

The Parish Church
of St Paul
Grange-over-Sands



March 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 the Office (Tel: 015395 35560) or David.

PARISH OFFICE

Rosemary Hoyle is making good progress after her eye surgery. For the time being, Linda has kindly agreed to delay her 'full' retirement and is in the Office on Wednesdays and Thursdays 9 am—1 pm.

Normal services at The Parish Church

Sundays - 11 am - Parish Service

Wednesdays - 10 am - Holy Communion

and at The Fell Church, Grange-over-Sands

9.30 am Second Sunday - Matins (BCP)

9.30 am - Fourth Sunday - Holy Communion (BCP)

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

Visit our website www.grangepcc.co.uk

www.facebook.com/StPaulsGoS



From the Rectory

Christ is Risen! ...and not just because I say so

I find it fascinating how, over time, the words we use can change their meaning in quite surprising ways. For example, there was a time when calling someone 'discriminating' was to pay them a great compliment. This was the word we used to commend them for having good judgement. Of course, nowadays, to be discriminating has taken on a different and largely negative meaning, hasn't it?

The same is true of the word 'indoctrinate'. Once upon a time it simply meant 'to teach or instruct', but nowadays it also carries overtones of coercion and restricting people's freedom of thought.

This particular change in meaning has had interesting consequences. So, because we fear appearing negative, many Christians have, I believe, become wary of using the word 'doctrine' at all. Consequently, this subtle shift has meant that many nowadays locate faith in the realm of subjective experience and personal conviction rather than objective truth.

We have never before looked at it like this. But this is why people nowadays speak so easily of 'my truth' and assume that the 'truths' of the Christian faith are of the same order. Essentially all 'religious' truths are valid only as far as they appeal or make sense to me. It's just my opinion.

However, all of this is challenged when we come to consider the events of Holy Week and Easter. As the Gospel writers show, the fundamentals of Christian faith are rooted not in the feelings or wishful thinking of individuals but in historical events.

We might say that what Christians announce and celebrate at this time of year is true not because of what has happened inside us but because of what happened outside Jerusalem two thousand years ago.

In short, the Gospel writers tell us that what lies behind the betrayal, execution and resurrection of Jesus is the turning point in all history. The first Easter Day is, as one writer put it, 'the day the revolution began'.

What Christians announce and celebrate at this time of year is not opinion but news. That's what the word 'Gospel' means. It's the news that, on the Cross, God has demonstrated his love, brought us forgiveness, and defeated both evil and death. It's good news, astonishing news.

More than that, through all that Christ did on the cross, God's remaking of the world (and us) has begun. Easter calls us to get on board.

Christ is Risen! Happy Easter!

David

Electoral Roll

Under Church Representation Rules the 2025 Church Electoral Roll is being revised for the April 2026 APCM. This will be the first revision of the 2025 Roll.

If you are not on the Electoral Roll and wish to be included, application forms are available in both churches. Forms must be completed no later than **Sunday 5th April**. If you have changed address during the past year, please notify Gill Webster or Susan Jackson.

Please return completed forms to Gill, Susan or Brian.

FEBRUARY FOODBANK

Another generous collection for the Barrow Foodbank this month – 13 trays filled with food, plus £500 in monetary donations. We received an extra contribution from the Squirrels section of the 1st Grange and Cartmel Scout Group. Leader Claire Pearson said that ‘the young people decided what they wanted to bring and donate to help others who need to use a foodbank’.

How gratifying in today’s world to hear!

Many thanks from the local group of Co-workers of Mother Teresa

Next date Sunday, 26th April.



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.

FROM THE REGISTERS MARCH 2026

YEAR’S MIND

Sylvia Entwistle	3rd March 2020
John Peat	22nd March 2020
Florence Trudgill	4th March 2022
Jean Cottam	25th March 2024
John Howson	26th March 2024



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

Through LENT Together in 2026

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.

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

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.

