

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



HE IS RISEN

April 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 will be taking over from Linda on Tuesday 7th April and the new office hours will be Tuesdays 9.30am - 12.30pm and Wednesdays and Thursdays 9am - 12.30pm.

We are very grateful to Linda for deferring her 'full' retirement, and wish her and Paul every good wish for the future.



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

Asking Questions

Many years ago, I introduced a group of teenagers to a local Nun. It was an incredible evening. The young people were amazed at her commitment and her very different way of life. Putting it simply, she was living a life that made them ask questions.

I used to meet regularly with a man who struggled with alcoholism. He told me how he'd seen the recent Church parade through the village. He was struck by the happy children and the genuine community spirit. He told me, "I want what they've got". They were living lives that made him ask questions.

In the third century a devastating plague swept over the ancient world. While pagans were heading for the hills or throwing infected members of their family into the streets even before they died so as to protect themselves, Christians were staying in order to care for the sick; and people wondered why?

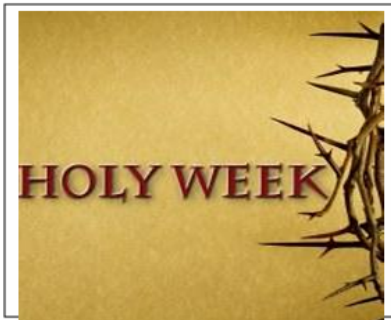
The Pharisees once asked Jesus, "Why does your teacher eat with tax collectors and sinners?" He told them that it's the sick that need the doctor not the healthy. He had, He said, come to call sinners, not the righteous.

Jesus said and did things that made people ask questions. Firstly, He was revealing the compassionate heart of God, the God who helps those who cannot help themselves. Secondly, He was doing what the people of Israel had failed to do; shine a light that would draw everyone to God's love. Thirdly, He was announcing that a new regime was in place; what He called, 'The Kingdom of God'.

But Jesus not only made the people ask questions. He also angered them because in eating with all the riff raff, in having parties with all the 'wrong' people, He showed them that there was a different way of being God from the one they expected and, as a result, there could be a different way of being human and a different way of being a world.

My friend the Nun gave her life and her way of living to Jesus because she had been captivated by Jesus's sense of mission. That joyful Church community was enlivened by Jesus's sense of fun. Those third century Christians were moved to care by Jesus's depth of compassion. I wonder how has Jesus inspired or touched you, and what is he calling you to do today that will make others ask questions?

Every blessing, David



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

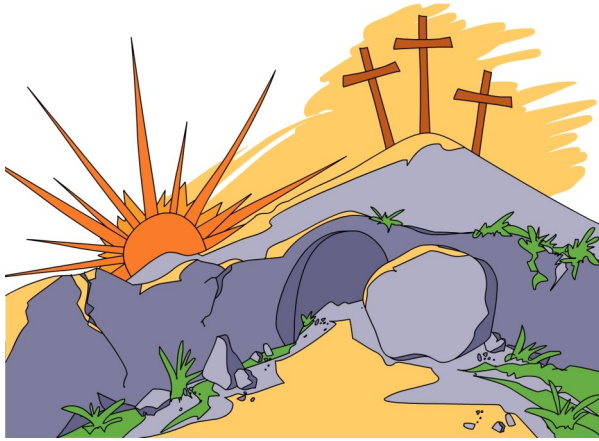
	8.30am	Morning Prayer: St. Paul. Grange.
	5.00pm	Evening Prayer at St. Paul. Grange.
	7.00pm	Holy Communion (CW) St. Peter. Field Broughton.
	7.00pm	Holy Communion (& Address) St. Paul. Grange.

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.



Christ
is
Risen!

FROM THE REGISTERS APRIL 2026

FUNERAL

Rosemary Lindop 24th March 2026

YEAR'S MIND

Jean Marsden 29th April 2022
John Howson 26th March 2024
Lloyd Saunders 8th April 2024
Joan Mary Abbott 9th April 2025
Pauline Rosemary Coope 12th April 2025



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

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

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.

CHARLES EDMONDSON

Charles Edmondson was born in Bradford, West Yorkshire. A Bachelor of Music (Trinity College, Dublin) and a Fellow of the Royal College of Organists, he embarked on a career in music education, working in North Devon, West Suffolk, North Yorkshire and North Lincolnshire as a teacher, lecturer, adviser and (Ofsted) inspector.

