

The Parish Church  
of St Paul  
Grange-over-Sands

CORPUS  
CHRISTI



June 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 9.30am-12.30pm, Wednesdays & Thursdays 9.00am-12.30pm



**Normal services at The Parish Church**

**Sundays - 11.00am - Parish Service**

**Wednesdays - 10.00am - Holy Communion**

**and at The Fell Church, Grange-over-Sands**

**9.30am Second Sunday - Mattins (BCP)**

**9.30am - 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

### Mind your language

Some years ago, I took the wedding of a couple whose big day was rather different from the one they planned. It wasn't their fault - it's just that about a week before the ceremony part of the church roof collapsed. Mercifully, they were able to see the funny side and we did our best to get things ready for them. In fact, the scaffolding in the church looked really good with balloons and ribbons on!

Ever the opportunist, this gave me a chance to talk with the couple and their guests about scaffolding for a good marriage and how we build good and lasting relationships.

One of the things I told them was to 'mind your language'. I suggested that one way of realising how healthy things are is to notice how we speak TO one another and the way we talk ABOUT one another. For example, perhaps you know how it feels when someone you love has a go at you. Even a sort of low level moaning, criticism and complaining has a way of killing any kind of warmth or intimacy, doesn't it?

And when you hear someone say something like "Do you know what my husband said last night" or "Do you know what my wife did?" - you know things are on the slide. It's embarrassing. It's sad and it's disloyal - especially when our marriage vows call us to 'honour' one another.

Of course, this applies to all of our relationships. I don't think it's any accident that Jesus had some pretty direct things to say about ridiculing or criticising others. And I don't think it's any accident either that when the Holy Spirit came upon the first Christians at Pentecost - the Festival we celebrated a week or so ago - the first thing he did was to do something radical with our language.

At Pentecost God gave his people the kind of speech that everybody marvelled at. It was the kind of speech that encouraged, brought people together and passed on goodness and truth.

St Paul says: "Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen" (Ephesians 4:29).

Why don't you ask God to give you THAT kind of speech? It's sure to make you friends and it's bound to save your marriage.

Every Blessing

David

## SUNDAY & WEDNESDAY SERVICES - JUNE 2026

DATES	ST PAUL'S GRANGE-OVER- SANDS	GRANGE FELL	ST PETER'S FIELD BROUGHTON & LINDALE
3RD JUNE WEDNESDAY	10.00am Holy Communion CW Rev'd David Wilmot		
4TH JUNE THURSDAY CORPUS CHRISTI			7.00pm Holy Communion CW Rev'd David Wilmot
7TH JUNE FIRST SUNDAY AFTER TRINITY	11.00am Holy Communion CW Rev'd David Wilmot 4.00pm - Evening Worship		9.30am Holy Communion CW Rev'd Annette Miller
10TH JUNE WEDNESDAY	10.00am Holy Communion CW Rev'd David Wilmot		
14TH JUNE SECOND SUNDAY AFTER TRINITY	11.00am Holy Communion CW Rev'd David Wilmot 4.00pm - Evening Worship	9.30am Mattins BCP Rev'd Annette Miller	9.30am Holy Communion CW Rev'd David Wilmot
17TH JUNE WEDNESDAY	10.00am Holy Communion CW Rev'd David Wilmot		
21ST JUNE THIRD SUNDAY AFTER TRINITY	11.00am Holy Communion CW Rev'd David Wilmot		9.30am Holy Communion CW Rev'd David Wilmot
24TH JUNE WEDNESDAY	10.00am Holy Communion CW Rev'd Annette Miller		
28TH JUNE FOURTH SUNDAY AFTER TRINITY	11.00am Holy Communion CW Rev'd David Wilmot 4.00pm - Evening Worship	9.30am Holy Communion BCP Rev'd George Wilson	9.30am Patronal Festival Holy Communion CW Rev'd David Wilmot

## **'A CONCERT FOR CHARLES'**

*A musical tribute of popular sacred and secular songs originally chosen by Charles Edmondson, (Organist and Choir Master at St Paul's) and performed in his memory*



## **GLORIANA CHOIR**

Conductor: Jane Thedham

Organ/Piano: Andy Plowman

**SATURDAY JUNE 6<sup>TH</sup> 2026**

**2 pm**

**ST PAUL'S CHURCH, GRANGE-OVER-SANDS**

**Followed by Tea and Scones**



**All Welcome – Free entry**

**Retiring collection in aid of the Church Organ fund**



Thank you to Alan Wilson for the colourful flower display at the entrance to Church.

