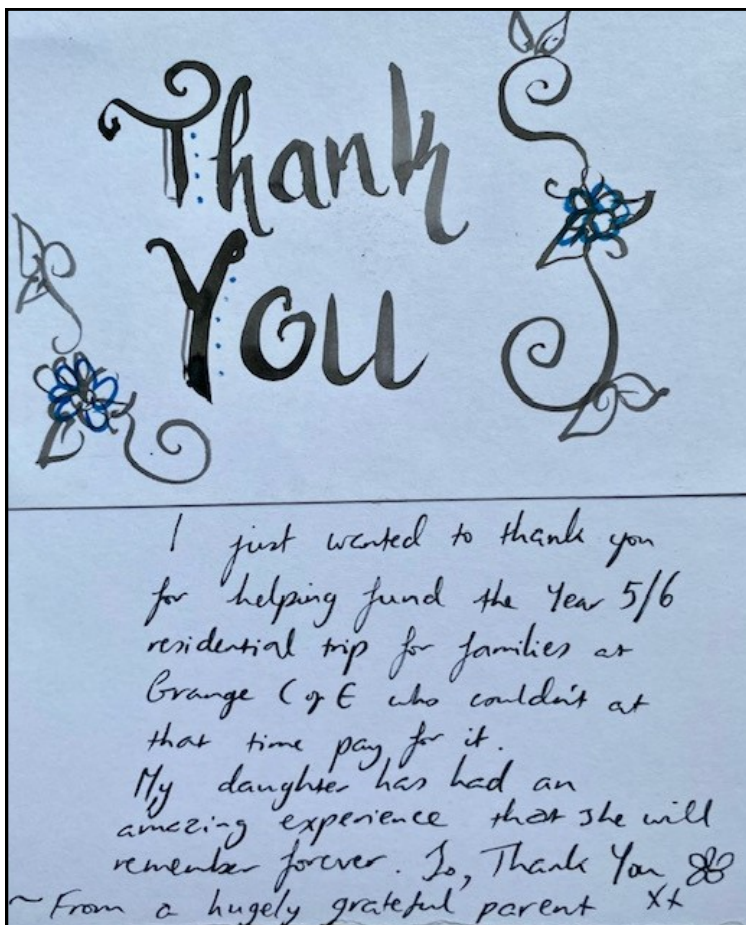
Mrs Summers was given a very fond farewell from the children, parents and carers, staff and Governors with many celebrations, culminating in the end-of-term leavers’ service on Friday, 18<sup>th</sup> July 2025. We wish her well and say a tremendous ‘thank you’ for being a wonderful, caring Headteacher at Grange School, who has provided an excellent education for our local children over the past 13 years!

We are very pleased that Mrs Paula Whinfield, Yr 6 teacher, has been appointed the new Headteacher. We are sure she will continue to do a wonderful job.

Judith Mitchell







### Two notes from Eileen

**Reading Joyce's article** (page 15 of last month's magazine) on the Quaker celebration at Rookhow took me back "just a few" years as the John Masfield poem was our school song. This was Stand Grammar School for Girls in Whitefield near Manchester which is no longer in existence today. Another member of our congregation attended the same school, albeit a couple of years apart. This we only discovered recently!

**Following the report** (page 16) of Margaret Caseley's day watching the bikers I have been told that the Dave Myers exhibition at the Dock Museum is worth a visit.

### College of Canons - Bishop 'Election'



The next stage towards the appointment of Bishop Rob Saner-Haigh as the next Bishop of Carlisle has taken place at Carlisle Cathedral.

The College of Canons gathered for their Annual Meeting when they also formally 'elected' Bishop Rob as our next Diocesan bishop. As governed by the Appointment of Bishops Act 1533, only members of Chapter and Honorary Canons formally participate in the Election itself. The College of Canons do not 'elect' a bishop in the modern sense, but confirm that, through the process of prayerful discernment the Church has followed, Bishop Rob is 'elect' in his calling to be the 68th Bishop of Carlisle. Please continue to pray for Bishop Rob and all his family as he prepares to take up the position later this year.

### General Synod: some interesting, helpful and challenging issues

The Church of England's General Synod members have returned from their conference at York following the summer sessions which took place from 11–15th July. A busy agenda included items on Assisted Suicide, redress for survivors of church-based abuse, church growth, and a presentation given by The Most Rev Hosam Naoum, the Archbishop in Jerusalem.