He has given 400 organ recitals in venues throughout Britain including Blackburn, Bradford, Carlisle, Bury St Edmunds, Newcastle and Ripon Cathedrals. He became Assistant

Organist at Bradford Cathedral at the age of 17, and has been an organist at 13 churches and chapels throughout England. Charles has been our Organist at St Paul's, and Director of Music, for 13 years.



We are so grateful to Charles and his friends for the many concerts given to raise money for our church, and in particular for the organ restoration, which Charles oversaw. He has given recitals all over England – he was always travelling somewhere to perform. He put in so much time in putting together augmented choirs for special services and concerts, plus all the rehearsals necessary for a good performance. He formed the Sine Nomine singers and the Gloriana Singers, with some members from St Paul's Church Choir and his friends. Both of these choirs have performed at various venues throughout Cumbria over the past few years.

I didn't think that Charles would stay at St Paul's for very long, as he was way over-qualified for our parish church, but I was proved wrong.

We in the Church Choir are very grateful to Charles for all the time he spent with us – he certainly improved our singing.

He was also a composer – pieces that he wrote for St Paul's Choir and the Gloriana Singers were Tu Es Petrus (You are Peter) which was performed when Revd Andrew Norman was installed as Curate at St Paul's, and Gloria, Sanctus, Benedictus and Angus Dei recently composed for a choir he conducted in Yorkshire; Charles formed a choir to sing this at St Paul's just last year.

Charles was an amazing man, a very talented musician, and willing to share those talents and his time with so many people. He will be missed very much by all of us at St Paul's.

Rosemary Hoyle

WORLD DAY OF PRAYER (Friday 6th March)

St Mary's hosted the World Day of Prayer this afternoon. It was a very inspiring occasion with a beautiful prayerful atmosphere. People came from churches of every denomination all over the Peninsula. Carole Hull, Helen Anderson and their ecumenical team led the service beautifully.

The theme of this year's service was "Jesus said, 'I will give you rest ...come'", and it was prepared by Christian women from Nigeria. We heard testimonies from four Nigerian women, of how faith in Jesus had sustained them through the suffering and challenges of insecurity, marginalisation, persecution, poverty and despair.

The 'slogan' of the World Day of Prayer, is "Informed Prayer, Prayerful Action".... which seems a very good slogan for us all as we pray for our world at this troubled time.

SHOCKING FOOD FACTS YOU DIDN'T KNOW!

Coconut water is so pure it was once used as IV fluid

Dark chocolate has more iron than beef

Broccoli packs more vitamin C than an orange

One avocado beats a banana in potassium

Egg yolks hold almost every essential vitamin

Apples give more lasting energy than coffee

Just 5 walnuts a day can boost memory and brain power

Celery is 95% water, a natural zero-calorie hydrator

MANY HANDS ...

An enthusiastic team of ten ladies gathered in St Paul's on a Saturday morning, all bringing their contributions of greenery, and in just over one hour 100 posies had been assembled. These were blessed at the Sunday morning service on Mothering Sunday, handed out during the final hymn, and then taken out during the afternoon to our home communicants and those of our regular congregation who had been unable to be with us in church.

Many thanks to all who helped – from the comments received the posies were much appreciated.



WEDNESDAY & SUNDAY SERVICES - APRIL 2026

DATES	ST PAUL'S GRANGE-OVER- SANDS	GRANGE FELL	ST PETER'S FIELD BROUGHTON & LINDALE
1ST APRIL WEDNESDAY	10 am Holy Communion CW Rev'd Annette Miller 7 pm Holy Communion & Address Rev'd David Wilmot		
5TH APRIL EASTER DAY	6.30 am Son Rise Service Hampfell Car Park 11 am Holy Communion CW Rev'd David Wilmot		9.30 am Holy Communion CW Rev'd David Wilmot
8TH APRIL WEDNESDAY	10 am Holy Communion CW Rev'd David Wilmot		
12TH APRIL SECOND SUNDAY OF EASTER	11 am Holy Communion CW Rev'd David Wilmot 4 pm - Evening Worship	9.30 am Mattins BCP Rev'd Annette Miller	9.30 am Holy Communion CW Rev'd David Wilmot
15TH APRIL WEDNESDAY	10 am Holy Communion CW Rev'd Annette Miller		
19TH APRIL THIRD SUNDAY OF EASTER	11 am Holy Communion CW Venerable Penny Driver		9.30 am Holy Communion CW Rev'd George Wilson
22ND APRIL WEDNESDAY	10 am Holy Communion CW Rev'd Annette Miller		
26TH APRIL FOURTH SUNDAY OF EASTER	11 am Holy Communion CW Rev'd David Wilmot 4 pm - Evening Worship	9.30 am Holy Communion BCP Rev'd David Wilmot	9.30 am Mattins BCP Biddy Hibbert & Rev'd Annette Miller
29TH APRIL WEDNESDAY	10 am Holy Communion CW Rev'd David Wilmot		
3RD MAY FIFTH SUNDAY OF EASTER	11 am Holy Communion CW Rev'd David Wilmot 4 pm - Evening Worship		9.30 am Holy Communion CW Rev'd David Wilmot

