

The Parish Church
of St Paul
Grange-over-Sands



November 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.grangepec.co.uk

www.facebook.com/StPaulsGoS

From the Rectory

Giving Thanks

Dear Friends,

Perhaps, like me, you can recall being told the story of King Canute? I remember it as a story about the rather foolish king who, flattered by his courtiers, thought that he could hold back the waves on the beach. This is the story that's behind that old expression: "You can't turn back the tide".

But (perhaps to my shame) it was only fairly recently that I learnt that poor old Canute has been much maligned and that what he actually wanted to do was demonstrate to his flattering courtiers that, on the contrary, he most certainly couldn't turn back the tide. The moral of the tale is, therefore, that even though he was the King, there were appropriate limits to his power and authority. King Canute wanted to make the point that even he, especially he, stood subject to the authority of God.

I suspect that (like me) many generations of people have also miss-heard this tale and it will probably continue to go down as an example of hubris and vanity rather than holiness. However, I think I warm to this discovery about Canute. I'm attracted by this picture of someone who was not only appropriately humble but who therefore tried to point folk in the direction of something, or some-one, bigger than themselves.

This, I think, is the particular characteristic, the special gift for which many of us recall Her late Majesty Queen Elizabeth. Yes, we remember her exemplary service to the nation but, if there is one particular thing which stood out as the mainstay of her life, it was her faith.

Time and again, not least in her many Christmas messages, she acknowledged the limits of her position. In 2000, she said, "For me, the teachings of Christ and my own personal accountability before God provide a framework in which I try to lead my life". We might say that she bore her (yes, constitutional) authority very lightly and continually pointed us to something bigger than ourselves.

For that, we give thanks and we continue to pray for all who bear high office, and in particular those who are inclined towards hubris. May we also respect the limits of what they can offer. It is not their job to be our saviour. For that, we need to look elsewhere.

Every Blessing,

David

NEWS FROM THE DIOCESE

MESSAGE FROM BISHOP ROB

“We have been given permission to appoint a new Bishop of Penrith and the official notice of this was released on Friday 10th October. I have invited a diverse advisory group, drawn from across the diocese and wider church, to assist me with this appointment. The new Bishop will have some specific work around evangelism and encouraging vocations, and will join me in caring for and encouraging clergy, ministers and parishes across the diocese and ecumenical county. He/she will need to be someone who knows and is known. The candidate information pack states that we are looking for someone who will open the scriptures and our Christian tradition in ways which challenge, encourage and excite us and draw us closer to God. We seek someone who, when we spend time with them, leaves us more excited about Jesus. People are invited to suggest suitable names to me, and interviews will be held in early January. If the person appointed is not already a bishop, we hope they will be consecrated on April 30th at York and will start with us as soon as possible after that. Please join me in praying that God will send us a suffragan bishop after His own heart.”



BISHOP ROB'S ENTHRONEMENT AND DIOCESAN TOUR

Bishop Rob will be enthroned as the 68th Bishop of Carlisle on **Saturday, 29th November at 2 pm** at Carlisle Cathedral. The service will be livestreamed, and you can keep up with all the latest details by visiting the Cathedral website.

In the weeks before the enthronement, Bishop Rob will tour the diocese's deaneries. Each meeting offers a chance to pray together, hear his reflections, and share your hopes and insights for our diocese moving forward. All are welcome to attend the open deanery synods. Dates for the venues closest to us -