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

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

A Quiet Morning @ Field Broughton Village Hall



A Lent 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**

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:

davidmwilmot@gmail.com / 07305 777 113

WEDNESDAY & SUNDAY SERVICES - MARCH 2026

DATES	ST PAUL'S GRANGE-OVER- SANDS	GRANGE FELL	ST PETER'S FIELD BROUGHTON & LINDALE
1ST MARCH LENT 2	11 am Holy Communion CW Rev'd David Wilmot 4 pm - Evening Prayer		9.30 am Holy Communion CW Rev'd David Wilmot
4TH MARCH WEDNESDAY	10 am Holy Communion CW Rev'd David Wilmot		
8TH MARCH LENT 3	11 am Holy Communion CW Rev'd David Wilmot 4 pm - Evening Prayer	9.30 am Mattins BCP Rev'd Annette Miller	9.30 am Holy Communion CW Rev'd David Wilmot
11TH MARCH WEDNESDAY	10 am Holy Communion CW Rev'd David Wilmot		
15TH MARCH MOTHERING SUNDAY	11 am Holy Communion CW Rev'd David Wilmot 4 pm - Evening Prayer		9.30 am Holy Communion CW Rev'd Annette Miller
18TH MARCH WEDNESDAY	10 am Holy Communion CW Rev'd Annette Miller		
22ND MARCH LENT 5	11 am Holy Communion CW Rev'd David Wilmot 4 pm - Evening Prayer	9.30 am Holy Communion BCP Rev'd David Wilmot	9.30 am Mattins BCP Biddy Hibbert
25TH MARCH WEDNESDAY ANNUNCIATION	10 am Holy Communion CW Rev'd David Wilmot		
29TH MARCH PALM SUNDAY	11 am Holy Communion CW Rev'd David Wilmot		9.30 am Holy Communion CW Rev'd David Wilmot

