

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



**May 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](mailto:davidmwilmot@gmail.com))

**Associate Priest - Rev'd Annette Miller**

**015395 33840**

Airton, Eden Park Rd, GOS, LA11 6BW ([miller3637@btinternet.com](mailto:miller3637@btinternet.com))

**ENQUIRIES**

**Contact Rosemary in the Office (Tel: 015395 35560) or David.**

**PARISH OFFICE**

Parish Administrator—Rosemary Hoyle

Office hours: Tuesdays 9.30 am-12.30 pm, Wednesdays & Thursdays 9.00 am-12 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](http://www.grangepcc.co.uk)**

**[www.facebook.com/StPaulsGoS](https://www.facebook.com/StPaulsGoS)**

## From the Rectory

# Life in the Spirit

I like to joke about having noticed that our church lost property contained a walking stick. I couldn't help observing that clearly someone had come to church in need of their stick but didn't seem to need it when they left! Obviously, a cause for rejoicing!

Obviously, I wouldn't for a moment claim that we're witnessing an outbreak of the life-changing 'signs and wonders' which the Bible so often associates with the presence of the Holy Spirit, but it did remind me of how it is part of our calling as Christian people to be able to discern, demonstrate and indeed point out to others the signs of the Holy Spirit. St Paul gives us a helpful list: love, joy, peace, patience kindness, goodness, faithfulness, humility and self-control.

Indeed, it's during the weeks after Pentecost (24<sup>th</sup> May) that we are encouraged to reflect on these things. The readings in our weekly worship remind us of how, in obedience to the prompting of the Spirit, the apostles not only brought the good news of Christ to those around them, they had an expectancy that they would see him 'in action'.

However, since the contrast between these accounts of the early church and the description of the church in our day (if the press is to be believed) couldn't be more marked, it's easy to feel both inspired and condemned by the past in equal measure!

So, I find it helpful to recall that, as a matter of historical record, the time of the early church was not some 'vintage' period which we are called to either re-create or feel overshadowed by. On the contrary, their times were every bit as human as our own and filled with quite as much conflict and turmoil. Perhaps their gift to us is, very simply, their willingness to be open to God's Holy Spirit and their desire to follow his lead. It is Christian people and congregations who understand this who are beginning to see the signs of the Holy Spirit and the church being reshaped as a servant community in our day.

In the 2nd century the Christian apologist Athenagoras described the importance of this. He wrote: "Without the Holy Spirit, God is far away. Christ stays in the past. The Gospel is a dead letter. The church is simply an organisation. Authority is a matter of domination. Mission a matter of propaganda. The liturgy is no more than an evocation and Christian living a slave morality. But in the Holy Spirit the risen Christ is there. The Gospel is the power of life. The Christian shows forth the life of the Trinity. Authority is a liberating service. Mission is a Pentecost. Liturgy is both memorial and anticipation and human action is deified".

Amen to that!

*Every blessing, David*

## SUNDAY & WEDNESDAY SERVICES - MAY 2026

DATES	ST PAUL'S GRANGE-OVER- SANDS	GRANGE FELL	ST PETER'S FIELD BROUGHTON & LINDALE
<b>3RD MAY</b> FIFTH SUNDAY OF EASTER	11 am Holy Communion CW Revd David Wilmot 4 pm - Evening Worship		9.30 am Holy Communion CW Revd David Wilmot
<b>6TH MAY</b> WEDNESDAY	10 am Holy Communion CW Rev' David Wilmot		
<b>10TH MAY</b> SIXTH SUNDAY OF EASTER	11 am Holy Communion CW Revd David Wilmot 4 pm - Evening Worship	9.30 am Mattins BCP Revd Annette Miller	9.30 am Holy Communion CW Revd David Wilmot
<b>13TH MAY</b> WEDNESDAY	10 am Holy Communion CW Revd Annette Miller		
<b>14TH MAY</b> THURSDAY ASCENSION DAY	7 pm Holy Communion CW Revd David Wilmot		
<b>17TH MAY</b> SEVENTH SUN- DAY OF EASTER	11 am Holy Communion CW Venerable Penny Driver		9.30 am Holy Communion CW Revd David Wilmot
<b>20TH MAY</b> WEDNESDAY	10 am Holy Communion CW Revd David Wilmot		
<b>24TH MAY</b> PENTECOST	11 am Holy Communion CW Revd David Wilmot 4 pm - Evening Worship	9.30 am Holy Communion BCP Revd David Wilmot	9.30 am Holy Communion CW Revd Annette Miller
<b>27TH MAY</b> WEDNESDAY	10 am Holy Communion CW Revd David Wilmot		
<b>31ST MAY</b> TRINITY SUNDAY	11 am Holy Communion CW Revd David Wilmot 4 pm - Evening Worship		9.30 am Holy Communion CW Revd David Wilmot

## FROM THE REGISTERS MAY 2026

### YEAR'S MIND

Fay Edwards	17th May 2024
Margaret Jenkins	22nd May 2023
Margaret Graveston	24th May 2022
Pamela Goord	29th May 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  
Christ”***

### A STATEMENT OF FAITH (WRITTEN BY TWO 14-YEAR-OLD BOYS)

We believe in God,  
who made the sun and the sky, the stars and the sea,  
who calls us to live responsibly.

We believe in Jesus Christ,  
who became human, who healed the sick, who talked to children,  
who made friends with sinners.  
He burned brightly and offended many.  
His journey was one of life and death and resurrection.  
His light continues to shine in darkness.

We believe in the Holy Spirit,  
who inspires the scriptures  
and whose breath we breathe.

We believe that God calls us to be a community,  
committed to one another,  
offering a welcome to everyone,  
old and young, rich and poor, strong and weak.

We believe that God calls us to be peacemakers,  
workers for justice,  
brothers and sisters,  
A light for our world.

