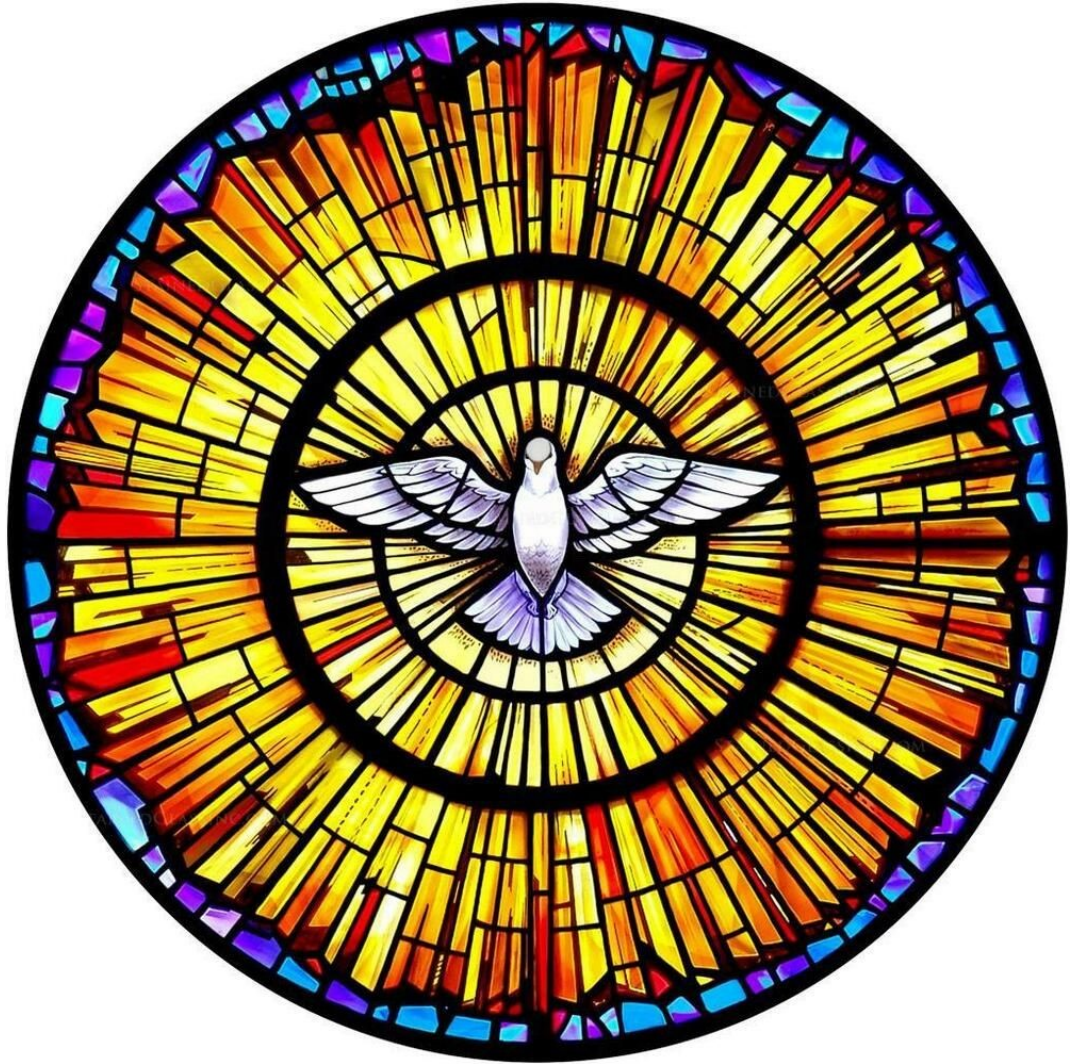


The Parish Church  
of St Paul  
Grange over Sands



July 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](mailto:davidmwilmot@gmail.com)) 07305777113

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

**Associate Priest** - Rev'd Annette Miller ([miller3637@btinternet.com](mailto: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](http://www.grangepcc.co.uk)***

# From the Rectory

## THIS LIFE IS NOT A REHEARSAL

Dear Friends,

I met a man who wanted very much to stay in his job but his boss kept warning him that if he didn't move on fairly soon he'd become labelled as 'lacking in ambition'. However, to him, this wasn't the point. He liked the place, the people, the job and he really wanted to stay. "But you need to develop your CV", he was told.

I've spoken with a lot of people who have experienced this kind of thing. The pressure to move on, move up, climb the 'greasy pole' or, as they say, 'better' ourselves seems to be part and parcel of the way we live now.

At the other extreme, of course, are those rather foot-loose people who give every impression that they are just passing through or on the way to the 'next big thing'. They seem anxious to find another place where they can re-invent themselves and perhaps chalk us off as another item on their CV!

Sadly, this same mindset is also reflected in our relationships. The apparent freedom and open-endedness of what has become known as co-habitation runs the risk of becoming just another manifestation of this same rootlessness and provisionality; and often it leaves great heartbreak in its wake. It illustrates that turn of mind which treats life as some kind of rehearsal for the real event yet to come. It's hardly surprising that (especially when it comes to relationships) the instinct to move on kicks in at the first sign of trouble or difficulty. Of course, we rationalize it by telling ourselves that we must have made some mistake or that we ought to be with someone 'better suited to my tastes' or somewhere else 'better suited to our talents', but this is immaturity and foolishness.