OUR LINKS WITH THE PRIMARY SCHOOL

Fun and Friendship - 'Our Wonderful World'

Last Tuesday afternoon, 24th March, we attended Grange Primary School for a Fun and Friendship craft session. Our theme was 'Our Wonderful World'.

There is always an exciting buzz in the hall as the children make their way in. We start with a short talk by Annette, followed by the song 'My Lighthouse', then separate for small group activities.



This session we made adorable, woolly sheep, a tissue paper map of the world, coloured in animals and faces, and decorated biscuits to represent insects. The children are a delight and one of the pleasures of attending is when they show you their artwork. It is a privilege.



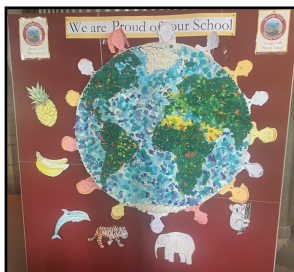
The session always finishes with the children and Annette holding a short



discussion and a prayer. Then it is a quick tidy-up and off back home. We always like to display some of the craft work at the front of the church, so look out for the map of the world.

There are four things which impress me about these sessions: the lovely, warm and inclusive behaviour of all the children, the fantastic turnout of church members, Gill's comprehensive knowledge of all things crafty, and Annette's amazing wardrobe of colourful jumpers. I started attending because I thought I could at least help, I now go because I enjoy it so much.

Dorothy Black





And at the end-of-term Easter service in St Paul's, presentations were made to Audrey Gorman and Eileen Burke as they retire from running the Lunch-time Club, and also to Helen Hill as she retires after 22 years as the Nursery teacher.



TWO PROUD WINNERS

Three groups (Key Steps 1-3) from Grange Primary School entered a gymnastics competition held in Penrith Leisure Centre on the 23rd March, and one group reached the finals coming 3rd in the county in the large-school category. Here are Olivia and Lois, two of the five-strong team, proudly displaying their medal and badges. Our congratulations to the team – and to the school!



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'd 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 school, I don't know any old men apart from grandpa.

History: Sometimes in the war they take prisoners and keep them as ostriches until the war is over. Some prisoners end up in constipation camps.

DATES FOR YOUR DIARY - APRIL 2026

Wednesday 1st	8.30 am - Morning Prayer & 5 pm - Evening Prayer, St Paul's 7.00 pm - Holy Communion & Address
Thursday 2nd	Maundy Thursday 8.30 am - Morning Prayer & 5 pm - Evening Prayer, St Paul's 7 pm - Holy Communion & Address
Friday 3rd	Good Friday 8.30 am - Morning Prayer 12 noon to 3 pm - Devotions at the Cross
Saturday 4th	8.30 am - Morning Prayer
Sunday 5th	EASTER SUNDAY 6.30 am - Son Rise Service, Hampsfell Road Carpark & hot cross buns at St Paul's 6 - 7 pm - Stillness & Song, Grange Methodist Church
Monday 6th	Easter Monday - Bank Holiday 8.30 am - Morning Prayer & 5 pm - Evening Prayer, St Paul's
Tuesday 7th	8.30 am - Morning Prayer & 5 pm - Evening Prayer, St Paul's
Wednesday 8th	8.30 am - Morning Prayer & 5 pm - Evening Prayer, St Paul's 12.30 pm - Music Rehearsal in Church
Friday, 10th	1 pm - Funeral of Charles Edmondson, Kendal Parish Church
Monday 13th	8.30 am - Morning Prayer & 5 pm - Evening Prayer, St Paul's
Tuesday 14th	8.30 am - Morning Prayer & 5 pm - Evening Prayer, St Paul's
Wednesday 15th	8.30 am - Morning Prayer & 5 pm - Evening Prayer, St Paul's
Monday 20th	8.30 am - Morning Prayer & 5 pm - Evening Prayer, St Paul's
Tuesday 21st	8.30 am - Morning Prayer & 5 pm - Evening Prayer, St Paul's
Wednesday 22nd	8.30 am - Morning Prayer & 5 pm - Evening Prayer, St Paul's 12.30 pm - Music Rehearsal, C Edmondson in St Paul's
Friday 24th	10.30 am - "Time for Peace" Cartmel Quakers
Sunday 26th	1 - 3 pm - Food Bank collection, St Charles RC, Grange APC Meeting in Church after Service
Monday 27th	8.30 am - Morning Prayer & 5 pm - Evening Prayer, St Paul's
Tuesday 28th	8.30 am - Morning Prayer, & 5 pm - Evening Prayer, St Paul's
Wednesday 29th	8.30 am - Morning Prayer & 5 pm - Evening Prayer, St Paul's
Friday, 1st May	5 - 7 pm - Repair Café, Methodist Church