Windermere Deanery: Monday 3rd November, 7 pm - St Mary's, Windermere

Furness Deanery: Wednesday 5th November, 7 pm - St.Mary's, Dalton

Kendal Deanery: Tuesday 11th November, 7.30 pm - St Thomas's, Kendal

DATES FOR YOUR DIARY - NOVEMBER 2025

Sunday 2nd	4 pm - All Souls Service in St Paul's Church
Monday 3rd	8.30 am - Morning Prayer, St Paul's 12 noon - Grange Primary School Church Club 7 pm - Windermere Deanery Synod with Bishop Rob
Tuesday 4th	8.30 am - Morning Prayer, St Paul's 6 pm - Remembrance Rehearsal in St Paul's
Wednesday 5th	8.30 am - Morning Prayer, St Paul's
Thursday 6th	8.30 am - Morning Prayer, St Paul's
Friday 7th	5-7 pm - Repair Café, Methodist Church
Saturday 8th	7.30 pm - 'Music, Movies and More' concert, St Paul's
Sunday 9th	2 pm - Civic Remembrance Service, St Paul's
Monday 10th	8.30 am - Morning Prayer, St Paul's 12 noon - Grange Primary School Church Club 7.30 pm - PCC Meeting, Field Broughton
Tuesday 11th	8.30 am - Morning Prayer, St Paul's 10 am - Clergy Chapter 11 am - Vicar at Lindale school for Remembrance service 11 am - Remembrance Service, Ornamental Gardens, Grange
Wednesday 12th	8.30 am - Morning Prayer, St Paul's 7 pm - PCC Meeting, St Paul's
Thursday 13th	8.30 am - Morning Prayer, St Paul's
Friday 14th	11 am - Funeral of Felicity Emmett, St Paul's
Saturday 15th	10 am - Christmas Coffee Morning, Methodist Church, Grange
Monday 17th	12 noon - Grange Primary School Church Club
Wednesday 19th	<i>Feast Day of St Hilda of Whitby</i>
Thursday 20th	6.30 pm - Safeguarding course with Judith & Bidy, St Paul's Church
Saturday 22nd	<i>Feast Day of St Cecelia, patron saint of music</i> 2 pm - 'Celebration in Words & Music', with soup lunch, St Paul's
Sunday 23rd	1 pm - SOLO lunch, Newby Bridge Hotel
Monday 24th	8.30 am - Morning Prayer, St Paul's 12 noon - Grange Primary School Church Club 4 pm - Uganda Talk with Helen & Rob Cooper, St Paul's 4 pm - Mother Teresa, Father Magner Room, St Charles
Tuesday 25th	8.30 am - Morning Prayer, St Paul's 10.30 am - Worship Committee, St Paul's
Wednesday 26th	8.30 am - Morning Prayer, St Paul's 11 am - Pastoral Committee, St Paul's
Thursday 27th	8.30 am - Morning Prayer, St Paul's
Friday 28th	10.30 am - Prayers at Quaker Meeting House, Cartmel 2 pm - Christmas Fair set-up
Saturday 29th	10 am - St Paul's Christmas Fair
Sunday 30th	3 pm - CPCT Advent Carol Service, Boarbank, Allithwaite

ST PAUL'S CHRISTMAS FAIR

The arrangements are all in hand for **Saturday, 29th November**, 10 am-12.30 pm, when we shall be holding our annual Christmas Fair. All our usual stalls will be offering their goods for sale – books, cakes, bottle tombola, plus some new craft stalls. The Café will be serving refreshments along with our popular bacon butties.

Donations for any of the stalls are welcomed, and boxes will be available at the back of the church. A particular plea is for goodies for our cake stall and extra raffle prizes. The raffle tickets are printed and will be available for sale to you, your family, friends and neighbours!

We shall be setting up in church from 2 pm on the Friday and welcome any help.

Please support the fair as it raises much-needed funds for St Paul's.

Judith



Our last Repair Café of 2025 will be on Friday, November 7th, 5–7 pm at the Methodist Hall. We will be repairing all the usual items and also anything Christmas-related that you would like to have mended. If, like many of us, you have amassed a sizeable collection of Christmas lights, ornaments and decorations and would like to do some decluttering, please bring the surplus along to swap or give away. Better that someone uses them and brightens up their corner of the world than that they sit shut away in a box. Anything left over can be taken back or we can give it to a local charity shop.

All of the above will be served up with the usual hot drinks and home-made cakes, and an extra dollop of seasonal cheer!

Hope to see you then.

FROM THE REGISTERS

NOVEMBER 2025

BAPTISM ANNIVERSARIES

Luca Blue Rocky Spendlove	27th November 2022
Tiger Alfred Barry Spendlove	27th November 2022
Skyla-Rae Reardon	17th October 2021

YEAR'S MIND

Doug Wigfall	11th November 2020
Ian Morgan	30th November 2020
Brian Gladwin	28th November 2020
Richard Fletcher	7th November 2020
Robert Garnet	16th November 2022
Dorothy Hemerdinger	22nd November 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.