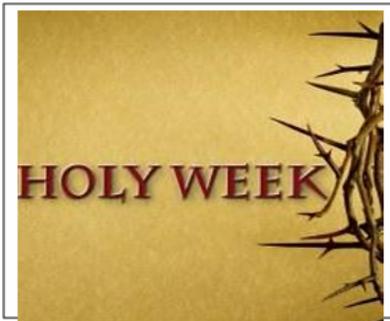
HOLY WEEK

30th March - 5th April Easter DAY

See Page 11 for full list of services

DATES FOR YOUR DIARY - MARCH 2026

Sunday 1st	4 pm - Evening Prayer, St Paul's
Monday 2nd	12 noon - Grange Primary School Church Club
Tuesday 3rd	8.30 am - Morning Prayer & 5 pm - Evening Prayer, St Paul's
Wednesday 4th	8.30 am - Morning Prayer & 5 pm - Evening Prayer, St Paul's 11 am - Reading Matthew's Gospel in church 12.30 pm - Music Rehearsal, C Edmondson in St Paul's
Friday 6th	11 am - Organ Replay session & Choir, C Edmondson in St Paul's 12 noon - Lent Lunch, St John's, Flookburgh 2 pm - World Day of Prayer, St Mary's, Allithwaite 5-7 pm - Repair Café at Methodist Church
Sunday 8th	12.30 pm - SOLO lunch, Pheasant Inn, Allithwaite 4 pm - Evening Prayer, St Paul's
Monday 9th	8.30 am - Morning Prayer & 5 pm - Evening Prayer, St Paul's 12 noon - Grange Primary School Church Club
Tuesday 10th	8.30 am - Morning Prayer & 5 pm - Evening Prayer, St Paul's
Wednesday 11th	8.30 am - Morning Prayer & 5 pm - Evening Prayer, St Paul's 11 am - Reading Matthew's Gospel in church
Friday 13th	12 noon - Lent Lunch, URC Grange
Saturday 14th	7 pm - Lakes Gospel Choir, St Mary's, Allithwaite (<i>for Youth Trust</i>)
Sunday 15th	MOTHERING SUNDAY 4 pm - Evening Prayer, St Paul's
Monday 16th	8.30 am - Morning Prayer & 5 pm - Evening Prayer, St Paul's 12 noon - Grange Primary School Church Club
Tuesday 17th	8.30 am - Morning Prayer & 5 pm - Evening Prayer, St Paul's
Wednesday 18th	8.30 am - Morning Prayer & 5 pm - Evening Prayer, St Paul's 11 am - Reading Matthew's Gospel in church 12.30 pm - Music Rehearsal, C Edmondson in St Paul's
Friday 20th	12 noon-1 pm - Lent Lunch, St Charles' RC Church, Grange
Sunday 22nd	4 pm - Evening Prayer, St Paul's
Monday 23rd	8.30 am - Morning Prayer & 5 pm - Evening Prayer, St Paul's 12 noon - Grange Primary School Church Club
Tuesday 24th	8.30 am - Morning Prayer, & 5 pm - Evening Prayer, St Paul's
Wednesday 25th	8.30 am - Morning Prayer & 5 pm - Evening Prayer, St Paul's 11 am - Reading Matthew's Gospel in church
Thursday 26th	9.30 am 2 pm - Quiet Morning at Field Broughton Parish Rooms
Friday 27th	Schools Break-up for Easter 10.30 am - "Time for Peace", Quaker Meeting House, Cartmel 12 noon-1 pm - Lent Lunch, St Paul's
Saturday 28th	<i>Clocks go forward tonight</i>
Sunday 29th	PALM SUNDAY 4 pm - Evening Prayer, St Paul's
Monday 30th	8.30 am - Morning Prayer & 5 pm - Evening Prayer, St Paul's 7 pm - Holy Communion & Address, St Paul's
Tuesday 31st	8.30 am - Morning Prayer, & 5 pm - Evening Prayer, St Paul's 7 pm - Holy Communion & Address, St Paul's
Sunday 1st	12.30 pm - PCC meeting



HOLY WEEK

@ St. Paul`s, Grange,
The Fell Church
& St. Peter`s,
Field Broughton

PALM SUNDAY (29th March)

	9.30am	Holy Communion (CW) St. Peter. Field Broughton.
	9.30am	Mattins (BCP) Fell Church.
	11.00am	Holy Communion (CW) St. Paul. Grange.
	4.00pm	Evening Worship St. Paul. Grange.
30 M	8.30am	Morning Prayer: St. Paul. Grange.
	5.00pm	Evening Prayer at St. Paul. Grange.
	7.00pm	Holy Communion (& Address) St. Paul. Grange.
31 T	8.30am	Morning Prayer: St. Paul. Grange.
	5.00pm	Evening Prayer at St. Paul. Grange.
	7.00pm	Holy Communion (& Address) St. Paul. Grange.
1 W	8.30am	Morning Prayer: St. Paul. Grange.
	10.00am	Holy Communion (CW) St. Paul. Grange.
	5.00pm	Evening Prayer at St. Paul. Grange.
	7.00pm	Holy Communion (& Address) St. Paul. Grange.

MAUNDY THURSDAY

	8.30am	Morning Prayer: St. Paul. Grange.
	5.00pm	Evening Prayer at St. Paul. Grange.
	7.00pm	Holy Communion (CW) St. Peter. Field Broughton.
	7.00pm	Holy Communion (& Address) St. Paul. Grange.

GOOD FRIDAY

	8.30am	Morning Prayer: St. Paul. Grange.
	12.00-3.00pm	Devotions at the Cross St. Paul. Grange.
	12.00-1.00pm	Devotions at the Cross St. Peter. Field Broughton.
4 S	8.30am	Morning Prayer St. Paul. Grange.

EASTER DAY

	6.30am	Son Rise Service- Hampsfell Road Car Park
	9.30am	Holy Communion (CW) St. Peter. Field Broughton.
	11.00am	Holy Communion (CW) St. Paul. Grange.