In my experience, this life of perpetual motion is countered in the Christian tradition by two things in particular. The first is in the Old Testament Book of Esther (4.13-14) where the Queen is told, "Perhaps you have come to royal dignity for just such a time as this". Esther is invited to see this place, this moment, as God's will for her; despite its self-evident discomfort and uncertainty. And then I recall the wisdom of St Benedict (remembered on the 11th July) who, alongside the vows of Chastity, Poverty and Obedience, called his communities to take a Vow of what he called 'Stability'. Simply put, Benedict's monks were not allowed to move off to another monastery at the drop of a hat or at the first experience of a falling out. Benedict knew that it was only by living with and working through the difficulties that a Christian would arrive at any kind of maturity.

These two examples are the perfect antidote to the 'fidgets' which we see in our work and family life, and even more so in the Church. I've seen so many people hop from church to church in search of that ideal Christian community but, of course, they never find it .....and, consequently, they never grow to maturity.

The lesson is that life does not consist in accumulating a 'bucket list' of experiences or people that we have used in order to burnish our image of ourselves. Life is not about the creation of a CV and neither is it a rehearsal; we are not designed for perpetual motion but for stability. The poet R.S. Thomas said:

Life is not hurrying on to a receding future,  
nor hankering after an imagined past.  
It is the turning aside like Moses  
to the miracle of the lit bush,  
to a brightness that seemed as transitory as your youth once,  
but is the eternity that awaits you.

*The Bright Field*

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 27th July 11 am**

'Introduction to the Psalms'

**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

## DATES FOR YOUR DIARY - JULY 2025

<b>Tuesday, 1st</b>	<b>8.30 am</b>	<b>Morning Prayer</b>
	<b>7 pm</b>	<b>Youth Trust Meeting</b>
<b>Wednesday, 2nd</b>	<b>8.30 am</b>	<b>Morning Prayer</b>
	<b>2.30 pm</b>	<b>Cuppa &amp; Cake, St Paul's</b>
<b>Thursday, 3rd</b>	<b>8.30 am</b>	<b>Morning Prayer</b>
<b>Friday, 4th</b>	<b>5-7 pm</b>	<b>Repair Café, Methodist Church Hall (<i>see p14</i>)</b>
<b>Sunday, 6th</b>	<b>4.30 pm</b>	<b>'Praise on the Prom'</b>
	<b>1 pm</b>	<b>Solo Diners at the Grange Hotel (<i>see p8</i>)</b>
<b>Monday, 7th</b>	<b>8.30 am</b>	<b>Morning Prayer</b>
	<b>9.45 am</b>	<b>Retired Clergy Day, St Paul's</b>
	<b>7 pm</b>	<b>PCC Meeting, St Peter's, Field Broughton</b>
<b>Tuesday, 8th</b>	<b>10 am</b>	<b>Clergy Chapter Meeting, St Paul's Church</b>
		<b>Visit to Carlisle Cathedral (<i>see p13</i>)</b>
<b>Wednesday, 9th</b>	<b>11 am</b>	<b>Worship Meeting, St Paul's</b>
	<b>7 pm</b>	<b>PCC Meeting, St Paul's</b>
<b>Sunday, 13th</b>	<b>4.30 pm</b>	<b>'Praise on the Prom'</b>
<b>Monday, 14th</b>	<b>8.30 am</b>	<b>Morning Prayer</b>
<b>Tuesday, 15th</b>	<b>8.30 am</b>	<b>Morning Prayer</b>
<b>Wednesday, 16th</b>	<b>8.30 am</b>	<b>Morning Prayer</b>
	<b>2 pm</b>	<b>Music rehearsal with Charles Edmondson, St Paul's</b>
<b>Friday, 18th</b>	<b>8.45 am</b>	<b>Grange School Leavers Assembly, St Paul's</b>
	<b>1 pm</b>	<b>Lindale School Leavers - Lindale School</b>
<b>Saturday, 19th</b>	<b>3.30 pm</b>	<b>Jo Rand's Farewell Service, Methodist Church</b>
<b>Sunday, 20th</b>	<b>4.30 pm</b>	<b>'Praise on the Prom'</b>
<b>Friday, 25th</b>	<b>10.30 am</b>	<b>Quaker Meeting, Cartmel - Time for Peace</b>
	<b>7.30 pm</b>	<b>An evening with Rev'd Dave Hardman (<i>see page 23</i>)</b>
<b>Sunday, 27th</b>	<b>4.30 pm</b>	<b>'Praise on the Prom'</b>
	<b>1-3 pm</b>	<b>Foodbank collection at Father Magner room</b>
	<b>6 pm</b>	<b>Songs of Praise, St Paul's (<i>see page 23</i>)</b>
<b>Monday, 28th</b>	<b>8.30 am</b>	<b>Morning Prayer</b>
<b>Tuesday, 29th</b>	<b>8.30 am</b>	<b>Morning Prayer</b>
<b>Wednesday, 30th</b>	<b>11 am</b>	<b>Pastoral Team Meeting, St Paul's</b>
<b>Thursday, 31st</b>	<b>2 pm</b>	<b>Fell Church Meeting, the Fell Church</b>

