

The Parish Church
of St Paul
Grange-over-Sands

LENT



February 2026

£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.grangeppcc.co.uk

www.facebook.com/StPaulsGoS

From the Rectory

Patient Trust

As Lent begins, we sometimes get into conversation about what we'll be giving up this year. As you might expect, I'm all in favour of resolutions like this, especially if they are going to help us grow in faith. Because this is the point: the season of Lent takes its name from an old word meaning 'Spring'. The tone is very positive - it's all about growing and changing in the things of God.

However, it's well to remember that growth (certainly in the physical sense) is something not entirely under our control; and this very thought gives us another insight into how Lent might help us. What I mean is that, whilst it might be good to think about 'doing' or 'not doing' this, that or the other, another way of approaching Lent might be to spend our time getting in touch with what God is doing within us and whether we help or hinder what we might call the 'Graces' he wants to give us. So, the first task we might set ourselves is to become more conscious and grateful for what Pierre Teilhard de Chardin calls the 'Slow work of God' within us. He puts it like this:

Above all, trust in the slow work of God.

We are quite naturally impatient in everything
to reach the end without delay.

We should like to skip the intermediate stages.

We are impatient of being on the way
to something unknown, something new.

And yet it is the law of progress that it is made by passing through
some states of instability - and that it may take a very long time.

And so, I think, it is with you.

Your ideas mature gradually - let them grow,
let them shape themselves, without undue haste.

Don't try to force them on, as though you could be today what time
(that is to say, grace and circumstances acting on your own good will)
will make of you tomorrow.

Only God could say what this new spirit gradually forming within you will be.
Give our Lord the benefit of believing that his hand is leading you,
and accept the anxiety of feeling yourself
in suspense and incomplete.

And (I might add) "a work in progress..."

Every Blessing, David

Charitable Donations from St Paul's this Christmas

Our Christmas Tree Festival raised **£1916.94** in donations from 850 visitors, 50% of which North-West Air Ambulance has received **£958.47**

Children's Society

£191.84

WaterAid

£627.50 (incl £121 in Gift Aid)

SPONSORSHIP OF ST PAUL'S WEEKLY PEW-SHEET

I'm sure that everyone at St Paul's and the Fell Church values our weekly pew-sheet. For many years (at least since 2013) we have given the opportunity for members of our congregations to sponsor the weekly pew-sheets to mark an anniversary, special occasion, remembrance, etc.

The cost to sponsor the weekly pew-sheet and include a short message, usually at the bottom of the sheet, will be £10 from February 2026, which helps to offset the production cost. The sponsorship sheets are on the table at the back of church (left-hand side as you come in through the main entrance); just fill in your name and a short message (clearly printed) on the appropriate date and let our Treasurer, John Millican, have the money (cash, cheque or BACS payment). Please do not leave cash in Church.

Rosemary Hoyle – PCC Secretary

FROM THE REGISTERS FEBRUARY 2026

FUNERALS

Trevor Brockbank	2nd January 2026
Heather June Morgan	4th January 2026

YEAR'S MIND

Irene Mary Robinson	28th February 2020
Leon Jackson	29th February 2020
Margaret Lee	29th January 2020
Elizabeth Ann Waller	1st February 2022
Raymond Ryley Milligan	25th February 2022
Judith Mary McMillan	6th February 2023
Phyllis Ward	12th February 2023
Kathleen Gamble	15th February 2023



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

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.

THROUGH LENT Together in 2026

“Our only desire and our one choice should be this: I want and I choose what better leads to the deepening of God's life in me”.

St. Ignatius of Loyola, -from the beginning of the Spiritual Exercises.

The word LENT comes from an ancient word meaning `Spring`. This season of the year is given to us as a springtime for our faith; an opportunity to consider prayerfully how we may become more open to the good work which God has begun within us. At the Ash Wednesday Service, we are given the following charge: “Brothers and sisters in Christ, since early days Christians have observed with great devotion the time of our Lord’s passion and resurrection and prepared for this by a season of penitence and fasting. By carefully keeping these days, Christians take to heart the call to repentance and the assurance of forgiveness proclaimed in the gospel and so grow in faith and in devotion to our Lord. I invite you, therefore, in the name of the Church, to the observance of a holy Lent, by self-examination and repentance; by prayer, fasting and self-denial; and by reading and meditating on God’s holy word.”