Archbishop Hosam said: "I realise that as a church we live and embody the gospel and we are not politicians. However, we need to speak out in the face of injustices and be prophetic for the sake of our people and our calling as Christians. But where a church is wounded and constrained, we need the wider body of Christ to help us to be the church in brutal and damaging times."

The Diocese of Jerusalem is home to about 7,000 Anglicans worshipping within 28 different congregations (many members are Palestinians). It is also responsible for more than 30 institutions, including hospitals, schools, clinics and rehabilitation centres. The Diocese is scattered across five separate countries or territories: Jordan, Palestine, Lebanon, Syria, and Israel.



## Fraudsters are targetting

### older & vulnerable people in Cumbria

We would urge people to always be on their guard against scam phone calls from fraudsters.

Sometimes the fraudsters pretend to be officials, such as bank fraud teams, police officers or HMRC officials.

#### The police or bank will:

Never contact you to withdraw cash or transfer money to help secure your account.

Never phone and ask you for your PIN or banking information.

Never ask to send cash or other expensive goods via post for safekeeping.

#### Report to Action Fraud

If you think you have been a victim of fraud, contact your bank immediately and report it to Action Fraud online or call 0300 123 2040.



## CLERICAL CORKERS

- So what if I can't spell Armageddon - It isn't the end of the world
- What kind of man was Boaz before he got married? - Ruthless
- How do we know Moses wore a wig? Because sometimes he was seen with Aaron and sometimes he wasn't
- How do we know Samson was a comedian? Because he was the only biblical character to bring the house down
- Why didn't they play cards on the Ark? - Because Noah was standing on the deck
- Why did they throw Joseph in the pit? - There was no room in the gallery
- Who was the greatest financier in the Bible? - Noah. He floated his stock while everyone else was in liquidation
- Who was the largest woman in the Bible? - The woman of Samaria
- Who was the greatest female financier in the Bible? - Pharaoh's daughter. She went down to the Nile and drew out a little prophet

## The Top 100 Most Read Bible Verses (Part 5 - final)

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

81. **Romans** 8:39: neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.
82. **Hebrews** 10:25: Let us not give up meeting together, as some are in the habit of doing, but let us encourage one another—and all the more as you see the Day approaching.
83. **2 Peter** 1:4: Through these he has given us his very great and precious promises, so that through them you may participate in the divine nature and escape the corruption in the world caused by evil desires.
84. **Philippians** 1:6: being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus.
85. **Psalms** 133:3: It is as if the dew of Hermon were falling on Mount Zion. For there the LORD bestows his blessing, even life forevermore.
86. **Hebrews** 4:16: Let us then approach the throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.
87. **Psalms** 37:4: Delight yourself in the LORD and he will give you the desires of your heart.
88. **John** 3:17: For God did not send his Son into the world to condemn the world, but to save the world through him.
89. **Acts** 4:12: Salvation is found in no one else, for there is no other name under heaven given to men by which we must be saved.”
90. **Isaiah** 26:3: You will keep in perfect peace him whose mind is steadfast, because he trusts in you.
91. **1 Peter** 2:24: He himself bore our sins in his body on the tree, so that we might die to sins and live for righteousness; by his wounds you have been healed.
92. **Joshua** 1:8: Do not let this Book of the Law depart from your mouth; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.
93. **Matthew** 28:18: Then Jesus came to them and said, “All authority in heaven and on earth has been given to me.
94. **Colossians** 3:23: Whatever you do, work at it with all your heart, as working for the Lord, not for men,
95. **Matthew** 22:37: Jesus replied: ” ‘Love the Lord your God with all your heart and with all your soul and with all your mind.’
96. **Psalms** 133:2: It is like precious oil poured on the head, running down on the beard, running down on Aaron’s beard, down upon the collar of his robes.
97. **Matthew** 5:16: In the same way, let your light shine before men, that they may see your good deeds and praise your Father in heaven.
98. **Isaiah** 55:8: “For my thoughts are not your thoughts, neither are your ways my ways,” declares the LORD.
99. **Hebrews** 4:15: For we do not have a high priest who is unable to sympathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet was without sin.
100. **John** 13:35: By this all men will know that you are my disciples, if you love one another.”