It is being moved to a more visible spot to the left of the front door, so please watch out turning the corner if you come along the path from the car park.

## **A CONCERT FOR CHARLES**

Please join us for this very special concert dedicated and originally organised by our much-missed Organist and Choir Master, Charles Edmondson.

Charles formed the Gloriana Choir last year and organised this concert to commemorate the 150<sup>th</sup> anniversary of the dedication of the church organ in St Paul's. Following his sudden death in March, when the choir had just begun to rehearse, a unanimous decision was made to continue with rehearsals and put on the concert as he wanted, under the leadership of Jane Thedham (one of the Gloriana singers).

The programme, chosen by Charles, consists of both sacred and secular songs with something for everyone to enjoy. There will also be some organ music performed by Andy Plowman.

Entry is free, but there will be a retiring collection for the Church Organ Fund and tea and scones will be served after the performance.

We look forward to seeing you there to support this very special concert as we remember a brilliant musician and friend to us all.

## OTHER DATES FOR MUSIC LOVERS THIS MONTH



### ‘Otto Voce’ concert

“Sounds of Summer” in St Mary’s Church, Allithwaite, on **Sunday 7th June at 3.00pm** to raise money for CancerCare, who will have a representative there to talk about the services they offer. Tickets can be bought online, from Emma Jackson or from Davenports. £10 for adults, and kids free. There will be refreshments and a raffle.

### “The Sweet Sorrows” concert on Sunday 7th June at 7.00pm

‘The Sweet Sorrows’, a folk duo from Ireland, are touring the land this summer and will be performing at St John’s, Flookburgh. Tickets £5 at the door.

**THE SWEET SORROWS**  
St John the Baptist Church  
Station Road  
Flookburgh  
Grange over Sands  
7 June, 2026  
7pm  
£5 at the door  
Tel: 07810655684  
email: allithwaite.flookburghvicar@gmail.com

### A beautiful summer concert on Saturday 20th June at 7.30pm

**Arnside Choral Society** offers a lovely selection of **Jazz and Folk music** in St James’ Church, Arnside. Tickets £15 at the door. Under-18’s come free.

### 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 25th July**, 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.rydalahall.org/events](http://www.rydalahall.org/events))

## FROM THE REGISTERS JUNE 2026

### YEAR'S MIND

Michael Hornung  
Gerard Whittaker

10th June 2021  
20th June 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”***

### **Being a Christian** by Archbishop Rowan Williams

Christian life is lived in relationship with God through Jesus Christ and, in common with other Christians, seeking to deepen that relationship and to follow the way that Jesus taught. Central to that relationship is knowing we can trust God. St Paul says at the end of the eighth chapter of his letter to the Church in Rome, ‘if God is for us, who can be against us?’ And this is the heart of faith.

How do we know that ‘God is for us?’ Because Jesus Christ, the one human being who is completely in tune with God - with what God wants and what God is doing - has carried the burden of our human betrayals of God and running away from goodness. He has let himself be betrayed and rejected, executed in a humiliating and agonising way, and yet has not turned his back on us. Death did not succeed in silencing him or removing him from the world. He is alive; and that means that his love is alive, having survived the worst we can do.

Nothing - says St Paul in the same passage - can separate us from this love. But this isn’t an excuse for doing what we like, knowing we can get away with it. Once we know God is ‘for us’, we open up to the gift He wants to give us - which is a share in his own love and freedom and mercy. We breathe with his breath - that's part of what it means to say that we receive God’s ‘Spirit’, which makes us live like Jesus ‘in tune’with God. If we have really taken the message in, we shall live lives of selfless generosity, always asking how the gifts given us - material or imaginative or spiritual or whatever - can be shared in a way that brings other people more fully alive. And we shall be able to trust the generosity of others and free to receive what they have to give us.

