

The Parish Church
of St Paul
Grange over Sands



Saint Hildegard of Bingen

September 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)

Associate Priest - Rev'd Annette Miller

015395 33840

Airton, Eden Park Rd, GOS, LA11 6BW

(miller3637@btinternet.com)

ENQUIRIES

Contact Linda in the Office (Tel: 015395 35560) or David.

He is always happy to visit. His rest day is Friday.



Normal services at The Parish Church

Sundays - 11 am - Parish Service

Wednesdays - 10 am - Holy Communion

and at The Fell Church, Grange-over-Sands

9.30 am Second Sunday - Matins (BCP)

9.30 am - Fourth Sunday - Holy Communion (BCP)

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

Visit our website www.grangepcc.co.uk



From the Rectory

How big is your God?

Dear Friends,

I have been reflecting recently on how the two churches of our new benefice are named after two of the most significant figures in the Christian story: St Peter (Field Broughton) and St Paul (Grange).

What strikes me is how well these two giants of the faith complement one another by bringing together two vital strands in the life of the Church. Whilst Peter is commissioned as shepherd and pastor of God's people, Paul the Apostle is the one who is sent to announce the good news of what God is doing for his world in and through Jesus. We might say that the building up of the faithful (through worship and teaching) and encouraging them to be bearers of Christ's life in their neighbourhood (witness and service) is a fair description of why our two churches exist.

So, it's a great encouragement to me that, whilst many see the days in which we live as a challenge to much that Christians take for granted, actually it was ever thus! And what we are nowadays witnessing, it seems to me, is something of a rebirth of our life as a church and a return to these core purposes. **Why might we think that?**

Well, to those who might imagine that I'm just whistling to keep my spirits up, I would again point to the example of Peter and Paul, both of whom met their deaths at the hand of the brutal regime of Rome in around the year 60AD. At the time when they were put to death, few if any would have given a second thought to these two men from an insignificant part of the greatest empire ever seen or to their (on the face of it) paltry efforts to found a few small communities committed to a way of life everyone saw as bizarre and foolhardy.

But two thousand years later, whilst the only remaining signs of the empire that was Rome are a few fascinating (but now essentially irrelevant) ruins, in contrast the efforts of Peter and Paul have borne the kind of fruit which they could never have dreamed of.

Of course, what lay behind all of this was not their particular gifts and skills in, for instance, leadership or communication. No, what kept them going and what fed their persistence were their convictions about God.

They knew for instance that in Jesus we see one who is "able to do immeasurably more than all we ask or imagine, according to his power that is at work within us" (Ephesians 3.20). They knew that "the one who is in us is greater than the one who is in the world" (1 John 4.4). In short, they knew their God.

The simple questions for Christians today are, "Who is the God in whom you believe?" and "How big is your God?" I think I know how Peter and Paul would answer. What about you?

Every blessing, *David*

A Word about Giving....

The following letter is being sent to all on the Electoral Roll of St Paul's during September

On behalf of the Parochial Church Council (PCC) I write to thank you most warmly for being part of our worshipping community at St Paul's and the Fell Church and in particular, for your financial generosity. The generous giving of everyone in our Church family enables our Church life and mission to flourish. Regular, faithful and committed giving maintains our much-loved churches, pays our bills, makes ministry possible and, crucially, expresses our love and gratitude to God. Thank you again for playing your part.

As I mentioned last year, the Church Council has agreed to make Harvest Thanksgiving (a time when we are especially conscious of the generosity of God), an opportunity for us to express our gratitude by renewing our giving.

So, please take this opportunity to respond to this year's Harvest Renewal of Giving with a generous and thankful heart, remembering the example of the generations who have gone before us who gave the first and best to God joyfully, generously, obediently, sacrificially, expectantly, freely and regularly.

We are extremely grateful to our Treasurer (John Millican) and our Stewardship Officer (Chris Brown) for their diligence on our behalf. They have kindly provided forms for us to complete and are on hand to help answer any questions we may have.

Please do complete the enclosed Pledge Sheet and return it, in the envelope provided. You may indeed wish to bring it to Church at the Harvest Thanksgiving Service [on October 5th](#) at 11 am and place it on the Offering Plate with the pledges of other members of our Church family. Together, let us give thanks to God and renew our response to his love, by rededicating ourselves to his service and to the community in which we are set.

Thank you for the thoughtful way in which I know you will consider all of this.

With my prayerful good wishes,

David

WHAT SHOULD I GIVE?