## ‘THE LAST SUPPER’

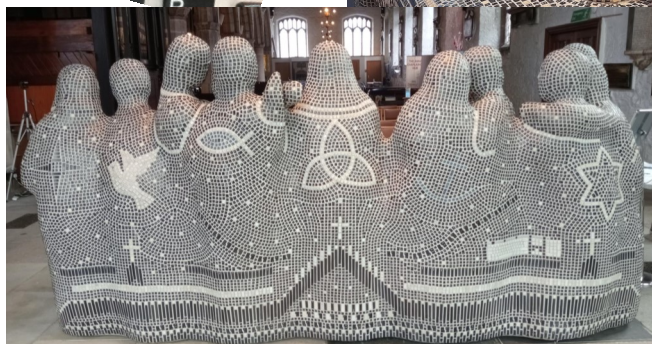
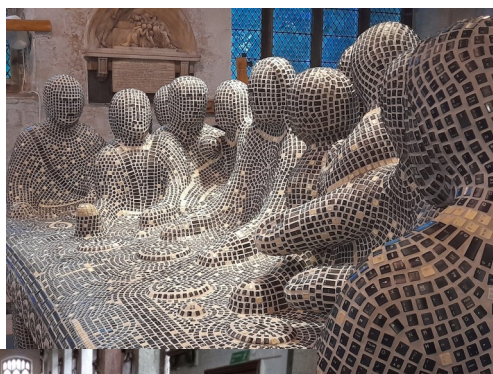


Have you seen the 4-metre sculpture in Kendal Parish Church, created by Peter Barnes? It is crafted from 50,000 reclaimed computer keys in a mosaic inspired by Leonardo da Vinci's famous painting which depicts Jesus and his disciples.

The sculpture is inlaid with hidden messages, symbols, and pathways, and has been displayed in various churches and locations, including Windsor, Chester, and Dorchester.

It has been on display in Holy Trinity since Easter but we are not sure for how much longer.

Margaret Casely recommends a visit!



## The Feast of the Transfiguration of our Lord

The Feast of the Transfiguration of Our Lord, God and Saviour Jesus Christ is celebrated each year on August 6th, commemorating the transfiguration or metamorphosis of Christ on Mount Tabor, when our Lord appeared in His divine glory before the Apostles Peter, James and John.

### Collect

Father in heaven,  
whose Son Jesus Christ was wonderfully transfigured before chosen witnesses upon the holy mountain, and spoke of the exodus he would accomplish at Jerusalem: give us strength so to hear his voice and bear our cross that in the world to come we may see him as he is; who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. Amen



*The Transfiguration is the last painting by the Italian High Renaissance master Raphael, hailed by many as his finest work.*

*The painting is divided into two distinct sections: the upper part depicts the Transfiguration of Christ, with Christ surrounded by Moses and Elijah and bathed in divine light. The lower part portrays the apostles struggling to heal a possessed boy, showcasing human suffering and earthly turmoil.*

*Cardinal Giulio de Medici – who later became Pope Clement VII – commissioned the work, conceived as an altarpiece for Narbonne Cathedral in France; Raphael worked on it in the years preceding his death in 1520. The painting is now housed in the Pinacoteca Vaticana in Vatican City.*

### Transfiguration

A moment of blinding perception -  
It would be good to stay there,  
But clutch it, and it's gone.  
They come unheralded,  
Those moments of dazzling clarity,  
And leave us as suddenly.

As well try catch the kingfisher  
Darting through stillness.

Be thankful for its jewelled beauty,  
And keep awake, alert.

Ann Lewin  
'Watching for the Kingfisher'

## ECO CHURCH

### **We Don't Need Perfect Activists**

***'We don't need 100 perfect activists, but millions of imperfect ones.'***

We live in a world that is deeply flawed, marked by inequality, injustice, misinformation, and escalating environmental crises. These are not small cracks in the system; they are deep fractures that shape the lives of millions. And yet, despite the clear imperfections all around us, we are constantly surrounded by images of 'perfection'.

Everywhere we turn, we are sold the promise of a perfect life. Products claim to perfect our appearance, our homes, our gardens, even our personalities. Social media relentlessly portrays flawless lives. The workplace demands ever higher standards of efficiency and output, leaving little space for failure or imperfection. The pressure to appear perfect is in every corner of our daily existence.