**FROM THE REGISTERS**  
**JULY 2025**



**BAPTISMS**

Luca Howarth	25th May 2025
Rory George Henderson	25th May 2025
Frederick Jake Anderson	22nd June 2025

**BAPTISM ANNIVERSARIES**

Ella Irene Robinson	23rd July 2023
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**YEAR'S MIND**

Colin Bentley	23rd July 2020
Joan Chapman	5th July 2022
Kevin O' Toole	23rd July 2022
Geoffrey Crowther	26th July 2022
June Turner	19th July 2023
Margaret Patricia Rye	17th July 2023

***"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.*

**GOD - IN ALL THE WORLD**

Go out into the world rejoicing, for God is waiting to meet you and surprise you with the beauty of his presence.

In the song of a blackbird, the hooting of an owl, the cry of a fox;

In the opening of a bud, the fragrance of a flower, the falling of a leaf;

In the murmur of the breeze, the rushing of the wind, the howling of the gale;

In the babbling of the brook, the rippling of the stream, the crashing of the waves;

In the peace of the meadows, the freedom of the hills, the grandeur of the mountains;

In the cry of a baby, the laughter of children, the hum of conversation;

In the pat on the shoulder, the handshake of welcome, the embrace of a loved one;

In the noise of the factory the routine of the office, the bustle of the shop –

God is here, God is there, God is everywhere,

Go then and walk with him

In the light of his love

In the fullness of life.

*(Found in St Kentigern's Church, Caldbeck)*

## JULY 2025 - WEDNESDAY & SUNDAY SERVICES

	<b>ST PAUL'S GRANGE-OVER- SANDS</b>	<b>GRANGE FELL</b>	<b>ST PETER'S FIELD BROUGH- TON &amp; LINDALE</b>
<b>2nd JULY WEDNESDAY</b>	<b>10 am</b> <b>Holy Communion CW</b> Rev'd David Wilmot		
<b>6th JULY THIRD SUNDAY AFTER TRINITY</b>	<b>11 am</b> <b>Holy Communion CW</b> Rev'd David Wilmot		<b>9.30 am</b> <b>Holy Communion BCP</b> Rev'd David Wilmot
<b>9th JULY WEDNESDAY</b>	<b>10 am</b> <b>Holy Communion CW</b> Rev'd David Wilmot		
<b>13th JULY 4th SUNDAY AFTER TRINITY</b>	<b>11.00 am</b> <b>Holy Communion CW</b> Rev'd David Wilmot	<b>9.30 am</b> <b>Mattins BCP</b> Rev'd Annette Miller	<b>9.30 am</b> <b>Holy Communion CW</b> Rev'd David Wilmot
<b>16th JULY WEDNESDAY</b>	<b>10 am</b> <b>Holy Communion CW</b> Rev'd David Wilmot		
<b>20th JULY 5th SUNDAY AFTER TRINITY</b>	<b>11 am</b> <b>Sunday Celebration Or Holy Communion CW</b> Rev'd David Wilmot		<b>9.30 am</b> <b>Holy Communion CW</b> Rev'd Annette Miller
<b>23th JULY WEDNESDAY</b>	<b>10 am</b> <b>Holy Communion CW</b> Rev'd Annette Miller		
<b>27th JULY 6TH SUNDAY AFTER TRINITY</b>	<b>11 am</b> <b>Holy Communion CW</b> Rev'd David Wilmot <b>6 pm</b> <b>Songs of Praise</b> Rev'd David Wilmot	<b>9.30 am</b> <b>Holy Communion BCP</b> Rev'd David Wilmot	<b>9.30 am</b> <b>Mattins BCP</b> Biddy Hibbert <b>2.30 pm Baptism</b> Rev'd David Wilmot
<b>30th JULY WEDNESDAY</b>	<b>10 am</b> <b>Holy Communion CW</b> Rev'd David Wilmot		

## CHURCH URBAN FUND (CUF)

CUF was established by the Church of England as a practical response to unmet need and has been active in local communities for over 30 years, working through networks of local partners to deliver its vision for communities of hope acting together to serve and strengthen society. For nearly 40 years CUF has mobilised people, churches and communities to tackle complex challenges like poverty and exclusion, and to make a positive difference. This work is founded on the belief that local people know their communities best, and that local skills and knowledge are key to building communities where material needs are met and everyone feels connected, valued and loved.

In 2024 the CUF made a firm commitment to partnership work aimed at ending poverty and challenging the unjust structures of society. Working alongside local communities, CUF champions social action rooted in understanding, collaboration and faith.

In November 2024 CUF partnered with the Clergy Support Trust to host a retreat for clergy and lay leaders from communities affected by the summer riots. The unrest followed the tragic murders of three young girls in Southport, with tensions further inflamed by misinformation and anti-immigration rhetoric. Over 10 days churches became lifelines in their communities, offering emergency support while navigating the fear and violence unfolding around them. The retreat provided a rare space for church leaders to process their experiences, grief and trauma, while reflecting on their role in rebuilding community trust.