The Giving of the Living

The days when a few rich families kept the church going are gone, as are the days when we could rely on inherited wealth. The Foundations of the Future depend on our Commitment today.

IT'S YOUR DECISION

Nobody would be so unwise as to try to tell you what to give. Only you know your circumstances. Therefore, only you can decide. However, here are some guidelines which others have found helpful.

The 'First Hour' principle

The first hour is for God himself. Some people decide to give the first hour's wage per week and one hour's service per week. All backed up by one hour's worship on the first day of the week to set the tone for the whole week's living.

The non-essentials

Calculate what you spend each week on non-essential items, over and above necessities. Place your answer side by side with your giving and ask if the balance is right. This can be a very challenging and humbling experience if done honestly.

A gift of love

There are those who feel that Giving to God should be a spontaneous and generous response to God's love towards us. They give with joy and that joy is their reward. Many people seek to give 5% of their disposable income and you might be surprised to know how many Christians accept the Biblical tenth or tithe as their standard.

The teaching of St Paul

Regular, Committed and Proportionate Giving

"Now, concerning what you wrote about money to be raised to help God's people in Judea. You must do what I told the churches in Galatia to do. Every Sunday each of you must put aside some money, in proportion to what you have earned, and save it up, so that there will be no need to collect money when I come" (*1 Corinthians, 16: 1-2*)

The Church Office. St Paul's Church. Crown Hill.

Grange-over-Sands. Cumbria. LA11 6BD

t. 015395 35560 e. stpaulschurchgrange@gmail.com

DATES FOR YOUR DIARY - SEPTEMBER 2025

Monday 1st	8.30 am - Morning Prayer, St Paul's, Grange 4 pm - Mother Teresa co-workers, St Charles' RC, Grange
Tuesday 2nd	8.30 am - Morning Prayer, St Paul's, Grange 10.30 am - Worship Meeting, St Paul's, Grange
Wednesday 3rd	10 am - Holy Communion, St Paul's, Grange 12 noon - Music Rehearsal, St Paul's, C Edmondson 12.30 pm - Grange Ministers' Lunch, Methodist Church
Thursday 4th	2 pm - Social Committee Meeting, St Paul's, Grange
Friday 5th	5 - 7 pm - Repair Café, Methodist Hall, Grange
Saturday 6th	5.30 pm - Live Painting Testimony, St Mary's, Allithwaite (<i>see Posters</i>)

Monday 8th	8 am - Morning Prayer, St Paul's, Grange 7 pm - PCC Meeting, St Peter's, Field Broughton
Tuesday 9th	10 am - Clergy Chapter Meeting, Windermere
Wednesday 10th	10 am Holy Communion, St Paul's, Grange 11 am - PCC Meeting, St Paul's, Grange 6.30 pm - Governors' meeting, Grange Primary School

Sunday 14th	10.30 am - Ecumenical Celebration of Youth service, URC 9.30 am - Clergy Chapter Meeting
Tuesday 16th	7.30 pm - CPCT Meeting, URC Hall
Wednesday 17th	<i>Saint Hildegard of Bingen</i> 10 am - Holy Communion, St Paul's, Grange 1.20 pm - Music Rehearsal, C Edmondson, St Paul's, Grange
Thursday 18th	7 pm - Archdeaconry Mission & Pastoral Committee Meeting

Sunday 21st	1 pm - Solo Diners at the Gilpin Bridge Hotel
Monday 22nd	Start of Fairtrade Fortnight - 5th October
Tuesday 23rd	7 pm - Youth Trust Meeting, St Paul's, Grange
Wednesday 24th	10 am - Holy Communion, St Paul's, Grange 1.30 pm - Music Rehearsal, C Edmondson, St Paul's, Grange
Friday 26th	10.30 am - 'Time for Peace', Quaker Meeting House, Cartmel
Saturday 27th	7 pm - Film 'Wilding', Victoria Hall, Grange

Tuesday 30th	7-9 pm - 'Farming and Eating for the Future', a talk by Nic Renison, from the Eden Valley, Victoria Hall, Grange
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FROM THE REGISTERS
SEPTEMBER 2025



YEAR'S MIND

Olga Batty Edwards

24th September 2022

***"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.

MUSIC AT ST PAUL'S

This autumn we have arranged a veritable feast of musical events for your delight!

Please make a note of these dates in your diary.

On **Thursday, 23rd October, the Bay Community Singers** are giving a concert in memory of Ray Booth and in aid of Motor Neurone Disease.