Amen

## NEWS FROM THE DIOCESE

### Bishop Rob's Easter message



“There’s a moment farmers know well. After long, cold nights, and months of hard work, when it seems winter will never end, one morning something shifts. The light comes earlier. Lambs are born. Snowdrops give way to daffodils. You can feel a hint of warmth in the air. The land opens up again. Easter is that morning — but for all of creation, for all of history.

On Good Friday, the disciples stood in a darkness deeper and colder than any Lakeland winter. The one they had followed, the one they believed would make all things right, was dead and buried. Hope, it seemed, had been sealed in a tomb. The stone rolled across not just a grave, but across every expectation and hope. But God was not finished. On the third day, Jesus Christ rose from the dead, not as a metaphor or as a fairy story to give people false hope. No. Jesus rose as a living, breathing, wound-bearing reality. Death itself — the hardest winter there is — could not hold Him.

Easter is the good news that darkness does not have the final say. Death is not the end of the story. God’s love is greater than anything that can be thrown at it. Light shines in the darkness and the darkness has not overcome it.

In a world where it can feel that darkness is winning, where it can feel for many in our communities that they are burying their hopes and getting used to endless winter, Easter says that with God nothing is beyond hope, nothing is beyond redemption. Nothing can separate us from the love of God. Just as the winter gives way to the new life of Spring, God’s promises come to pass. Just as farmers work and look for new life, so we work and look for new life

So, in our own day, we join with Christians across cultures and generations in giving that joyful shout which declares God’s victory over the darkness and offers hope for all.

**Christ is risen! He is risen indeed!** Happy Easter.”

*Deanery Synod elections are to take place as part of this year's Annual Parochial Church Meetings, with the cut-off date for APCMs being 31 May, 2026.*

*Deanery Synod members form the electorate for the House of Clergy and the House of Laity for the forthcoming General Synod elections, which will take place later this year following the dissolution of Synod after the July meeting. The election process for both Houses will begin on 14 July 2026, including all statutory preparatory steps.*

## THY KINGDOM COME (TKC)

This is a global ecumenical prayer movement that invites Christians around the world to pray from Ascension to Pentecost for more people to come to know Jesus. Since it began in May 2016, God has grown TKC from a dream of possibility into a movement which unites more than a million Christians in prayer, in nearly 90% of countries worldwide, across 85 different denominations and traditions- so that friends and family, neighbours and colleagues might come to faith in Jesus Christ. Every person, household and church are encouraged to pray during the 11 days in their own way.



It is our hope and prayer that those who have not yet heard the Good News of Jesus Christ and His love for the world will hear it for themselves, and respond and follow Him. Specifically, we again invite each and every Christian across the globe to pray that God's Spirit might work in the lives of 5 people who have not responded with their 'Yes' to God's call. Whether you have joined in 'Thy Kingdom Come' before or not, we invite you to take part and join in.

This year's Thy Kingdom Come is all about the presence of God through His Spirit. *The God who is with us in the everyday – in the joys and sorrows of life (and everything in between) and the One who, through His Spirit, longs to reveal Himself to those who do not yet know Him.*  
*From the story of Ruth to the story of Gideon, from the story of Elijah to the story of the early church who waited for the promised Holy Spirit to come - over the 11 days we will explore a different Bible story each day, demonstrating God's transformative presence, power and love at work .*  
*Our hope is that as we pray for our five people, they will also experience the life-changing love of God and choose to follow Him.*

### OPERA IN THE FELLS: SAVE THE DATE FOR RYDAL HALL

This summer, the historic gardens of Rydal Hall will provide a breath-taking backdrop for an evening of world-class music. **On Saturday, 25 July 2026**, our Diocesan retreat centre invites you to "Opera Under the Summer Sky", a celebration of the human voice set against the majesty of the Rothay Valley. The performance features a professional touring cast bringing the drama and beauty of opera to the Cumbrian fells. Whether you choose to lounge on the lawn with a picnic or opt for reserved garden seating, it promises to be a night of "spaciousness and grace" for all ages. Beyond the music, this is a wonderful way to support the mission of Rydal Hall as a place of spiritual renewal and community connection.



Join us. Tickets are available now. Early booking is encouraged as spaces on the lawn are limited!  
(015394 32050 | [www.rydalhall.org/events](http://www.rydalhall.org/events))

## THE ENTHRONEMENT OF THE NEW ARCHBISHOP OF CANTERBURY

On 25<sup>th</sup> March, I was privileged to be present in Canterbury Cathedral for the Installation (or Enthronement, as it is traditionally known) of Dame Sarah Mullally as the 106<sup>th</sup> Archbishop of Canterbury. (I was invited because I am a General Synod member for the Oxford Diocese—though currently caring for my mother in Grange—and a member of the Crown Nominations Commission that appoints Diocesan Bishops.) The weather was chilly with a stiff breeze, but the threat of rain in the air did not dampen the spirits of the 2,000 or so invited guests queuing up to be security checked at the Cathedral gate.

Proceedings began with a most impressive procession, including almost all the 100 or so Bishops (both Diocesan and Suffragan) of the Church of England, along with over 40 Cathedral Deans, Primates of the Anglican Communion, and representatives of ecumenical partner Churches. Following the procession, the Prince and Princess of Wales were led in (because of their height, easily spotted even from an awkward position in the Nave!).

There are various formalities that are essential elements of any episcopal Enthronement, but they carry additional weight and grandeur when a new Archbishop of Canterbury is being installed. Following the opening hymn, the Mandate from the King was read by the Canterbury Provincial Registrar decked out in his legal wig and gown. The Archbishop then knocked on the West door three times with her pastoral staff before being admitted. Later in the service the Declaration of Assent and Oaths were read, and the Archbishop was formally installed in throne, and presented with her pastoral staff. She was also, separately, installed in the Chair of St Augustine—‘ordinary’ bishops get only one installation!