Office Jargon

- ***Social Notworking*** – messing around on Facebook and Twitter to avoid doing work.
- ***Déjà Brew*** – offering to make someone a cup of tea when you know for a fact they've just had one in the hope they will decline.
- ***Blue sky drinking*** – an unlimited free bar at a work party.
- ***Drainstorm*** – a poorly organised workshop, where everyone leaves feeling deflated.
- ***Human Desourcing*** – sacking people.
- ***Jambivalence*** – ignoring a printer blockage in the hope that someone else will fix it.
- ***Google Naps*** – using Google to work out what time colleagues around the world will be sleeping, to avoid them replying to emails.
- ***Stock Home Syndrome*** – pinching stuff from the office.
- ***Shout-of-office*** – someone who wants every single person in the building to know they are off on holiday.
- ***Procaffeinating*** – making coffee to avoid an unpleasant task.
- ***Tupperwarfare*** – fighting for space in the office fridge.

WEDNESDAY & SUNDAY SERVICES

NOVEMBER 2025

DATES	ST PAUL'S GRANGE-OVER- SANDS	GRANGE FELL	ST PETER'S FIELD BROUGHTON & LINDALE
2ND NOVEMBER ALL SAINTS SUNDAY	11 am Holy Communion CW Rev'd David Wilmot 4 pm All Souls Service Rev'd David Wilmot & Rev'd Annette Miller		9.30 am All Souls Service Holy Communion CW Rev'd David Wilmot
5TH NOVEMBER WEDNESDAY	10 am Holy Communion CW Rev'd Annette Miller		
9TH NOVEMBER REMEMBRANCE SUNDAY	11 am Holy Communion Rev'd David Wilmot 2 pm Remembrance Civic Service Rev'd David Wilmot	9.30 am Mattins BCP Rev'd David Wilmot	9.30 am Holy Communion CW Rev'd Annette Miller
12TH NOVEMBER WEDNESDAY	10 am Holy Communion CW Rev'd David Wilmot		
16TH NOVEMBER TWENTY SECOND SUNDAY AFTER TRINITY	11 am Holy Communion CW Rev'd David Wilmot		9.30 am Holy Communion CW Rev'd David Wilmot
19TH NOVEMBER WEDNESDAY	10 am Holy Communion CW Rev'd Annette Miller		
23RD NOVEMBER SUNDAY CHRIST THE KING	11 am Holy Communion CW Rev'd David Wilmot	9.30 am Holy Communion BCP Rev'd Annette Miller	9.30 am Mattins BCP Biddy Hibbert
26TH NOVEMBER WEDNESDAY	10 am Holy Communion CW Rev'd David Wilmot		
30TH NOVEMBER ADVENT SUNDAY	11 am Holy Communion Rev'd David Wilmot		9.30 am Holy Communion BCP Rev'd David Wilmot

‘SERENDIPITY’ – THE PEARL OF GREAT PRICE



Over 30 people gathered in the social area at St Paul's on a Tuesday evening to listen to Penny Driver talking about her time spent in Sri Lanka.



As the Youth Officer in the Diocese of Ripon and Leeds she was asked by her Bishop to consider leading a small party of youngsters to Sri Lanka as part of the link between that Diocese and the Dioceses of Colombo and Kurunegala. After a preliminary visit eight youngsters aged between 17 and 25 were chosen to spend 3 months on the island, living with local families and experiencing their way of life. (Interestingly, two of those

youngsters went on to become ordained.)

Dressed in a beautiful silk sari, Penny illustrated her talk with a series of slides, separated under the following headings: people, culture, religion, faith and issues. Also on display were various artefacts she had acquired, including items made by a women's co-operative and a wooden replica of the Sri Lankan cross.

Following a time for questions, five different curries were served and enjoyed.

The evening raised £226 which is being sent to the Church of Ceylon Orphanage.



CONCERT RAISES £2500 FOR CHARITY



The Bay Community Singers would like to thank all those who supported their recent concert held at St Paul's Church in memory of Ray Booth. The church was full to capacity and the audience enjoyed not just a fabulous range of songs from the choir, but also superb vocal solos from Susan Harrison, Michael Carroll and Rachel Little. The varied programme included stirring organ music and technically brilliant piano duets. A total of £2,500 was raised from ticket sales and raffle which will be shared between the British Heart Foundation and MNDA.