On **Sunday, 26th October, we welcome back Burneside Brass Band.** This is their third return visit to us – always very popular, and a real treat to hear their music soaring to the rafters!

On **Saturday, 8th November, we are delighted to welcome Malcolm Carruthers and Amy Cockett** who are going to entertain us with a selection of classic songs and instrumental themes from 'Musicals, Movies and more'. They are travelling to us from Askrigg, West Yorkshire, where Malcolm is organist at the parish church and Amy is a GP! Malcolm is the son of the Revd Alan and Doris Carruthers – those longer-standing members of St Paul's will remember his parents with great affection. They retired to Grange; Alan often took services for us and Doris was a faithful member of our Mothers' Union.

On **Saturday, 22nd November, at 2 pm we have a Celebration in Words and Music on the Feast Day of Saint Cecilia, the Patron Saint of Music**, presented by David Edmonds, Charles Edmondson, Wendy Nicholas and Audrey Gorman.

There are no tickets for these events, but we are hoping for good audiences, and welcome donations.

HARVEST FESTIVAL SUNDAY, 5TH OCTOBER

We shall be celebrating our Harvest Festival on Sunday, 5th October, and this year we are inviting you to support the Foodbank. Gifts of tinned and dried foods, etc, will be accepted by David during the offertory hymn, as well as monetary donations (gift aid envelopes will be available).



Following the service we shall again be enjoying a meal together – further details on this month's pewsheets.

FAIRTRADE FORTNIGHT – 22nd September-5th October



This year's theme "**Do it Fair**" encourages us to support farmers and producers by choosing Fairtrade products, with a special focus this year on the tea industry.

Over these 14 days we are asked to look out in our local shops for products with the Fairtrade sticker. By adding them to our shopping basket we can celebrate the difference we can all make when we choose Fairtrade, and campaign as part of a UK-wide movement calling for a fairer system behind the things we consume every day.

With the world in a tailspin, fairness isn't a given. But the power to get there is in our hands. Together, we can have a positive impact on real people's lives. Fairer pay. Fairer treatment. Fairer futures. That's Fairtrade. It's not just a label – it's a movement. So, whatever you do, and however you do it: **Do it Fair.**

For more information, go to <https://www.fairtrade.org.uk/fairtrade-fortnight-2025/>

As a Fairtrade Church, we make sure that our tea, coffee, sugar and even the peppermint tea bags are Fairtrade products, as well as our cleaning products.

FILM AT THE VIC

Saturday, 27th September, 7 pm in the Victoria Hall

As part of the Green Screen programming, the beautiful film **'Wilding'** tells the story of the Knepp Estate – one of Europe's most significant rewilding experiments.

WEDNESDAY & SUNDAY SERVICES

SEPTEMBER 2025

	ST PAUL'S GRANGE-OVER- SANDS	GRANGE FELL	ST PETER'S FIELD BROUGHTON & LINDALE
7TH SEPTEMBER TWELFTH SUNDAY AFTER TRINITY	11 am Holy Communion CW Rev'd David Wilmot		9.30 am Holy Communion BCP Rev'd David Wilmot
10TH SEPTEMBER WEDNESDAY	10 am Holy Communion CW Rev'd David Wilmot		
14TH SEPTEMBER THIRTEENTH SUNDAY AFTER TRINITY	11 am Holy Communion CW Rev'd Annette Miller	9.30 am Mattins BCP Rev'd Annette Miller	9.30 am Holy Communion CW The Ven Penny Driver
17TH SEPTEMBER WEDNESDAY HILDEGARD OF BINGEN	10 am Holy Communion CW Rev'd Annette Miller		
21ST SEPTEMBER FOURTEENTH SUNDAY AFTER TRINITY	11 am Holy Communion CW The Ven Penny Driver		9.30 am Holy Communion CW Rev'd George Wilson
24TH SEPTEMBER WEDNESDAY	10 am Morning Prayer		
28TH SEPTEMBER FIFTEENTH SUNDAY AFTER TRINITY	11 am Holy Communion CW The Ven Penny Driver	9.30 am Holy Communion BCP The Ven Penny Driver	9.30 am Mattins BCP Biddy Hibbert



'CAKE AND CUPPA' CLOSÉS ...

Just a note to thank you for coming along and joining in our monthly Cake and Cuppa at St Paul's. We know it's been greatly enjoyed by many over the past three years - not least for the wonderful cakes - but in recent times we've sensed it's perhaps fulfilled its purpose. So, the Pastoral Team have decided to call it a day - for now, August being our last meeting.