Letting this Lent be about God

This Lent, why not approach the practices of prayer, giving and fasting with an eye to what God wants to do in order to transform US?

It’s very easy to approach Lent as though it were a series of New Year’s resolutions. But Lent is not about self-improvement. Lent is a time of conversion in which, we might say, God is in the driving seat.

After all, Lent is a preparation for the season of Easter and in Easter we see that Jesus comes to save us, despite ourselves. Peter swears up and down that he will never betray Jesus but then he does. A thief on the cross ends up being the first to be in Heaven with Jesus; a most unexpected consolation. Women go to the empty tomb to mourn and end up being missioned by Jesus, resurrected. Jesus reconciles with Peter despite the betrayals and then gives him a central place in Church leadership. Easter is full of the unpredictable. Easter is a lot of amazing, beautiful surprises with the Resurrection at its heart.

If this is true, then again, Lent is not a project of self-improvement. Rather, it’s a time for allowing God to transform us and a time of intentional cooperation with God’s graces, where God leads and we follow. Like a good dance partner, we can choose to follow or not but God is always in the lead. What might this look like in practice? Essentially, a Lent of following God’s lead must be grounded in prayer.

You are invited to consider the following which are available this year:

Ash Wednesday (18th February)

Beginning Lent Together in Worship....

- 10.00am Holy Communion (with the imposition of Ashes) at St. Paul's
- 7.00pm Holy Communion (with the imposition of Ashes) at St. Paul's
- 7.00pm Holy Communion (with the imposition of Ashes)
at St. Peter's Field Broughton

Daily Prayer @ 8.30am and 5.00pm

You will be welcome to join in Prayer at St. Paul's Church

- 8.30am Monday to Wednesday (Variations will be on the weekly sheet)
Readings & Prayers to begin the day.
- 5.00pm Monday to Wednesday (Variations will be on the weekly sheet)
Readings & Prayers to end the day.

Wednesday @ 11.00am

Reading Matthew's Gospel Together

The Vicar has prepared a simple sheet of daily readings to take us through Matthew's Gospel in Lent. Copies are available in Church. You are welcome to follow this pattern of readings on your own but if you would like support and encouragement once a week, a group will gather each Wednesday (following the morning worship) at 11.00am in St. Paul's Church. You will be very welcome (Wednesday 25th February. / 4th, 11th, 18th, 25th March. / 1st April)

Sundays @ 11.00am: "Coming to the Cross...."

Each Sunday morning at St. Paul's we will reflect on the Cross of Jesus and why it matters

- 22nd February - Matthew comes to the Cross.
- 1st March - Mark comes to the Cross.
- 8th March - Luke comes to the Cross.
- 15th March - John comes to the Cross.
- 22nd March - We come to the Cross.

Sundays @ 4.00pm: "Evening Prayer"

A Quiet way to end the day- at St. Paul's, with an opportunity to reflect together on our Lent Theme: "Coming to the Cross...."
Tea & Coffee will be served.

A Quiet Morning @ Field Broughton Village Hall

“Just another Sunday Morning?”

Enriching our experience of Holy Communion.

Thursday 26th February. 9.30am – 2.00pm.

How can we enter more deeply into what has been called “the source and summit of the Christian life”? Arrivals and Coffee at 9.30am. Several short addresses, space to reflect and a Eucharist. Bring a packed lunch. Drinks and biscuits provided. No Charge. Donations towards hire of the Hall will be welcome.

To reserve a place please Email: stpaulschurchgrange@gmail.com

Tel: 07305 777 113 or sign the list in St. Paul's or St. Peter's Church.

A Quiet Morning @ Field Broughton Village Hall

“Finding God in a busy day?”

How Christ keeps his promise to be with us always.

Thursday 26th March. 9.30am – 2.00pm

“If we could lift the veil and if we watched with vigilant attention, God would endlessly reveal himself to us and we should see and rejoice in his active presence in all that befalls us. At every event we should exclaim: “It is the Lord!”