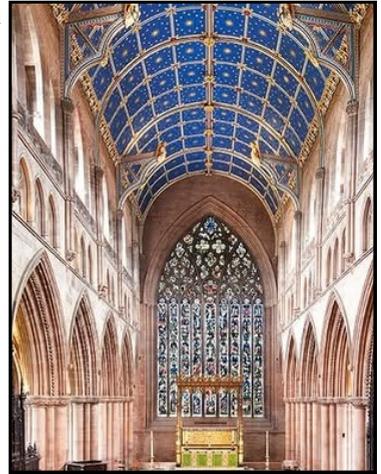
CATHEDRAL'S NATIONAL WINDOW ACCOLADE

Carlisle Cathedral's East Window has been named the Nation's Favourite Stained-Glass Window, in the Divine Light social media campaign and competition organised by the Association of English Cathedrals (AEC). The campaign ran from the beginning of Advent into the New Year and featured a stained-glass window from each of the 42 English Cathedrals on the AEC's social media platforms. The number of likes on each post was counted, and the top 12 were placed into the final, with members of the public asked to vote for their favourite on the AEC website.

The Venerable Michael Everitt, Interim Dean of Carlisle, said "I am delighted that our wonderful East Window has been voted England's favourite! I hope that many people will come to Carlisle Cathedral to see it in person. For many of us it has played a central part in our lives: whether through concerts, services or visits. The combination of the ancient glass at the top and the wonderful Victorian depictions of Jesus' life, all set beneath our starry ceiling means you truly get a glimpse of heaven inside the Cathedral. Thank you to so many people for voting for it and I look forward to welcoming you here."

Top 5 winners

1. Carlisle's East window
2. York Minster's East window
3. St Albans' Rose window
4. Well's Jesse window
5. Gloucester's East window



In celebration of the win, Carlisle Cathedral has announced a new guided tour, *Sacred Light: The Stained Glass of Carlisle Cathedral*, from Saturday 21st February. This 40-minute guided experience offers a rare chance to explore some of the finest and most distinctive glass in the country. Led by one of our expert guides, the tour highlights the cathedral's extraordinary collection, focusing on the four remarkable cardinal point windows designed by John Hardman Powell, an unparalleled feature in any English medieval cathedral, and the much-loved Veronica Whall window located in the Cathedral Shop.

You will discover how these windows illuminate centuries of craftsmanship, devotion, and evolving artistic taste. From Powell's bold and expressive Victorian designs, celebrated nationally, with two of his windows making the recent competition's top 12, to Whall's richly symbolic Arts and Crafts masterpiece, the tour reveals the stories, meanings, and artistry behind these treasures.

A picture needed of one of Cumbria's churches for the Diocesan accounts!

“Each year the Carlisle Diocesan Board of Finance publishes its accounts and includes a photograph of a church building to emphasise that all that we do is in support of local ministry.

We are now looking for this year's cover star! Rural or urban, classical beauty or modern appeal – we would like to include one of your wonderful churches for this year's accounts. Send a photograph of your church building by 31st March 2026 to be in with a chance of winning some chocolate goodies and the pleasure of seeing your special church building gracing the cover of this year's accounts.”

We have submitted our entry!

FEBRUARY FOODBANK

Another generous collection for the Barrow Foodbank this month – 13 trays filled with food, plus £500 in monetary donations. We received an extra contribution from the Squirrels section of the 1st Grange and Cartmel Scout Group. Leader Claire Pearson said that ‘the young people decided what they wanted to bring and donate to help others who need to use a foodbank’. How gratifying in today's world to hear!

Barbara Smith

We are sad to advise of the death of Barbara Smith. A former resident of Fell Drive and member of Fell Church and choir for 14 years, she passed away peacefully on 23rd January aged 93 with husband John and daughters Pamela and Melanie by her side. Barbara was also a member of Grange Singers, the Townswomen's Guild, where she became Chairman, and the Grange Photographic Society with John.

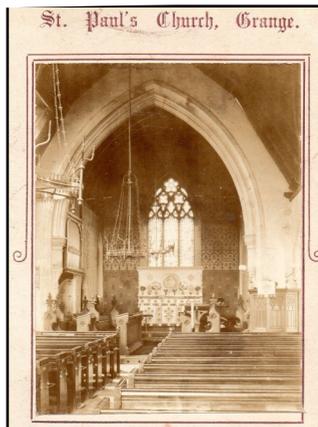
Pam Bottomley (daughter)



Barbara is on the far right of the photo in front of Joyce!