Thank you again for joining in... and for all the delicious cakes! We shall NOT be meeting in September.



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, 5th October 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



For our Solo Diners

This month we are going to the Gilpin Bridge Hotel on the 21st September. The cost will be £25 for two courses, including tea and coffee, or £27 for three courses. A new venue for us!

As usual lifts will be arranged.
Do hope you can join us.
Sue F

‘LOVE OUR NEIGHBOURS AS OURSELVES’

“I was recently watching one of my favourite films. It was ages since I had seen the epic that is ‘Robin Hood: Prince of Thieves’. One of my favourite scenes in this film is when a young child visits Azeem (played by Morgan Freeman) and asks the question ‘Did God paint you?’ Now Azeem is a Muslim, and he replies ‘Did God paint me? For certain, because Allah loves wondrous variety’. I always think it’s one of the most beautiful cinematic scenes in the history of film-making. Not visually, but spiritually. The curiosity of the child, the honesty of the man, the understanding and wonder of God/Allah, all within two sentences. Two people coming together, different backgrounds, different ages, different faiths, wanting to know more about each other as children of our Father, whatever name we may call him.

We have heard a lot lately about Racial Justice in the church, for years we have heard of ‘show racism the red card’ in the football community. And yet, one overlooked scene in a 33-year-old film, famous for all sorts of reasons, including for making the tree at Sycamore Gap world-famous, one scene sums up how we should treat our brothers and sisters. Acknowledging our differences, wanting to learn more about our history, knowing that we share our creator.

We are nothing if not all unique in God’s eyes. God gives us only one label by which we are called – he calls us by our name, and we are his. Any other labels are created by humanity, at times to help us identify who we are as individuals, but such labels can also create barriers, cut us off from one another, create a ‘them and us’ situation; they can lead us to forgetting that we are all children of God. Jesus gave us one of the greatest commandments of all time – to love our neighbours as ourselves, and, if we can remember the Gospel reading from a few weeks ago, the lawyer asks Jesus ‘but who are my neighbours’ and Jesus tells him the story of the Good Samaritan. Most of us know it well, on seeing the man, a priest passed by on the other side, a Levite also did the same; it is only the Samaritan that cares for him and takes him to safety.”

The Rev’d Tracey Malthouse, Priest-in-Charge, Eglingham Vicarage

*(Reproduced from The Cheviot Herald, the magazine for the Cheviot Benefice
with kind permission from Tracey)*

A NEW SEASON



Our seasons are not what they once were, but, nevertheless, September marks the start of our meteorological autumn, and 1st September (Monday) – 4th October marks the **Season of Creation**, or **Creationtide**. For many, this time is marked more by the start and uncertainty of a new academic year than by any profound change in the weather. But whatever the weather, as autumn kicks in and the Season of Creation begins, we encourage you to enjoy creation. During this time, can you intentionally notice, connect with and thank God the Creator for His wonderful Creation?

Soon, your thoughts may turn to feeding your garden birds to help them through the autumn and winter. For many species, this is a good thing to do – but sadly, it also has the potential to cause harm, particularly by disease transmission.

You may have heard of trichomonosis, a horrible disease that seems to have had a major impact on populations of greenfinch and chaffinch. It's caused by a parasite that gets into the throats of infected birds making it difficult to swallow. The disease is transmitted in the saliva of infected birds, which can contaminate bird feeders, food, water or bird baths. Because birds may gather at bird feeders and bird baths in higher numbers than they would elsewhere, the potential for disease transmission is exacerbated. There is also evidence that damp bird food on bird tables or other flat surfaces is even more likely to spread disease. Because of this, the RSPB has, for now at least, stopped selling bird tables.

How you can help

- Stop providing food for birds on *flat surfaces*.
- Clean your feeders regularly* and keep water containers and bird baths clean too. See the [RSPB webpage](#). Bird feeders should be emptied after a day or two if the food hasn't been eaten. Restock them with just enough fresh food. And, if you can, move your feeders around your garden from time to time.
- Buy good quality food for your garden birds – they're worth it! Don't buy stock that will last you months and months – aim to restock frequently. Store it somewhere cool in a sealed container to protect it from the damp.
- If you see a bird in your garden that you think has trichomonosis or another disease, stop putting out bird food for at least two weeks. You can start again if you aren't seeing poorly birds.

