

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



**Harvest**

**October 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))

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

**[www.facebook.com/StPaulsGoS](https://www.facebook.com/StPaulsGoS)**

# From the Rectory

## Choosing?

Dear Friends,

I find it quite common these days to hear people say things like, “I’m not very religious” or “I’m a spiritual person”. If you pin them down, few can provide any definition of what they mean by religious or spiritual but behind these descriptions lies a very interesting assumption.

Basically, it goes like this: religion or spirituality is something I choose. Rather like an interest or hobby, it’s all a matter of preference. So, in the marketplace of religious and spiritual stuff, we all take off the shelf whatever meets our needs or what give us a sense of well-being.

However, although some want to treat it this way, this isn’t how the Christian faith works. For instance, the Christian story doesn’t begin with my sense of whether I want to be religious or not. It doesn’t begin ‘inside’ me so much as ‘outside’ me. That is, it begins with news; things that have happened. It begins with the life, death and resurrection of Jesus. It begins with some historical events in and through which God has shown up. Events to which I am called to respond.

Let’s be clear, the Christian faith isn’t about nurturing my religious or spiritual side; it’s about responding to a call. In St. Matthew’s Gospel we hear how Jesus met four young fishermen by a lakeside and said to them, “Repent, for the Kingdom of God has come near” (Matthew 4.17).

‘Repent’ means turn around. It means drop your agenda for living and trust me for mine. ‘The Kingdom of God has drawn near’ is Jesus’s way of telling us that God is getting his world back. It’s under new management and it’s time for us to get with the plot. Those four young men are an example to us. They left everything behind and followed Jesus.

Many years ago, I met a man who had just retired. I asked him about his job. He had done very well in life, “But”, he said to me, “I spent the whole of my life climbing the ladder- then I discovered it was up against the wrong wall”.

The sad thing is that this is how so many of us end up when we think we can do life ‘My Way’. The tragic thing is that, if religion or spirituality come into it at all, we think they are about getting some kind of technique or a ‘god’ who will help us get our way.

Well, Jesus turns all of this around. Jesus is not offering us some nice religious experience for those who like that sort of thing. He’s not here to give us the means to cope or some handy hints for getting the life we want. On the contrary, he says “Repent. Give up your attempts to live as if life is all about you and let me show you a better way. Give what you think of as YOUR life, to me”.

Whenever I officiate at a Baptism, I'm always struck by the power of the water as a statement of what marks the beginning of a Christian life. Baptism means drenching. It's a drowning of the tired old way of self and sin and all our attempts to live as if God is not God. Baptism means washing. It's about being made clean on the inside; given a new heart and a new strength to live as the person God made us to be.

So, there IS a choice to be made. But it's not about whether I consider myself religious, spiritual or not. It's the choice faced by those four young men by the lakeside. God has shown up and made himself known in Jesus. Will I stick with what I think I know or go with Jesus? Or maybe we should ask, "Against what wall is my ladder leaning"?

Every blessing,

*David*

## HARVEST FESTIVAL - SUNDAY, 5TH OCTOBER



We shall be celebrating our Harvest Festival on Sunday, 5<sup>th</sup> October, and this year we are inviting you to support the Barrow Foodbank, which also supplies Millom and Ulverston. Stocks are low, and gifts of tinned and dried foods, toiletries, etc, will be gratefully accepted by David during the offertory hymn, as well as monetary donations (Gift Aid envelopes available).

Following the service we shall again be enjoying a meal together. Thyme Out will be supplying meat or vegetable lasagne with salad and garlic bread, and we shall be providing the desserts. There are lists at the back of St Paul's for signing up.

**Carlisle's first City Harvest Festival** will be held at Borderway Mart on Friday, 24 October, 6 pm. The service celebrates the vital contribution of local farmers, while recognising the challenges they face. With music, harvest hymns, and refreshments, all are invited to give thanks together.