A VERY SPECIAL CELEBRATORY WEEKEND 6-7th June 2026

This year marks the 150th Anniversary of the dedication of the newly built two-manual pipe organ and the redesigned and extended chancel by several metres in our church here at St Paul's. All this was dedicated at a special service on 6th June 1876. Exactly 150 years later to the day there will be a celebratory concert in church on Saturday 6th June 2026, at 2 pm. On the following day, there will be a special Service of Thanksgiving in church at 11 am.



The Saturday Concert will feature the Gloriana Singers, directed by our organist, Charles Edmondson, and the programme will contain a selection of church anthems and carols in the first half and music for the stage and screen and other light pieces in the second half. The event will conclude with an afternoon tea party.

To mark this 150th year of the organ, built by William Hill and Son at a cost of just under £1,000, Charles Edmondson has additionally arranged two organ/piano recitals.

The first of these is on Saturday 9th May at 2 pm when, as well as some scintillating organ pieces, Charles will include a performance of one of the most important piano sonatas (in B flat) by Mozart which Aubyn Raymar described as presenting "a catena of graceful melodies". Tea and scones will be served afterwards.

The remaining recital will take place on Saturday 22nd August, again at 2 pm and will, in fact, be Charles' 400th organ recital, having given his first very nearly 70 years ago in January 1957 in a Baptist Church in his home town of Bradford. Pieces in the programme will include highlights from these 400 concerts and have been carefully selected for their popularity. Needless to say, you can expect to hear Bach's famous Toccata and Fugue in D minor as well as Widor's iconic and monumental Toccata from his fifth Symphony.



This recital will mark Charles' retirement from the concert platform, but he fully intends to continue working as a liturgical organist. We hope to serve light refreshments after the concert.

So, as you see there are three concerts and a thanksgiving service in embryo. Admission to all these is free and we hope you will bring friends along to all of them.

WORLD DAY OF PRAYER (WDP)

On Friday, 8th March, St Mary's, Allithwaite, is hosting the World Day of Prayer at 2 pm



WDP is a global ecumenical movement led by Christian women who invite us to join in prayer and action for peace and justice.

The year the service has been prepared by a group of Christian women from Nigeria, with the theme "*I will give you rest, come!*" (Matthew 11:28-30). At a time when people worldwide are carrying heavy burdens, our Nigerian sisters offer profound insights into finding rest in God. Through their exploration of different kinds of burdens - shame, systemic oppression, religious persecution, poverty and despair - the writers help us understand both the weight of human suffering and the depths of divine rest. Their work shows us that true rest isn't just about physical relief, but about transformation through God's grace and community support. When we totally trust and have faith in God our burdens become light and we find rest.

Do come and join in the great wave of prayer encircling the globe, all praying with and for the country and people of Nigeria.

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, Grange
5th April (Easter), 7th June, 4th October, 6th December

LENT LUNCHES—see page 7

CONCERT BY LAKES GOSPEL CHOIR—14th March at St Mary’s

An inspirational evening of music, worship and celebration featuring the Lakes Gospel Choir on Saturday 14th March at 7 pm
(doors open 6.15pm) at St. Mary’s Church, Allithwaite.

Tickets (£8) from Andrea Mason, Mervyn & Carole Hull, or at the door. (see p 22)

Proceeds are to support ministry to young people across the peninsula and the work of the Cartmel Peninsula Churches Together Youth Trust (CTYT). CTYT works with young people in our local community and schools and you can find out a little more at the event (and do read the CTYT Spring newsletter on our web site).

REPAIR CAFÉ—Friday, 6th March, 5-7 pm, Methodist Hall

CHILDREN’S HOWLERS...

..
Geography: In geography we learned that countries with sea round them are islands and ones without sea are incontinents.