- Jean Pierre de Caussade

Arrivals and Coffee at 9.30am. Several short addresses, space to reflect and a Eucharist. Bring a packed lunch. Drinks and biscuits provided. No Charge. Donations towards hire of the Hall will be welcome.

To reserve a place please Email: stpaulschurchgrange@gmail.com

Tel: 07305 777 113 or sign the list in St. Paul's or St. Peter's Church.

Home Communion

If you would like to host a simple Communion Service at home one morning, afternoon or evening during Lent & invite friends and neighbours to join in- the Vicar will be happy to arrange something with you:

Contact: davidmwilmot@gmail.com or Tel: 07305 777 113.

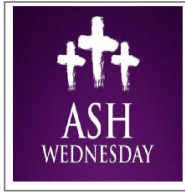
1 to 1: Through Lent with the Vicar

During Lent the Vicar is offering to accompany a few people through this important season in the Church's year, especially if you are uncertain as what patterns or practices are best for you just now. Have a chat with the Vicar if you think this might be for you: davidmwilmot@gmail.com / 07305 777 113.

LENT

Let your door stand open to receive Christ,
Unlock your soul to him,
Offer him a welcome in your mind,
And then you will see the riches of simplicity,
The treasures of peace, and the joy of grace.

St Ambrose (adapted)



Beginning Lent 2026

Ash Wednesday (18th February)

Holy Communion

(with imposition of Ashes)

@

**10.00am and 7.00pm
in St. Paul`s Church
Grange-over-Sands**

You will be very Welcome

THE NEXT FOODBANK COLLECTION IS ON SUNDAY, 22ND FEBRUARY,
1-3 PM, IN THE FATHER MAGNER ROOM AT ST CHARLES CHURCH.

Cartmel Peninsula Churches Together

LENT LUNCHES

Fridays during Lent 12 noon – 1.15pm

including a short time of devotions 1.00 -1.15pm

A light Lunch will be served in one of the Local Churches: no fixed charge.

**Donations to be given to
Cartmel Peninsula Youth Trust**



Friday 20th February: St Mary's Allithwaite

Friday 27th February: Methodist Church, Grange

Friday 6th March: St John's Church, Flookburgh

Friday 13th March: United Reformed Church Grange

Friday 20th March: St Charles' Grange

Friday 27th March: St Paul's Church, Grange

Do come along and
perhaps bring a friend,
or make new ones.

Cartmel Peninsula



EVERYONE IS WELCOME

Readings for Lent: Gospel of Matthew

I find a quiet place, become present to the Lord
and ask the grace to be open and receptive.

1. I read the passage slowly, noticing words or phrases which catch my attention. I ask: What does this passage say to my head? (What do I think about?)
2. I read the passage again:
I ask: What does this passage say to my heart?
(How am I drawn to / away from the Lord? Or others?)
3. I read the passage again:
I ask: What does this passage say to my hands?
(What will I do now?)
4. I speak to the Lord about what I have heard....
5. I conclude with the Lord`s Prayer.

ASH WEDNESDAY (18TH February)

Day 1: Wednesday	1:1-25
Day 2: Thursday	2:1-23
Day 3: Friday	3:1-17
Day 4: Saturday	4:1-25

Lent 1 Sunday

Day 6: Monday	5:1-26
Day 7: Tuesday	5:27-48
Day 8: Wednesday	6:1-24
Day 9: Thursday	6:25-7:5
Day 10: Friday	7:6-29
Day 11: Saturday	8:1-27

Lent 2 Sunday

Day 13: Monday	8:28-9:13
Day 14: Tuesday	9:14-38
Day 15: Wednesday	10:1-23
Day 16: Thursday	10:24-42
Day 17: Friday	11:1-24
Day 18: Saturday	11:25-12:21

Lent 3 Sunday

Day 20: Monday	12:22-50
Day 21: Tuesday	13:1-23
Day 22: Wednesday	13:24-44
Day 23: Thursday	13:45-14:12
Day 24: Friday	14:13-36
Day 25: Saturday	15:1-28