The Archbishop of Canterbury is one of six Co-Presidents of Churches Together in England, and the service included the signing of an Ecumenical Covenant. There were prayers and readings by ecumenical representatives (including the Roman

Catholic Archbishop of Westminster, who read the Epistle), as well as by representatives of the Anglican Communion, and of the Diocese of Canterbury.

Other distinctive parts of the service included greetings read by children from a school in the Diocese, Kyries in Urdu and a Gospel reading in Mexican Spanish, and some colourful and lively singing by the African Choir of Norfolk.



The sermon was given by the Archbishop herself. On the Feast of the Annunciation, she highlighted Mary's 'audacity' in trusting God's promises. She drew parallels for the Church today, encouraging belief in a hopeful future despite challenges.

Following the final prayers and concluding hymn, the splendid procession departed. As the congregation left the building, we were hit by the wind which had really got up, and my hat blew off across the grass! —happily caught and speedily returned to me.

Having grown up near Canterbury, returning to a city to which I now rarely have occasion to go brought back many memories from years ago—including of occasionally being descended upon by crowds of purple-clad bishops and other ecclesiastical hierarchs, visiting for special events. I would not then have thought I might attend the Enthronement of an Archbishop; it felt like an honour to be there.

*Prudence Dailey*

### **BLUEBELL – *HYACINTHOIDES NON-SCRIPTA***

There are few more magical experiences than a carpet of bluebells in an ancient wood in springtime. English bluebells are a wonderfully deep shade of blue and they always bow in the same direction as if to some unseen lord. It is an amazing experience to be on an island and witness a haze of bluebells merging with the blue of the sea and the sky. Earth and heaven are united in glory.



There are no special flowers associated with the Ascension of Jesus, but it would be good to call bluebells Ascension bells, because his Ascension unites earth and heaven. The gospels are full of arrivals and departures, much like airports, which is why they are exciting places with their cosmopolitan crowds, modern technology and teamwork. It was not like that for the departure of Jesus into heaven. There were no glamorous buildings – just a hillside; no bustling crowds – just 11 villagers; and no glistening aircraft or uniformed crew – just two men in white. Every church should be an outpost of heaven – a place in which to prepare to depart this life and a place to realise that we belong to a great international family that spans the globe.

The bluebell is a hyacinth. Hyacinth was a youth loved by Apollo, a Greek god and hero, who accidentally killed him with a discus. Jesus is the fulfilment of all the best super-heroes – Odysseus, Aeneas, Arthur, and especially David. The Christian story is one of love, but the hero did not die as the result of an accident. There is no need to be 'led away by diverse and strange teachings' (Hebrew 13:9). Jesus said: 'God gave his only begotten son so that all who believe in him should not perish but have everlasting life' (John 3:15).

(Extract from '*A Gospel of Wild Flowers*' by Anthony Footitt)

## DATES FOR YOUR DIARY - MAY 2026

<b>Friday 1st</b>	5-7.00 pm - Repair Café, Methodist Church
<b>Saturday 2nd</b>	8.30 am - Morning Prayer, St Paul's 8.30 am - CPCT Men's Breakfast, Methodist Church
<b>Sunday 3rd</b>	Wedding rehearsal after 11.00 am service
<b>Monday 4th</b>	8.30 am - Morning Prayer & 5 pm - Evening Prayer, St Paul's
<b>Tuesday 5th</b>	8.30 am - Morning Prayer & 5 pm - Evening Prayer, St Paul's
<b>Wednesday 6th</b>	8.30 am - Morning Prayer & 5 pm - Evening Prayer, St Paul's 11.00 am - Pastoral Committee, St Paul's 12.30 pm - Gloriana rehearsal, St Paul's
<b>Sunday 10th</b>	1.00 pm - Solo diners at the Cumbria Grand Hotel
<b>Monday 11th</b>	8.30 am - Morning Prayer & 5 pm - Evening Prayer, St Paul's
<b>Tuesday 12th</b>	8.30 am - Morning Prayer & 5 pm - Evening Prayer, St Paul's 7.00 pm—CPCT AGM - St John's, Flookburgh
<b>Wednesday 13th</b>	8.30 am - Morning Prayer & 5 pm - Evening Prayer, St Paul's 11.00 am - PCC meeting, St Paul's 6.00 pm - Gloriana rehearsal
<b>Thursday 14th</b>	2.00 pm - Ascension Day walk to Cairn, Hampsfell 7.00 pm - Ascension Day Service, St Paul's
<b>Saturday 16th</b>	12.30 pm - Wedding of Amy Jopson and Karl Davidson, St Paul's 10.00 am-4.00 pm - Mental Health Awareness Day, Victoria Hall - various speakers & stalls, organized by Grange Soroptimists
<b>Monday 18th</b>	8.30 am - Morning Prayer & 5 pm - Evening Prayer, St Paul's
<b>Tuesday 19th</b>	8.30 am - Morning Prayer & 5 pm - Evening Prayer, St Paul's
<b>Wednesday 20th</b>	8.30 am - Morning Prayer & 5 pm - Evening Prayer, St Paul's 12.30 pm – Gloriana rehearsal, St Paul's
<b>Friday 22nd</b>	9.30 am - Spring Fair set up 10.30 am - "Time for Peace", Cartmel Quaker Meeting House
<b>Saturday 23rd</b>	10.00 am-1.00 pm - St Paul's Spring Fair
<b>Sunday 24th</b>	12.00 noon-1.45 pm - Pentecost Picnic, St Charles' RC Field
<b>Monday 25th</b>	8.30 am - Morning Prayer & 5 pm - Evening Prayer, St Paul's
<b>Tuesday 26th</b>	8.30 am - Morning Prayer & 5 pm - Evening Prayer, St Paul's
<b>Wednesday 27th</b>	8.30 am - Morning Prayer & 5 pm - Evening Prayer, St Paul's
<b>Sunday 31st</b>	12.30 pm - Gloriana rehearsal, St Paul's

## NEWS FROM ST PETER'S, FIELD BROUGHTON

### FRIENDS OF ST PETER'S SOCIAL COMMITTEE

Following the Social Committee Annual General Meeting in March, the team is now getting ready for its next events. So, here they are.....