History: Then Joan of Ark met her end. She was burned as a steak.

Science: Helicopters are cleverer than planes. Not only can they fly through the air they can also Hoover.

The Arts: In last year’s Christmas concert, Linzi played the main prat. I played one of the smaller prats and I would like to have a bigger prat this year.

Geography: The closest town to France is Dover. You can get to France by train or you can go on a fairy.

Maths: I would like to be an accountant but you have to know a lot about moths.

Religious Studies: I asked my mum why we said old men at the end of the prayers at skool, I don’t know any old men apart from grandpa.

History: Sometimes in the war they take prisners and keep them as ostriges until the war is over. Some prisners end up in consterpation camps.

NEWS FROM ST PETER'S, FIELD BROUGHTON

DATES FOR YOUR DIARIES AND CALENDARS

- **A Lent Quiet Morning @ Field Broughton Parish Rooms. “Finding God in a busy day”** How Christ keeps his promise to be with us always. **Thursday 26th March - 9.30 am-2 pm.** Arrivals & Coffee at 9.30 am, bring a packed Lunch, drinks & biscuits provided. **No Charge.** Donations towards hire of Hall will be welcome. To reserve a place, email stpaulschurchgrange@gmail.com - Tel: 07305 777 113, or sign the list in St Paul's or St Peter's Church.
- **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.

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 am to 5 pm

Last Sunday in October - 5th Sunday in Lent

(Passion Sunday) Church closed Monday-Friday

Saturday: Church open 10.30 am to 5 pm

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



THE BIG PLASTIC COUNT

Life is busy. Counting plastic is probably at the bottom of your to-do list. But all it takes to make a difference is three simple steps... **Sign up. Count. Submit – that's it!**

1. SIGN UP <https://thebigplasticcount.com/>

When you register, we'll send you everything you need, including a How-To Guide and Count Sheet. If you can, just print the Count Sheet and stick it somewhere visible, like near the bin or on the fridge, ready for Count Week.

2. COUNT

From 9–15 March, count all of the plastic packaging your household throws away. You can **count as you throw**, or collect your plastic and **count it at the end of the week** – whatever works.

3. SUBMIT

Submit your results on our website by 22 March. You'll see your household's plastic profile, where your waste ended up, as well as the national results. Plus, you'll have shared vital evidence that will get the government to solve the plastic problem.

The more people who take part, the better our evidence for change. Together, let's build a fair future that's free from the impacts of the plastics crisis.

What are you doing to mark Lent?

The Carbon Fast is organised by one of our A Rocha family organisations, Climate Stewards, and we are joining in!



The Carbon Fast helps us think about our carbon footprint and ask if there is any excess or unnecessary use in our lives, and if any of that excess is acting as a distraction to our relationship with God.

With a different focus each week, you'll learn more, ask questions, and focus on what God thinks about these areas of our lives:

Week 1: Delight in and responsibility for nature

Week 2: Consumerism and shopping

Week 3: Money and investments

Week 4: Food waste and meat and dairy consumption

Week 5: Transport and driving

Week 6: Energy, electricity, and gas

Week 7: Social media

Sign up to receive a weekly email full of facts, practical suggestions and prayers to lead you through the Lenten season. Google Carbon Fast for Lent/Climate Stewards

Week 2: Consumerism and shopping

Contentment isn't about denying ourselves joy – it's about finding joy in what we already have. When we pause the cycle of buying, we discover that enough truly is enough. *"For we brought nothing into the world, and we can take nothing out of it. But if we have food and clothing, we will be content with that."* **1 Timothy 6:7-8 (NIV)**

Contentment is a practice. If we have food, shelter, and clothing, it should be enough. This week's challenge: fast from excessive and unnecessary buying, and be satisfied with what we already have.

Overconsumption is costing the earth.

- The fashion industry generates 8-10% of global carbon emissions – more than aviation and shipping combined.
- 670,000 tonnes of furniture are discarded in the UK each year, yet making new furniture produces up to 1,000 times more CO₂ than refurbishing old pieces.
- The UK is the 2nd-largest producer of e-waste per capita in the world at 23.9kg per person, yet only 30% is recycled.