Looking ahead, Bay Community Singers have a busy time performing in the run up to Christmas. You can hear them at the following places:

- Saturday 29th November: Grange Christmas Tree Lighting
- Thursday 4th December: Carols by Candlelight, Kendal Parish Church, 7 pm, raising funds for NSPCC
- Friday 5th December: Beetham Garden Centre Christmas Market, 1-1.45 pm
- Thursday 18th December: URC Carol service, 6 pm
- Saturday 20th December: Carol Singing in Grange town centre (next to Co-op), 11 am-noon, collecting for Kendal Blood Bikes

Our Spring term rehearsals start 8th January 2026. For further information on joining us, please email: baycommunitysingers@gmail.com

Hi Brian

From me and on behalf of the Bay Community Singers a very big thank you for all your help in organising and setting up for last night's concert - it was a magnificent evening and how wonderful to see the church so full.

We really do appreciate the church waiving the hire fee for this event - please pass on our grateful thanks to Rev David and anyone else within Church Management.

Best wishes, Jane (Thedham)



BURNESIDE BRASS BAND CONCERT

26TH October

We were delighted to welcome our friends from Burneside and a most delightful and enjoyable Sunday afternoon was spent by all. Conducted by Dave Higson, the Musical Director, the programme was varied, the introductions by Jim (principal cornet) were informative, witty and amusing, and the playing by the talented individuals of the highest standard.

The programme opened with the rousing Sousa's 1890 march *The Liberty Bell* (famous more recently as the Monty Python theme tune) which captured the audience's attention and we proceeded through various arrangements of known (and less well known) melodies featuring different parts of the band: a hymn tune by Howard Cuthbert showing the depth of sound of the band as a whole, *Drummer's Delight* to show the talents of Simon Carr on drums, *Calling Cornwall* commissioned by the BBC as theme music for Radio Cornwall, and *Grandfather's Clock* played as a euphonium solo by Eleanor Knowles, for whom this was her final performance with the band before she moves on to a more demanding musical environment. We wish her well. A version of a Russian folk song *Kalinka* concluded the first half.



Features of the second half were Mozart's *Eine Kleine Nachtmusik* played on a Double EE flat bass tuba (who would have thought that Mozart could go so low or a tuba show such agility?) and the Henry Mancini's *Pink Panther* theme played on the bass trombone in a most flamboyant (and expressive) manner.



The band amused and entertained us, as well as stressing the community-uniting nature of its work as it encourages young players and oversees their learning and development, aided by finance from the band's own funds raised from performances like ours. We tapped our feet, donated generously (aiding the church as well) and look forward to their next visit. Thank you, Burneside, and to our Social Committee for bringing them to us.

MBH

You may remember that our initial introduction to this band was when Eleanor and Dave visited St Paul's four years ago asking if we could be included in their musical journey around the churches of Cumbria. We have sent a cheque for £160.

THE OTHER SIDE OF GRANGE

Following my road accident in January and subsequent hospital treatment I was told that I must no longer use stairs, so, on top of other tasks, Peter (with help from me in my hospital bed) started looking for other suitable accommodation. We considered flats in Leeds near our daughter and local sheltered housing but, thankfully, after a few setbacks settled on one of two available two-bedroom flats in Grange close to friends, church, Parkinson's treatment for Peter, and our beloved Lake District (where there is still one Wainwright waiting for us to climb!).

We were very sad to leave Cart Lane with its incredible views of the bay and Ingleborough, sunrises, loving neighbours, our garden full of bonsai trees, and the absence of traffic noise to live in the centre of Grange in a flat. One of our daughters said we would be seeing a different side of Grange-over-Sands, how right she was.

I never realised just how busy Main Street can be day and night (when the Royal Mail delivery van arrives at the Post Office about 5 am and its contents are trundled in noisy wheeled crates into their courtyard). There are often two lanes of traffic with cars jostling for parking space round massive vehicles delivering to the shops and eateries near the Post Office, not to mention the frequent cars travelling the wrong way up the one-way system! Many more buses than I knew we had in Grange pull up at the bus stop for passengers getting off and on. 'Tractors, builders' lorries and vehicles with trailers pass throughout the day going either up the hill to Cartmel or turning left into Grange. What are they all doing?