NEWS FROM THE DIOCESE

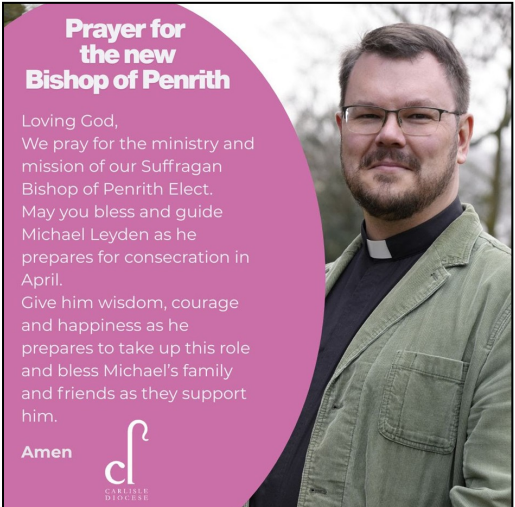
On the 11th March a Downing Street announcement confirmed that HM The King approved the nomination of the Rev Canon Dr Michael Leyden, who is the founding Dean of Emmanuel Theological College, following recommendation by the Bishop of Carlisle, the Rt Rev Rob Saner-Haigh.

Through his theological college role Michael had close ties with Carlisle Diocese, supporting dozens of people in training for ministry, ordination and lay leadership. He will move to Cumbria this summer to live in Clifton, near Penrith. As Suffragan Bishop he will have particular responsibility for further developing discipleship, vocations and leadership, as well as supporting the Diocese's 104 church schools.

Michael has been Dean of Emmanuel since 2021, overseeing the college community and heading up its Leadership Team from the organisation's central headquarters near Warrington, Cheshire. He grew up in council estates on Merseyside before studying theology and philosophy at Oxford University and later gaining a PhD in theological ethics at the University of Chester. He has taught in universities and theological education institutions for 20 years, including alongside parochial ministry. Michael has drawn upon his working-class roots to champion the faith journey of others from under-represented backgrounds. He has worked on national Church projects to develop more diverse training pathways and recently appeared in a Church of England film to support vocations for those from similar upbringings to his own.

Michael served his curacy in the parish of St Ann's Rainhill in Liverpool Diocese and then as vicar in the Benefice of Weston with Shavington in the Diocese of Chester. In both parishes he worked with lay leaders to develop a mixed ecology of church: time-honoured church working alongside new and pioneering forms. He has ministered in underprivileged, urban, sub-urban, and semi-rural contexts in various traditions. He has also been a local board member of the Triangle of Hope - a project through which three global Anglican dioceses with shared links to the historical slave trade look to transform the long history of slavery and the ongoing effects of present-day slavery through repentance, education, reconciliation and mission.


Michael is married to Anna, a vicar in the Diocese of Chester, and they have two children.



**Prayer for
the new
Bishop of Penrith**

Loving God,
We pray for the ministry and
mission of our Suffragan
Bishop of Penrith Elect.
May you bless and guide
Michael Leyden as he
prepares for consecration in
April.
Give him wisdom, courage
and happiness as he
prepares to take up this role
and bless Michael's family
and friends as they support
him.

Amen



DIOCESE OF CARLISLE

This pilgrim route around the Kent Estuary and the eight churches of our Mission Community offers more than just a walk through the beautiful countryside. It is an invitation to pause, to notice, and to reflect - on the land beneath our feet, the stories that shaped it, and the faith that continues to inspire its people



£6.00



Levens • Heversham • Milnthorpe • Beetham • Storth • Arnside

The Kent Estuary Pilgrim Way



A group of Cumbrian churches has created a near 30-mile-long pilgrimage route to promote the rich Christian heritage of their area.