#### DATES FOR YOUR DIARIES AND CALENDARS

#### **Wednesdays 6th and Tuesday 26th May –Indoor Bowls, Table Tennis and Social Evening.**

Drop in anytime from 7 pm for a friendly and sociable evening. Donation bar (cash) and nibbles available.

#### **Wednesday 20<sup>th</sup> May – Live Music and Buffet**

Local duo Bramble Briar will perform a variety of music which is sure to please all tastes. Please book via [fieldbroughtonsocial@gmail.com](mailto:fieldbroughtonsocial@gmail.com) as soon as possible.

£15 per person. Donation (cash) bar. 6.45 pm for 7 pm.

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.

Details of events can usually be found on the Field Broughton and Surrounding Communities Facebook page or, please contact [fieldbroughtonsocial@gmail.com](mailto:fieldbroughtonsocial@gmail.com) to be added to a mailing list and details of events can be emailed to you.

### ST PETER'S CHURCH AND PARISH ROOMS

In church there was a cleaning day to spruce things up before the Easter flower displays were put in. The lovely displays featured daffodils, primroses, mosses, forsythia and local foliage – very fitting for a country church.

St Peter's is now open daily until October.

Field Broughton Parish Rooms have new windows thanks to a National Lottery grant. They look very smart and will be easier to maintain as well as keep the rooms warmer in winter (and cooler in summer as the windows now open!).

It was village halls week, 16th-2nd March and there were four events in the Parish Rooms to raise funds for new window boxes and plants for them. There was a community coffee morning, indoor bowls and social evening, yoga taster session and a Sunday brunch. In total £270 was raised and all the gatherings promoted health and wellbeing and brought together the community. Brunch was popular and there will be more of them!

#### ***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, Parochial Church Council  
Broughton East Parish Councillor

## BURIAL OF 900-YEAR-OLD KENDAL WOMAN



During excavations carried out in the grounds of the Parish Church by Liverpool John Moore's University the remains of 66 individuals from the medieval period were discovered, 28 of which were articulated skeletons – skeletons that remain close to the form they would have taken in life.

Although most of the skeletons were crushed because they had been beneath the churchyard wall for centuries, one skull was well-preserved enough for forensic artists at the University to create a facial reconstruction, and the 'Kendal woman' finally got a name: Agnes – pronounced Annis, meaning 'pure' and 'holy' – chosen after a community vote of more than 300 people.

She is estimated to have died in the 1200s and is believed to have lived in the town all of her life. Her bones suggested she led 'a hard life', with the reconstruction showing the 'ruddy complexion of one who has worked outdoors extensively, probably in the fields which would have surrounded the town'. There were indications she had been buried without a coffin and her position in the church yard suggests she was not of high status. Her teeth and bone analysis

suggested she had a poor diet with little meat, fish and dairy products.

The caskets of those disinterred during the flood defence works will rest in church on 23rd and 24th May so visitors can pay their respects, and will be reburied later in a quiet ceremony.

### Thank you – and a reminder

A big 'thank you' to Audrey and our flower team for giving their time and talents decorating our church week by week. The Easter displays were much admired.

And a gentle reminder that Audrey or John is happy to receive donations for the flower fund – perhaps in memory of a loved one or to mark a special anniversary. As with everything else these days the cost of flowers has risen markedly.





# St Paul's Spring Fair

**Sue's Café**  
Serving Coffee, Tea & Bacon Baps

**Books - Tombola - Cakes  
and more**



**RAFFLE  
& Prizes**



**Saturday 23rd May 2026**

10.00 am to 1.00 pm


St Paul's Church, Grange over Sands

**ADMISSION FREE**

## CARTMEL PENINSULA CHURCHES TOGETHER

**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**

### Churches Together Men's Breakfast

**Grange Methodist Church Hall**  
from 8.30 am  
**Saturday, 2nd May.**

All men welcome to share a  
simple breakfast, conversation  
and prayer.



### PATIENT TRUST

**Above all, trust in the slow work of God.**

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

We should like to skip the intermediate stages.

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

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

And so I think it is with you. Your ideas mature gradually --- let them grow, let them shape themselves, without undue haste. Don't try to force them on, as though you could be today what time (that is to say, grace and circumstances acting on your own good will) will make of you tomorrow.

Only God could say what this new spirit gradually forming within you will be.

Give Our Lord the benefit of believing that his hand is leading you, and accept the anxiety of feeling yourself in suspense and incomplete.

*Pierre Teilhard de Chardin, SJ*

## TOP RANKING FOR CUMBRIA

Cumbria Police has been ranked the top Force in England and Wales when the general public were asked about their overall confidence in policing.

The constabulary was also placed number one in a range of other categories in a national survey asking residents about their views on crime. Among these the Force came top when residents were asked whether they agreed officers both understood and dealt with local concerns. It also came first when residents were asked if they agreed police can be relied on when needed.

As well as this, Cumbria was top in England and Wales when people were asked if officers were doing a good or excellent job

The results are from the latest Crime Survey for England and Wales, covering the year up to September 2025. Chief Constable Darren Martland said "I am extremely proud of all the positive results the force continues to achieve. We are here to serve this county and our communities – and these results are based on direct feedback from the people who live in our communities."

### *A Prayer from a New Zealand Prayer Book*

God of truth and justice,

We ask you to help the men and women who administer and police our laws; grant them insight, courage and compassion. Protect them and grant that we, whom they seek to serve, may give them the support and affection they need, so may our people be strengthened more and more in respect and concern for one another. Amen

## Thumbs Up

A boy had reached the age of 4 without giving up the habit of sucking his thumb, though his mother had tried everything from bribery to reasoning to painting it with lemon juice to discourage the habit.