*The RSPB advises at least every few weeks, but ideally once a week if possible



EMMA BENNIE

I wonder how many remember Emma who was a regular worshipper at the Fell Church, together with her mother, Pauline Lee, who lived opposite the Primary School. Emma was married at St Paul's by Nick Ash. After her mother died, she moved to live north of Kendal but kept up her connections with the Fell Church. She was very active with the National Trust and brought a team of six NT friends to help clear a long-standing eyesore* from the land at the back of the church. Emma and her husband eventually moved over to Northumberland, settling in Wooler, although she continued to set the rotas for the Fell for several years.

Sue and I took the opportunity to catch up with Emma and Nigel on our few days away in Northumberland. We attended St Mary's Church in Wooler for the Sunday morning service, where Emma is Churchwarden and involved in the lay ministry, and then enjoyed lunch in their lovely home.

It was really good to spend time with them and their two retrievers. Emma gave us a potted history of the Celtic saints and the beginning of Christianity in that part of the world. Although retired, Emma is still involved with the National Trust and volunteers as a guide at the Priory on Lindisfarne, the NT property at Craggside, and Howick Hall.

Emma sends her love to all her friends at the Fell.



Penny

* The Fell Church Garden

Together with Mike Hill and Colin, an old shed (we believe originally used to house pigeons!) was demolished and the contents removed, and Nigel Higginson then wheel-barrowed umpteen bags of earth down the steep path to level the ground.

The demolition of the shed was an issue from the previous Fell Church quinquennial inspection, so when we are inspected again we can proudly show it has completely disappeared!

Saint Hildegard of Bingen

Abbess, artist, author, composer, mystic, pharmacist, poet, preacher, theologian—where to begin in describing this remarkable woman?



Born into a noble family, Hildegard of Bingen was instructed for ten years by the holy woman Blessed Jutta. When Hildegard was 18, she became a Benedictine nun at the Monastery of Saint Disibodenberg. Ordered by her confessor to write down the visions that she had received since the age of three, Hildegard took ten years to write her *Scivias* (*Know the Ways*).

Pope Eugene III read it, and in 1147, encouraged her to continue writing. Her *Book of the Merits of Life* and *Book of Divine Works* followed. She wrote over 300 letters to people who sought her advice; she also composed short works on medicine and physiology, and sought advice from contemporaries such as Saint Bernard of Clairvaux.

Hildegard of Bingen's visions caused her to see humans as “living sparks” of God's love, coming from God as daylight comes from the sun. Sin destroyed the original harmony of creation; Christ's redeeming death and resurrection opened up new possibilities. Virtuous living reduces the estrangement from God and others that sin causes.

Like all mystics, Hildegard saw the harmony of God's creation and the place of women and men in that. This unity was not apparent to many of her contemporaries.

Hildegard was no stranger to controversy. The monks near her original foundation protested vigorously when she moved her monastery to Bingen, overlooking the Rhine River. She confronted Emperor Frederick Barbarossa for supporting at least three antipopes. Hildegard challenged the Cathars, who rejected the Catholic Church claiming to follow a more pure Christianity.

Between 1152 and 1162, Hildegard often preached in the Rhineland. Her monastery was placed under interdict because she had permitted the burial of a young man who had been excommunicated. She insisted that he had been reconciled with the Church and had received its sacraments before dying. Hildegard protested bitterly when the local bishop forbade the celebration of or reception of the Eucharist at the Bingen monastery, a sanction that was lifted only a few months before her death.



In 2012, Hildegard was canonized and named a Doctor of the Church by Pope Benedict XVI, making her the fourth woman of 35 saints to be given that title by the Roman Catholic Church.

St Hildegard's feast day is celebrated on September 17th

‘Eating is an agricultural act’ - Wendell Berry



“Have you noticed empty shelves in the supermarket lately? Some have blamed recent cyber attacks, but what if the deeper truth is that we can no longer assume food will always be there when we want it?”

The reality is climate and ecological breakdown are already reshaping our food supply. Heatwaves, floods, and shifting weather patterns are making it harder for farmers to grow food here in the UK and around the world. Conflicts in regions that traditionally supply us have disrupted trade and distribution. We know that food isn’t equally available around the world and that, whilst some of us have choice (and we complain when it’s limited), others are starving.

Berry reminds us eating is never neutral; it is both a political and a moral act. What we put on our plates connects us directly to the land, to farmers, and to the systems that sustain or damage the planet. Berry’s point is clear: every meal carries weight. What and how we eat shapes farming, the environment, and the resilience of our future food supply.

Thinking about food and eating in this way, and recognising that we can no longer assume it will always be readily available make me ask what actions I/we can take. Here’s some ways we can do what we can, where we are, with what we have.