Every new item we buy carries a carbon footprint from resource extraction, manufacturing, transportation, and eventual disposal. When we fast from excessive buying, we reduce carbon emissions.

Waste Hierarchy: Refuse, Reduce, Reuse, Repair and Recycle

The waste hierarchy shows us the most effective ways to cut our carbon footprint. The best option is to refuse to buy in the first place. Next comes reducing what we buy, then reusing and repairing what we have. Recycling comes last – it's better than landfill, but still uses energy.

Choose one of the challenges below

START SIMPLE

- Spring clean your wardrobe - donate unwanted clothes and household items to charity shops

GO DEEPER

- Learn basic repairs – sew on a button, fix a hem, tighten furniture joints
- Buy only second-hand this week (charity shops, vintage stores, refurbished electronics)

BIG LEAP

- Zero new shopping this Lent (apart from food and medical essentials)
- Host or volunteer at a repair café in your community

Readers might like to know that empty medicine blister packs can be recycled at Boots in Kendal and Ulverston, and Superdrug pharmacies. Tetrapaks (card/plastic containers for milk, juices, soups, etc) and empty toothpaste tubes can now be put in the Council blue recycling sacks for plastics and tins.



Bay Community Singers and Burneside Brass



MUSIC FOR A MARCH EVENING

Bay Community Singers are delighted to announce that they will be performing in concert this month with the amazing Burneside Brass. What better combination than wonderful brass music alongside some fabulous choral tunes from Grange's very own Community Choir. Burneside Brass band are no strangers to Grange, performing regularly at the summer bandstand concerts and also at St Paul's Church. It promises to be a great evening of varied entertainment.

The concert takes place at the Victoria Hall on Thursday, March 26th, at 7 pm. Tickets are now on sale from choir and band members, Johnston's Jewellers, or on the door, and cost £10 with under 16's free. There will be a bar and all proceeds from the concert will go to Prostate Cancer UK. The charity raffle will raise funds for Fighting to be Heard (Secondary Breast Cancer support).

Bay Community Singers would like to thank all those who supported their carol singing events in December. They had a very busy time musically, but were delighted to send a donation of £500 to North West Blood Bikes, Lancashire and Lakes.

For more information about Bay Community Singers or Burneside Brass, please check out their websites: www.baycommunitysingers.co.uk, www.burnesidebrass.co.uk, or their facebook pages.

MOTHERING SUNDAY

On Saturday, 14th March, at 10 am, we shall be making the posies for Mothering Sunday. Please come along to St Paul's if you can help, bringing any greenery or flowers that you can offer. We shall buy the daffodils but would appreciate anything else, eg flowering heather!



AI definition of Mothering Sunday, taken from Google!

Mothering Sunday 2026 falls on March 15, focusing on celebrating mothers, maternal figures, and the "mother church". Originating in the 16th century, it is historically observed on the fourth Sunday of Lent (Laetare Sunday), marking a day of appreciation, family, and reflection.

SECURITY

PSALM 62, 5-6

Surely God is my salvation: I will trust and not be afraid. The Lord, the Lord, is my strength and song; he has become my salvation.

The world is filled with words, stress, rush, pressure and the heavy demands of a 24/7 lifestyle. The world's goals seem to be global exposure, communication, networks, social media and quick response. Passwords and PIN numbers dominate our electrical devices. But where is our security?

Security requires that bags and bodies are searched before people enter public places. Mothers cannot leave their children unattended and fear to let them play outdoors. Public areas are controlled by close-circuit television and unattended doors are locked. Yet where is our peace?

Science has enabled medicine to cure diseases. We can travel further in an hour than our ancestors could in a month. We can anticipate earthquakes and tsunamis, yet cannot tell where or when disasters will happen. Where is our hope?