Finally, she tried threats, warning her son that, "If you don't stop sucking your thumb, your stomach is going to blow up like a balloon."

Later that day, walking in the park, mother and son saw a pregnant woman sitting on a bench. The 4-year-old considered her gravely for a minute, then spoke to her saying, "Uh-oh...I know what you've been doing."

## A Rocha Easy Eco tip for MAY

Support pollinators. Nothing says Spring like the buzz of a bee! But these precious pollinators are declining due to habitat loss, climate change and agricultural intensification.



## World Bee Day 20<sup>th</sup> May

An international observance to raise awareness of the importance of bees and other pollinators for the well-being of ecosystems, food security, and biodiversity, it seeks to educate people about the threats bees face and encourage actions to protect them. Initially proposed by Slovenia, it is celebrated annually on the 20<sup>th</sup> May and was officially approved by the UN General Assembly in December 2017. The first World Bee Day was celebrated on 20<sup>th</sup> May 2018.

## Why Are Bees Important?

Bees play a critical role as pollinators in ecosystems, contributing to the growth of fruits, vegetables, nuts, and seeds, and are essential for:

- ensuring biodiversity and the balance of ecosystems
- supporting food production for humans and animals
- sustaining agricultural livelihoods around the world.

In recent decades, bees have faced significant challenges from:

- habitat loss resulting from urbanization and agricultural expansion
- pesticide use, which harms bee health
- climate change, which disrupts blooming cycles and seasonal patterns
- diseases and parasites such as the *Varroa* mite

## How to Celebrate and Take Action

- Plant bee-friendly flowers and shrubs in gardens or public spaces.
- Avoid using harmful pesticides in gardening and farming practices.
- Support local beekeepers by purchasing honey and other bee-related products.
- Spread awareness about bees' importance through social media and educational events.
- Advocate for policies that support sustainable agriculture and bee conservation.





In March, 68,000 people from schools, households, community groups and workplaces in the UK counted their plastic waste for one week as part of the UK's biggest people-powered investigation into plastic waste. Now, we've processed the data, and results reveal the shocking scale of the UK's plastic problem: households in the UK throw away an estimated 82 billion pieces of plastic packaging every year! Over half (59%) of our household plastic waste is being burnt here in the UK. Only 16% actually ends up being recycled. Another 16% is exported, and 9% is buried in landfill.

Plastic production is set to triple by 2060, and the UK is still one of the highest producers of plastic waste per person in the world. Plastic is essential for many people to live safely and independently, but the majority of plastic packaging isn't serving that essential purpose. Walk into any supermarket and you'll see the scale of the problem right there on the shelves: almost all of our food and household products are wrapped in plastic packaging. Much of it is completely unnecessary, especially uncut fruit and veg like apples and bananas that come with their own natural protection. How can we expect to recycle our way out of this crisis when too much plastic is being produced in the first place?

Burning plastic waste is a big problem – it accelerates the climate crisis and pollutes the air. The oil and gas industry is driving up plastic production and locking us into decades of damage. These companies are making huge profits – while pressuring politicians to protect those profits, even when it harms our communities and our climate.

Recycling cannot keep pace with production. Incineration is expanding and communities are paying the price. We can't burn our way out of the plastics crisis. If we make less plastic, we burn less plastic. It's that simple. The solution starts with cutting plastic production and ending our over-reliance on throwaway packaging. If we are serious about climate targets, public health and environmental justice, we must reduce plastic production, instead of continuing to invest in waste management solutions such as recycling and incineration.

The UK Plastics Pact has shown how difficult it is to reduce packaging through voluntary action alone. We therefore recommend legislation to remove plastic packaging from uncut fruit and veg by 2030. This would:

- Immediately cut billions of pieces of unnecessary plastic – if apples, bananas and potatoes were sold loose it would cut food waste by an estimated 60,000 tonnes
- Push supermarkets to accelerate the rollout of reuse and refill systems
- Send a clear signal that removal – not recycling – is the priority

It would also allow people to buy only what they need, which would:

- Cut food waste by up to 60,000 tonnes
- Save people an estimated £360 million annually.

This is a practical, visible step towards a low-waste economy and a departure from throwaway culture.

## **BIBLE STUDY GUIDE: THE LETTER TO PHILEMON**

### **What makes the Letter to Philemon unique?**

More than any of the letters that Paul wrote, his letter to Philemon is a good example of the kind of letters people wrote in the Greco-Roman world. It is the shortest and most personal of Paul's letters. The style and tone of the letter suggest that Paul and Philemon were either close friends, or that at least they knew each other well. Paul and Philemon may have had what is known as a patron-client relationship. Most of the people mentioned in this letter (eg Apphia, Archipus, and others), including Philemon and Onesimus, are also mentioned in Colossians, a fact which implies a close relationship between the two letters.

### **Why was the Letter to Philemon written?**

The consensus among biblical scholars is that the recipient of the letter, Philemon, was a man of means who lived in the city of Colossae in Asia Minor. He had to have been wealthy in order to have owned slaves (vv15-16) and to have had a house large enough to host church meetings (v2), even if they were only small gatherings. Traditionally, at least since the 4th century, interpreters have read the letter as follows: Paul is writing on behalf of Onesimus, a slave who had escaped from Philemon's household. Onesimus had become a Christian and a valuable friend to Paul. Paul is writing to say that he is sending Onesimus back to Philemon and to encourage Philemon to accept Onesimus as a friend and a follower of Jesus.

### **What's the story behind the scene?**

Recently, some scholars have challenged the traditional reading of the letter and have proposed a number of alternative interpretations. One of the primary reasons for this is that the traditional reading of Philemon has had, on more than one occasion, negative implications, such as the implicit and, at times, even overt support of oppressive social and cultural practices and institutions like slavery.