Unrestricted funds allow CUF to respond quickly to urgent needs and long-term challenges, ensuring communities across the UK receive essential support when it matters most. The generosity of supporters, alongside fundraising initiatives, has been instrumental in sustaining this work. Areas of help with resources include:

- Child poverty
- Homelessness
- Support for church leadership
- Creating inclusive and supportive spaces

### FOR OUR SOLO DINERS

Our next lunch will be on 6th July at the Grange Hotel at 1 pm.

The hotel has started a Sunday carvery, and I have heard good reports - 2 courses for £23.50 and 3 courses £27.50.

The list will be at the back of St Paul's from 22nd June for you to sign.

Always a good opportunity to join together!

Sue



**FUN AND FRIENDSHIP**

The best yet! A really good afternoon for 28 of our youngsters who were queuing up this time to join our after-school event, organised by a team of helpers, and led by Annette. The theme was ‘Journeys’ thinking of our life’s journey with Jesus, and the four craft tables reflected different aspects of journeying, creating a bag of goodies for each youngster to take home. It was good to see some of the parents coming along to see what was going on, and in particular to have some of them volunteering to help!



At the end there was a special presentation to Philippa Summers as this was her final time before she retires at the end of this term.



## BEING A CHRISTIAN

By former Archbishop Rowan Williams

Christian life is lived in relationship with God through Jesus Christ and, in common with other Christians, seeking to deepen that relationship and to follow the way that Jesus taught. Central to that relationship is knowing we can trust God. Saint Paul says at the end of the eighth chapter of his letter to the Church in Rome, 'if God is for us, who can be against us?' And this is the heart of faith.

How do we know that 'God is for us'? Because Jesus Christ, the one human being who is completely in tune with God - with what God wants and what God is doing - has carried the burden of our human betrayals of God and running away from goodness. He has let himself be betrayed and rejected, executed in a humiliating and agonising way, and yet has not turned his back on us. Death did not succeed in silencing him or removing him from the world. He is alive; and that means that his love is alive, having survived the worst we can do.

Nothing - says St Paul, in the same passage - can separate us from this love. But this isn't an excuse for doing what we like, knowing we can get away with it. Once we know that God is 'for us', we open up to the gift that God wants to give us - which is a share in his own love and freedom and mercy. We breathe with his breath - that's part of what it means to say that we receive God's 'Spirit', which makes us live like Jesus 'in tune' with God. If we have really taken the message in, we shall live lives of selfless generosity, always asking how the gifts given us - material or imaginative or spiritual or whatever - can be shared in a way that brings other people more fully alive. And we shall be able to trust the generosity of others and be free to receive what they have to give us.

Generosity, gratitude, confidence that when we fail we are still loved - all of this focused on Jesus' life and death and resurrection. That's where we start in the lifelong job of being a Christian.

**Friday, 25<sup>th</sup> July, 7.30 pm, Methodist Church**

***Loving through a Broken Heart:***

***Palestine and Israel in the shadow of Gaza***

An evening with the Revd Dave Hardman, who is currently serving as Methodist Liaison Officer in Jerusalem and who has first-hand experience of the current situation.

He is currently back in the UK, and is keen to help us all in our understanding of one of the longest-running, most complex of political upheavals today. He will join us to share some of that experience and guide us in the way we see things, turbulent and changing as they are. A rare opportunity, at exactly the right time, to get a real feel for what is going on in Israel/Palestine. (*See p23*)

## **The top five regrets of the dying....**

Bronnie Ware was a palliative care nurse who looked after the dying. In her book, *The Top Five Regrets of The Dying: A Life Transformed by The Dearly Departing*, she says it's surprising how many people have the same regrets. The most common is not having lived the life 'true to themselves' - instead, they had lived the life other people expected of them.

Men regretted having worked so hard and missing out on family time. Others regretted not having had the courage to express their feelings. Few people want to dwell on their own death and even fewer want to imagine what they might come to regret when it is too late. She says the five most common regrets of the elderly are the following.

### **'I wish I'd had the courage to live a life true to myself, not the life others expected of me'**

In her book, Ms Ware says many elderly people regret not keeping up with old friends because 'everyone misses their friends when they are dying'. This was the most common regret of all. When people realise that their life is almost over and look back clearly on it, it is easy to see how many dreams have gone unfulfilled. Most people had not honoured even a half of their dreams and had to die knowing that it was due to choices they had made or not made. Health brings a freedom very few realise, until they no longer have it.

### **'I wish I hadn't worked so hard'**

This came from every male patient that I nursed. They missed their children's youth and their partner's companionship. Women also spoke of this regret, but as most were from an older generation, many of the female patients had not been breadwinners. All of the men I nursed deeply regretted spending so much of their lives on the treadmill of a work existence.

### **'I wish I'd had the courage to express my feelings'**

Many people suppressed their feelings in order to keep peace with others. As a result, they settled for a mediocre existence and never became who they were truly capable of becoming. Many developed illnesses relating to the bitterness and resentment they carried as a result.

### **'I wish I had stayed in touch with my friends'**

Often they would not truly realise the full benefits of old friends until their dying weeks and it was not always possible to track them down. Many had become so caught up in their own lives that they had let golden friendships slip by over the years. There were many deep regrets about not giving friendships the time and effort that they deserved. Everyone misses their friends when they are dying.