Generosity, gratitude, confidence that when we fail we are still loved - all of this focused on Jesus’ life and death and resurrection. That’s where we start in the lifelong job of being a Christian.

## Lady's Smock (*Cardamine pratensis*)

On the 1st June the Church recalls the visit Mary made to her cousin Elizabeth. Our ancestors in their imaginative devotion provided a veritable wardrobe of flowers for Mary. This flower is her smock, and alchemilla her mantle. Bird's-foot trefoil and a rare orchid are her slippers. Among her accessories, columbine is her bonnet, dodder is her laces, foxgloves her gloves, and fuschia her earrings. A rare pink that grows wild in Britain portrays her maidenhood. Violets are her modesty, forget-me-nots her eyes, lilies-of-the-valley her tears, the kidney vetch her fingers, and maidenhair fern and a rare orchid called lady's tresses her hair. In the cloisters of Lincoln Cathedral, which is dedicated to Mary, there is a garden full of her flowers.



This pretty perennial native wild flower is a member of the crucifer family. It tastes of English mustard or wasabi, and its leaves, shoots and flower buds can be added to salads, sandwiches, sauces or served along with oil and vinegar. Its other common name is cuckooflower because it blooms in spring at the time when the first cuckoos arrive in the UK.

Each of the delicate mauve flowers has four petals in the shape of a cross. Even in her blissful days Mary must have pondered in her heart which might become of her son, about whom there were such strange signs and predictions.

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

## AGAINST BREAST CANCER

Grange Soroptimists are supporting the Co-op Funeralcare initiative collecting bras to raise funds for pioneering research into secondary breast cancer. Our old or unwanted bras can earn £700 per tonne - while also preventing textile waste from going to landfill and supporting small businesses in developing countries.

### Key Details of the Bra Recycling Scheme

- **Fundraising:** for every tonne of bras collected, the charity *Against Breast Cancer* receives £700 to fund research into breast cancer.
- **Environmental impact:** the scheme prevents textiles from entering landfills.
- **Repurposing:** the bras are sent to developing countries in Africa and elsewhere, giving them a new lease of life and supporting small-scale traders.
- **What is Accepted:** old, worn, or unloved bras, as well as sports tops and bikinis.

**How it Works:** there is a collection box in the entrance porch of Grange library. The collected bras will be passed to Co-op Funeralcare and then to a warehouse where they are sorted for reuse or, if completely worn out, dismantled for recycling.

## Help us create more learning space for our children

Our school is a busy, happy place where children are eager to learn and grow — but as our numbers have increased, one challenge has become impossible to ignore: we simply don't have enough space to support our children properly.

At the moment, every available area is being stretched to its limits. Our library is used for music lessons three mornings a week, as well as class library sessions. A large cupboard that once stored our stage and PE equipment has had to be cleared and repurposed as a small working space. At times, children work one-to-one at tables in cloakrooms for short intervention sessions such as reading or phonics support. While staff do everything they can to make this work, these are far from ideal learning environments.

In the past, when pupil numbers were lower, we had a spare classroom that could be used flexibly for music lessons, small group interventions, meetings, and enrichment activities. Now that our school has grown and we are back to single-age classes, that space is needed as a classroom — leaving us with no dedicated area for additional support or group work.

We are fundraising to create an additional multi-purpose learning space for our children. This space would primarily be used for small group work and intervention sessions, but it could also support:

- Music lessons
- Meetings with parents and professionals
- After-school and lunchtime clubs
- Enrichment activities such as cooking

While some children definitely require targeted support, almost every child will benefit from extra intervention or small group work at some point during their school journey. This project is about supporting all children to thrive.

Your support would help us build a safe, calm, and purposeful environment where children can receive the support they need, learn new skills, and build confidence — without having to work in corridors, cupboards, or cloakrooms.