- Eat local and seasonal - support nearby farmers
- Eat more plants
- Cut food waste - plan, save, compost
- Back small farms and growers, markets, direct buying
- Cook more - value nourishment
- Advocate for fair food systems - use your voice
- Reconnect eating and growing with community - share, swap, grow

Our farmers carry so many expectations - to feed us, care for the land, safeguard and steward the countryside - yet they are on the frontline of the climate crisis, facing floods, droughts, unpredictable weather, apart from the financial pressures. We are losing farms at an alarming rate and yet our future food security depends on their resilience.

On Tuesday 30th September, 7-9 pm, in the Victoria Hall Nic Renison, from the Eden Valley, will talk about ‘Farming and Eating for the Future’. As Nic puts it: *‘Farming is ultimately a business and, for us, Regenerative Farming hits the sweet spot of farming with nature and profitability, bringing longevity to our land, food to the table and a sustainability to our businesses.’* It promises to be a thought-provoking talk.”

Annette Hennessy - Chair
(Extract from PEAT Newsletter for August)

email: PEATMessages@gmail.com
web: PEATsouthlakes.blogspot.com
web: PEATsouthlakes.blogspot.com

International Day of Peace

21st September



Lord,

Make me an instrument of your peace.
When there is hatred, let me sow love;
where there is injury, let me sow pardon;
where there is doubt, let me sow faith;
where there is despair, let me sow hope;
where there is darkness, let me sow light;
where there is sadness, let me sow joy.

Divine master, grant that I may seek
to console, rather than be consoled,
to understand, rather than be understood,
To love, rather than to be loved.
For it is in giving that we receive,
In pardoning that we are pardoned,
In dying that we are born to eternal life.

St Francis of Assisi

Put peace into each other's hands
And like a treasure hold it,
Protect it like a candle flame,
With tenderness enfold it.

Put peace into each other's hands
With loving expectation;
Be gentle in your words and ways,
In touch with God's creation.

Put peace into each other's hands
Like bread we break for sharing;
Look people warmly in the eye:
Our life is meant for caring.

As at communion, shape your hands
Into a waiting cradle;
The gift of Christ receive, revere,
united round the table.,

Put Christ into each other's hands,
He is love's deepest measure;
In love make peace, give peace a chance,
And share it like a treasure.

Fred Kaan (b.1929)

Hymn 281 in New Hymns and Worship Songs

THE WORLD PEACE PRAYER

Lead me from death to life, from falsehood to truth;
Lead me from despair to hope, from fear to trust;
Lead me from hate to love, from war to peace;
Let peace fill our hearts, our world, our universe.

Peace, Peace, Peace

Amen

(Said by Co-workers of Mother Teresa at noon throughout the world)

Love to knit? We need you!



Knitted with Love is a campaign run by the Hamlin Fistula Hospital, in Addis Ababa, Ethiopia, providing blankets for women and girls who come for treatment for devastating injuries as a result of childbirth. They've endured a prolonged and agonising obstructed labour, often lasting days and without medical support. Most have gone on to suffer the heartbreak of losing their baby. They have then been left with a debilitating and painful childbirth injury, such as obstetric fistula, causing them to leak urine and sometimes faeces. By the time these women arrive at a Hamlin Hospital, they have been shunned, stigmatised and shamed for months, years, even decades.

Receiving a blanket helps women to know **we care** and is a beautiful and effective way to support them on their journey to full recovery, one that frequently requires extensive surgery. Your hand-made blanket will be theirs to treasure and keep.

Instructions

Acrylic Double Knitting wool in bright colours (not white) (The AgeUK store at the station yard has a good selection)

4mm (UK No.8) needles

1. Knit squares in garter stitch—approximately 48 stitches
2. Depending on the size of squares and the finished blanket size you are aiming for, you will need around 50-60 squares
3. When you have enough squares, stitch them together. The finished blanket should measure between 91 x 122 cm (36" x 48") or 107 x 137 cm (42" x 54")
4. Finish with a simple crocheted or blanket stitch border to strengthen.
5. Give to either Rosemary, Penny or Sue F.



If you are new to knitting and would appreciate a tutorial to get started, there is a link to a YouTube tutorial on this website <https://hamlinfistulauk.org/knitted-with-love/>

Hamlin Fistula UK Touchbase Pears, 750
Bristol Rd, Birmingham West Midlands
B29 6NA

Cartmel Peninsula Churches Together

On Sunday 14th September at 10.30 am at the URC the CPCT Youth Trust are inviting us to celebrate the ministry of those who are involved in Youth Work and outreach among young people in the schools and community in this area (including Andrea and Chris Mason).



