

The Parish Church
of St Paul
Grange-over-Sands



January 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

Vicar - The Rev'd David Wilmot

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

(davidmwilmot@gmail.com)

Tel No

07305777113

Associate Priest - Rev'd Annette Miller

Airton, Eden Park Rd, GOS, LA11 6BW

015395 33840
(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

A Laughing Matter ... ?

As someone who very much enjoys Stand-up Comedy I've had to become accustomed to hearing comedians make some pretty pointed jokes about Christ and Christians. Some of these jokes, it must be said, (especially those about the Church) are very well aimed and entirely deserved, but others it seems to me are basically all about riding a bandwagon.

What I'm getting at is that much of the so-called humour that is directed at Christians simply reflects how it has become fashionable and culturally acceptable to denigrate faith in an all too unreflective way. The upshot, of course, is that it's easy for Christians to feel as though we are, so to speak, very much on the back foot.

However, I'm not entirely convinced that we should be so defensive; in fact, I would probably want to say that the onus is on those who claim NOT to believe to prove to the rest of us that an apparently 'God-less' life really is that much better. In my humble opinion, the evidence doesn't seem to be there.

One of my favourite passages in the Bible is Psalm 115. The writer takes a well-aimed, comedic shot at the world's idolatry. He pokes fun at the nations' gods by saying:

*Their idols are silver and gold, the work of human hands.
They have mouths, but do not speak; eyes, but do not see.
They have ears, but do not hear; noses, but do not smell.
They have hands, but do not feel; feet, but do not walk;
they make no sound in their throats.*

And he concludes...

Those who make them are like them; so are all who trust in them.

In other words, this 'Stand-up comic' from many thousands of years ago poked fun at the way people had become as deaf, mute, blind and stupid as the god they had created for themselves; and, sadly, his joke hits home even today.

His point is that it is never a matter of 'whether' we worship... but WHAT we worship. In the end we will always come to resemble the desire of our heart. We become like the thing we worship. If it wasn't so serious... it would be quite a good joke.

Every Blessing... and a happy New Year.

David

FAREWELL TO LINDA

For those who don't already know, Linda, our Parish Administrator, will be retiring from her role as Parish Administrator at the end of January. She has been at St Paul's for over 15 years, not only working for St Paul's but for other churches in the area.

Linda has been a very conscientious employee, working many additional hours over her normal hours, and always very happy to help everyone. She will be greatly missed.

We wish her and Paul a happy retirement and look forward to her visiting us from time to time.

Thank you , Linda.

Brian

PATRONAL LUNCH - SUNDAY 25TH JANUARY 2026

Planning ahead for 2026, we will be having a Patronal lunch in celebration of our Patron Saint Paul on Sunday, 25th January 2026, after the Sunday service.

We will be serving Higginson's best pie followed by our wonderful home-made desserts as usual, suggested donations of £10 per person. Drinks will be available.

Please put a note in your diary and look out for the sign-up sheets appearing!

We look forward to seeing you there!

FROM THE REGISTERS JANUARY 2026

FUNERALS

Barbara Lavinia Moorhouse	8th November 2025
Martha Broderick	31st October 2025

YEAR'S MIND

Dorothy Royston	25th January 2021
Molly Lewis	12th January 2025

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.



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

CHRISTMAS COLLECTION FOR THE FOODBANK

In spite of terrible weather we had the best collection ever - 65 selection boxes, 12 tubs of sweets, mince pies, Christmas cakes, Christmas puddings, 20 laden trays of tinned food, etc, and £484 in cash – and that was before the donations were collected from St Anne’s at Haverthwaite.

Thank you SO much to all who donated and to all who carried and sorted. As Carol from the Methodist Church said, “It lifts your spirits when the Grange community are so generous at this time of year”!

Some photographic evidence



Radio Cumbria reported that, for the first time, the foodbank is being used this year by people who are actually in work and yet still cannot afford to feed their families. A sobering fact.



THE NEW YEAR.... AS CHRISTIANS SEE IT

Introduction

The annual cycle of the Christian year (sometimes called “The Liturgical Year”) allows us to commemorate the life and ministry of Christ, to celebrate the gift of the Holy Spirit which led to the foundation of the early Church, and to recall the ministry of the apostles and martyrs who spread the Christian faith.

“The liturgical year provides a structure for the Church’s collective memory, a way of consecrating our human experience of time in the celebration of God’s work - in Christ and in human beings made holy through Christ. ...This act of Christian remembering has proved, over time, to have an extraordinary depth. Through the structuring of our Christian memory, the past is able to come into our present.”