Every donation, no matter the size, will make a real difference to the daily experience of our children. Thank you for helping us invest in their learning, wellbeing, and future.

**We are halfway to our £24,000 target!**

Donate here: <https://gofund.me/8c34e2f5e>



## DATES FOR YOUR DIARY - JUNE 2026

<b>Monday 1st</b>	8.30am - Morning Prayer & 5.00pm - Evening Prayer, St Paul's
<b>Tuesday 2nd</b>	8.30am - Morning Prayer & 5.00pm - Evening Prayer, St Paul's
<b>Wednesday 3rd</b>	8.30am - Morning Prayer & 5.00pm - Evening Prayer, St Paul's
<b>Friday 5th</b>	5.00-7.00pm - Repair Café, Methodist Hall
<b>Saturday 6th</b>	8.30am - CPCT Men's Breakfast Club, Methodist Hall 2.00pm - Gloriana Choir 'A Concert for Charles', St Paul's
<b>Sunday 7th</b>	6.00-7.00pm - "Stillness and Song" Taize-style service, Methodist Church
<b>Monday 8th</b>	8.30am - Morning Prayer & 5.00pm - Evening Prayer, St Paul's 9.00-11.00am - Year 6 'Moving On' Day, St Paul's
<b>Tuesday 9th</b>	8.30am - Morning Prayer & 5.00pm - Evening Prayer, St Paul's
<b>Wednesday 10th</b>	8.30am - Morning Prayer & 5.00pm - Evening Prayer, St Paul's 11.00am - Standing Committee, St Paul's
<b>Monday 15th</b>	8.30am - Morning Prayer & 5.00pm - Evening Prayer, St Paul's
<b>Tuesday 16th</b>	8.30am - Morning Prayer & 5.00pm - Evening Prayer, St Paul's
<b>Wednesday 17th</b>	8.30am - Morning Prayer & 5.00pm - Evening Prayer, St Paul's
<b>Monday 22nd</b>	8.30am - Morning Prayer & 5.00pm - Evening Prayer, St Paul's
<b>Tuesday 23rd</b>	8.30am - Morning Prayer & 5.00pm - Evening Prayer, St Paul's 7.30-9.30pm - 'Vespers' Concert rehearsal, St Paul's
<b>Wednesday 24th</b>	8.30am - Morning Prayer & 5.00pm - Evening Prayer, St Paul's
<b>Friday 26th</b>	10.30am - "Time for Peace", Cartmel Quaker Meeting House
<b>Saturday 27th</b>	7.30pm - 'Vespers' with Furness Bach Choir, St Paul's (rehearsal in the afternoon)
<b>Sunday 28th</b>	1.00-3.00pm - Foodbank Collection, Father Magner Room, St Charles



## NEWS FROM ST PETER'S, FIELD BROUGHTON

### DATES FOR YOUR DIARIES AND CALENDARS

#### **MONDAY 8th JUNE 11.00am start**

**FREE EVENT** to mark Great Big Green Week. Free materials to plant up your own herb planter to take home, followed by a light lunch. All in Field Broughton Parish Rooms. Please book via [louiseshrapnel@gmail.com](mailto:louiseshrapnel@gmail.com)

#### **SATURDAY 13th JUNE 2.00pm – 7.00pm**

**V-FEST** – held at High Newton Village Hall and gardens. Lots of live music, street food and local beers and lagers. Over 12's only. Tickets £15, book via [stevenjpye@yahoo.co.uk](mailto:stevenjpye@yahoo.co.uk).

#### **TUESDAY 23rd JUNE 6.45pm start**

**Cheese and Wine Evening** – lots of different cheeses and wines. £15 ticket price includes cheeses, breads, nuts, fruits and four 75ml glasses of wine to match a cheese or two. Venue is Field Broughton Parish Rooms. Please book via [fieldbroughtonsocial@gmail.com](mailto:fieldbroughtonsocial@gmail.com)

### **BROUGHTON EAST PARISH COUNCIL**

Shelley Muldoon, Clerk, can be contacted about parish matters on [clerk@fieldbroughton-pc.gov.uk](mailto:clerk@fieldbroughton-pc.gov.uk). The Parish Council also has a Facebook page - Broughton East Parish Council. If you use Facebook, why not “follow” the page.