Come to find out more about, and give thanks for, the work done by the Youth Trust. Their **Autumn newsletter** had now been issued and is available on our web site. This gives a flavour of the work that is being done with our young people.

<https://www.grangepcc.co.uk/churches-together/>

REPAIR CAFÉ

Friday, September 5th, 5-7 pm in the Methodist Church Hall

Do come and bring along anything you have that needs mending! A good way to help our environment and to preserve items you would be sad to throw away. Refreshments and good company! All free, though contributions gratefully accepted.

An invitation from our Methodist friends

We look forward to the second week of the **Tapestries exhibition**. It will be open from 10:30 am to 4 pm on Monday, 1st September, then on Wednesday, 3rd September, when you could combine seeing this with coming to the community coffee morning and produce stall. The final opening time will be alongside the Repair Café on Friday, 5th September, when we hope our textile repairers will be able to have a good look at the skills on display.

Visitors so far have shown an interest both in the content of the events and ideas portrayed and in the skills displayed by those who have crafted the embroideries. There have been some interesting conversations. If you've not yet been - or want to come for another look - do come along and see this fascinating exhibition, and encourage friends, neighbours and visitors too. Admission is free.

Hazel Edmondson



Susanna Wesley



Whatever weakens your reason, impairs the tenderness of your conscience, obscures your sense of God, or takes off your relish of spiritual things; in short, whatever increases the strength and authority of your body over your mind; that thing is sin to you, however innocent it may be in itself.

AZ QUOTES

Susanna Wesley, mother of John and Charles, the founders of Methodism, was a formidable leader long before her sons rose to fame. This humble housewife whose life was hard, and who hailed from a small town in rural England, somehow became the mother of some 80 million Methodists in more than 130 nations today.

Susan endured a difficult marriage to a penniless preacher, the rector of Epworth parish church, who was imprisoned twice for financial mismanagement. Their home was burned down twice. And, tragically, nine of their 19 children died in infancy. When her husband failed miserably to preach the gospel, Susanna took matters into her own hands. Somehow, Susanna raised their remaining ten children almost single-handedly, regarding motherhood as a vocation from God. She applied herself to discipling her own tribe tirelessly, praying faithfully for those ten children, and teaching them diligently.

Susanna took education seriously, home-schooling her children for six hours a day, and remarkably insisting upon teaching her seven daughters the same as her three sons. She also gave an extra hour of exclusive time to every child each week. "I look upon every soul under my charge", she explained, "as a talent committed to me under a trust". She launched a Sunday school for her children in the kitchen which attracted so many of their neighbours that it had to be reconvened in the barn. Before long, 200 people were gathering every Sunday to worship, pray, and listen to Susanna reading sermons.

With nowhere at home to pray privately, Susanna's children quickly learned that when her apron was over her head, their mother was not to be disturbed. In this unusual posture, she would pour out her heart to God, no doubt mourning her lost babies, interceding for her infuriating husband, and praying for each of her children by name.

NEWS FROM ST PETER'S, FIELD BROUGHTON

FRIENDS OF ST PETER'S SOCIAL COMMITTEE

August has been a quiet month – traditionally the committee takes a break from activities to refresh ready for Autumn.

DATES FOR YOUR DIARIES AND CALENDARS

Monday 8 September – Children's Society Coffee Morning

The social committee supports this worthy cause to raise funds. All proceeds go to the Children's Society and it is also an opportunity for those locally in Field Broughton who have loose change collection boxes to bring them 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 16 September – Greek Night

A Greek menu and atmosphere!

£15 per person in Field Broughton Parish Rooms at 6.45 pm

Sunday 5 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
or with Louise (louiseshrapnel@gmail.com).

Don't forget to let us know of any dietary requirements and remember 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 on to the email list, please email your details to fieldbroughtonsocial@gmail.com.

FIELD BROUGHTON PARISH ROOMS

A cleaning and painting day took place in August and the rooms have been dusted, cleaned, paintwork painted and touched up, chairs cleaned, carpets shampoo-ed ... and more. Everything looks really fresh and ready to be used once again after the summer. Meantime, the committee is searching for grants to support replacing the windows. We need to raise in the region of £13,000. 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 and the next meeting will take place on Monday 6 October 2025 at 6.30 pm in Field Broughton Parish Rooms.