Bishop Rob joined members of eight churches in the Kent Estuary Mission Community in the South Lakes for a launch event of the pilgrimage and guide. The event included a time of open-air worship on Heversham Head, a walk of part of the pilgrimage route, and further worship at St Thomas' Milnthorpe. He said: "I was thrilled to be invited along to the launch event and to celebrate the rich Christian heritage which blesses this area. It is wonderful to see the effort, skill and care which has been put into the creation of the pilgrimage routes which link these eight churches. This project will help people connect with the deep Christian story of these communities and the living faith in Jesus which we want people to hear today."

Developed over a year by a group drawn from the churches, the new guidebook includes five circular walks and a return route which connects churches in Levens, Heversham, Milnthorpe, Beetham, Storth and Arnside. Peter Clarke, a member of St Peter's Heversham who helped to co-ordinate the new pilgrimage, said: "The aim is to encourage people to enjoy the countryside and appreciate the natural and historical richness of the Kent Estuary whilst also helping visitors and locals alike know a little more about the churches in each village".

Five hundred copies of the guidebook have been printed and are available for sale (priced £6) in the Kent Estuary Mission Community's eight churches. There are also plans for the books to be sold in local retailers and at tourist information centres.



The Bishop of Carlisle is encouraging people to pray for the new Archbishop of Canterbury, following her historic installation. More than 2,000 people from across the country and around the world attended Canterbury Cathedral for the Installation of Archbishop Sarah Mullally as the 106th Archbishop of Canterbury. And just as Archbishop Sarah prays for healing and hope for the world, so too Bishop Rob, who

was at the service, is asking people to pray for her after she publicly took up her ministry.

He said: “We give thanks to God for Archbishop Sarah. This is a day to celebrate and most importantly to pray for Archbishop Sarah as she takes on such responsibility and seeks God’s counsel in all she does as leader of our church. I feel honoured to have been invited to witness her installation in person. It was good to see how Archbishop Sarah’s rich history in nursing was reflected in the guest list with healthcare workers, carers and charity representatives invited to the service. Please continue to pray for our new Archbishop – for grace, wisdom and humility - as she ministers for God’s church in both exciting and challenging times.”

NEWS FROM ST PETER’S, FIELD BROUGHTON

St Peter’s Church - Opening Times

Our policy is to keep the church open as much as possible

Palm Sunday to the last Sunday in October

Monday-Saturday Approximate timings: 10.30 am-5 pm

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

Details of events can usually be found on the Field Broughton and Surrounding Communities Facebook page, or please contact

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


**REPAIR CAFÉ—Friday, 1st May, 5-7 pm,
Methodist Hall**

LENT LUNCHES

Over 40 people gathered at St Paul's on Friday, 27th March, for the last of the Lent lunches organised by Churches Together.

Annette Miller led the short service at the end, Father Philip did the reading from Philippians, and David Edmondson played the piano for the two hymns. During the intercessions candles made by the children at the Grange Primary School were lit.

A happy time of fellowship together, with the donated proceeds from all the lunches this year going to the Cartmel Peninsula Youth Trust.



Cartmel Peninsula
Churches Together
invite you to a Sunrise Service
6:30 am on Easter Sunday
(April 5th)
Led by the Revd David Edmondson



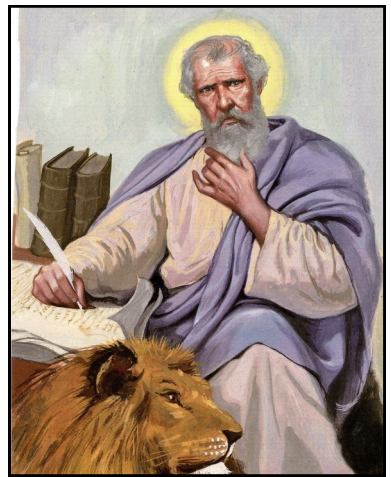
Hampsfell Road car park
Followed by hot cross buns at St Paul's



ST MARK, THE EVANGELIST

Some facts about St Mark, whose feast day we celebrate this year on April 25th.