### **ST PETER'S CHURCH, FIELD BROUGHTON**

There is a Corpus Christi service on 4th June at 7.00pm, and we celebrate our patronal festival for St Peter's Day on 28th June.

#### ***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

## Cartmel Peninsula

Next **REPAIR CAFE** Dates

Friday, 5 June, 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 8.30am  
**Saturday, 6th June**

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



## Stillness & Song

Grange Methodist Church  
Sunday 7<sup>th</sup> June  
6-7pm

Quiet, reflection and song  
in the style of the Taizé community  
Music led by local musicians



**Worship in our local  
Residential Homes – could  
you join in?**

There is an ecumenical team who lead the worship in The Old Vicarage in Allithwaite, and at Cartmel Grange, monthly on a Sunday / Tuesday. They would be glad to have one or two more volunteers for Tuesdays at Cartmel Grange as they have a large group of residents who come, plus visitors and an enthusiastic member of staff.

They also have a poster in the entrance porch. Could you help? If you want to know more, contact

Revd David Edmondson  
on [edmolal1@yahoo.co.uk](mailto:edmolal1@yahoo.co.uk)

## BIBLE STUDY GUIDE: REVELATION

### What makes Revelation unique?

The word translated as “revelation” (1:1) comes from the Greek word apokalypsis, meaning a revealing or an unveiling. Revelation belongs to a kind of writing called apocalyptic literature, which attempts to reveal the secrets of heaven to human beings and is often about the way human history will end. Such writings usually divide the whole universe into two parts, one good and one evil. At the end of time, the good part of the universe, which God rules, will win a final victory over the evil part, which Satan has ruled. Having defeated evil, God will bring in a new creation, and everyone who has been faithful will live with God for ever. Apocalyptic passages can be found in other books of the Bible such as Daniel 7-12 and Mark 13, but this is the only book of the Bible made up entirely of apocalyptic writing.

Revelation excites the imagination. It features brilliant visions of a coming Day of the Lord. These visions are expressed through many symbols, including people in the shape of animals or monstrous beasts, colours and numbers that have secret meanings, and predictions about when God will bring the world to an end. The writer of the book knew the Jewish Scriptures (Old Testament) very well. Over half the verses in Revelation are directly or indirectly based on Old Testament passages, and this is important for understanding the meaning of the book.

### Why was Revelation written?

Around the end of the first century AD all people in the Roman Empire were ordered to offer prayers and sacrifices to the Roman emperors, who had declared themselves gods. This practice is referred to as the Imperial Cult. Those who refused were regarded as traitors to the Empire and could be put to death. Christians wondered whether their disobedience would mean the end of the church. What would happen to the hope that God would rule on earth? The writer of Revelation received a special message from God that answered these questions. He shared it with seven churches in Asia, but the message is really for all Christians. This message has three main parts:

1. Evil forces are at work in the world, and Christians may have to suffer and die;
2. Jesus is Lord, and he will conquer all people and powers - including the Roman Empire - that oppose God; and
3. God has wonderful rewards for those who remain faithful to him, especially for those who lose their lives while serving him.

This was a powerful message of hope for those early Christians who had to suffer or die for their faith. In this book, they learned that, in spite of the cruel power of the Roman Empire, Jesus (the Lamb of God, 5:6) would win the final victory.

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

The exact identity of John, the writer of this book, is still debated today. John was a common name among Jews and Christians and he never claims to be one of Jesus' 12 key disciples. If we take Revelation 1:9 at face value, which most biblical scholars do, then the fact that the author had been exiled rather than put to death indicates that he may have been a person of some social standing, because exile was a punishment reserved for those who held a certain degree of status. Therefore, there would have been a great deal at stake for the author in taking the sort of world-rejecting action that he advocates throughout the book. He would have appreciated deeply the consequences of such a strong religious and political position.