Common Worship: Times and Seasons

The liturgical year is divided into the following seasons

Advent

Christmas

Epiphany

Ordinary Time - following the Presentation of Christ in the Temple

Lent

Easter - which includes the Easter Vigil and the Easter liturgy

Ordinary Time - following Pentecost

Advent The season of Advent marks the start of the Christian year and is a season of expectation and preparation as the Church looks forward to the birth of Christ. Although it is a season of preparation, the characteristic note of Advent is expectation, rather than penitence. In this way it has a different mood from Lent. Commercial pressure has also made it harder to retain an appropriate sense of alert watchfulness in our anticipation of Christmas but, for many Christians, the Church’s preparation for the coming of Christ is a powerful reminder of the real meaning of the season.

In the northern hemisphere Advent falls at the darkest time of the year, and the natural symbols of darkness and light are powerfully at work throughout Advent and Christmas. The progressive lighting of candles on the Advent wreath acts as a liturgical Advent calendar, and is a valuable way of involving children. As Christmas draws nearer, the focus falls on John the Baptist and then, finally, on Mary, as she prepares to give birth to the Saviour.

Christmas The celebration of Christ’s coming among us at Christmas, the incarnation, is one of the two poles of the Christian year, along with the narrative of his death and resurrection. Christmas is much more than simply the celebration of Jesus’ birth: it reminds us of the central truth of ‘the word becoming flesh and dwelling among us’ (John 1:14), fulfilling the prophecy of Isaiah 7:14 that the virgin will conceive and bear a Son, who will be called Emmanuel, ‘God is with us’.

One of the challenges for the Church is to continue to celebrate the season of Christmas after the secular world has turned its thoughts elsewhere. Historically Christmas would

have extended at least until the Epiphany (the 12 days of Christmas) or as a more extended marking of the incarnation until February 2nd, a celebration of 40 days.

Epiphany The Feast of the Epiphany on January 6th marks the beginning of this season. Epiphany means manifestation and the traditional observation begins with the celebration of the visit of wise men from the East. It then explores other ways in which Christ reveals himself to be the Son of God: the celebration of Christ's baptism by John, when the voice from heaven declared Jesus as God's beloved Son; and Jesus first miracle, when he turned water into wine at a wedding in Cana. In this perspective, the season of Epiphany provides an opportunity for the Church to pray for the worldwide mission of the Church. The Week of Prayer for Christian Unity falls appropriately in this season.

The end of the season is marked by the Feast of the Presentation on February 2nd when Jesus is brought to the Temple by his parents, according to the Law of Israel. There he is recognised by Anna and Simeon, who declares him to be 'a light to lighten the Gentiles and the glory of God's people Israel'. The traditional service makes use of a procession of candles as part of the liturgy, and so the Feast is often known as Candlemas.

Ordinary Time The Calendar includes two periods of Ordinary Time: an extended period after Pentecost, and a much shorter time between Candlemas and Ash Wednesday. Ordinary time allows for more uninterrupted reading of scripture in sequence, for the exploration of other themes such as creation and the environment, and for creative responses to the Saints' Days that occur at this time.

Lent Ash Wednesday marks the start of Lent, the most solemn time of the Christian Year. Ashes are an ancient sign of penitence: from the Middle Ages it was the custom to begin Lent by marking Christians with the sign of the cross in ash on their foreheads. The season is traditionally marked by self-examination, fasting and preparation for Easter, a time when Christians reflect on the biblical account of Jesus in the wilderness (Luke 4:1-13). It also became a time when those to be baptised at Easter were instructed in the Christian faith. It became customary for the whole Christian community to join them in study and self-reflection, through a period of 40 days, corresponding to the time Jesus spent in the wilderness being tested by Satan.

As Holy Week approaches, the atmosphere of the season darkens. Bible readings begin to anticipate the story of Christ's suffering and death. Holy Week begins with the re-enactment of Christ's triumphal entry into Jerusalem on Palm Sunday. This is the beginning of a journey of the imagination which takes us to the Upper Room for the Last Supper on Maundy Thursday, through Jesus' betrayal, trial and crucifixion on Good Friday. Easter Eve, or Holy Saturday, is a day like no other, a day of desolation and despair. In the Easter Vigil, the Church gathers to call to mind the mighty works of God through the reading of scripture, in preparation for the proclamation of the resurrection which marks the beginning of the celebration of Easter.