Perfection has become a lucrative industry; our desire to live a perfect life is driving consumerism by convincing us that we are not enough as we are. Even the self-help world has carved out a niche, based on teaching us how to let go of perfection, often by selling us yet another version of 'the right way' to live.

There is something deeply contradictory in all of this. In our pursuit of perfection, we risk losing the essence of what makes us human, our vulnerability, our messiness, our capacity to learn through mistakes.

Worse still, the idea of perfection is now being used as a means to silence. In a world that urgently needs courageous voices to speak out against what is happening, the narrative of 'if your life isn't perfectly aligned, if you've ever been inconsistent, if you've ever fallen short you have no right to speak' prevails.

This is a silencing tactic, designed to paralyse people with guilt and self-doubt rather than inspire collective progress. The culture of perfection has become a weapon to distract, to discredit, and to silence. At PEAT we believe that all of our imperfect efforts to bring about a greener, fairer, future matter. In the words of Leonard Cohen, 'There's a crack in everything, that's how the light gets in.' What would it be like if we accept more of our own imperfections and less of the imperfections we see in the world?

*(Extract from PEAT Newsletter for July)*



# The Big Butterfly Count 2025

Friday 18th July to Sunday 10th August 2025, 6 am-10 pm

Have you noticed that there seem to be more butterflies about this year than last?

Would you like to take part in some citizen science?

How about taking part in the Big Butterfly Count?



The instructions are simple:

Taking part in the Big Butterfly Count only takes 15 minutes of your time but that can help to make a huge difference. Simply follow the below steps to submit your counts between 18th July and 10th August.

1. Download the mobile app or sign in through the website:

<https://bigbutterflycount.butterfly-conservation.org>

2. Find a sunny spot

3. Spend 15 minutes counting butterflies & moths

4. Record what species you see & how many there are

Counting butterflies can be described as taking the pulse of nature and we depend on you, our citizen scientists, to help us assess how much help nature needs. The data from this and other counts will also help us to identify important trends in species that will assist us in planning how to protect butterflies from extinction, as well as understanding the effect of climate change on wildlife.

We thank the 2329 people who took part in the Big Butterfly Count 2024 in Norfolk during the summer, counting 27,885 butterflies and day-flying moths.

Gatekeeper was our no. 1, jumping from 4th place in 2023. Despite this its numbers were still down by over a quarter. Our chart topper last year, Peacock, fell to no. 5 with its numbers down by an average of 70% per count, while Red Admiral at number 2 in 2023 slipped to no. 6 with a 75% reduction.

**Contact** - Butterfly Conservation [bigbutterflycount@butterfly-conservation.org](mailto:bigbutterflycount@butterfly-conservation.org)

## Avoid Plastic

**“We are being choked to death by the amount of plastic that we throw away. It’s killing our oceans, it’s entering our bodies in the fish we eat” - Kevon Bacon**

- Carry reusable bags: always have shopping bags with you to avoid using new plastic bags.
- Use reusable containers: opt for refillable bottles and containers instead of single-use plastic ones.
- Avoid cling film: use reusable wraps like beeswax wraps, silicone stretch lids, or containers for leftovers.
- Buy in bulk: reduce packaging by purchasing items in larger quantities.
- Choose products with minimal packaging: be mindful of packaging when shopping and opt for items with less plastic.





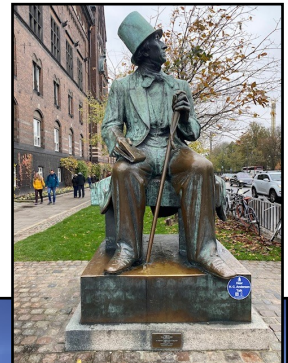
## NATURE'S BALANCE

This exhibit stands in the square outside the City Hall in the centre of Copenhagen.

Using the analogy of the Jenga game, it gives a powerful message of how we need to work together to save our wildlife.

“There is a balance in nature between the many different species of plants and animals. The individual species live off and with each other, just like the bricks supporting the tower here. Since the 1970s human activities have significantly affected over half of the world’s wildlife. As species become extinct, the bricks disappear and the tower wobbles.”