The issue of authorship is inextricably tied to the more complex (and perhaps more relevant) issue of determining when the book was written. Domitian, who ruled the Roman Empire from 81 to 91 AD, was the first Roman emperor who tried to make Christians worship the emperor as a god. The emperor Trajan later made a policy that also required everyone to worship the Roman emperors who had died. Since Revelation seems to speak to Christians who were being persecuted for not worshipping the emperor, many scholars think the book was likely written sometime late in Domitian's reign, or even later when Trajan ruled. Other scholars, however, believe the book was written much earlier, just before the destruction of Jerusalem in 70 AD. Revelation uses many numbers as symbols, such as the number seven, which stands for completeness or perfection. Other kinds of symbols are also used. For example, the main symbol for the powers opposed to God is the city "Babylon". Christian readers knew that this really meant Rome, and they also knew that when the book says "the Lamb" the writer means Jesus Christ.

## **How is Revelation constructed?**

This complicated book was written in a series of sections that show the struggle of the church against the enemies of God. This struggle begins in the story of seven earthly churches and ends with a vision of God's great victory and the completely new heaven and earth that God will bring in the future.

Revelation can be outlined in the following way:

- John's prophecy and prayer (1:1-8)
- Vision for the seven churches (1:9 - 3:12)
- Vision of God and the Lamb (4:1 - 5:14)
- Opening the seven seals (6:1 - 8:5)

## NATIONAL EMERGENCY BRIEFING

The National Emergency Briefing, held at Westminster Central Hall on 27th November and attended by over 1,200 MPs, peers and leaders from across UK society, brought together senior experts to present a clear, evidence-based account of the risks facing the UK and the scale of response required. Footage from the Briefing has been made into a film, introduced by Chris Packham, offering a clear, picture of how these issues affect everyday life in Britain, and what the evidence says about risks and possible responses. It helps viewers not only to understand the scale of the crises, but begin conversations about how to respond together.

There have been two screenings at the Victoria Hall, two of over a thousand screenings to date and nearly a thousand more in the pipeline. The aim now is to show it on national TV.

In the film Rebecca Solnit says *'Hope is not a lottery ticket you can sit on the sofa and clutch - feeling lucky. Hope is an axe you break down doors with in an emergency'*.

We are asked to look directly at the realities of climate change, ecological breakdown and growing instability - difficult truths, difficult emotions. Faced with such challenges, there is a temptation either to retreat into false reassurance *'someone will sort it out'* or into despair *'nothing can change'*. Solnit reminds us history is full of moments when change seemed impossible until suddenly wasn't - civil rights, votes for women, environmental protections, the end of apartheid, and much more. Again and again, transformation begins quietly and invisibly before becoming visible to the wider world.

I spent 34 years in the Probation Service - work rooted in the belief that lives and behaviour can change and that people are capable of so much more. I think of one man, brought up in one of the poorest neighbourhoods in Liverpool, who was sentenced to ten years in prison for conspiracy to import drugs. Today he is a researcher at Liverpool University, an author, and founder of an organisation supporting communities, children and families across Liverpool. What made the difference was, at least in part, a refusal to accept the story of his life.

Too often we behave as though the future is fixed for ourselves, communities, or even the planet itself. Yet history is not inevitable, change often emerges slowly and invisibly. That is why small community actions matter - a Repair Café, a refill water fountain, a conversation after a screening, people campaigning for safer walking and cycling, creating spaces where difficult conversations can happen.. That's what PEAT stands for - taking action and being in community together.

Let's be part of creating our own tipping point for a better future.

*(Annette Hennessey's letter in the latest PEAT newsletter)*

# YOU'RE INVITED!

Small actions.  
Big difference.  
Stronger together.



## PEAT DROP-IN DAY

Want to find out more about what YOU can do to make a difference?