Lent 4 Sunday

Day 27: Monday	15:29-16:20
Day 28: Tuesday	16:21-17:21
Day 29: Wednesday	17:22-18:20
Day 30: Thursday	18:21-19:9
Day 31: Friday	19:10-30
Day 32: Saturday	20:1-28

Lent 5 Sunday

Day 34: Monday	20:29-21:27
Day 35: Tuesday	21:28-22:14
Day 36: Wednesday	22:15-46
Day 37: Thursday	23:1-36
Day 38: Friday	22:37-24:28
Day 39: Saturday	24:29-25:13

Palm Sunday

	26:14-27:66
Day 41: Monday	25:14-46
Day 42: Tuesday	26:1-30
Day 43: Wednesday	26:31-56
Day 44: Thursday	26:57-27:14
Day 45: Good Friday	27:15-44
Day 46: Saturday	27:45-66
Day 47: Easter Day	28:1-20

Reflect Together:

Wednesdays of Lent 11am in St. Paul`s Church



A Lent Quiet Morning @ Field Broughton Village Hall

“Just another Sunday Morning?”

**Enriching our experience
of Holy Communion**

**Thursday 26th February
9.30am–2.00pm**

**How can we enter more deeply into what has been called
“the source and summit of the Christian life”?**

Arrivals and Coffee at 9.30am. Several short addresses,
space to reflect and a Eucharist.

Bring a packed lunch. Drinks and biscuits provided.

No Charge. Donations towards hire of the Hall will be welcome.

To reserve a place, please

**Email: stpaulschurchgrange@gmail.com Tel: 07305 777 113
or sign the list in St. Paul's or St. Peter's Church**

DATES FOR YOUR DIARY - FEBRUARY 2026

Sunday 1st	6-7 pm - Taizé Service at Methodist Church, Grange
Monday 2nd	8.30 am - Morning Prayer, St Paul's 12 noon - Grange Primary School Church Club 12 noon - Meeting with Rev'd Kate Hunt re EcoChurch Silver Award 5 pm - Evening Prayer, St Paul's
Tuesday 3rd	8.30 am - Morning Prayer, St Paul's 5 pm - Evening Prayer, St Paul's
Wednesday 4th	8.30 am - Morning Prayer, St Paul's 5 pm - Evening Prayer, St Paul's
Thursday 5th	2 pm - Social Subcommittee meeting in Church
Friday 6th	5-7 pm - Repair Café at Methodist Church
Monday 9th	8.30 am - Morning Prayer, St Paul's 12 noon - Grange Primary School Church Club 5 pm - Evening Prayer, St Paul's
Tuesday 10th	8.30 am - Morning Prayer, St Paul's 5 pm - Evening Prayer, St Paul's
Wednesday 11th	8.30 am - Morning Prayer, St Paul's 1.30-2.45 pm - Grange School Year 6 visit to St Paul's 5 pm - Evening Prayer, St Paul's
Monday 16th	Schools Half-Term week 8.30 am - Morning Prayer, St Paul's 5 pm - Evening Prayer, St Paul's
Tuesday 17th	8.30 am - Morning Prayer, St Paul's
Shrove Tuesday	5 pm - Evening Prayer, St Paul's
Wednesday 18th	Ash Wednesday 8.30 am - Morning Prayer, St Paul's 10 am - Holy Communion with Imposition of Ashes, St Paul's 5 pm - Evening Prayer, St Paul's 7 pm - Holy Communion with Imposition of Ashes, St Paul's
Friday 19th	12 noon-1 pm - Lent Lunch St Mary's Church, Allithwaite
Sunday 22nd	4 pm - Evening Prayer, St Paul's 1-3 pm - Foodbank Collection, Father Magner Rom, St Charles
Monday 23rd	8.30 am - Morning Prayer, St Paul's 12 noon - Grange Primary School Church Club 4 pm - Mother Teresa, Father Magner Room, St Charles RC, Grange 5 pm - Evening Prayer, St Paul's
Tuesday 24th	8.30 am - Morning Prayer, St Paul's 5 pm - Evening Prayer, St Paul's
Wednesday 25th	8.30 am - Morning Prayer, St Paul's 11 am - Reading Matthew's Gospel in church. 5 pm - Evening Prayer, St Paul's
Thursday 26th	9.30 am - 2 pm - Quiet Morning at Field Broughton Village Hall (see p12)
Friday 27th	10.30 am - "Time for Peace" Cartmel Quakers 12 noon-1 pm - Lent Lunch, Methodist Church, Grange
Saturday 28th	CPCT - Quiet Morning for Lent, Methodist Church, Grange