At least three alternative interpretations have been put forward. One interpretation argues that Onesimus, though a slave, was not in fact a runaway. The members of the church that met in Philemon's home knew that Onesimus was with Paul. Thus, Paul is not returning Onesimus; rather he is writing to request that Onesimus no longer be considered a slave and that he be allowed to stay with Paul in service to the gospel. Another view reads Paul's letter to Philemon as a story of estrangement between two brothers, Philemon and Onesimus. As such, the letter offers a model for Christian reconciliation and speaks of "the challenging implications of Christian life and the imperative of Christian justice". Additionally, reading the letter from within the context of a patron-client relationship, others suggest that Philemon is attempting to act as a patron to Paul by sending Onesimus to serve Paul. Paul, in turn, is refusing the gift and tactfully cautioning Philemon against acting presumptuously.

In reality, there is very little available in the letter (eg textual clues, etc) from which to reconstruct the historical situation behind the letter. Therefore any reconstruction of what occasioned the letter will be speculative. Moreover, as a rhetorical document aimed at persuading the recipient, the actual situation is often disguised by the rhetorical situation.

The authorship of the letter has gone virtually unquestioned by the vast majority of biblical scholars. However, it is important to note that African-American slaves questioned both the authorship and the theological import of the letter. Paul may have written this letter while he was in prison in Ephesus, or from Rome where he was forced to live under house arrest, guarded by a Roman soldier who would have made sure Paul did not go out, and who would have also monitored those who came to visit Paul (see Acts 28,16-20).

Paul's primary concern seems to be that Philemon will regard Onesimus with kindness and love. He knew that Roman law allowed slave-owners to punish recaptured slaves harshly, and he does not explicitly question Philemon's right to own slaves. In fact, Paul seems to accept slavery as a part of the society of his day (cf 1 Corinthians 7,20-22). In his letters he urged slaves to obey their masters. But, more importantly, he urged masters to be kind to their slaves (see Colossians 3,22-4,1). In Galatians, Paul says that slaves and free persons who have faith in Christ are equal with each other in God's family (Galatians 3,26-28). Returning to Philemon (v21) may imply that Paul wants Philemon to set Onesimus free.

### **How is Philemon constructed?**

The letter may be outlined as follows:

- Greetings and a prayer for Philemon (1-3)
- Message to Philemon about his slave, Onesimus (4-22)
- Thanksgiving (4-7)
- Paul's argument regarding Onesimus (8-20)
- Paul's request (21-22)
- Final greetings and a prayer (23-25)

### **Before going to sleep**

Do not look forward to what might happen tomorrow;  
The same everlasting Father who cares for you today,  
Will take care of you tomorrow and every day.  
Either he will shield you from suffering or  
He will give you unfailing strength to bear it.  
Be at peace then  
and put aside all anxious thoughts and imaginings.

*St Francis de Sales*

# How are you?

## Mental Health and Wellbeing Awareness Day

Victoria Hall, Grange-over-Sands  
LA11 6DP  
Saturday, 16th May 2026



Polycrisis. It's a word that no-one wanted to invent. But the pressures of insecurity at work or unemployment, underlying worries about global warming, the unsettling threat and promise of Artificial Intelligence, the unreliable lure of social media, not to mention ever more polarised politics, they all work on us as individuals. The effect can be panic, loneliness, unease and fear. Fear even of being seen to be suffering from these anxieties, fear of being found out to be struggling, vulnerable, at sea.

The irony is, often the greater our concerns, the less we speak about them, not knowing perhaps that so many other people are in the same situation. And that help is at hand.

Which is why for Mental Health Awareness and Well-Being Day this year, Grange-over-Sands Soroptimists are asking *How are you?* at an all day event on Saturday 16 May at the Victoria Hall, Grange-over-Sands. Talks from will consider teenage suicide, rural isolation and how to raise awareness of mental health challenges facing so many of us today.

There will be stalls run by people who are not only clued up about different aspects of the subject, but talk our language. There'll be coffee, tea and knowing us, a chat for those who feel like chatting. And if you find you could just do with a bit of peace and quiet, there'll be a dedicated space where you can find just that.

### Speaker Programme

- 10.00 Introduction - Tim Farron MP
- 10.15 3 Dads Walking - Andy Airey
- 11.00 Growing Well - Sinead McCann
- 11.45 Every Life Matters - Nell Chapman
- 13.30 Borderline Challenge - Alex and Hugh Addison (RABI)
- 14.15 Grief Counselling - Lynsey Lawson (St Mary's Hospice)

### Information & Advice Stands

Every Life Matters, Furness Building Society, Growing Well,  
Pregnancy Sickness Support, Qwell & Kooth, South Lakeland Phoenixes,  
Samaritans, Speak their Name, Young Carers

**FREE DROP IN EVENT—OPEN TO EVERYONE**

**COME AND GO AS YOU WISH**

Tea, coffee and biscuits available all day

## MARY'S GUEST

The pain being over, now I feel the sense of loss.  
To see, to touch, caress and kiss can never be the same  
as when my body was your home.

Then you were mine, and yet not mine,  
for when you stirred (although that was our secret)  
I knew the life contained within me was not me.

You were my guest,  
my body housed your need until it grew too great.  
And though a little while I can sustain you yet,  
the first painful parting's done.  
From now it is all partings.

From me you learn to walk,  
that you can be the Way that I may learn to tread.

From me you learn the words  
that you can speak the Truth that I may comprehend.

From me you suck the life  
that you can be the Living Bread that I may feed upon and live.

From me you learn the love which is the sword  
that pierces my heart through, and nails you to the cross.

In your necessity, my dearest dear,  
you were the guest I entertained.  
Now you are host and at your table I shall be sustained.



*Rosemary Wakelin*

A doctor, a civil engineer, and a computer scientist were arguing about what was the oldest profession in the world.