**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*



## DATES FOR YOUR DIARY - OCTOBER 2025

Wednesday 1st	8.30 am - Morning Prayer, St Paul's 7 pm - Standing Committee Meeting, St Paul's
Thursday 2nd	8.30 am - Morning prayer, St Paul's
Friday 3rd	2.30 pm - Grange Primary School Harvest Service, St Paul's
Sunday 5th	<b>12.30 pm - Harvest Lunch</b> in church 1-3 pm - Foodbank, Father Magner Room, St Charles 7 pm - Stillness & Song, Methodist Church
Monday 6th	8.30 am - Morning Prayer, St Paul's 10.30 am - Boon Day at Fell Church
Tuesday 7th	8.30 am - Morning Prayer, St Paul's
Wednesday 8th	8.30 am - Morning Prayer, St Paul's 11 am - Pastoral Committee Meeting, St Paul's
Thursday 9th	8.30 am - Morning Prayer, St Paul's
Saturday 11th	<b>Diocesan Synod</b>
Monday 13th	8.30 am - Morning Prayer, St Paul's
Tuesday 14th	8.30 am - Morning Prayer, St Paul's 10 am - Clergy Chapter Meeting 5.30 pm - Sri Lanka talk & curry evening by Penny Driver, St Paul's
Wednesday 15th	<b><i>St Teresa of Avila</i></b> 8.30 am - Morning Prayer, St Paul's, Grange 12 noon - Music Rehearsal, C Edmondson, St Paul's
Thursday 16th	8.30 am - Morning Prayer, St Paul's 7 pm - Bay Community Singers rehearsal, St Paul's
Monday 20th	8.30 am - Morning Prayer, St Paul's
Tuesday 21st	8.30 am - Morning Prayer, St Paul's
Wednesday 22nd	8.30 am - Morning Prayer, St Paul's 12 noon - Music Rehearsal, C Edmondson, St Paul's 3.15 pm - Fun & Friendship, Grange Primary School
Thursday 23rd	8.30 am - Morning Prayer, St Paul's 7 pm - Bay Community Singers Concert in memory of Ray Booth, St Paul's
Friday 24th	<b>End of School Half-Term</b> 10.30 am - Prayers at Quaker Meeting House, Cartmel
Sunday 26th	<b>2 am - END OF BRITISH SUMMERTIME—<i>Clocks go back</i></b> 2.30 pm - Burneside Brass Band Concert in St Paul's
Monday 27th	8.30 am - Morning Prayer, St Paul's, Grange 4 pm - Mother Teresa, Father Magner Room, St Charles
Tuesday 28th	8.30 am - Morning Prayer, St Paul's
Wednesday 29th	8.30 am - Morning Prayer, St Paul's 12 noon- Music rehearsal, C Edmondson, St Paul's
Thursday 30th	8.30 am - Morning Prayer, St Paul's

## NEWS FROM THE DIOCESE

### A CUMBRIAN VOICE ON RADIO 4

This October, BBC Radio 4 Extra is running a special week of Daily Services on the Lord's Prayer, led by voices from across the North of England and the Isle of Man. On Thursday 9th October, Revd Amy Bland, chaplain at Westmorland General Hospital in Kendal, will be leading one of the services. Instead of a studio in London, the BBC came to Cumbria, recording part of the service in the hospital chapel and part outdoors.

Amy said:

"I really enjoyed taking part in the week of services. The Lord's Prayer is a prayer shared by Christians around the world and back through the centuries, so it felt very special to share how it's impacted me and my faith. It was great to be able to link this prayer to my work in hospital and my experience of Cumbria."

You can hear Amy's service on BBC Radio 4 Extra, Thursday, 9th October (<https://www.bbc.co.uk/programmes/m002kgq8>)

The series also includes Archbishop Stephen Cottrell (3 Oct), The Ven Miranda Threlfall-Holmes (6 Oct), Revd Dave Ho Young (7 Oct), Revd Alex Brown (8 Oct), and Bishop Philip North (10 Oct).

The week concludes on Paulinus Day (10th Oct) with a special Lord's Prayer event at Blackburn Cathedral, part of the wider Faith in the North movement.

### DIPPING YOUR TOE INTO THE OLD TESTAMENT

On Saturday, October 4th, there will be a further chance to 'dip your toe' into the Old Testament. This time we shall look at Ezekiel. We shall see what we can learn about his background, his ministry and his message and then think about how what he had to say can be relevant for us today.



We shall meet in the vestry at Holy Trinity, Kendal (Kendal Parish Church) 9.30 am for 9.45 am and shall finish by 12 noon. You can just roll up but, as usual, if we know you are coming (email to [michaeljh45@aol.co.uk](mailto:michaeljh45@aol.co.uk)) we'll make sure there are refreshments for you!