Easter The Easter liturgy has included baptism or the renewal of baptismal promises from the earliest times. Those who are baptised are united with Christ in his death and resurrection. Traditionally, a new fire is kindled and from this the Easter candle is lit and held aloft with the proclamation: ‘The light of Christ’. This Easter liturgy can provide a real experience of new life. This passing from darkness to light offers hope to all the faithful, as the Church celebrates the risen Christ.

The season of Easter is celebrated for 50 days, culminating in the feast of Pentecost. Since the late 4th century, on the 40th day there has been a kind of staging-post celebrating Christ’s ascension to heaven. This marks the end of his earthly ministry and it is therefore closely connected with the theme of mission. Matthew’s Gospel ends with Jesus’ final words to his disciples, that they should go to all nations and make disciples, baptising them in the name of the Father, and of the Son, and of the Holy Spirit (Matthew 28:19-20). In John’s Gospel, Jesus instructed his followers to pray for the coming of the Holy Spirit (John 14:15-17). The feast of Pentecost celebrates the account of the Holy Spirit coming on the disciples empowering them for mission (Acts 2:1-47). Ascension and Pentecost are closely linked. The Church is now to be the new body of Christ, filled with his life through the gift of the Holy Spirit.

CARTMEL PENINSULA CHURCHES TOGETHER

Week of Prayer for Christian Unity - 18th to 25th January 2026

This is an ecumenical Christian observance in the Christian calendar that is celebrated internationally. The theme for 2026 is *“There is one body and one Spirit, just as you were called to the one hope of your calling” (Ephesians 4:4).*

- 19th — Methodist Church, 10 am
- 20th – St Mary’s, Allithwaite, 10 am
- 21st – St Paul’s, Grange, 10 am – Morning Prayer
- 22nd – URC, 10.30 am
- 23rd – St Charles, 10 am

Cartmel Peninsula Churches Together meeting Tuesday 13th January, 7 pm, in the Fell Church

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 - 2nd January, 6th February, 6th March, 1st May,
5th June, 3rd July, 4th September, 2nd October, 6th November.

NEWS FROM THE DIOCESE

ENTHRONEMENT SERVICE – A “THANK YOU” FROM BISHOP ROB



“What a joy it was to gather in Carlisle Cathedral last weekend. The Cathedral was full, with many more joining us online, and I was deeply moved by the warmth, prayer and support from across Cumbria and our partners around the world.

During the service, I shared something simple that sits at the heart of our ministry: helping people know Jesus, follow Jesus more closely, and live out the hope and healing of God’s kingdom in the places we’re called to serve. My prayer is that together we allow the river of God’s love to flow through every community in Cumbria, and to be shaped by, and reliant on, the grace and kindness of God.

It means a great deal to step into this role among people and places I love. Thank you for your prayers, your encouragement, and for the faithful work taking place in every corner of the Diocese. I am looking forward to walking this road with you.

Every Blessing”

A handwritten signature in black ink that reads “+ Rob” with a flourish underneath.

Statistics

Over 5,000 people have viewed the service on Facebook, 3,000 have watched on YouTube, 15,000 have seen Bishop Rob knock on the Cathedral door on TikTok, and more than 20,000 have viewed the photos from the day. Diocesan social media channels have seen a 200% increase in engagement, enabling more people to hear Bishop Rob preach about the good news of Jesus.

This has been possible because so many of you have liked, commented on, and shared posts. Imagine the impact if we did the same for all our churches’ social media pages.

The Bishop's Christmas Message

In his message, Bishop Rob reflects on the profound impact of Jesus' birth, describing it as a “world and history changing event”. He emphasises that God's love, expressed through Jesus, is vast, generous, and offered to all, regardless of whether they are expecting it or feel they deserve it. The Bishop challenges us to consider if our own love for others reflects the generous and transformative love of Jesus, which turned the world the right way up.

The Bishop invites us to look beyond familiar traditions and rediscover the Christmas story as something that still speaks into real life today - offering hope, healing, challenge, and a welcome to all, whatever our story. In this message:

God with us - in joy, sorrow, and uncertainty

The hope and healing found in Jesus

Christmas as more than a story, but a moment that changed the world

A call to reflect God's generous love in how we live and love others

This message is for anyone wondering what Christmas really means, and how faith connects with everyday life.