It is not through our own efforts that we have hope. Neither is it in lack of activity that we find peace. It is not in emptiness or withdrawal that we find security. It is only in filling the spaces in our lives with the presence of God. In him we find strength for today, hope for the future and salvation for eternity. He is our security, the only security that cannot be shaken.

Prayer: ***Lord, help me to understand that it is only by trusting you that I can know real peace; it is only in knowing you that I have hope, and only in Jesus that I can have eternal life. Amen***

An extract from *The Upper Room* published by the Bible Reading Fellowship in 2014—
a daily series of reflections/meditations

My dearest Lord,
Be thou a bright flame before me
Be thou my guiding star above me
Be thou the smooth path beneath me
Be thou a kindly shepherd behind me
today and evermore.

St Columba (521-507)

Cartmel CE Primary School

COMMUNITY 'CRAFT'ERNOON

Simply bring along your own craft and enjoy a cuppa and chat with staff and pupils. Or, join a staff led workshop on a new craft area - it's up to you! It's all about getting together and enjoying crafting!

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In aid of: Churches together Youth Trust

Spring forward—Fall back !

Don't forget to alter your clocks—or you will miss church on Palm Sunday, 29th March, when Summer time begins!

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Transport Services Cumberland & Westmorland 03332406965

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The cost is 50p per mile.

However, be warned!

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 07377831808



Carbon Fast
for Lent



Climate Stewards



JOIN THE CLIMATE STEWARDS CARBON FAST 2026!

40 DAYS OF CLIMATE ACTION CHALLENGES

WANT TO TAKE PRACTICAL ACTION THIS LENT TO CARE FOR CREATION AND REDUCE YOUR CARBON FOOTPRINT?

WHAT IS A CARBON FAST?

GIVING UP UNSUSTAINABLE CONSUMPTION PRACTICES TO REDUCE OUR CARBON FOOTPRINT—AND IN DOING SO, LEARNING TO LIVE LIGHTLY ON GOD'S EARTH.

SCAN QR CODE TO JOIN



WHY DO THIS?

BY STARTING TO REDUCE OUR CONSUMPTION AT LENT, AND CONTINUING WITH THOUGHTFUL LIVING THROUGH THE YEAR, WE ARE CARING FOR CREATION, A RESPONSIBILITY ENTRUSTED TO US BY GOD.



FAST TO HELP PEOPLE AND PLANET TO FLOURISH

WEEKLY THEMES:

- WEEK 1: CREATION CARE
- WEEK 2: CONSUMERISM / SHOPPING
- WEEK 3: MONEY / INVESTMENTS
- WEEK 4: FOOD WASTE / MEAT & DAIRY
- WEEK 5: TRANSPORT / DRIVING
- WEEK 6: ENERGY / ELECTRICITY / GAS
- WEEK 7: SOCIAL MEDIA

WHAT IS INVOLVED?

- 7 TOPICS WITH 3 CHALLENGE LEVELS
- WEEKLY REFLECTION ON CREATION CARE
- SHARE YOUR PROGRESS WITH US - EMAIL AND SOCIAL MEDIA

TO JOIN - SIGN UP VIA QR CODE FOR WEEKLY EMAIL AND TIPS!

GRANGE OVER SANDS MONTHLY RAINFALL (MM) - ANDREW LITTLE								
	2019	2020	2021	2022	2023	2024	2025	2026
January	73	107	186	58	174	229	151	71
February	99	263	139	171	42	161	52	
March	182	75	134	48	173	134	31	
April	39	12	12	40	84	149	23	
May	52	26	101	68	34	110	91	
June	91	99	30	79	87	63	200	
July	134	169	70	80	226	111	125	
August	180	188	63	78	143	176	115	
September	177	66	62	112	189	154	254	
October	160	165	304	158	144	183	139	
November	85	114	71	177	227	64	209	
December	155	126	153	162	259	153	220	
Annual Totals	1,433	1,408	1,325	1,231	1,782	1,687	1,610	71



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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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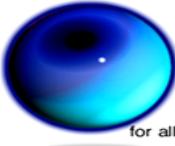
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