**Don't forget to bring a Bible!**

**FROM THE REGISTERS  
OCTOBER 2025**

**BAPTISM ANNIVERSARIES**

Sadee Murphy	19th September 2021
Albert David Richards	25th September 2022
Skyla-Rae Reardon	17th October 2021

**YEAR'S MIND**

Rowland Williams	31st October 2019
Michael Towers Barber	1st October 2021
John Maguire Harrison	6th October 2022
Alan James Howson	15th October 2022
David Joseph Gamble	27th October 2022
Derek Paul Frobisher	8th October 2024



***“In sure and certain hope of the resurrection to  
eternal life through our Lord Jesus Christ”***

*Deaths in the previous five years are included in the magazine, but each name in our remembrance book for the last 10 years is read out in the intercessions at St Paul's Sunday morning service.*

**CHRIST BE BEHIND ME**

Lord, I commit my failures as well as my successes into your hands,  
and I bring for your healing the people and the situations, the wrongs and  
the hurts of the past.

Give me courage, strength and generosity to let go and move on, leaving  
the past behind me, and living the present to the full.

Lead me always to be positive as I entrust the past to your mercy, the  
present to your love, and the future to your providence.

*St Augustine*



Be, Lord Jesus, a bright flame before me,  
a guiding star above me,  
a smooth path below me,  
a kindly shepherd behind me:  
today, tonight and for ever.

*St Columba*

# WEDNESDAY & SUNDAY SERVICES

## OCTOBER 2025

DATES	ST PAUL'S GRANGE-OVER- SANDS	GRANGE FELL	ST PETER'S FIELD BROUGHTON & LINDALE
WEDNESDAY 1ST OCTOBER	10 am Holy Communion CW Rev'd David Wilmot		
5TH OCTOBER SIXTEENTH SUNDAY AFTER TRINITY HARVEST FESTIVAL	11 am Holy Communion CW Rev'd David Wilmot 12.30 pm Harvest Lunch		9.30 am Holy Communion BCP Rev'd Annette Miller
8TH OCTOBER WEDNESDAY	10 am Holy Communion CW Rev'd David Wilmot		
12TH OCTOBER SEVENTEENTH SUNDAY AFTER TRINITY	11 am Holy Communion CW Rev'd David Wilmot	9.30 am Mattins BCP Rev'd Annette Miller	9.30 am Holy Communion CW Rev'd David Wilmot
15TH OCTOBER WEDNESDAY <i>TERESA OF AVILA</i>	10 am Holy Communion CW Rev'd David Wilmot		
19TH OCTOBER EIGHTEENTH SUNDAY AFTER TRINITY	11 am Holy Communion CW Rev'd David Wilmot		9.30 am Holy Communion CW Rev'd David Wilmot
22ND OCTOBER WEDNESDAY	10 am Holy Communion CW Rev'd David Wilmot		
26TH OCTOBER NINETEENTH SUNDAY AFTER TRINITY	11 am Holy Communion CW Rev'd David Wilmot	9.30 am Holy Communion BCP Rev'd David Wilmot	9.30 am Mattins BCP Biddy Hibbert
29TH OCTOBER WEDNESDAY	10 am Holy Communion CW Rev'd Annette Miller		



Last month the latest round of UN Global Plastics Treaty talks ended... without a treaty. World leaders failed to reach an agreement, and, once again, limits on plastic production - the most crucial step to ending the plastic pollution crisis - were blocked.

**Over 234 fossil fuel and plastic industry lobbyists** crowded the negotiations, outnumbering scientists by four to one! And along with powerful petro-states like the US and Saudi Arabia they blocked real progress.

It's frustrating. But The Big Plastic Count helped get the Treaty and the plastic pollution crisis higher up the Government's agenda, and the UK Government did genuinely show ambition at the talks and stood up for an agreement to reduce plastic production.

We will be asking you again to count your plastic usage in March next year!



## 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



## FAST FASHION

Fast fashion has revolutionized the fashion industry at a cost to the environment and human rights. The fast fashion business model relies on the exploitation of resources and human labour to deliver garments following the latest trends to its consumers.

The environmental consequences include excessive water usage and pollution, high carbon emissions, and a significant textile waste problem.

New analysis from Oxfam reveals that, by 2050, the fashion industry will produce 138 billion items of unworn clothes every year – enough to almost reach from the Earth to Mars and back, and equivalent to nearly four outfits for every person on the planet. The findings mark the start of Oxfam's annual Second Hand September campaign calling on people to make a statement about the kind of world they want to live in by choosing second-hand over fast fashion.

### *Fast Fashion Cont...*

Oxfam's research shows that, if all 1.6 billion unused items of clothes currently owned by the UK population were reused and worn, it would be enough to clothe the entire population of Manchester for approximately 18 generations, or 450 years. Further analysis by Oxfam highlights items of clothing are worn for less than five days on average in the UK — spending 1500 days or over 99% of their lifetime in the wardrobe!