CELEBRATING THE PATRONAL FESTIVAL IN ST PAUL'S

This year was a bitter-sweet occasion when we came together after the main service to celebrate the Conversion of St Paul with a parish lunch, but also to say 'Goodbye' to Linda Brown who has served faithfully as our Parish Administrator for the past 15 years. She and her husband Paul joined us for lunch, and Linda was presented with flowers and a retirement gift. Special tributes were paid to Linda by David and by Brian, Churchwarden. She will be missed.

As always, the lunch was superb – steak pie supplied by Higginson's, and an amazing selection of sweets. The very generous and talented cooks in the congregation never fail to amaze us.



A Thank You from Linda

I would like to thank everyone at St Paul's for the wonderful afternoon spent with you all at the Patronal Festival.

Paul and I would like to also thank you for the wonderful gift and flowers.

I have enjoyed all the years working at St Paul's, some more eventful than others, but you have all worked so hard and have a wonderful church family.

Thank you so much for allowing me to be part of it. I will miss you all.

Love always Linda xxx

The gift was one night's dinner, bed and breakfast for Linda and Paul at the Roundthorn Country House Hotel, Penrith



PARISH OFFICE

Rosemary Hoyle has been appointed to succeed Linda as our Parish Administrator from the 1st February, and we are delighted to welcome her 'on board'. No stranger to us, but this time wearing a different hat!

However, Rosemary is currently recovering from minor medical treatment at Chorley Eye Hospital. In the meantime, Linda has kindly agreed to delay her 'full' retirement and will be in the Office on Wednesdays and Thursdays 9 am—1 pm.

We wish Rosemary a swift recovery, and are grateful to Linda for her support.

Magazine Subscriptions—a reminder!

If you are a regular 'reader' it would be helpful if you could make an annual payment of £12 to the Office. We have kept the price at £1 a copy which we feel is good value for money!

And a slight increase this year for
advertisements:

¼ page £50

½ page £25



SOLO LUNCH

Our next venue will be The Pheasant Inn at Allithwaite on March 8th, with a prompt start at 12.30 pm.

We look forward to seeing you there. The list will be in Church from the 22nd February.

WEDNESDAY & SUNDAY SERVICES
FEBRUARY 2026

DATES	ST PAUL'S GRANGE-OVER- SANDS	GRANGE FELL	ST PETER'S FIELD BROUGHTON & LINDALE
1ST FEBRUARY CANDLEMAS	11 am Holy Communion CW Rev'd David Wilmot		9.30 am Holy Communion CW Rev'd David Wilmot
4TH FEBRUARY WEDNESDAY	10 am Holy Communion CW Rev'd David Wilmot		
8TH FEBRUARY FIFTH SUNDAY OF EPIPHANY	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
11TH FEBRUARY WEDNESDAY	10 am Holy Communion CW Rev'd Annette Miller		
15TH FEBRUARY TRANSFIGURATION SUNDAY	11 am Holy Communion CW Rev'd David Wilmot		9.30 am Holy Communion CW Rev'd Annette Miller
18TH FEBRUARY ASH WEDNESDAY	10 am Holy Communion CW Rev'd David Wilmot 7 pm Holy Communion CW Rev'd Annette Miller		
22ND FEBRUARY FIRST SUNDAY OF LENT	11 am Holy Communion CW Rev'd David Wilmot 4 pm Evening Worship Rev'd David Wilmot	9.30 am Holy Communion BCP Rev'd David Wilmot	9.30 am Mattins BCP Biddy Hibbert
25TH FEBRUARY WEDNESDAY	10 am Holy Communion CW Rev'd David Wilmot		

NEWS FROM ST PETER'S, FIELD BROUGHTON

FRIENDS OF ST PETER'S SOCIAL COMMITTEE

DATES FOR YOUR DIARIES AND CALENDARS

- **Wednesday, 11th February – Curry Night.** Authentic curries and accompaniments, £15 per person. Please book as soon as possible via fieldbroughtonsocial@gmail.com
- **Tuesday, 31st March – Social Committee AGM at 7 pm** with, provisionally, a short, relaxed talk about the history of the buildings in Field Broughton. Everyone is welcome and, as usual, there will be drinks and nibbles available for donations.