The number of pedestrians, many of whom I recognise, of course, visiting Spar or the Post Office or waiting for a bus amazes me, but there is also a large number of tourists strolling round looking at the view and for shops or dropping in to The Keg and Kitchen (whose pizzas on Friday and Saturday attract crowds of hungry customers).

I never realised how many people, like myself, need walking sticks or crutches for support or walk with a limp. There is a surprising number and variety of dogs and cyclists and runners. It's apparent how the colour and style of people's clothes have changed due to the weather since we moved here, and we can estimate the day's temperature by what people are wearing.

I love this new form of entertainment, people watching, from my swivel chair by a huge second-floor window giving me views of Main Street, Eggerslack Woods and St Paul's Church in one direction, and the roofs of Grange and distant Morecambe Bay the other. I miss having the trains go by and the tides coming in and out but love to hear the quarterly hour strikes from the Clock Tower.



The view of St Paul's is wonderful, as you can see from my picture of the school children arriving for their harvest festival service in Storm Amy.

I see visitors as well as our congregation going in and out of the church, and am thankful to be able to walk across and join them, but a bit sad that I can no longer walk up to Fell Church.

To all who visited, sent cards, good wishes and offered prayers for me and my family I send my love and thanks. It's wonderful to be back.

Barbara Ramsden

Visitors to the Fell Church



The following comment was picked up on Facebook ...

"A little 6-mile loop up over Hampsfell, down to Fish Over Chips, coffee on the prom and back up Fell Rd today! Making the most of the autumn sunshine in the most beautiful place. Also met a lovely lady when we popped into the little church on Grange Fell Road. What a beautiful building."

Trying to find out the identity of the 'lovely lady' brought the following comment – from Dorothy...

"So many people have mentioned to me that they have never been in the church, which is such a shame. We agreed at our last meeting that I could open the church to visitors when I drop off the pewsheets. It was a glorious afternoon, so I opened the gate and the doors wide. I had a woman with 3 boys and a middle-aged couple come in. It was the couple who stayed chatting. I didn't advertise the opening and I didn't expect anyone to come, but I'm glad I did.

And the church looks so much loved after our recent boon day."

A BOUNTIFUL HARVEST

On the first Sunday in October we celebrated Harvest at St Paul's. The PCC had agreed that the offerings this year would be in support of the Foodbank at Barrow. On the Friday afternoon the children from Grange Primary School walked to the church (in the pouring rain at the start of Storm Amy), bringing with them their gifts, which were presented at the altar during their special harvest festival service. Later the gifts collected at Lindale Primary School were added.



On the Sunday 70 people were present for the main morning service led by the Revd David Wilmot, when further donations were brought by parishioners. After the service a delicious lunch was enjoyed by all, the first course delivered from the Old School Kitchen, and a range of desserts provided 'in house'.

Following the service all the goods were transported over to St Charles to be added to the

regular Foodbank Collection every other month, organised by the small ecumenical group of Co-workers of Mother Teresa. As well as gifts from individuals, donations were received from the Methodists and RC churches, the Fell Church, St Mary's Staveley, and St Peter's Field Broughton.

In all, 23 trays of food and toiletries were donated, plus £409 in cash, most of which was Gift Aided, a

fantastic response and certainly the largest collection since we started supporting the Foodbank over 10 years ago.

Monday morning saw the laden trays



and additional large carrier bags all loaded into the van to be taken by driver Andy Wilson to the Foodbank at the back of the Baptist Church on Abbey Road, Barrow, where “the shelves are starting to look a little barren in the warehouse” – but not before calling in at St Anne’s Haverthwaite for their collection.

A very big ‘thank you’ to all who donated so generously to help local people living in crisis.

Our next date is Sunday, 7th December, which will be our Christmas collection. Can we ask for another generous donation to help those less fortunate than ourselves!



FUN AND FRIENDSHIP

Another fun and action-packed after-school event with our young people, this time with the theme of 'Giving and Receiving'. 14 youngsters listened as Annette explained the theme before they split up for their four activities, making owls, sweet-filled butterflies, autumn wreaths and friendship bracelets, all of which they proudly took home, after a short time of worship and song.