Grange Soroptimists are playing their part by hosting their third Clothes Swap on Friday, 7<sup>th</sup> November, in Cartmel Village Hall. Up to 10 items of women's clothes, shoes or accessories (must be clean and presentable) can be exchanged for up to another pre-loved 10 items – free of charge! There will be a presentation on fast fashion during the evening.

### **WE DIDN'T HAVE THE “GREEN THING” BACK THEN**

Yesterday after shopping in our local supermarket, I was in the queue at the check out, and heard the young cashier suggest to the much older lady that she should bring her own grocery bags, because plastic bags are not good for the environment. The woman apologised to the young girl and then sighed, 'We didn't have this “green thing” back in my earlier days'. The young clerk responded, 'That's our problem today. You folk didn't do enough to save our environment for future generations.'

The older lady said 'Ah yes you're right -- our generation didn't have the “green thing” in our day.' She sighed then continued: 'Back then, we returned milk bottles, lemonade bottles and beer bottles to the shops. The shops then sent them back to the plant to be washed, sterilized and refilled, so those same bottles were used over and over, thus **REALLY** were recycled. But we didn't have the “green thing” back in our day.'

Grocery stores put our groceries into brown paper bags that we reused for numerous things. Most memorable was the use of brown paper bags as book covers for our school books. This was to ensure that public property (the books provided for our use by the school) were not defaced by our scribbles. Then we were able to personalise our books on their brown paper bag covers. But, too bad we didn't do the “green thing” back then. I remember how we walked up stairs because we didn't have an escalator in every store or office building; walked to the grocery store and didn't climb into a 300-horsepower machine every time we had to go 200 yards. . . But she was right. We didn't have the “green thing” in our day.

Back then we washed the baby's nappies because we didn't have the throw-away kind. We dried clothes on a line, not in an energy-gobbling machine burning up 220 volts. Wind and solar power really did dry our clothes back in our days. Kids got hand-me-down clothes from their brothers or sisters, not always brand-new clothing. . . But that young lady is right; we didn't have the “green thing” back in our day.

Back then we had one radio, in the house -- not a TV in every room. And if anyone

did own a TV, it had a small screen the size of a handkerchief (remember them?), not a screen the size of a football pitch. When cooking we blended and stirred by hand because we didn't have electric machines to do everything for us. When we packaged a fragile item to send by post, we used layers of old newspapers to cushion it, not Styrofoam or plastic bubble wrap. Back then, we didn't fire up an engine and burn gasoline just to cut the lawn. We used a push mower that ran on human power. We exercised by working so we didn't need to go to a health club to run on treadmills that operate on electricity. . . But she's right; we didn't have the "green thing" back then.

We drank from a tap or fountain when we were thirsty instead of using a cup or a plastic bottle every time we had a drink of water. We refilled writing pens with ink instead of buying a new pen, and we replaced the razor blade in a razor instead of throwing away the whole razor just because the blade got dull. . . But we didn't have the "green thing" back then.

Back then, people took the bus and kids rode bikes to school or walked instead of turning their mothers into a 24-hour taxi service in the family's expensive car or van, which cost what a whole house did before the "green thing".

Oh, and we had one electrical outlet in a room, not an entire bank of sockets to power a dozen appliances. And we didn't need a computerized gadget to receive a signal beamed from satellites 23,000 miles out in space in order to find the nearest leisure park. . . .

But it's so sad this current generation laments how wasteful we old folks were just because we didn't have the "green thing" back then.

*Extracted from Facebook*

## Fairtrade Fortnight

**22<sup>nd</sup> September to 5<sup>th</sup> October**

The theme this year is **"Do it Fair"**. At the Wednesday coffee morning on 1<sup>st</sup> October at the Methodist Church there will be an informative display and a stall where Fairtrade goods are available to buy at the price they cost in the shops. This is an opportunity to see the range available, show our support, perhaps try something new.

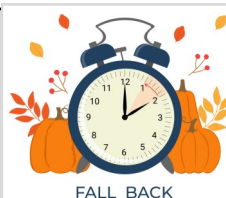


### Don't forget!

The clocks in the UK will 'fall' back by one hour at **2 am on Sunday, 26<sup>th</sup> October**, marking the end of British Summer Time (BST) and our return to Greenwich Mean Time (GMT), giving us an extra hour of sleep but also bringing darker evenings. BST starts when the clocks go forward in spring. At 1 am on the last Sunday in March, clocks 'spring forward' by one hour.

While most of Europe still resets its clocks twice a year, the countries that don't include **Armenia, Azerbaijan, Belarus, Georgia, Iceland, Russia and Turkey**.