The doctor remarked "Well, in the Bible it says that God created Eve from a rib taken from Adam. This clearly required surgery so I can rightly claim that mine is the oldest profession in the world."

The civil engineer interrupted and said "But even earlier in the book of Genesis, it states that God created the order of the heavens and the earth from out of the chaos. This was the first and certainly the most spectacular application of civil engineering. Therefore, fair doctor, you are wrong? Mine is the oldest profession in the world."

The computer scientist leaned back in his chair, smiled, and said confidently, "Ah, but who do you think created the chaos?"

**OTTO VOCE**  
**SOUNDS OF SUMMER**

**SUNDAY 10 MAY - 3PM**  
 ARNSIDE METHODIST CHURCH

**SUNDAY 7 JUNE - 3PM**  
 ST MARY'S CHURCH, ALLITHWAITE

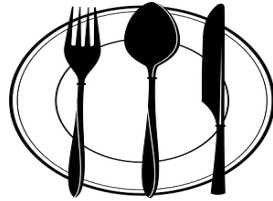
SCAN TO BOOK

TICKETS £10  
 KIDS GO FREE  
 AFTERNOON TEA & RAFFLE

DIRECTOR: TRACIE PENWARDEN  
 ACCOMPANIST: KEN FORSTER

## SOLO DINERS

Our next Solo Diners event will be on Sunday, 10<sup>th</sup> May, at the Cumbria Grand Hotel at 1.00 pm.  
 £18.95 for 2 courses, £22.95 for 3.



We will need to pre-order, so look out for the list at the back of St Paul's, from 26th April



qr code for on-line donations

## Magazine Cover

It has been suggested that we might feature a photograph on our front cover for a change to the artwork.

So we are inviting offers—jpg files, please, to Rosemary..

## Need a lift?

### Contact the Voluntary Driver Service

Transport Services Cumberland & Westmorland 03332406965

Requests should be made before Thursday morning for the following week.

The cost is 50p per mile.

**However, be warned!**

They cannot guarantee a driver as there is a shortage of volunteers.

**Volunteer drivers are needed**

**- one day a month, one day a week, or any time to suit**

**You receive 50p a mile and your help will be much appreciated**

# SOUL FUEL



✦ Years 7+

✦ **United Reformed Church  
Grange-over-Sands**

✦ **5:30pm - 7:00pm**

**Every Monday  
Term time only**

For more information contact  
andrea.mason@carlisle-diocese.org.uk  
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:

¼ page **£50** ½ 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	<b>229</b>	151	71
February	99	<b>263</b>	139	171	42	16	152	131
March	<b>182</b>	75	134	48	173	134	31	162
April	39	12	12	40	84	<b>149</b>	23	
May	52	26	101	68	34	<b>110</b>	91	
June	91	99	30	79	87	63	200	
July	134	169	70	80	<b>226</b>	111	125	
August	180	<b>188</b>	63	78	143	176	115	
September	177	66	62	112	<b>189</b>	154	<b>254</b>	
October	160	165	<b>304</b>	158	144	183	139	
November	85	114	71	177	<b>227</b>	64	209	
December	155	126	153	162	<b>259</b>	153	220	
<b>Annual Totals</b>	<b>1,433</b>	<b>1,408</b>	<b>1,325</b>	<b>1,231</b>	<b>1,782</b>	<b>1,687</b>	<b>1,610</b>	<b>364</b>

Fundraising · Open · Days! · ¶  
Proceeds · to · Grange · Methodist · Church · ¶  
Building · Development · Project ¶

## Open · Garden · ¶

Saturday · 9<sup>th</sup> · May · 10.30am · - · 4pm ¶

Sunday · 10<sup>th</sup> · May · 1pm · - · 4pm ¶

You are invited to visit the home of Sue and Peter Nicol. ¶  
Hopefully the rhododendrons will be out and it will be a sunny day! ¶

Hollin · Head · Wood, · Canny · Hill, · ¶  
Newby · Bridge · LA12 · 8NT ¶

Refreshments (tea and coffee etc) and cake stall ¶

DONATIONS · WELCOME! · Card · Reader · available! ¶



Ability Net helps disabled and older people get the most from their computer, smartphone or tablet.

Our volunteers also provide specialist advice on adapting technology for those living with vision, hearing cognitive or motor impairments.

300+ trusted, DBS-checked volunteers

Free helpline: Freephone  
0300 180 0028

Email: [enquiries@abilitynet.org.uk](mailto:enquiries@abilitynet.org.uk)  
Free resources: <https://abilitynet.org.uk>

***FREE Technology advice and support in your own home from a friendly volunteer***



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

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

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

**Chair Yoga:** Every Monday starting from 28<sup>th</sup> 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** – 3<sup>rd</sup> Wednesday of the month, Thornleigh Hotel

**Allithwaite Lunch Club** – 2<sup>nd</sup> Tuesday of the month, Pheasant Inn

**Cark Lunch Club** – 4<sup>th</sup> Friday of the month, Pheasant Inn, Allithwaite

To book, or for further information please call Age UKSC on **01539 728118**

## Em J's Hair Studio

Come & try our "Lakes Head Spar" experience very relaxing

**Tel: 015395 34295**

for all hair appointments  
Kents Bank Road  
Grange over Sands

## Holiday home in Porthmadog, North Wales

Panoramic views from house over  
to Porthmadog Harbor  
& Mountains of Snowdonia  
Close to beaches, Snowdonia  
& of course steam railways!

Available for a week or short breaks  
for couples or families.

Sorry no pets

Website - Garthcraig.com




Judith Mitchell


**Pip** has produced a new  
selection of small cards  
£1.00 in aid of  
Church funds.

## J P Computers

**Reliable Local IT Support  
Based in Cartmel**

- ✓ **FREE** Consultation
- ✓ Fast collect & return service
- ✓ Friendly, Personal Service

 015395 35513

 07964180021

[www.johnparrycomputers.com](http://www.johnparrycomputers.com)

Need help with your PC or laptop?