Please book or ask any questions via fieldbroughtonsocial@gmail.com. Details of events can usually be found on the Field Broughton and Surrounding Communities Facebook page or, please contact fieldbroughtonsocial@gmail.com and details of events can be emailed to you.

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.

BROUGHTON EAST PARISH COUNCIL

The Council held a meeting on 8th December, the last one minuted by the clerk. A new clerk will be in position from 1st January 2026 and dates of future meetings are yet to be confirmed.

Louise Shrapnel (Chairman, Friends of St Peter's Social Committee)

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-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



ECOCHURCH

In the December Newsletter from PEAT, Annette Hennessy writes the following.

“In the profoundly moving film ‘It’s a Wonderful Life’, George Bailey the main character believes he has failed because he measures himself against narrow ideas of success. Only when he sees the world without him does he understand how a life, his life, shaped by care, reliability, and relationships quietly transforms a whole community.

It shows that one person’s choices ripple outward. Small acts matter, small acts of kindness, being involved, showing up make a difference, even when it doesn’t feel like it at the time. None of this is dramatic. Much of it happens quietly. In everyday actions, relationships, conversations, and shared efforts. Yet taken together, these are the conditions that allow change to happen, and community to build.

As the year turns and we take another turn around the sun, it feels like a good time to think about our own personal revolution. As George Bailey discovers, in ‘It’s a Wonderful Life’ we matter more than we think, and we influence more than we realise. Given the world as it is, how will I, how will you choose to live - and what will I, we stand for?”



For one week in March, thousands of people from households, schools and communities across the country will take part in the UK’s biggest people-powered investigation into household plastic waste. By counting every piece of plastic packaging we throw away, together we’ll uncover the true scale of the UK’s plastics crisis and call on the government to do more about it.

Will you join us?

Thanks to **The National Lottery Community Fund**, we’ll keep The Big Plastic Count going through to 2028, working with communities to **grow our impact by:**

- Bringing new stories and new storytellers to the forefront
- Exploring how plastic affects our climate and our communities
- Building a movement for a fair future that’s free from the impacts of the plastics crisis

THE BIG PLASTIC COUNT

WE’RE NOT JUST COUNTING PLASTIC, WE’RE COUNTING ON THE GOVERNMENT TO ACT

@TheBigPlasticCount #CountYourPlastic #TheBigPlasticCount

NEWS FROM THE DIOCESE

The Bishop of Carlisle's New Year Message: A Foundation of Hope

As we step into 2026, the Rt Rev. Rob Saner-Haigh, Bishop of Carlisle, reflects on the enduring strength we find in faith during seasons of transition. Speaking from the heart of the Cumbrian landscape, he connected the ancient wisdom of the Psalms with our modern-day hopes and anxieties.

Highlights from the Message:

- * A Legacy of 900 Years: The Bishop reflects on standing in a 900-year-old line of service, acknowledging the many "torches" carried through history
- * Timeless Encouragement: How the same Bible passages that strengthened people centuries ago continue to offer hope today
- * I Lift My Eyes to the Hills: A special reading of Psalm 121 in a local dialect, grounding the message in the heritage of the Lake District
- * An Unshakeable Foundation: While the fells around us look eternal, the Bishop reminds us that our true help comes from the Maker of heaven and earth
- * A Steady Friend for 2026: A concluding blessing for the New Year, whether you are entering it with hope or anxiety

Appointment of the new Bishop of Penrith

Interviews have taken place for a new Suffragan Bishop of Penrith, with four candidates. Bishop Rob says: "May I ask people to hold in prayer all those involved in the recruitment process. Our collective prayer is that God's chosen person ministers here as the next Bishop of Penrith." Subject to a successful appointment, we would expect an announcement in late March or the

Revd Simon Jones installed in one of the first new appointments funded by The Cumbrian Way (the Churches Together in Cumbria newspaper)

People from across Barrow gathered on 7th January for a packed service as Revd Simon Jones was licensed in a new ministry role by Bishop Rob. Simon will serve as Team Vicar at St George's and Associate Minister at St Mark's.