Many other countries have stopped the practice in recent years, with some citing health concerns as a primary reason to avoid resetting the clocks.





## VISIT TO HIGHGROVE GARDENS - A SPECIAL PLACE

As a keen gardener and a big collector of Hostas I've always been keen to visit Highgrove gardens in Gloucestershire, near Tetbury. It took a bit of planning as bookings open in March for their season of visits and the dates book up really quickly. We booked in early March for a visit at the end of August!

When Prince Charles first bought Highgrove House in 1980 there were very little gardens and over the years working with garden designers and a team of gardeners, he has created a beautiful garden with amazing trees, unique buildings and very individual gardens with amazing pots everywhere (the urns were so big that William and Harry could hide in them as children!)

The small garden tour started in the cottage garden then on to the side of Highgrove House (the famous view of the lily pool garden with its topiary avenue). We then walked around the azalea walk, the sanctuary, the Egyptian gate, visiting the Muqarnas dome, the Temple grove and the Dovecot. The Stumpery was a lovely place with its national collection of Hostas which was wonderful, plus a Queen Elizabeth, the Queen Mother memorial.

One of my favourite memories was the Moorish garden which took its inspiration from the Alhambra - beautiful mosaics and water garden, such bright colours.

We then finished off with a special afternoon tea in the beautiful cafe with prosecco, of course, which was all very personal. Finally we could take photos as a record of our wonderful visit!

Judith Mitchell

## BAY COMMUNITY SINGERS CONCERT

### 'Remembering Ray' - a musical tribute to Ray Booth

Bay Community Singers' first concert of their new singing year will take place on **Thursday, 23<sup>rd</sup> October 2025** at **7 pm** in St Paul's Church.

It will be a musical tribute to their much loved and missed accompanist, Ray Booth, who sadly passed away in May.

Ray had been with the Singers for over 7 years and he was known for his warm, friendly personality, cheerful disposition as well as his superb musical skills.

Not only an accomplished pianist, Ray was also a fabulous organist and was well known in Grange, having played at most of the churches and accompanied many soloists over the years. Together with performances of his favourite songs by the choir, the concert will also include some of those soloists: Rachel Little, Julia and Michael Carroll, and Susan Harrison. Paying his own tribute on the organ will be Charles Edmondson and there will also be some fun piano duets. It is bound to be a wonderful evening of music making and shared memories of a dear friend.

Tickets are £10 (under 16's free) available from choir members, Johnston's Jewellers or on the door and include tea and cake. There will also be a raffle. All proceeds from the evening will be shared between the British Heart Foundation and Motor Neurone Disease.





and Guests

## Remembering Ray

A Musical Tribute to Ray Booth

**Thursday 23<sup>rd</sup> October 7pm**

**St. Paul's Church**

**Grange Over Sands**

Tickets £10 (Under 16's free) available from Choir members, Johnston's Jewellers or on the door.

Raffle and refreshments available

All proceeds to be shared between two nominated charities.



### St John the Baptist, Flookburgh Heritage Open Days

Flookburgh Church is hosting a series of open sessions to celebrate its 125th anniversary and to explore the long and fascinating history of churches in the village

Visitors will be able to enjoy displays, tours, and a special presentation. There will also be a rare opportunity to view the Flookburgh Regalia, seldom seen by the public.

**Come along to discover your history**



**Saturday 11 October, 2-4pm - Talk and tour**  
**Saturday 11<sup>th</sup> October, 7pm - Organ Recital £10 entry**  
**Tuesday 14 October, 2-4pm - Viewing and tour**  
**Thursday 16 October, 2-4pm - Viewing and tour**  
**Saturday 18 October, 2-4pm - Viewing and tour**

Admission is free (except organ recital), though donations to the Church Restoration Fund will be warmly welcomed.

**Sunday 12<sup>th</sup> October, 10am - Harvest Festival service**  
**Sunday 19<sup>th</sup> October, 4pm - Choral Evensong**



# SERENDIPITY

"The pearl of great price "

An evening about Sri Lanka  
its people, its faiths and its  
culture with Curry Tasting and Tea

by Penny Driver



**Tuesday 14<sup>th</sup> October**

**5.00 - 7.00pm**

St Paul's Church, Grange over Sands



Donations for  
The Church of Ceylon Orphanage

## An Evening with a difference

Come and learn something of the culture, people and faiths of Sri Lanka. Penny Driver spent some time there working with the church, and living amongst the villagers both in the tea mountains in Nuwara Eliya and in Kuranagula with young people at the theological college.