Call today and get it sorted  
hassle-free!

## GARY PORTER & SON

**PAINTERS &  
DECORATORS**

Established 1997

Interior & Exterior work  
to a high standard



**FREE Estimates**

Grange over Sands

Tel: 015395 32253

M: 07794167285

TRADITIONAL SOLICITORS SINCE 1903

CHANCERY HOUSE, KENTS BANK ROAD  
GRANGE-OVER-SANDS, CUMBRIA LA11 7HD

WILLS & POWERS OF ATTORNEY  
ESTATE PLANNING  
PROBATE  
CONTENTIOUS PROBATE  
PROPERTY  
LITIGATION

T : 015395 32313  
E : info@gedye.co.uk

**gedye**  
& SONS

# Thornleigh

**Christian Hotel  
Themed Breaks  
Conference Centre**

We look forward to  
seeing you soon.  
Welcoming, Refreshments,  
Fellowship, Peaceful Spaces  
Friendship, Christian books  
& gifts, Spiritual,  
Sunday lunch  
Inspirational Views,  
Accommodation

**Tel: 015395 32733**



**HIGGINSONS**  
of GRANGE

Supplying the finest fresh meats  
& legendary, hand-made pies  
to the people of Grange since 1983!

**Seasonal Special**

*Saltmarsh Lamb*  
Reared on the shores of  
Morecambe Bay  
Full range of cuts & joints

**We stock:**

- \* Hand made Pies
- \* Award Winning Sausages
- \* Home-cured Bacon
- \* Heritage Beef
- \* Rare Breed Pork

**NOW OFFERING BESPOKE  
CELEBRATION &  
TIERED WEDDING PIES!**



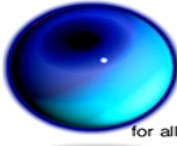
t: 015395 34367    w:higginsonsofgrange.co.uk



**Live-in-Care** provides you with your  
own personal care assistant who lives  
with you in your home providing  
bespoke care, built around your  
individual needs.

More detailed information on live-in  
care including what you can expect from  
your live-in care assistant can be found  
at [bluebirdcare.co.uk/live-in-care](http://bluebirdcare.co.uk/live-in-care)

Bluebird Care Lancaster and South  
Lakeland (01524 388829)  
Lancasterandsouthlakeand  
[@bluebird.co.uk](mailto:@bluebird.co.uk)



**M**illennium  
computer  
olutions

for all your computer needs

- **Computer Repair Specialist**
- **Onsite Repairs & Upgrades**
- **Fast Turn around on all Repairs**

## Rapid Computer Support

For Home and Business ESTABLISHED 1998

- **Fixed Prices Repairs, No hourly charge**
- **New PCs, Laptops and Tablets**
- **Wired & Wireless Networks,**
- **Support / Repairs for PCs, Laptops, Macs, Ipads, Tablets**
- **Broadband Installation and Repairs**

Remote Support from £10 - Workshop Repairs - Onsite Repairs  
Fixed Price Labour Charges No Hourly Charges


www.pcsupport-uk.com 127 Main St, Warton, Camforth  
info@pcsupport-uk.com Open 9.00 - 6.00 Mon - Sat

**01524 733970**

Let me take the stress out of planning your next trip, whether it's a UK break or a bucket list adventure. With 15 years experience and consistently 5 star reviews, I'm right here in Grange ready to help you.

## Emma Taggart

Professional Travel Expert

 07817 633305



Designer Travel



emmataaggart@deionertravel.co.uk

Follow me on  
Social Media  
Scan here →



ttg LUXURY

TRAVEL AWARDS  
2025

WINNER LUXURY TRAVEL BIG  
IDEA OF THE YEAR

aspire  
AWARDS  
WINNER 2024

ABTA  
Travel with confidence

Call in and see your local  
friendly electrical retailer

## ROBINSONS ELECTRIC

**Tel: 015395 32077**

**SALES, SERVICE  
& REPAIR**

Satellite, TV, Audio, Lighting,  
White Goods, Electrical Appliances

*Branton Wild*

## WATCH & CLOCKMAKER

14 Church Street

LA7 7DX Milnthorpe

branton.wild@gmail.com

Mobile 07484 788495

Restoration - House calls - Buy & sell  
Luxury watch repairs  
Battery replacement

## USEFUL CONTACT NUMBERS

### Churchwarden

Brian McCann    brian\_johnmccann@hotmail.com    34902

### Deanery Synod

Brian McCann    brian\_johnmccann@hotmail.com    34902

John Millican    johnmillican1980@btinternet.com    32561

### Treasurer

John Millican    johnmillican1980@btinternet.com    32561

### Parish Safeguarding Officer

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

### Fell Church

Please contact the Churchwarden

### Parochial Church Council Secretary

Rosemary Hoyle    rosemary-hoyle@sky.com    58108

### Office / Parish Administrator

Rosemary Hoyle    35560

Tues - 9.30 - 12.30pm - Wed & Thur - 9.00 am-12.30 pm

**E-mail** - stpaulschurchgrange@gmail.com

**Address**, Office, St Paul's Church, Church Hill, Grange over Sands

LA11 6BD

### Magazine Co-ordinator

Penny Ward    pennyward01@gmail.com    33243

### Children's Society Local Secretary

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

### Bible Reading Fellowship Representative

Jose Baguley

### Stewardship Secretary

Chris Brown    cjmbrown6@hotmail.com    015393 24015

### Magazine Editor

Team Office    stpaulschurchgrange@gmail.com    35560

### Missions Secretary

Rosemary Hoyle    rosemary-hoyle@sky.com    58108

### Flowers

Kath Bush    32601

Audrey Gorman    peterandaudrey2@btinternet.com    35209