Preaching from 2 Timothy 4, the Bishop urged Simon, and the wider church, to "preach the word... do the work of an evangelist", reminding the congregation that the heart of the church's calling is to help people meet Jesus, grow in faith, and seek God's kingdom in everyday life.

This service marked a significant milestone for the diocese. Simon's post is the first major new appointment funded by The Cumbrian Way, and sits within the Rising Faith Barrow vision.

THE SNOWDROP – THE WHITE PROMISE OF GOD

In the first days of the world when Adam and Eve had been turned out of their beautiful garden, and its entrance was guarded by the angel with the flaming sword, there were no snowdrops. Often the heart and eye of Eve would turn to the gate of the garden as she longed to enter again into its peace and rest, but always the angel stood with the flaming sword. At last her heart grew very sad with longing for what could not be had, and when the cold winter days came, and all the trees were bare, her heart lost all its hope, and she wished that she might die.



Then, as snow was falling, an angel came and asked her why she wept, and why she never lifted up her face in hope. When she told of her heart's sorrow, he held out his hand and caught a snowflake. Then he breathed upon the flake and, lo, it became the first snowdrop. "Take it, and plant it and tend it", he said; "it is the snowdrop – the white promise of God", and as the angel vanished in Eve the light of hope was kindled.

In many ways the snowdrop is the white promise of God to a winter-darkened earth.

It comes at God's appointed time

Though it slumbers most of the year, it comes when the heart is tired of the dark winter days, telling its message of hope, whispering "Spring is coming: take heart again". It is so that God's white promises always come - just when the heart needs and can appreciate them most. God's appointed time is the hour of need, and he never is before his time, and never behind it.

God carefully safeguards it

The blossom comes first, developing before the leaves. The seed is in the blossom, so God makes the most important part first. God hurries to perfect it lest it be spoilt when developed. In the days when the snowdrop blossoms there are many dangers to tender flowers, and God adapts his working to his time. It is so delicately hung that it yields to the storm winds, and is not broken. The winds of February and March are fierce and strong, yet so finely made is the slender neck that its very weakness is its strength. It is made to droop, so that the honey and the pollen cannot be washed away. There are faint lines inside the petals which direct the insects straight to the heart of the blossom where the sweet honey hides.

The white promise of God is safeguarded so perfectly that we never need fear that it will be lost. Hope, with all its glory, in spite of every sin, is safe in the guardianship of God, and there are lines upon its petals – visible to the eye that seeks – that lead to the central sweetness of its heart.

It is made for the dark hours

It is fertilized by the moths who come out in the dark evenings, and they are able to see it because its whiteness shines through the gathering darkness. Hope glistens like a quickened snowflake when the dead heart turns to see the sweetness of Father God.



GOOD NEWS ABOUT ANOTHER OF OUR EDWARD BEAR CHILDREN

2026 is going to be a very exciting year for Maddy Davis. She has been awarded The Duke of Edinburgh Gold Award and The King's Scout Award. She has been working towards both of these awards whilst volunteering with Carnforth Scouts. The two awards are carefully aligned so with some planning can be worked on together.

The Duke of Edinburgh Award Scheme was set up in 1956, by the late Prince Philip, father of King Charles III. It is open to anyone between the ages of 14 and 24 and encourages personal development through challenges in Volunteering, Physical, Skills, Expeditions, and with an added Residential for Gold level introduced in 1980. Maddy has been invited to the Award Celebration at Buckingham Palace later in the year attended by a member of the Royal Family.

The King's Scout Award is the highest youth award in the Scouting Movement.

King's Scouts are entitled to attend one King's Scout Parade at Windsor Castle on the Sunday closest to St George's Day. This is the only time when scouts officially march.

Maddy was one of the original members of Edward Bear Club at St Paul's Church. She went to Cartmel Priory School and is in her final year at Nottingham University working for her Master's Degree in Engineering.