Grange CE Primary School

Candle-making

Another set of beautiful candles made by the children at Grange Primary School before Christmas, under the guidance of Colin. A lot of the wax comes from the stubs of candles from St Paul's. Colin is always pleased to receive the ends of candles or unused/unwanted ones for what is becoming a regular craft activity at school!



And at the end of term, a lovely **nativity service** with the school. Wonderful to see a very full congregation, and the Calypso Carol was amazing when the whole nativity were dancing on the chancel steps - the joy of children!

A Festival of Carols and Readings by Candlelight



DATES FOR YOUR DIARY - JANUARY 2026

Thursday 1st	New Year's Day
Friday 2nd	Office Open as normal 5-7 pm - Repair Café at Methodist Church
Monday 5th	8.30 am - Morning Prayer, St Paul's 12 noon - Grange Primary School Church Club
Tuesday 6th	8.30 am - Morning Prayer, St Paul's 10 am - Church Office meeting
Wednesday 7th	8.30 am - Morning Prayer, St Paul's
Thursday 8th	8.30 am - Morning Prayer, St Paul's
Monday 12th	8.30 am - Morning Prayer, St Paul's 12 noon - Grange Primary School Church Club
Tuesday 13th	8.30 am - Morning Prayer, St Paul's 11 am - PCC Meeting , St Paul's 7 pm - CPCT meeting, Fell Church
Wednesday 14th	8.30 am - Morning Prayer, St Paul's
Thursday 15th	8.30 am - Morning Prayer, St Paul's
Sunday 18th	WEEK OF PRAYER FOR CHRISTIAN UNITY BEGINS
Monday 19th	8.30 am - Morning Prayer, St Paul's 10 am Prayers for Christian Unity - Methodist Church, Grange 12 noon - Grange Primary School Church Club
Tuesday 20th	8.30 am - Morning Prayer, St Paul's 10 am Prayers for Christian Unity - St Mary's Church, Allithwaite
Wednesday 21st	8.30 am - Morning Prayer, St Paul's 10 am Prayers for Christian Unity, St Paul's 11.15 am - Pastoral Team meeting, St Paul's
Thursday 22nd	8.30 am - Morning Prayer, St Paul's 10 am Prayers for Christian Unity - URC, Grange
Friday 23rd	10 am Prayers for Christian Unity - St Charles' RC, Grange 10.30 am - "A Time for Peace", Quakers Meeting House, Cartmel
Sunday 25th	11 am - Patronal Festival, St Paul's Patronal Festival 12.30 pm - Patronal lunch, St Paul's
Monday 26th	8.30 am - Morning Prayer, St Paul's 4 pm - Mother Teresa, Father Magner Room, St Charles RC, Grange
Tuesday 27th	8.30 am - Morning Prayer, St Paul's
Wednesday 28th	8.30 am - Morning Prayer, St Paul's
Thursday 29th	8.30 am - Morning Prayer, St Paul's
Sunday 1st February - Taizé Service at Methodist Church, Grange	

**WEDNESDAY & SUNDAY SERVICES
JANUARY 2026**

DATES	ST PAUL'S GRANGE-OVER- SANDS	GRANGE FELL	ST PETER'S FIELD BROUGHTON & LINDALE
4TH JANUARY EPIPHANY SUNDAY	11 am Holy Communion CW Rev'd David Wilmot		9.30 am Holy Communion CW Rev'd David Wilmot
7TH JANUARY WEDNESDAY	10 am Holy Communion CW Rev'd David Wilmot		
11TH JANUARY BAPTISM OF OUR LORD	11 am Holy Communion Rev'd David Wilmot	9.30 am Mattins BCP Rev'd Annette Miller	9.30 am Holy Communion CW Rev'd David Wilmot
14TH JANUARY WEDNESDAY	10 am Holy Communion CW Rev'd Annette Miller		
18TH JANUARY SECOND SUNDAY AFTER EPIPHANY & WEEK OF PRAYER FOR CHRISTIAN UNITY	11 am Holy Communion CW Rev'd David Wilmot		9.30 am Holy Communion CW Rev'd Annette Miller
21ST JANUARY WEDNESDAY	10.00 am Holy Communion CW Rev'd David Wilmot		
SUNDAY 25TH JANUARY PATRONAL FESTIVAL	11 am Holy Communion CW Rev'd David Wilmot 12.30 pm - Patronal Lunch	9.30 am Holy Communion BCP Rev'd David Wilmot	9.30 am Mattins BCP Biddy Hibert
28TH JANUARY WEDNESDAY	10 am Holy Communion CW Rev'd David Wilmot		

Education, Education, Education

Little Johnny was in kindergarten. There was another boy in his class who wasn't listening to the teacher. The teacher said to the boy, "Since you don't want to listen, you sit at that table by yourself". After a few minutes, Johnny raised his hand and said, "I don't want to listen either. Can I sit with him?"