Hans Christian  
Anderson, also  
outside the City  
Hall (below)



## The Future of Travel and Transport on the Cartmel Peninsula

We are warmly invited to the Victoria Hall on Saturday, 9th August, for the culmination of the PEAT project rethinking travel around the Cartmel Peninsula.

“Transport and travel have come up repeatedly in our community conversations, often with solutions that are only temporary fixes. Our question is what if travel could be something we actually look forward to? Something safe, clean, easy, affordable, and accessible for everyone? The safe part resonates with our recent survey. At PEAT, we believe the people who live in and visit the Peninsula know best what their community needs. That’s why we launched the project, supported by Future Proof Cumbria (formerly CAfS) and Deliberate CIC, gathering the views of young people, commuters, older residents, people with limited mobility, business owners, visitors, and local councils. Every voice matters as we work together to explore how travel and transport can better serve our communities.”



**On the Move**  
PAST, PRESENT AND FUTURE  
*Free Community Fun Day*

Join **PEAT (Peninsula Environmental Action Together)** and **Morecambe Bay Partnership** for a day of **fun family activities** and hear the findings of the **'Let's Talk: The Future of Transport and Travel on the Cartmel Peninsula.'**

**Saturday 9th August**  
**11-3pm**  
Victoria Hall  
Grange Over Sands

**There will be:**  
Art activities  
Pedal powered fun  
Vintage local photographs  
Ideas workshops  
Refreshments  
Bike Doctor stall  
and more...

### Friends of St Peter's Social Committee

In July the social committee successfully ran a wine and cheese evening with, yes, wines and cheeses(!) from France, Italy and England. The English wines were a challenge to source at reasonable prices but it happened. An interesting bottle of English Orange Wine was also included in a successful raffle. The cheese selection was great and there were lots of other puff pastry nibbles, French bread, pickles, and more.

### So, what next?

The social committee takes a break over the summer but will be back to create more successful events in the autumn. If there is another long settled period of good weather though, a pop-up social evening may make the calendar – watch out for details on social media and via our dedicated email circulation.

**Monday, 8th September - Children's Society Coffee Morning** - The social committee supports this worthy cause to raise funds. All proceeds raised go to the society and it is also an opportunity for those locally in Field Broughton who have loose change collection boxes to bring them along to be emptied. Homemade cakes, biscuits, tea, coffee amongst other things will be available for donations – please come along between 10.30 am and 12 noon.

**Tuesday, 16th September – Greek Night** - A Greek menu and atmosphere!  
£15 per person in Field Broughton Parish Rooms at 6.45 pm

**Sunday, 5th October – Harvest Lunch** - A seasonal lunch of cottage pie & fresh vegetables followed by fruit crumble and custard....tea, coffee and after-dinner mints.  
£15 per person in Field Broughton Parish Rooms at 12.30 pm

Please book via [fieldbroughtonsocial@gmail.com](mailto:fieldbroughtonsocial@gmail.com)  
or with Louise ([louiseshrapnel@gmail.com](mailto:louiseshrapnel@gmail.com)).

Don't forget to let us know of any dietary requirements and remember that only cash can be taken. Wines and beers are also offered at all events on a donation basis.

The Friends of St Peter's publicise events on the Field Broughton and Surrounding Communities Facebook page but also send out emails of events via a bespoke fieldbroughtonsocial email address. If you would like to go onto the email list, please email your details to [fieldbroughtonsocial@gmail.com](mailto:fieldbroughtonsocial@gmail.com).

### Field Broughton Parish Rooms

A cleaning and painting day is yet to be agreed so watch out for details in all the usual places! Meantime, the committee will be searching out grants to support the replacement of the windows in the parish rooms. If anyone would like to sponsor a window or donate, please contact me; match funding helps open doors to more grants.

## Broughton East Parish Council

Broughton East Parish Council has a website – [www.broughtoneastpc.org.uk](http://www.broughtoneastpc.org.uk) and the next meeting will take place on Monday 4th August 2025 at 6.30 pm in Field Broughton Parish Rooms.

### ***Louise Shrapnel***

Chairman, Friends of St Peter's Social Committee  
Committee Member, Field Broughton Parish Rooms Committee  
Member of St Peter's Field Broughton with Lindale, Parochial Church Council  
Broughton East Parish Councillor.