### **'I wish that I had let myself be happier'**

This is a surprisingly common one. Many did not realise until the end that happiness is a choice. They had stayed stuck in old patterns and habits. The so-called "comfort" of familiarity overflowed into their emotions, as well as their physical lives. Fear of change had them pretending to others, and to their selves, that they were content, when deep within, they longed to laugh properly and have silliness in their life again.

## A TREK IN THE HIMALAYAS

What a lovely way to spend a windy Monday evening at St Paul's listening and watching David and Margaret's trekking adventure in the Himalayan mountains, off the beaten track of the usual Everest base camp tourist trap.

The scenery was stunning and for some of the audience who had been to Nepal it was a trip down memory lane, and for others maybe experiencing the quest for adventure! It really was a bit more than "holiday snaps" with the audiovisual display, especially David's singing bowl and seeing the local dancing and music.

Learning about the trekking culture for local employment and the seriousness of walking at altitude was a real eye opener.

The puddings were a bonus to the evening—a bit more variety I am sure than on offer in a Himalayan tea house!

Well done, David and Margaret – looking forward to your next adventure.

Helen Cooper

*As a result of donations received, £128 was sent to Community Action Nepal*







**COMMUNITY ACTION NEPAL**  
Stewart Hill Cottage, Heskett Newmarket, Wigton, Cumbria CA7 8HX  
01768 867671 | [info@canepal.com](mailto:info@canepal.com) | [www.canepal.org.uk](http://www.canepal.org.uk)

16/06/2025

Dear John Millican,

On behalf of everyone at Community Action Nepal, I would like to thank you for your recent donation of £128. With your support CAN has been able to deliver ongoing livelihood, agriculture, education and healthcare services.

In the past 12 months our 11 Health Posts have treated 17,253 patients. In addition to this they have delivered 1,967 Health Education and Awareness workshops with members of the community including schoolchildren, monks and mother's groups. They have also conducted 131 home visits to disabled and vulnerable community members who were unable to visit the Health Posts and treated 228 emergency cases.

Over the past 12 months CAN has continued to provide funding for teacher's salaries at three schools in Gorkha supporting the needs of 180 children in total. CAN also supplied equipment like books and stationery when needed. This year we began distribution of hygiene kits including toothbrushes, toothpaste and soap to children at all schools throughout the Tsum Nubri valleys. In addition to this our nurses visit schools throughout the valleys to provide preventative health and hygiene workshops for all children.

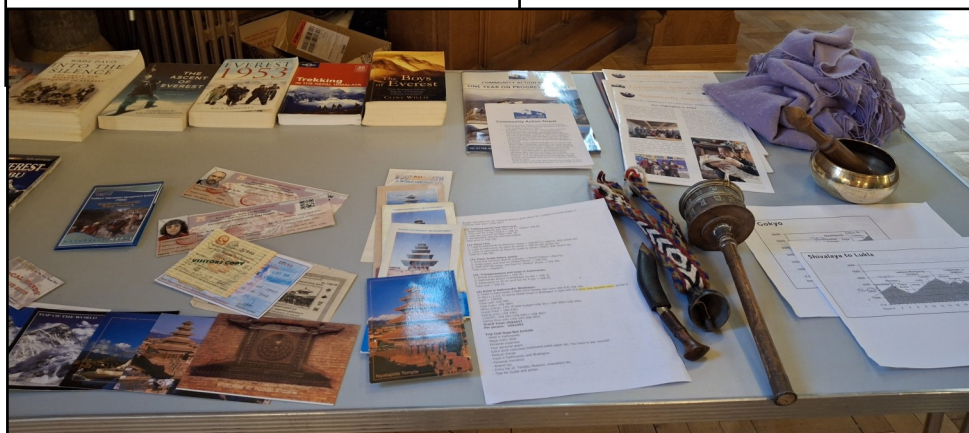
We have continued to provide Livelihoods and Agriculture training to Mother's groups in Tsum Nubri valleys. This year we have been able to support another 15 groups to register with their local municipalities enabling them to apply for further financial support and open their own cooperative bank accounts. 467 women have received training in kitchen gardening and nursery management. This increases their knowledge in organic growing methods and how to maximise their crops while introducing new varieties of nutritious vegetables. A further 160 polytunnels have been distributed allowing the women to extend the growing season and feed their families throughout the year.

Without your donations none of this would have been possible. To honour our founder Doug Scott, we remain committed to supporting the rural communities that Doug loved so much. Your donations enable us to continue to do so, and for that we are all incredibly grateful.

From all of us here at Community Action Nepal, thank you for your support.

Namaste,

Zoe Hastings  
Community Action Nepal  
[info@canepal.org.uk](mailto:info@canepal.org.uk)



## A SOCIAL OUTING FROM ST PAUL'S

On Tuesday, 8th July, a party from St Paul's will be travelling to Carlisle—either by train via the coast or from Oxenholme, or by car. They will gather in the Fraternity for lunch, before a guided tour of the Cathedral (£6 per person). Anyone wishing to join them, please contact Judith Mitchell (tel: 35564; [j.a.mitchell356@gmail.com](mailto:j.a.mitchell356@gmail.com)).