There will be a 40-minute presentation, time for questions, and then we can share some different curries together.

There will be a list at the back of St Paul's for you to sign up if you would like to come along. This will give us some idea of numbers for tasting the curries! And if you would like to make a curry to bring then please let Judith know. We are not selling tickets but will be glad of donations for the Church Orphanage in Colombo.

And on **Sunday, 26<sup>th</sup> October**, we  
welcome back the

## 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!

Again, there are no tickets, but donations  
will be shared between the band and St  
Paul's.

**St John the Baptist Church,  
Flookburgh**

**An evening of Organ Music**

**By David Pipe**

**Saturday,**

**11th October at 7 pm**

£10 on the Door

Wine & refreshments included

**The Parish Church of St Paul, Grange  
invites you to  
an afternoon concert  
with**

## Burneside Brass

**Sunday, 26th October, 2.30 pm  
in St Paul's Church**

***This is a return visit following the success  
of their previous concerts for us***



Burneside Brass is a friendly community band based in the village of Burneside, just outside Kendal. They compete in the 4th section at local area contests, and also enjoy a busy social programme of concerts throughout the year.

The band is proud to have lots of young players in its ranks, and encourages new players to learn through its training band system.

Burneside Brass looks forward to entertaining you once again with a mixed programme of brass band classics, popular tunes, and some Christmas music at this concert.

*Entry free, but donations welcomed  
Refreshments*

## “STRICTLY, A COMEDY OF ERRORS”

Everything started when I won tickets to see the pre-recording of the Strictly professional dancers. I then realised that we had booked hotel and trains for the wrong date. Eileen changed the train tickets after three trips down to the station in Grange. I managed to change the hotel booking but to a hotel 21 miles away from the Elstree Studios. Eileen caught the train in Grange and I caught one in Burnley but mine was running late and there was little time to change platforms in Preston.

Arriving in London, with much help from locals we managed eventually to reach our hotel. But before we had chance to go down for a meal I got a phone call to say that my contactless card had had fraudulent activity so it had been cancelled leaving me without the means to get around the tube easily. Next day after hunting round the shops for coins to buy my ticket we eventually set off for Elstree, again with much help from locals. It took us three hours to get from the hotel to the studios via underground/overground train and a service bus (for which the driver didn't charge us!!)

We eventually joined the queue. Once through the gates we handed in our phones and took our seats in a marquee where we waited for over an hour to get into the auditorium to our seats on the front row.

There was another wait during which I overheated and passed out. The Medic had me wheeled outside. My blood pressure was low so I had to drink lots of water. Eventually we were taken back inside but to the back row by a large fan, which resulted in us being quite cold.

I had booked the Uber taxi for 10 pm so we had to leave a few minutes early. We waited but the taxi didn't seem to be coming. A policeman came to our rescue. When the driver rang me he was at a different exit so the policeman ran round to tell him where we were. The driver was the most pleasant man you could ever wish to meet, and we got back to the hotel in no time.

Next morning saw me wanting coins again but from then on all was plain sailing home for us both.

Eileen and Margaret ( Ratcliffe )



## RAVENGLASS AND ESKDALE RAILWAY - THE LA'AL RATTY

At Christmas our son and daughter-in-law gave us a voucher for a cream tea and ride on the Ratty Railway at Ravensglass for us and our two grandchildren (11 & 7). As Paul, Jacob and Jack are all train enthusiasts we decided to go in the summer holidays when the weather was warmer. We drove by car this year as we have been before by train which was fun but a little time-consuming with time constraints.

Our cream tea was booked for 1.15 pm; we had to book it in advance even though we had gift vouchers. We arrived at Ravensglass at about mid-day and our train was departing at 12.20 pm. We had a semi-enclosed carriage, ie a roof but no sides; the weather was sunny and warm which made the journey very pleasant if somewhat windy. The scenery was stunning ranging from coastal through woodland to mountains in the distance. Jack and Jacob loved it, taking pictures and pointing out places of interest along the way.

At Dalegarth we were taken to our table downstairs in the café which was laid out wonderfully. Jack and Jacob were quite excited and Jack jumped in with both feet when the tall stacked plate of sandwiches and cakes arrived to be washed down with copious amounts of tea. Jacob is a little more fussy and tends to nibble, but both fully enjoyed everything they had. We had a small goodie box of cakes to take away for later.

Jacob and Jack then proceeded to run around the play area to burn off their food as Paul and I sat and watched. Then it was time to reconnect with our train to take us back to Ravensglass, a little tired and very full, although Jacob and Jack did eat a few of the remaining cakes on the return journey (*don't know where they put it*).