- He was a cousin of St Barnabas. According to tradition, St Mark, also called John Mark, was a cousin of St Barnabas, an influential leader in the early Church and companion of St Paul on his missionary journeys. (Col. 4:10)
- St Mark's house in Jerusalem is believed to be the site of the Last Supper, where Jesus instituted the Eucharist, and also the place where the disciples gathered after the Resurrection (Acts 12:12).
- He was a disciple of St Peter. Christian tradition holds that St Mark was a disciple of St Peter and that his Gospel was based on the apostle's teachings and testimonies.
- Many scholars believe that the Gospel of Mark was the first of the four gospels to be written, serving as the basis for the Gospels of Matthew and Luke. It is also the shortest of the four gospels, with only 16 chapters., and believed to have been written around 65-70 AD.
- The symbol of St Mark is often represented by a winged lion, representing Christ's royalty and resurrection. This symbol is inspired by the book of Ezekiel and the Apocalypse.
- St Mark is considered the founder of the Church in Egypt, specifically the Coptic Orthodox Church. He would have been the first bishop of Alexandria, where, according to tradition, he suffered martyrdom around 68 AD.
- His relics were supposedly taken from Alexandria to Venice in 828 AD and deposited in St Mark's Basilica, built especially to house them.
- He is the Patron St of Venice, and his figure is closely associated with the city's history and identity. The winged lion of St Mark is an iconic symbol of Venice and is found on many of the city's buildings and monuments.



St Mark played a crucial role in the young early Church, not only as an evangelist, but also as a travelling companion to St Paul and St Barnabas on their missions. The Acts of the Apostles reports that there was a disagreement between Paul and Barnabas about taking Mark on a missionary journey, due to Mark's earlier desertion (Acts 15:36-41). However, later, St Paul recognized the value of St Mark and asked for his presence in his prison in Rome, showing that the relationship between them was restored (2 Timothy 4:11).

Wikipedia

Our natural world is in crisis. We are now consuming 1.8 times faster than our planet can regenerate. If we consumed within our planetary boundaries, nature would have space to replenish. Earth Overshoot Day 2025 fell on 24th July - meaning humanity exhausted Earth's yearly renewable resources in just seven months. For the remaining five months of 2025, we lived on borrowed resources from future generations. To sustain our current lifestyle year-round would require 1.8 Earths - but we only have one.

Sources:

*Global Footprint Network, Earth Overshoot Day 2025. <https://overshoot.footprintnetwork.org>
Calculated by dividing Earth's biocapacity by humanity's ecological footprint and multiplying by 365*

"The fact is that no species has ever had such wholesale control over everything on earth, living or dead, as we now have. That lays upon us, whether we like it or not, an awesome responsibility. In our hands now lies not only our own future, but that of all other living creatures with whom we share the earth."

Sir David Attenborough, Life on Earth

Every time we leave our phone charger plugged in, run the tumble dryer instead of hanging washing outside, or keep devices on standby overnight, we are consuming energy. In the UK, home energy accounts for one-fifth of our national carbon footprint - and much of it is entirely avoidable. Recent energy crises have reminded us how vulnerable we are when we rely on fossil fuels. Yet electricity and clean water are not equally available across the world. As we reduce our own consumption, we remember those living in places more vulnerable to climate change.

Seven tips for wasting less energy

- Unplug appliances not in use and switch off standby mode - devices on standby still draw power
- Wash clothes at 30°C and air-dry instead of tumble drying where possible - tumble dryers are massive energy users
- Take showers under 5 minutes
- Heat the person, not the space - turn down your thermostat by 1-2°C and wear an extra layer. Make use of blankets and hot water bottles
- Boil only the water you need in the kettle!
- Turn off lights in empty rooms
- Spring clean your emails and cloud storage - data centres use enormous amounts of energy and water

REFLECTION

Our intentional acts of energy conservation can add up. Conserving energy is the wise stewardship of resources entrusted to us by God. We can cherish our resources, remembering the earth does not belong to us but to our Creator and is a gift.

"The earth is the Lord's, and everything in it, the world, and all who live in it."

Psalm 24:1 NIV

CRAFT & HOBBY DE-STASH FAIR

Saturday 18th April

10am - 1pm

Cartmel Village Hall LA11 6QB*

Grab a crafty bargain!

Fabrics, sewing patterns, haberdashery
Yarn, paper craft, stationery, artist materials
and lots more craft & hobby goods!