## CHURCHES TOGETHER IN GRANGE AND DISTRICT –

### Encouragements and reflections

CTiGD co-ordinates our ecumenical activities across the churches in this local area, on the Cartmel Peninsula. From the recent meeting, members were encouraged by the various events which have taken place so far this year: the Week of Prayer for Christian Unity, the Lent Quiet Morning; Lent Lunches, the World Day of Prayer; the Easter morning sunrise service.

All of these had been much appreciated and enjoyed by those who attended. The Easter sunrise service was particularly well attended this year.

The **worship in local Residential Care Homes** is flourishing ecumenically and is much appreciated. A group of around 20 attended the last 2 events at The Old Vicarage, Allithwaite on the last Sunday afternoon of the month. There is also a monthly service on the last Tuesday of the month at Cartmel Grange at 2.30 pm. They could do with one or two more volunteers here. If you could help, contact Revd David Edmondson on [edmolal1@yahoo.co.uk](mailto:edmolal1@yahoo.co.uk)

### 'Praise on the Prom': starts July 6<sup>th</sup> at 4.30 pm

Do put the dates 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.



### **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 6<sup>th</sup>.**

**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**

**Saturday, 19<sup>th</sup> July, Farewell service  
for the Revd Jo Rand, 3.30 pm, in the  
Methodist Church, led by the Local  
Arrangement Team for Grange, to  
celebrate 11 years of her ministry in the  
South Lakes. Light refreshments will be  
served in the church afterwards.**

**Friday, 4<sup>th</sup> July, 5-7 pm**  
Repair café in the Methodist  
Church hall.

This will be the last one before the  
summer break, so do think whether  
you have anything in need of repair  
– textiles, mechanical, computers,  
phones, wood and electrical.

## Celebrating 300 years of the Quaker Meeting House at ROOKHOW

About 70 people from around the UK gathered for a wonderful day of celebration at Rookhow. During the Meeting for worship a Friend recalled a school song, a fitting poem by John Masfield, changing the word 'song' to 'pray'. Old minute books and records of Rookhow's history were brought from Barrow Archives for display, and Quaker historian, Rex Ambler, and Hannah Larn from Rose Castle gave thought-provoking speeches, while workshops were organised for the children.

The day finished with songs and an epilogue as we were seated around the camp fire.

Joyce



### Beauty by John Masfield

Here in this house, where we are *praying* thus,  
Long generations will come after us;  
Friends we shall never know will come to share  
This life of ours, wondering what we were,  
Long after we are gone their minds will take  
The human pathways our endeavours make.  
We shall not see them, but we can endow  
This place with the beauty for them, here and now.  
We can so live that after we are dead  
They may find beauty here like daily bread.  
We can so live that they may find, each one,  
A life here of truth said and kindness done;  
The knowledge, that this world of mysteries  
Wants many thousands true for one that's wise;  
The faith, that when a twilight finds us gone,  
All we have consecrated will live on  
To help the souls of other unseen friends  
Into a calm where beauty never ends.

## A note from Margaret Caseley

"I had such a fun day today with my sister, Philippa. We stood on the bridge at High Newton for over an hour and watched the bikers pass below. We all waved heartily and they waved, tooted their horns and flashed their lights. It was a lovely experience! Apparently there were 47,000 of them!!

I was told that each biker was asked to bring one item for Barrow Food Bank. I hope that is true. What a lovely idea!"

*Having received this from Margaret, I looked on the Dave Day web site and found this request!*



*We are asking all riders on 2 or 3 wheels and anyone attending the event to bring one non-perishable food item which will be donated on arrival to support local food banks.*

*"Let's hope we don't end up with 46000 tins of beans!"*



**The Local Group of Co-Workers  
for Mother Teresa**  
is appealing for goods for the  
Foodbanks at Ulverston, Barrow  
and Millom

### OUR NEXT FOODBANK COLLECTION

**Sunday, 27th July 2025**

Father Magner Room, St Charles RC Church  
1 - 3 pm

*Our donation is collected by van from Grange on the Monday morning*

#### FEEDING LOCAL PEOPLE IN CRISIS

**13 million people live below the poverty line in the UK.**

*"The foodbank was there when we really needed it, it was an absolute lifeline."*

We don't think anyone should have to face going hungry. That's why we provide three days' nutritionally balanced emergency food and support to local people who are referred to us in crisis.

We are part of a nationwide network of foodbanks, supported by The Trussell Trust, working to combat poverty and hunger across the UK.

***Gift Aid envelopes are available for anyone wanting to make a monetary donation***

**PLEASE GIVE GENEROUSLY TO HELP THOSE  
LESS FORTUNATE THAN OURSELVES**



***Just one extra item  
each time you shop  
would be welcomed***





## Do you like gardening ?

Gardens are spaces that can be beautiful; they can also encourage us to reflect. Dorothy Frances Gurney wrote that we are 'closer to God in a garden than anywhere else on earth'. And it is probably true that gardening keeps us on our knees far more than prayer does. Of course, if we have a garden, we need to spend time tending it and that can be a way of drawing close to God. But there is also much to be said for spending time quietly in a garden in order to seek God's presence.