All in all we had a great day, full of fun and making memories to treasure and look back on. I would recommend a trip for the young and young at heart.

Linda





## **SAINT TERESA OF AVILA**

### **Remembered 15th October 2025**

Teresa was recognized as the first woman doctor of the church by Pope Paul VI in 1970. At the time, this honour had been given to only 30 saints of the Roman Catholic Church, and she earned this place for her Reform work and mystical ideas on mental prayer.

She lived during the 16<sup>th</sup> Century in what is now Spain, a vibrant, sociable soul who did not practise her faith in the “rigid asceticism and self-denial” of her peers. The Protestant Reformation and the Spanish Inquisition outlined her life’s journey when a new Christian spirituality was emerging with strict, traditional standards. To restore the Carmelite Order of the Incarnate to its original simplicity, St Teresa travelled and spoke out, unusual for a women and a nun in those times. Some critics thought she had Protestant leanings, but she was a devout Roman Catholic. Her greatest legacy is her body of writing that emphasizes the importance of experiencing God’s love through the practice of “mental prayer”.



### **10 Things You Should Know about St Teresa of Avila**

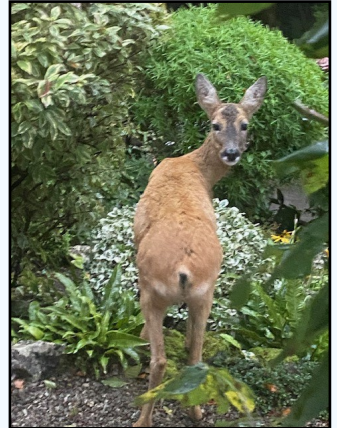
1. She was described as “a restless, disobedient gadabout who has gone about teaching as though she were a professor.”
2. She was born into a prominent, upper-class family of Jewish and Catholic heritage on 28th March 1515, and lived a sheltered early life.
3. As a child, she read popular fiction—medieval tales of knighthood and books on fashion and flower gardens.
4. Her mother’s death when she was only 14 led her to embrace a deep devotion to the Virgin Mary as a spiritual mother.
5. In her late teenage years, she lost some of her childhood zeal for a pious life and enjoyed a more worldly, popular existence in Avila. Her upper-class social standing made her a local celebrity.
6. The Carmelite order of nuns that St. Teresa joined when she was 20 years old was founded in Palestine around 1154. The order is devoted to poverty and meditation and claims to have originated with hermits living in the mountains in Biblical times.
7. Two years after she became a nun, her health collapsed. She fell into a coma for a few days and was an invalid for three years.
8. During her severe illness, she developed a passion for mental prayer, a spiritual practice in which St. Teresa heard God’s voice, saw visions, and felt her body levitate.
9. After her recovery, she stopped praying for 15 years.
10. In 1555, she underwent a religious reawakening and led a reform of the Carmelite order of religious men and women. Despite frail health and administrative difficulties, St. Teresa spent the rest of her life establishing and nurturing 16 convents throughout Spain.



Just glimpsed walking through!



Caught in the act



Who, me?



Grange Soroptimists invite you to

## *Shades of Autumn*

*Flower arranging by Joan Bentley*

Raffle of  
Flower  
Arrangements

**Sunday 19<sup>th</sup> October 2pm**  
**at Cartmel Village Hall LA11 6QB**

**Tickets £8.00** includes drink & slice of cake  
**Isabel Huggett 015395 36378 or**  
**07901997918**  
**Email huggett735@btinternet.com**  
Or <https://www.trybooking.com/uk/FFMK>



**Proceeds for our Christmas hampers for Barrow Women's Centre**

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

September saw the return of events and a successful Greek Evening. Plates were smashed (handmade plaster-of-Paris ones!), there was a bit of random dancing, and the food was plentiful.

**DATES FOR YOUR DIARIES AND CALENDARS**

**Sunday 5 October** – Harvest Lunch

**Friday 21 November** – Quiz Night and Hot Supper

**Wednesday 10 December** – A White Christmas Party

**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](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 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](mailto:fieldbroughtonsocial@gmail.com).

**FIELD BROUGHTON PARISH ROOMS**

Are you looking for a meeting room or rooms for one-off or regular hires?

Field Broughton offers a large hall and two smaller rooms. The toilets were recently refurbished to a modern standard and there is a well-fitted kitchen with everything you might want. Hire is £10 per hour.