AND FINALLY

Gray Grayrigge-Suren died on Thursday 28 August. He was a long-standing resident and gentleman of Field Broughton. His funeral will take place at St Peter's, Field Broughton, on Wednesday 10 September at 2 pm.

Louise Sharpe

Chairman, Friends of St Peter's Social Committee
Committee Member, Field Broughton Parish Rooms Committee
Member of St Peter's Field Broughton with Lindale, PCC,
Broughton East Parish Councillor

St Peter's Church - 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-Saturday Approximate timings: 10.30 pm to 5 pm

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

Church closed Monday-Friday

Saturday: Church open 10.30 pm to 5 pm

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



A CLOTHES SWAP

**WEAR IT
LOVE IT
SHARE IT !**

Why shop when you can swap?

7th November 2025

Cartmel Village Hall

Arrival 6pm—6.45pm

Grange Soroptimists invite you to bring clothes, shoes, accessories and costume jewellery you no longer wear and use them as currency to take home something you will love!

Pre-loved, carefully selected women's items only please
(No nightwear, swimwear, underwear or pierced jewellery accepted)
Entry by ticket only with at least 1 item of clothing

**Scan QR code for ticket £5 (which includes a glass of fizz)
+ small handling charge of 40p**

Items left over will be
donated to Women's
Community Matters,
and Cancer Research



Pip has produced a new selection of small cards - 2 for £1
in aid of Church funds.
Available from Sue F.

*May the Lord
take care of you,
today and every day*

*May the Lord watch over you
when you get up each morning.*

*May the Lord be with you
in all that happens to you
throughout the day.*

*May the Lord be at your side in
your resting and sleeping.*













*May the Lord be your friend, your
guide, to care for you today and
every day.*

Amen

Emoji meanings can be confusing.
Is he crying from laughter or just crying?
Learn how to decipher emojis with this comprehensive guide.

The Meanings Behind Smiley-Face Emojis

THE READER'S DIGEST VERSION

Emoji	Emoji Name	When to Use It
	Cry-laughing face	Anytime you'd use LOL (laugh out loud) as a reaction or to show that you mean something in a funny, lighthearted way.
	Skull	To convey you're dying from laughter or to say "I'm dead" from how funny or ironic something is.
	Upside-down smiley face	To convey sarcasm, irony or a sense of "Oh, well!"
	Relieved face	To show relief or modest contentment.
	Grinning face with sweat	This is the visual equivalent of saying "Phew!" while wiping sweat from your forehead, like you just had a close call. It can also be used to show worry or discomfort.
	Smirking face	It can indicate sarcasm or chagrin, but it's most often used when getting a little racy while flirting over text.
	Screaming face	To show fear or exaggerated disbelief.
	Smiling face with sunglasses	To say something's cool. It may also be used to express confidence or a carefree feeling.
	Sleeping face	To show you're tired, need a nap or want to go to bed, or that you are so bored, you're falling asleep.
	Sleepy face	That's actually a snot bubble, not a tear. But most people use this emoji to show sadness, displeasure or illness, not sleepiness.
	Smiling face with open hands	To show a positive emotion or care. It can also be used to indicate a hug.
	Face savoring food	To say that something is delicious.



Need a lift?

Contact the Voluntary Driver Service

Co-ordinator Jan Maynard

07825340226 /

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

GRANGE OVER SANDS MONTHLY

RAINFALL (MM) - ANDREW LITTLE

	2018	2019	2020	2021	2022	2023	2024	2025
January	142	73	107	186	58	174	229	151
February	69	99	263	139	171	42	161	52
March	60	182	75	134	48	173	134	31
April	98	39	12	12	40	84	149	23
May	37	52	26	101	68	34	110	91
June	19	91	99	30	79	87	63	200
July	33	134	169	70	80	226	111	125
August	108	180	188	63	78	143	176	*56
September	133	177	66	62	112	189	154	
October	131	160	165	304	158	144	183	
November	62	85	114	71	177	227	64	
December	160	155	126	153	162	259	153	
Annual								
Totals	1,052	1,433	1,408	1,325	1,231	1,782	1,687	*729

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

Stillness & Song

Sundays in 2025:

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

5th Oct, 7th Dec

6-7pm

at Grange Methodist Church

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



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

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

Chair Yoga: Every Monday starting from 28th April – Booking essential
Grange 11am–12 noon at the URC, Kents Bank Road

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

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

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

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

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

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

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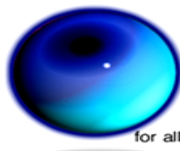
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Items no longer than 300 words, please.

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