For some, spending quiet time in the garden is easy. For others, it is not really possible. Perhaps we know people who don't have a garden or maybe it is just not a quiet place for them to be. Possibly it's hard to sit and relax when the weeds are all around us! Or maybe we feel we would like a little peace and quiet while we are on holiday.

## So where could we go?

The Quiet Garden Movement was started in 1992 by the Revd Philip Roderick, an Anglican priest working in the Diocese of Oxford. It was an idea which had spent many years germinating, since Philip's childhood, in fact. He was on holiday with his family in South Wales and went for an evening walk alone on the cliff top. He was suddenly aware of a different reality, of the presence of God. He later found out that he had been walking on the site of a monastic settlement. Over the years, his vision of a network of places where people could go to spend time with God grew and developed into the Quiet Garden Movement.

Ordinary people and communities offer up their gardens for others to come and enjoy. They are there to provide a place to relax, to be quiet and to pray. There is now a whole network of Quiet Gardens available to anyone who wants to come and use them, and the movement has spread all over the world. On its website [quietgarden.org](http://quietgarden.org) the movement describes its aims:

'The Quiet Garden Movement nurtures low-cost, accessible outdoor spaces for prayer, contemplation, rest and inspiration in a variety of settings such as private houses, churches, schools and hospitals. The concept is about sharing outdoor space for the inner journey'.

Gardens have always been a source of inspiration to people. They are places to go, relax, reflect and be refreshed. I hope you will have the opportunity to come 'closer to God in a garden' this summer.

*(Article written by the Revd Eileen Reid, Priest in Charge at St Kentigern's, Caldbeck)*

*Having read this article, it prompted me to wonder how many of our readers know about the Sensory Garden in Grange. This tranquil garden is maintained by the Soroptimists. It was established as a rose garden when Park Road Gardens were established in the 1920s, and later adopted by the Soroptimists as a millennium project and changed into a sensory garden. It has been carefully organized so that each of the five senses is stimulated—sight, hearing, touch, smell and taste.. It is an ideal place to 'relax, reflect and be refreshed'.*

*Penny*

## NEWS FROM ST PETER'S, FIELD BROUGHTON

### FIELD BROUGHTON COMMUNITY NEWSLETTER NO. 6

#### FRIENDS OF ST PETER'S SOCIAL COMMITTEE

The last event put on by The Friends of St Peter's Social Committee was a "Ladies" Night on 19th June. It coincided with Ladies Day at Royal Ascot so there was a horse theme to the evening which centred around a lovely summer buffet of canapés followed by sides of salmon, prawns, ham, vegetable tarts, side dishes and home-made puddings and fresh fruit. It was a lovely evening!

#### SO, WHAT NEXT?

The Social Committee are always trying to think of new events to put on and at the last meeting have plumped for:

- **Tuesday 15th July – Cheese and Wine Evening**

Cheese, nibbles and wines from Italy, France and England.

£10 per person (including first glass of wine) in Field Broughton Parish Rooms at 6.45 pm.

- **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 when booking, 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 email address. If you would like to go on the email list, please email your details to [fieldbroughtonsocial@gmail.com](mailto:fieldbroughtonsocial@gmail.com).

## FIELD BROUGHTON PARISH ROOMS

The Parish Rooms continue to be a great resource for the village and the wider community. Grants are currently being sought to deal with the single-glazed and rotten windows – new ones would help greatly with improving warmth in winter and cooling in summer! The rooms are also due a decoration refresh and hopefully a “painting party” can be organized over the summer.

The Parish Rooms are available for private hire, and they offer good facilities in a lovely setting. There is a large hall upstairs with a projector and screen. The kitchen is modern and has good-quality china and cutlery alongside an oven, hob and dishwasher. Downstairs, a smaller room is suitable for a range of leisure and business uses – they currently work well for a small chair yoga group and a therapist’s clinic – Catherine Hunt of Prime Wellbeing.

## 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

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

Linda or Penny.

Items no longer than 300 words, please.

If you would like to advertise in the magazine, please contact the Office  
015395 35560,

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

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### **Need a lift?**

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

Co-ordinator Jan Maynard

01539742500 or 07825340226.

Requests should be made before  
Thursday morning for the following week.

The cost is 45p per mile.

#### **However, be warned!**

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

- The cost is 45p per mile.



## ECO CHURCH

### Congratulations received from the Bishop on our Bronze Award

The Ecogroup at our Primary School has been making bug houses, and these will shortly be placed in the grounds of the Fell Church.

Miss Rosemary Hoyle  
PCC Secretary St Paul's Church, Grange over Sands  
8 The Croft  
Flookburgh  
Grange Over Sands  
Cumbria  
LA11 7NF

16<sup>th</sup> June 2025

I am writing to congratulate St Paul's Church, Grange-over-Sands on recently achieving a Bronze Award as part of A Rocha UK's Eco Church scheme.

Creation care is an integral part of the Church's mission and ministry, especially now as we face the twin biodiversity and climate crises. Being good stewards of God's creation, as we are called to be in Genesis 2:15, is part of our witness to the world of what it means to be a Christian.

I want to commend you for all the work you have done to achieve this award, and all the work I am sure you will continue to do as you Tread Gently and strive to be more sustainable as a church.