St Paul's Church

Monday 24th November @4pm

Making a difference for Children
with Disabilities



Kyangiga Child
Development Centre
Helping children reach their full potential



God sets the solitary in families - Ps 68 v8

Uganda

Kyangiga Mobility

Bamboo wheelchairs

Kenya

Appropriate

paper based technology

Speakers:
Helen & Rob Cooper

**Tea and cake
Refreshments**



Helen and her husband will be telling us about the visit they made to Uganda earlier this year to a Child Development Centre, Helen working with babies and children with disabilities, and Rob helping to make wheelchairs out of bamboo. This next year they are visiting again, and including Kenya on their itinerary.

NEWS FROM ST PETER'S, FIELD BROUGHTON

FRIENDS OF ST PETER'S SOCIAL COMMITTEE

October saw the Friends put on a traditional harvest lunch. There was plenty of cottage pie with fresh vegetables followed by home-made fruit crumbles and custard galore!! To round the meal off, there was coffee and after-dinner mints. It was a lovely, relaxed afternoon and no-one was in a hurry to go home.

DATES FOR YOUR DIARIES AND CALENDARS

- **Saturday 15 November from 7 pm** - indoor carpet bowls and social evening in Field Broughton Parish Rooms. No need to book, just turn up.
- **Friday 21 November – Quiz Night and Hot Supper**
NB At the time of writing we are almost fully booked.
- **Wednesday 10 December – A White Christmas Party** with live music from Men in Hats. There will be a special buffet and a glass of fizz included as we enjoy good food, wine, company and music.

With the acquisition of an indoor carpet bowls mat and the necessary playing equipment, there have so far been 3 successful evenings of playing bowls. Whilst it is for fun, as everyone learns and improves their technique, there is a competitive spirit developing! There will be another bowls evening on Saturday 15 November from 7 pm. Drinks and nibbles will be available for donations. Everyone welcome. Later in the year and into 2026 it is hoped to run some afternoon sessions.

Next on the list??? We are planning to introduce table tennis to the parish rooms – watch this space.

Please book or ask any questions via fieldbroughtonsocial@gmail.com or with Louise (louiseshrapnel@gmail.com).

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

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

BROUGHTON EAST PARISH COUNCIL

Broughton East Parish Council has a website – www.broughtoneastpc.org.uk and the next meeting is scheduled to take place on **Monday 8 December 2025 at 6.30pm** in Field Broughton Parish Rooms.

AND FINALLY

It is planned to hold a **boon/cleaning day** in St Peter's on 28 and/or 29 November – keep an eye out for details. All help welcome.

Another date for your diary is an **Epiphany Lunch in Field Broughton Parish Rooms on Sunday 4 January 2026.**

And one more thing! There will be a Xmas wreath making workshop (courtesy of Bluebell and Ivy of Ulverston) on **Thursday 27 November at 2 pm** in Field Broughton Parish Rooms. All materials provided and the cost is £40 payable on the day. Please book via fieldbroughtonsocial@gmail.com.

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, 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 9.30 am – Closes late afternoon



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

A HAPPY RETURN VISIT!

The Rev'd Ian Coomber joined our regular congregation on Sunday, 12th October. Ian was our Team Rector from 2005 but regrettably only served in Grange for 4 years as his time with us was cut short after his wife Jill fell ill. She died in April this year.

Ian spent the weekend in Grange catching up with 'old' friends. It was 16 years since he had last been inside St Paul's!



A note from Ian

It was good to have time in Grange and a chance to mull over the adaptation of life as a new chapter begins. I could not believe how little most folk had changed in 16 years! It must be the water. And St Paul's is still the welcoming community it always was, despite all that you have gone through together. I think the adaptation of the church building is brilliant, and done without any loss of dignity or sacredness.



TWO FABULOUS MUSICAL DELIGHTS THIS MONTH



On **Saturday, 8th November**, at 7.30 pm, 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.

The **22nd November** is the Feast Day of St Cecilia who is the Patron Saint of Music, and we will be celebrating the day with **‘A Tapestry of Words and Music’**. The music for this will be provided by six hands on one piano: David

Edmonds, Charles Edmondson and Wendy Nicholas. Their choice of pieces is far reaching, ranging from classical pieces by Mozart, Boccherini and Bizet to Latin American pieces and a March by Sousa. Audrey Gorman will be narrating appropriate extracts of poems and prose throughout the programme. Admission to the event is free, which starts at 2 pm.