Well Done, Maddy

*It has been suggested that we have a regular slot for news of our young people.
Always good to have interesting stories.*

CARTMEL PENINSULA CHURCHES TOGETHER

2026 Dates for the Taizé services

'Stillness & song' – Quiet, reflection and song in the style of the Taizé community
6-7 pm in the Methodist Church – 1st February, 5th April (Easter), 7th June, 4th
October, 6th December

And for the Repair Café (with PEAT)

5-7 pm in the Methodist Church - 6th February, 6th March, 1st May, 5th June,
3rd July, 4th September, 2nd October, 6th November.

A Quiet Morning for Lent

Led by the Rev'd Sue Nicol

Saturday, 28th February, 10 am, in the Methodist Church.



MENTAL WELLBEING AWARENESS DAY



WHERE AND WHEN

**Victoria Hall
Grange-over-Sands
LA11 6DP**

**Saturday, 16th May 2026
10 am—4 pm**

WHAT TO EXPECT

Guest speakers

**Information
&
Advice Stands**

OPEN TO EVERYONE

Wide range of topics relevant to all ages

FREE EVENT

Organised by Soroptimist International of Grange-over-Sands
For more information www.sigbi.org/grange-over-sands

A reporter was interviewing a 104 year-old woman:

”And what do you think is the best thing about being 104?” the reporter asked.

She simply replied,
”No peer pressure.”

Children’s howlers

Geography: In Scandinavia, the Danish people come from Denmark, the Norwegians from Norway, and the Lapdancers come from Lapland

History: Sir Walter Raleigh circumcised the world with a big clipper.

Religious Studies: If you marry two people you are a pigamist, but morons are allowed to do this.

Natural History: Crabs and creatures like them all belong to a family of crushed asians.

Need a lift?

Contact the Voluntary Driver Service

Contact

Transport Services Cumberland & Westmorland 03332406965

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

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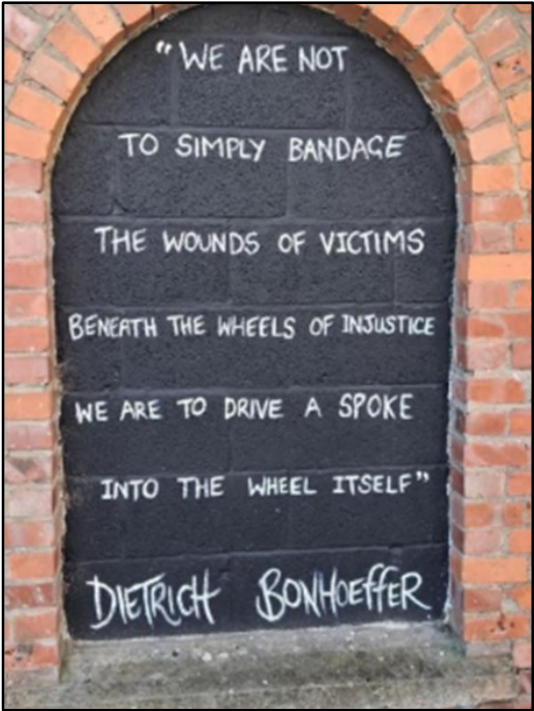





Food


Games

† **Years 7+**
 † **United Reformed Church**
Grange-over-Sands
 † **5:30pm - 7:00pm**
Every Monday
Term time only



	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	139
November	62	85	114	71	177	227	64	209
December	160	155	126	153	162	259	153	220
Annual Totals	<u>1,052</u>	<u>1,433</u>	<u>1,408</u>	<u>1,325</u>	<u>1,231</u>	<u>1,782</u>	<u>1,687</u>	<u>1610</u>



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

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

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

Chair Yoga: Every Monday starting from 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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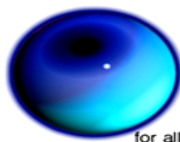
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Items no longer than 300 words, please.

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John Millican	johnmillican1980@btinternet.com	32561
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Please contact the Churchwarden

Parochial Church Council Secretary

Rosemary Hoyle	rosemary-hoyle@sky.com	58108
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Office / Parish Administrator

Rosemary Hoyle		35560
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