Free entry to the event cash sales preferred

Stalls £5, contact Janet 07713255238

Enjoy tea, coffee, cake and snacks from £1

*(what3 words: bashed.stability.canines)

Working with PEAT

Members of the Grange Primary School eco committee standing by the new **Bug House** in the church garden. The eco house was designed by the children to encourage 'the good bugs' and kindly built by Dennis Whalley, a School Governor.



 **Carbon Fast** for Lent  **Climate Stewards**

FAST TO HELP PEOPLE AND PLANET TO FLOURISH!

WEEK 7: FAST FROM SOCIAL MEDIA TO FOCUS ON GOD

THIS WEEK'S CHALLENGE?
RETREAT FROM SOCIAL MEDIA TO REFLECT ON THE CROSS AND DELIGHT IN CREATION

WHY ?
ON AVERAGE, WE SPEND 145 MINUTES ON SOCIAL MEDIA DAILY, CREATING APPROX 60KG OF CO2 ANNUALLY THIS EQUALS A TRIP FROM LNDN TO EDINBURGH BY CAR!
WE CHECK OUR PHONES ONCE EVERY 8 MINUTES
WE SPEND 4H30 MINS ONLINE OUTSIDE OF WORK DAILY



TAKE STEPS TOWARDS RECLAIMING OUR ATTENTION FOR GOD. GO OUTDOORS AND ENJOY CREATION!

CHOOSE A DIGITAL DETOX CHALLENGE THIS WEEK!

- TAKE A SOCIAL MEDIA BREAK FOR A DAY— GOOD FRIDAY OR EASTER SUNDAY
- GO ON A PRAYER WALK
- BOOK A SACRED RETREAT
- TRY DISCONNECTING FROM SOCIAL MEDIA FOR HOLY WEEK!
- SCREENLESS NIGHTS! GO FOR PHONE-FREE EVENINGS
- PRAY FOR THE STEWARDS OF GOD'S CREATION AND THE CLIMATE VULNERABLE



CULTIVATE HOPE - REFLECT ON PROMISES FOR RENEWED CREATION!

Cartmel Peninsula
Next REPAIR CAFE Dates
Friday, 1st May, 5-7 pm



Let's make things last longer ...

- . Bring broken items
- . Learn new repair skills
- . Eat yummy cake
- . Leave smiling

All welcome
JOIN IN!

Methodist Hall

Annette Hennessy, Chair of PEAT, writes:

On Tuesday, 14th April, at 7 pm, there will be a private viewing of the **People's Emergency Briefing** which is starting to be shared more widely across the country. Before we show the film publicly here on the Cartmel Peninsula, we thought it would be helpful to bring together relevant people locally to watch it, reflect, and think about what it might mean for our communities. Given your role in our community we thought you would find it helpful to be part of the private screening and discussion.

We're part of a national rollout, the film is on general release from 7th April and screenings will be held across Cumbria and beyond in a wide range of settings, from cinemas and community venues to village halls, council spaces, hospitals, universities and at local events.

We'll be holding a public screening a bit later but wanted to create an opportunity for councillors and local partners to have an initial conversation about how it lands locally and how we might respond. The film features footage from last November's National Emergency Briefing, bringing together leading UK experts in climate science, food security, health, economics, national security and nature. It gives a clear, measured picture of how these issues are affecting everyday life in Britain, and what the evidence says about risks and possible responses.

After the 45-minute screening, we'll have a short, informal discussion - a chance to share reflections and explore what this might mean in practice for our area. ."

The public showing will be Sunday **May 17th 7-9 pm in the Victoria Hall.**

A-POLITICAL APHORISMS

- The problem with political jokes is they get elected (Henry Cate, VII)
- We hang the petty thieves and appoint the great ones to public office (Aesop)
- Politicians are the same all over. They promise to build bridges even where there is no river (Nikita Khrushchev)
- Why pay money to have your family tree traced; go into politics and your opponents will do it for you (Author unknown)
- Politicians are people who, when they see light at the end of the tunnel, go out and buy some more tunnel (John Quinton)
- I have come to the conclusion that politics is too serious a matter to be left to the politicians (Charles de Gaulle)
- Instead of giving a politician the keys to the city, it might be better to change the locks (Doug Larson)

BE STILL

You do not have to look for anything,
Just look.
You do not have to listen for specific sounds,
Just listen.
You do not have to accomplish anything,
Just be.
And in the looking,
And the listening,
And the being,
Find
ME.

In his work *The City of God*, St Augustine spoke of heaven where 'we shall rest and we shall see, we shall see and we shall love, we shall love and we shall praise, in the end which is no end'.