Light refreshments from 12.45 onwards.



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



ECOCHURCH



There is a reciprocal rhythm. A flow between things. A velocity of reciprocity that builds a village, builds a dream, builds the world.

Slowly, and not so softly the year turns. I came across this photo the other day and it really made an impact on me. Often we are told that trees are the 'lungs' of the earth yet somehow this picture captured so much more. Our lungs are like trees, and our trees are like lungs, we breathe in what trees breathe out - they breathe in what we breathe out. What a partnership that is, an act of supreme reciprocity, and generosity. Trees regulate the Earth's atmosphere acting as carbon sinks. Trees help to slow down the effects of climate breakdown; they tell the seasons. Trees provide shelter and food for a myriad of creatures and animals. It's so much more than biology - it's a relationship.

This is a lung. This is a tree.



Forest ecologist Suzanne Simard discovered the 'wood-wide web,' showing how trees communicate, share nutrients, and support one another through vast underground fungal networks (mycorrhizae). A living example of reciprocity in nature. Reciprocity is nature's way of keeping life in balance. Every living thing gives something and receives something in return. Older 'mother trees' send carbon and nutrients through these networks to younger or struggling trees, helping the forest thrive as a whole. The forest lives because everything in it gives and receives.

Nature doesn't take without giving back. Most of this relationship is invisible, and voiceless, taken for granted, ignored, or completely destroyed. PEAT screened 'Wilding' at the end of September an uplifting film about rewilding the Knepp estate, creating a rich and fertile land by moving in key species, humans getting out of the way, and leaving nature to heal the land. Truly magical to watch - transforming a lifeless dying land into one where nightingales, turtle doves, rare butterflies returned.

At the turn of the year what might our reciprocity look like, what can we give back? As the saying goes 'it's nature's world we just live in it!' And time is running out. One way of giving back is to join our growing community who do whatever they can, where they are, with what they have. If you want to help or have any ideas please get in touch at peatmessages@gmail.com

Kindest regards

Annette Hennessy - Chair (Extract from PEAT's October Newsletter)

Eco tip: Taste the difference!



Local and seasonal food tastes great and is better for the planet. Think about incorporating locally grown produce into your diet and shopping list throughout the seasons. You'll be eating food that is harvested at its peak ripeness - this means better flavour than imported alternatives that have travelled thousands of miles. If you say grace before a meal, give thanks for your local food producers this month.

PEAT Activities

Friday 7th November, 5-7 pm, Grange Methodist Church - As the festive season approaches, PEAT, together with **Grange Methodist Church**, invites everyone to a Christmas-themed Repair Café.

Tuesday 25th November, 7-9 pm, Grange Methodist Church - **Climate Justice** talk with Malcolm Kimber, who will explore what climate justice means here and around the world, and how communities like ours can make a real difference. All are welcome.

Recommended <https://www.facebook.com/reel/1383306580244691>

A short clip from the wonderful, sadly missed Jane Goodall

SOLO DINERS Our next outing will be to the Newby Bridge Hotel on 23rd November for our pre-Christmas meal. Two courses will be £23.95 and three £28.95. Their carvery has always been delicious and I hope that, if you normally dine alone, you will think about joining us. Lifts are available as usual.

The list will be out in St Paul's from Wednesday, 12th November.

SOUL FUEL





Food



Games



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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




**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	115
September	133	177	66	62	112	189	154	254
October	131	160	165	304	158	144	183	*75
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	*1117

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

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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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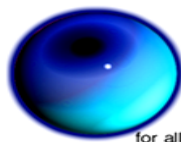
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USEFUL CONTACT NUMBERS

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
---------------	---------------------------------	-------

Parish Safeguarding Officer

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

Fell Church

Please contact the Churchwarden

Parochial Church Council Secretary

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

Office / Parish Administrator

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

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

E-mail - stpaulschurchgrange@gmail.com

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

Magazine Co-ordinator

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

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

Bible Reading Fellowship Representative

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

Stewardship Secretary

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

Magazine Editor

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

Missions Secretary

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

Flowers

Kath Bush		32601
Audrey Gorman	peterandaudrey2@btinternet.com	35209