### **Daily Opening Times**

Our policy is to keep the church open as much as possible

**Palm Sunday to the last Sunday in October** (when the clocks go back)

Monday to Saturday

Approximate timings: 10.30pm to 5.00pm

**Last Sunday in October to 5th Sunday in Lent** (Passion Sunday)

Church closed Monday to Friday

**Saturday: Church open** 10.30pm to 5.00pm

**Sundays: Church open:** Worship at 9.30am – Closes late afternoon



### **PRAISE on the PROM**

**We will be meeting on the Promenade  
near Clare House railway bridge on:**

**SUNDAYS at 4:30pm-5:30pm**

**Starting on July 6th.**

**and then every Sunday  
throughout July and August  
(Weather permitting!)**

**Books will be provided for you to  
choose your favourite hymn.**

**Bring your own chair if you wish  
(bring your own instrument too!)**

**Come and make a joyful noise to our Lord**

**ALL WELCOME**

### **Need a lift?**

#### **Contact the Voluntary Driver Service**

Co-ordinator Jan Maynard

07825340226 /

[janm.maynard0708@gmail.com](mailto:janm.maynard0708@gmail.com)

Requests should be made before  
Thursday morning for the following  
week. The cost is 50p per mile.

**However, be warned!**

They cannot guarantee a driver as  
there is a shortage of volunteers.

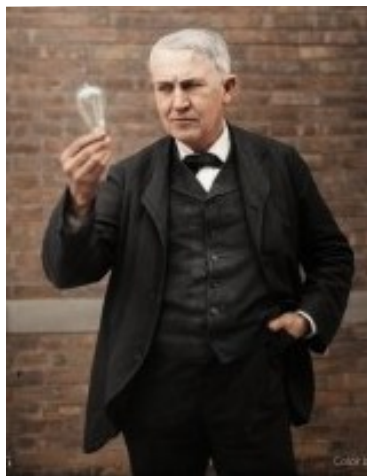
**Volunteer drivers are needed**

**- one day a month,  
one day a week  
or any time to suit**

**You receive 50p a mile and your  
help will be much appreciated**

## THOMAS EDISON

One day a little boy came running home with a letter in his hand. “The teacher asked me to give this to you... and said only you should read it, no one else”, he told his mother. She read the letter silently. Her eyes filled with tears, but she smiled and said, “The teacher writes that you are a genius. The school doesn’t have the facilities or the teachers to properly educate you. So he recommends that I teach you at home.” And that’s exactly what she did — with love, patience, and belief in her son. Years passed. The mother passed away, and the boy grew up to become one of the greatest inventors in history - Thomas Alva Edison.



One day, now an adult, he happened to find that same letter. He opened it out of curiosity - and what he read stunned him. In reality, the letter said: “Your child is mentally deficient. We cannot allow him to attend our school anymore.” Edison cried for a long time. Then he wrote in his diary: “I was a child with learning difficulties, but I had a mother who was brave enough to make me believe I was a genius. And so I became one”.

Incredible, isn’t it? She could have told him the truth and broken him, but she chose otherwise. She gave him words that became his wings for life. That’s the power of words. And that’s what it means to believe in someone when no one else does.

Remember: What you say to a child stays in their heart for ever. So guard your words, because they can destroy - or save, break - or lift up. And, like that mother, don’t let someone else’s words define who you are. Write your own story. And most importantly... never give up.

**“A world** where one has only hatred for one’s opponents is a world without hope, without a future, which will inevitably be torn apart by wars, unrest and endless revenge.”

*Pope Francis*



## A Community Emergency Plan for Grange?

If you are worried about the possible effects of climate change on our community in Grange, one way to take positive action is to help create an official Plan for how we would best support each other in the face of floods, wildfires, power cuts or communication breakdowns.

The Plan would be lodged with the Council and would also help statutory bodies assist us effectively.

If you are interested in being involved, please have a look at our website <https://grangeresiliencegroup.weebly.com/> or email us on GOSCEP@proton.me from Steve Trevillion, Claire Entwistle and Sue Tompkins/Grange Resilience Group

“Since you cannot do good to all, you are to pay special attention to those who, by the accidents of time, or place, or circumstances, are brought into closer connection with you.”