Michael Ramsey, the 100th Archbishop of Canterbury, expands on those words in this extract from *Be still and know*.

'Resting, seeing, loving and praising: these words describe not only the goal of heaven but the message of Christianity in the world. The world has lost the way of resting, seeing, loving praising. Swept along in ceaseless activity the world does not pause to consider. With no resting and no considering the power to see is lost: to see where we are going, to see the larger perspectives, to see beyond the group or the nation or the race, to see human beings as they really are with the image of God in them.

Where seeing is dim, love becomes faint; and praise is lost for we praise only when first we have seen and loved. Man loses the praise of his creator which is the end of his existence and the source of his resting, seeing and loving.'

Prayer

**Lord, you have made us for yourself –
Our hearts are restless until they find rest in you.
Help us to see with your eyes,
that seeing we may love,
and loving we may serve,
and know the peace of heaven
where we shall see you face to face.**

EMRYS Walking & Music Tour of the Lake District

Emerging from the creative London jazz scene, EMRYS are a trio of unique young artists crafting original music; they are Sam Nicholls (drums), Isaac Burland (double bass) and Chris Outhwaite (piano).

Walking to a Venue Near You...

In spring 2026, EMRYS are embarking on a week-long 'Walking and Music Tour of the Lake District'. Inspired by Poet Laureate Simon Armitage's book 'Walking Home', the trio will trek across the fells, valleys and waterways of the Lake District, with each day's walk leading to a concert in churches, village halls, schools, and community spaces. Their journey is an exploration of how music grows in conversation with landscape and the communities within. Recordings from each concert will form their debut album.

All events will be free entry ([tickets available in advance](#) and on the door) and audience members will have the option to donate towards the project after the concert. EMRYS invite you to join them on each day's walk, details for which can be found [on their website](#). Reserve your seat now!

The Concerts

16th April	Penrith Methodist Church 7:30pm
17th April	Keswick St John's Church 7:30pm
18th April	Cockermouth URC Church 7pm
19th April	Grasmere Village Hall 6:30pm
20th April	Ambleside Parish Centre 12.30pm
21st April	Swarthmoor Hall, Ulverston 7pm
22nd April	North West Music Academy, Barrow 7pm
23rd April	Ghyllside Primary School, Kendal 3:30pm

[LISTEN/DOWNLOAD](#) - EMRYS 'Still Heart' - an exclusive unreleased track for radio play.

[PHOTOS TO DOWNLOAD](#) for printing & posting online.

The tour is partly funded by the 'Principal's Award for Innovation' received by Sam (EMRYS drummer), upon his graduation from Trinity Laban Conservatoire of Music and Dance in 2025

[read more here](#).

For press & radio enquires contact: emrystrio@gmail.com

Website: emrysmusic.com

Instagram: [@emrmys_music](https://www.instagram.com/emrmys_music)



BIO

Emerging from the creative London jazz scene, EMRYS are a trio of unique young artists crafting original music. Drawing from a shared love of Jazz, Classical, Choral and Folk music, their immersive compositions inspire flowing musical landscapes inviting reflection and rediscovery.

Individually Sam, Chris and Isaac have worked with renowned Jazz artists such as Byron Wallen, Hans Koller, Tom Challenger, Jon Gordon, Harry Diplock and Laura Jurd. EMRYS sees these three young artists combine, bringing their own music and voices to audiences for the first time.

(Sam is the grandson of Joyce)

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Mental Health and Wellbeing
in today's overwhelming world



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23rd April
St George's Day

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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.

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07377831808

Magazine Subscriptions - a reminder!

Have you paid for this year's magazines?
We think there are some still outstanding!

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:

$\frac{1}{4}$ page **£50** $\frac{1}{2}$ page **£25**

Any comments, articles or queries for the magazine should be emailed to **Rosemary or Penny.**

Items no longer than 300 words, please.

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	16	152	131
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	202



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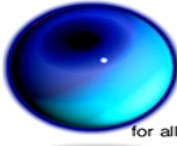
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Judith Mitchell j.a.mitchell356@gmail.com 35664

Fell Church

Please contact the Churchwarden

Parochial Church Council Secretary

Rosemary Hoyle rosemary-hoyle@sky.com 58108

Office / Parish Administrator

Rosemary Hoyle/ Linda 35560

Wed & Thur - 9.00 am-1 pm

E-mail - stpaulschurchgrange@gmail.com

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