The owner of Prime Wellbeing, a holistic therapies practitioner, uses the parish rooms on a regular basis. You'll find Catherine on Facebook if you would like to book her, but she also does home visits. I can recommend the reflexology session.

With the recent donation of carpet bowls, bowling mats, and assorted equipment, it is hoped to set up fun, social games in the very near future – a good one for the winter months? More details when we have a plan!

**BROUGHTON EAST PARISH COUNCIL**

Broughton East Parish Council has a website – [www.broughtoneastpc.org.uk](http://www.broughtoneastpc.org.uk) and the next meeting is on Monday 6 October 2025 at 6.30pm in the Parish Rooms.

**AND FINALLY**

Another date for your diary, it is planned to hold an Epiphany Lunch in Field Broughton Parish Rooms on Sunday 4 January 2026.

## 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

## Another happy SOLO DINING event

This time at the Gilpin Bridge Hotel—to be recommended!





## MUSICAL DELIGHTS NEXT MONTH

*The Parish Church of St Paul  
Grange-over-Sands  
invites you to  
an EVENING of*

**MUSICALS, MOVIES AND MORE ...**

*presented by*

**AMY COCKETT**

(vocals)

*and*

**MAL CARRUTHERS**

(organ/keyboards)



*All Welcome*

*Donations*

**Saturday, 8th November**

**7.30 pm**

On Saturday, 8th November, we are delighted to welcome Malcolm Carruthers and Amy Cockett who will entertain us with a selection of classic songs and instrumental themes entitled '**Movies, Musicals and more**'. They travel to us from Upper Wensleydale in North Yorkshire, Malcolm from Askrigg and Amy from Hawes. Amy, a busy working mother with a young family is a qualified Vet who runs her own highly successful practice near Leyburn. Malcolm, who had a long career in the centralised UK music industry, has now retired and is a team organist for the four churches in the benefice of Upper Wensleydale which includes the parish churches of Askrigg and Hawes. Whilst not a regular Sunday organist, he frequently plays for weddings and funerals both within the benefice and further afield, as well as undertaking fund raising concerts with Amy.

Malcolm is the younger son of the Rev'd 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.

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On **Saturday, 22<sup>nd</sup> 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.

**St Paul's Church in Grange-over-Sands**

**SATURDAY, 22nd November 2025**



### **A CELEBRATION IN WORDS AND MUSIC**

**ON THE FEAST DAY OF  
SAINT CECILIA,  
PATRON SAINT OF MUSIC**

Given by

**David Edmonds, Charles Edmondson,  
Wendy Nicholas and Audrey Gorman**

*Soup served from 12.45 pm, for 2 pm Concert start*

*Admission free with a retiring collection*

# Stillness & Song

Grange Methodist Church  
Sunday 5<sup>th</sup> October  
6-7pm

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



**Vocal Joy  
Autumn  
Concert**

22nd of October - 7.30pm  
St Mary's Church Allithwaite

Director: Ruth Houston  
Accompanist: Julia Carroll

for more information contact  
andrea.mason@carlisle-diocese.org.uk  
07377831808

Fundraising towards  
Guide Dogs for the Blind



## COOKBOOK SUPPER

Wednesday 22<sup>nd</sup> October  
6pm - 9pm  
The Eddington



Wed, 22 Oct at 18:00

### Cookbook Supper - Waste Into Wellbeing

Eddington Centre, 106a Highgate, LA9 4HE Kendal, United Kingdom

Shared to PEATsouthlakes public group

☆ Interested

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**Games**



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**Grange-over-Sands**  
 ✦ **5:30pm - 7:00pm**  
**Every Monday**  
**Term time only**

For more information contact  
[andrea.mason@carlisle-diocese.org.uk](mailto:andrea.mason@carlisle-diocese.org.uk)  
 07377831808

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**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**

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	125
August	108	180	<b>188</b>	63	78	143	176	115
September	133	177	66	62	112	<b>189</b>	154	<b>243*</b>
October	131	160	165	<b>304</b>	158	144	183	
November	62	85	114	71	177	<b>227</b>	64	
December	160	155	126	153	162	<b>259</b>	153	
<b>Annual</b>								
<b>Totals</b>	<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>1031*</b></u>
* = 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

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 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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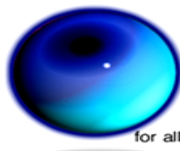
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Linda or Penny.

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

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## USEFUL CONTACT NUMBERS

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Mike Hill	m.hill811@btinternet.com	33511

### Treasurer

John Millican	johnmillican1980@btinternet.com	32561
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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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LA11 6BD

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