*St Augustine*

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

|               | 2018         | 2019         | 2020         | 2021         | 2022         | 2023         | 2024         | 2025        |
|---------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|-------------|
| January       | 142          | 73           | 107          | 186          | 58           | 174          | <b>229</b>   | 151         |
| February      | 69           | 99           | <b>263</b>   | 139          | 171          | 42           | 161          | 52          |
| March         | 60           | <b>182</b>   | 75           | 134          | 48           | 173          | 134          | 31          |
| April         | 98           | 39           | 12           | 12           | 40           | 84           | <b>149</b>   | 23          |
| May           | 37           | 52           | 26           | 101          | 68           | 34           | <b>110</b>   | 91          |
| June          | 19           | 91           | 99           | 30           | 79           | 87           | 63           | <b>200</b>  |
| July          | 33           | 134          | 169          | 70           | 80           | <b>226</b>   | 111          | 121*        |
| August        | 108          | 180          | <b>188</b>   | 63           | 78           | 143          | 176          |             |
| September     | 133          | 177          | 66           | 62           | 112          | <b>189</b>   | 154          |             |
| October       | 131          | 160          | 165          | <b>304</b>   | 158          | 144          | 183          |             |
| November      | 62           | 85           | 114          | 71           | <b>177</b>   | <b>227</b>   | 64           |             |
| December      | <b>160</b>   | 155          | 126          | 153          | 162          | <b>259</b>   | 153          |             |
| <b>Annual</b> |              |              |              |              |              |              |              |             |
| <b>Totals</b> | <b>1,052</b> | <b>1,433</b> | <b>1,408</b> | <b>1,325</b> | <b>1,231</b> | <b>1,782</b> | <b>1,687</b> | <b>669*</b> |

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

# Stillness & Song

Sundays in 2025:

~~2<sup>nd</sup> Feb, 13<sup>th</sup> Apr, 1<sup>st</sup> Jun,~~

5<sup>th</sup> Oct, 7<sup>th</sup> Dec

6-7pm

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**Age UK South Cumbria** are an independent charity who are here to support local older people, 50 and over. Our resource centre offers help and advice on a range of services, please call our **Helpline on 030 300 30003** for more information

**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 28<sup>th</sup> 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** – 3<sup>rd</sup> Wednesday of the month, Thornleigh Hotel

**Allithwaite Lunch Club** – 2<sup>nd</sup> Tuesday of the month, Pheasant Inn

**Cark Lunch Club** – 4<sup>th</sup> Friday of the month, Pheasant Inn, Allithwaite

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



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Judith Mitchell

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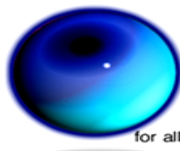
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## Grange Temporary Library

Methodist Church, Kents Bank Road

**Wednesdays 10 am - 1 pm**

**Thursdays 1pm - 5 pm**

**Fridays 1pm - 5 pm**

**Saturdays 10 am - 1pm**

**Information Tel: 07787890023**

Scheduled date for re-opening  
4th August

## USEFUL CONTACT NUMBERS

### Churchwarden

|              |                              |       |
|--------------|------------------------------|-------|
| Brian McCann | brian_johnmccann@hotmail.com | 34902 |
|--------------|------------------------------|-------|

### Deanery Synod

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

### Treasurer

|               |                                 |       |
|---------------|---------------------------------|-------|
| John Millican | johnmillican1980@btinternet.com | 32561 |
|---------------|---------------------------------|-------|

### Parish Safeguarding Officer

|                 |                           |       |
|-----------------|---------------------------|-------|
| Judith Mitchell | j.a.mitchell356@gmail.com | 35664 |
|-----------------|---------------------------|-------|

### Fell Church

Please contact the Churchwarden

### Parochial Church Council Secretary

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

### Office / Parish Administrator

|             |  |       |
|-------------|--|-------|
| Linda Brown |  | 35560 |
|-------------|--|-------|

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

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|------------|-----------------------|-------|

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|-----------------|---------------------------|-------|
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|-----------------|---------------------------|-------|

### Bible Reading Fellowship Representative

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

### Stewardship Secretary

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

### Magazine Editor

|             |                               |       |
|-------------|-------------------------------|-------|
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|-------------|-------------------------------|-------|

### Missions Secretary

|                |                        |       |
|----------------|------------------------|-------|
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|----------------|------------------------|-------|

### Flowers

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|---------------|--------------------------------|-------|
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| Audrey Gorman | peterandaudrey2@btinternet.com | 35209 |