Some 'behind the scenes' pictures of setting up for Christmas!



Building the stable!



Gill preparing for the Festival!



Finding the baby in the jam jar!

By way of explanation – each year the manger in our 'stable' is removed and the baby replaced by the little boy before the Kings arrive. One year, the baby was 'misplaced' – there was no sign of him in the boxes with all the other figures. You may imagine the panic until he was found on the afternoon of Christmas Eve, hidden in the bottom of the locked filing cabinet in the vestry! Ever since he has been safely put away and labelled in a jam jar!

THE 12TH CHRISTMAS TREE FESTIVAL
THEME—THE GREATEST GIFT

The Opening Night with Tim Farron





And a selection of the 34 trees



Over 500 people have visited the Festival to date—a wonderful community affair. The donations will be split between the North West Air Ambulance and St Paul's heating fund. Many thanks go to all who have been involved—in any way—but especially to Gill Webster.

NEWS FROM ST PETER'S, FIELD BROUGHTON

FRIENDS OF ST PETER'S SOCIAL COMMITTEE

December traditionally brings lots of social activities, and, of course, Christmas. The village Christmas party was well supported and for the first time there was live music. Men in Hats provided seasonal tunes alongside many "foot tappers". Table tennis has also been introduced into the Parish Rooms alongside indoor carpet bowls. Both are great fun and ideal during the darker winter months to keep people connected and active.

DATES FOR YOUR DIARIES AND CALENDARS

- Sunday, 4th January 2026 – **Epiphany Lunch**, 12.30 pm for 1 pm. Please book with Louise, louiseshrapnel@gmail.com.
- **Wednesday, 21st January 2026 – Indoor carpet bowls/table tennis/social evening**. No need to book, just come along any time from 7 pm. Drinks and nibbles are available for donations to keep your stamina up!
- **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.

During November, people attending events were asked to express what types of events that they would like to see put on in the village. The feedback has been helpful and will help inform events in 2026.

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.

AND FINALLY

Wishing everyone a happy, healthy New Year

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



A SONG FOR EPIPHANY

Malcolm Guite

It might have been just someone else's story,
Some chosen people get a special king.
We leave them to their own peculiar glory,
We don't belong, it doesn't mean a thing.
But when these three arrive they bring us with them,
Gentiles like us, their wisdom might be ours;
A steady step that finds an inner rhythm,
A pilgrim's eye that sees beyond the stars.
They did not know his name but still they sought him,
They came from elsewhere but still they found;
In temples they found those who sold and bought him,
But in the filthy stable, hallowed ground.
Their courage gives our questing hearts a voice
To seek, to find, to worship, to rejoice.



Helen and Rob Cooper

We would like to thank everybody who attended our Uganda talk and for the generous donations. Our bags are nearly packed with new toys, old tights/beads, and tools for our travels back to Africa on January 6th .

If you would like to see what we get up to we have a private WhatsApp group where we post our pictures for you to see - but you can't reply so your phone does not keep pinging!

If you message me on 07879502829 I can add you.

Best wishes for 2026.

GREAT TOM IS CAST

We stamped our feet, clapped our hands and sang gustily when the Sands Band brought their Christmas ceilidh music to the Fell Church in December. David Ramsbottom told us the origins of some of the wassail songs and we learned how different areas of the country have their own versions of Christmas carols. We joined in the choruses but really outdid ourselves singing 'Great Tom is Cast,' a three-part round about the bells of Christ Church, Oxford.

Delicious scones and cream cakes were served afterwards, a wonderful beginning to the season of goodwill.

Thanks to the band and to Pauline for organising it all.

Barbara R



Maybe it is in the waiting for God, not in the wandering from store to store, that we find our way.

Maybe it is in the friendship of God, not in the frenzy of the crowds, that we are led to the manger.

Maybe it is in the steadfast love of God, and not in the pile of stuff under the tree, that we find what we have been searching for all our lives.

Maybe, just maybe, God of Advent, this year will be different. Maybe, just maybe, we will let you lead us to Bethlehem.