Best wishes,



### Which is more eco-friendly: cans or glass bottles?

Glass bottles and aluminium cans are both infinitely recyclable, which means that they can be recycled over and over again without any loss of quality or purity. This is because glass and aluminium are inert materials, meaning that they do not react with other substances.

Aluminium cans are lighter and easier to transport than glass bottles. This makes them a more efficient option for transportation and reduces their greenhouse gas footprint. Glass bottles are heavier and more difficult to transport than aluminium cans. This makes them a less efficient option for transportation and increases their greenhouse gas footprint. However, glass bottles can be reused multiple times and are more durable, which reduces their waste production and water consumption. The best beverage container for you depends on your individual needs and preferences, but if you can, **always choose cans or bottles made from recycled materials, and make sure to reuse and/or recycle them.** Finally, also consider other aspects like the packaging, or where the drink comes from, and make sure to choose local.

***Empty blister packs can be taken for recycling to Boots in Kendal or Ulverston, or to the chemist shop in Arnside .***

## The Top 100 Most Read Bible Verses (Part 4)

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

61. **Matthew** 11:30: For my yoke is easy and my burden is light.”
62. **Genesis** 1:27: So God created man in his own image, in the image of God he created him; male and female he created them.
63. **Colossians** 3:12: Therefore, as God’s chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience.
64. **Hebrews** 12:1: Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles, and let us run with perseverance the race marked out for us.
65. **James** 5:16: Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous man is powerful and effective.
66. **Acts** 17:11: Now the Bereans were of more noble character than the Thessalonians, for they received the message with great eagerness and examined the Scriptures every day to see if what Paul said was true.
67. **Philippians** 4:19: And my God will meet all your needs according to his glorious riches in Christ Jesus.
68. **John** 1:1: In the beginning was the Word, and the Word was with God, and the Word was God.
69. **1 Corinthians** 6:19: Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own;
70. **1 John** 3:16: This is how we know what love is: Jesus Christ laid down his life for us. And we ought to lay down our lives for our brothers.
71. **Psalms** 133:1: How good and pleasant it is when brothers live together in unity!
72. **John** 14:27: Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.
73. **Hebrews** 4:12: For the word of God is living and active. Sharper than any double edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart.
74. **John** 15:13: Greater love has no one than this, that he lay down his life for his friends.
75. **Micah** 6:8: He has showed you, O man, what is good. And what does the LORD require of you? To act justly and to love mercy and to walk humbly with your God.
76. **Romans** 10:17: Consequently, faith comes from hearing the message, and the message is heard through the word of Christ.
77. **John** 1:12: Yet to all who received him, to those who believed in his name, he gave the right to become children of God.
78. **James** 1:12: Blessed is the man who perseveres under trial, because when he has stood the test, he will receive the crown of life that God has promised to those who love him.
79. **Matthew** 11:30: For my yoke is easy and my burden is light.
80. **Romans** 8:38: For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers.

**Doctor, Doctor.....**

*The following quotes were allegedly taken from actual medical records as dictated by physicians*

- By the time he was admitted, his rapid heart had stopped and he was feeling better.
- On the second day, the knee was better and on the third day it had completely disappeared.
- The patient has been depressed ever since she began seeing me in 1983.
- Patient was released to outpatient department without dressing.
- Discharge status: Alive but without permission.
- The patient refused an autopsy.
- The patient expired on the floor uneventfully.
- The patient's medical history has been remarkably insignificant with only a 40 pound weight gain in the past three days.
- The patient had waffles for breakfast and anorexia for lunch.
- She is numb from the toes down.
- The skin was moist and dry.
- When she fainted, her eyes rolled around the room.

	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>154*</b>
July	33	134	169	70	80	<b>226</b>	111	
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	
Annual								
Totals	<u><b>1,052</b></u>	<u><b>1,433</b></u>	<u><b>1,408</b></u>	<u><b>1,325</b></u>	<u><b>1,231</b></u>	<u><b>1,782</b></u>	<u><b>1,687</b></u>	<u><b>502*</b></u>
* = incomplete total till next month; bold = highest rainfall of that month/year								

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

## Summer Songs of Praise



Sunday, 27th July,  
at 6 pm  
in St Paul's Church

## Loving through a broken heart

Palestine & Israel in the shadow of Gaza

An evening with Rev Dave Hardman, Methodist Liaison Office, Jerusalem

Have you ever wondered about the rights and wrongs of what is happening in the Middle East, felt confused and unable to reach any conclusions?

Do you wonder what it must be like actually living in a place where violence, suffering and hatred are common currency?

Would you like to learn more in order to gain some understanding?



Dave Hardman is a Methodist Minister who is in a position to help in all of this. Currently serving as Methodist Liaison Officer, Jerusalem he has first-hand experience of all of these questions and more.

Currently back in the UK, he is keen to help us all in our understanding of one of the longest-running, most complex of political upheavals today.

He will join us to share some of that experience and guide us in the way we see things, turbulent and changing as they are.

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# Stillness & Song

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

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**Chair Yoga:** Every Monday starting from 28<sup>th</sup> April – Booking essential  
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**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

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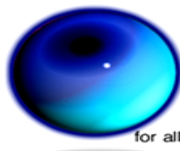
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**Information Tel: 07787890023**

## 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

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