Thom M Shulman from 'Candles and conifers' by Ruth Burgess

ECOCHURCH

BIG GARDEN BIRDWATCH - 23RD TO 25TH JANUARY

(www.rspb.org.uk/birdwatch)

This is the world's largest garden wildlife survey. Every year, hundreds of thousands of nature lovers take part, helping to build a picture of how garden birds are faring. Register at <https://www.rspb.org.uk/whats-happening/big-garden-birdwatch/register> and you get an exclusive RSPB shop discount and a free digital or printed Birdwatch guide.

How to take part

- 1 Get your free guide and stock up on supplies, with 20% off and free delivery on food and feeders at the RSPB shop.
- 2 Spend an hour watching the birds in your patch, between 23 and 25 January, and record the birds that land.
- 3 Tell us what you saw (even if that's nothing at all)! You can submit your results online or by post.



Choose an hour
between 23 and 25
January



Only record the birds
that land in your
patch



Record the highest number
of each bird species you
see at any one time

Please tell us what you saw by 22nd February. By giving us your results online, you're helping us to spend more on saving nature as it reduces our costs. However, if you prefer to post us your results, you can print and complete the form found in the guide, and send it back to reach us by 17th February. Please take a look at the guide before printing, as it may be that you don't need to print it all. Every piece of paper saved is better for nature!

Last year's Birdwatch

Across the UK, over 590,000 people took part in Big Garden Birdwatch 2025, counting a whopping 9.1 million birds! House Sparrows took the top spot, but counts of these chirpy birds are down by 60% compared to the first Birdwatch in 1979. In fact, we've lost 38 million birds from UK skies in the last 60 years. With birds facing so many challenges, it's more important than ever to get involved in the Birdwatch. Every bird you do – or don't – count will give us a valuable insight into how garden birds are faring.

1	House Sparrow	1,211,260
2	Blue Tit	946,698
3	Woodpigeon	859,780
4	Starling	784,741
5	Blackbird	732,472

Birds of conservation concern

The UK Red list for Birds keeps track of population trends in 245 species, with birds listed as 'Red' deemed most at risk. In 2021, Greenfinches moved on to the Red List for the first time.

Back in 1979, when Big Garden Birdwatch began, Greenfinches first came in at number seven, but in 2023 they were down to 18. This demonstrates the devastating population declines seen in these charming little finches, caused by a disease called trichomonosis. We now know that Chaffinches are affected too.

You can help stop the spread of this disease by removing old food and cleaning your bird baths and feeders weekly. Check with RSPB for guidance on cleaning feeders to keep you and your garden birds safe.

SUBSCRIPTIONS

Magazine Subscriptions are now due for 2026. 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 note to our advertisers, a slight increase this year.

Full page	£55	Half page	£30
Quarter page	£15	One-sixth page	£10

Replacement of Gas Heating Boilers

We have new boilers! The 23-year-old gas central heating boilers were becoming unreliable with concerns about the availability of spare parts and so were replaced by Oncore Specialist Heating Ltd of Windermere between 17th February and 6th March 2025. The total cost amounted to £31,036, but we received a generous grant of £1,750 from the Benefact Trust of Brockworth, Gloucester, thus reducing the amount to £29,286, which was then further offset by £2,519 through generous donations from parishioners and the local community.

The new boilers are reliable, more efficient and the maintenance costs are very likely to be lower. They enable services and events to continue in St Paul's which may not have been the case if the old unreliable boilers had been left in place. JM



Lawyers' Humour

Lawyers aren't typically funny - unless by accident.

The following questions from lawyers were taken from official court records nationwide.

Q: Now, Mrs Johnson, how was your first marriage terminated?

A: By death.

Q: And by whose death was it terminated?

Q: Do you know how far pregnant you are now?

A: I'll be three months on November 8.

Q: Apparently, then, the date of conception was August 8?

A: Yes

Q: What were you doing at the time?

Q: Mrs Jones, do you believe you are emotionally stable?

A: I used to be.

Q: How many times have you committed suicide?

Q: She had three children, right?

A: Yes.

Q: How many were boys?

A: None

Q: Were there girls?

Q: You say that the stairs went down to the basement?

A: Yes

Q: And these stairs, did they go up also?

Q: Have you lived in this town all your life?

A: Not yet.

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

SOUL FUEL





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 † **United Reformed Church**
Grange-over-Sands
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In aid of local charity BEYOND FGM

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>
	<i>Bold = highest rainfall of that month/year</i>							



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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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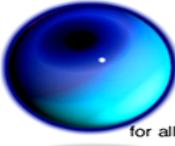
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