*Come and see us!*



THURSDAY  
**11<sup>TH</sup> JUNE**  
11AM – 3PM



VICTORIA HALL  
GRANGE OVER SANDS  
LA11 6DP



Drop in anytime  
between 11 and 3  
for a friendly chat

*Additional dates:*

Prom Art Grange | **28<sup>TH</sup> JUNE** | **26<sup>TH</sup> JULY**

*We'll be here to:*



### CHAT

Talk things through  
and find out what  
matters to you



### EXPLORE

Get ideas and  
inspiration and do  
some research  
with our help



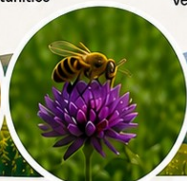
### GET GUIDANCE

We'll point you in  
the right direction  
and connect you with  
local groups and  
opportunities



### EVERYONE WELCOME

Whether you're just  
starting out or already  
involved – you're  
very welcome!



Peninsula  
Environmental  
Action  
Together

*We can do  
more together  
than we can  
alone.*

# WHAT NEXT?

Local groups you can connect to on the Cartmel Peninsula and beyond

Start somewhere. Start small. Start local.



## CLIMATE ACTION & SUSTAINABILITY

- Futureproof Cumbria [futureproofcumbria.org.uk](http://futureproofcumbria.org.uk)
- Zero Carbon Cumbria [zerocarboncumbria.co.uk](http://zerocarboncumbria.co.uk)
- Cumbria Sustainability Network [zerocarboncumbria.co.uk/action/cumbria-sustainability-network/](http://zerocarboncumbria.co.uk/action/cumbria-sustainability-network/)
- South Lakes Action on Climate Change [slacc.org.uk](http://slacc.org.uk)
- Greener Ulverston [facebook.com/greenerulverston](https://facebook.com/greenerulverston)
- CLEAN (Crosthwaite & Lyth Valley Environmental Action Network) [crosthwaiteandlyth.co.uk/clean.php](http://crosthwaiteandlyth.co.uk/clean.php)
- Sustainable Ulverston [facebook.com/SustainableUlverston](https://facebook.com/SustainableUlverston)
- Sustainable Arnside [sustainablearnside.org](http://sustainablearnside.org)
- Sustainable Staveley (SENS) [sustainablestaveley.org.uk/what-we-do/](http://sustainablestaveley.org.uk/what-we-do/)



## FOOD, GROWING & LAND USE

- Food for Future [foodfutures.org.uk](http://foodfutures.org.uk)
- Ford Park Community Garden [fordpark.org.uk](http://fordpark.org.uk)
- South Lakeland Orchard Group [slorchards.com](http://slorchards.com)
- Waste Into Wellbeing [wasteintowellbeing.org.uk](http://wasteintowellbeing.org.uk)
- Growing Well [growingwell.co.uk](http://growingwell.co.uk)
- Another Weigh (Kendal) [anotherweigh.uk](http://anotherweigh.uk)
- The Zero Pantry (Kirkby Lonsdale)



## NATURE, WILDLIFE & LANDSCAPE

- Cumbria Wildlife Trust [cumbriawildlifetrust.org.uk](http://cumbriawildlifetrust.org.uk)
- Morecambe Bay Partnership [morecambebay.org.uk](http://morecambebay.org.uk)
- Friends of the Lake District [fld.org.uk](http://fld.org.uk)
- South Lakes Red Squirrels [southlakesredsquirrels.org.uk](http://southlakesredsquirrels.org.uk)
- Curlew Recovery South Lakes [peoplenaturecumbria.org/curlew-recovery-south-lakes](http://peoplenaturecumbria.org/curlew-recovery-south-lakes)
- Cumbria Birding Club [cumbriabirdclub.org.uk](http://cumbriabirdclub.org.uk)
- Grange Natural History Society [grangenat.org.uk](http://grangenat.org.uk)
- Furness Beekeepers Association [fbka.brizy.site](http://fbka.brizy.site)
- Cumbria Biodiversity Data Centre [cbd.c.org.uk](http://cbd.c.org.uk)



## LOCAL NATURE RESERVES

- RSPB Leighton Moss [rspb.org.uk/leightonmoss](http://rspb.org.uk/leightonmoss)
- Foulshaw Moss [cumbriawildlifetrust.org.uk/foulshawmoss](http://cumbriawildlifetrust.org.uk/foulshawmoss)
- Roudsea Wood & Mosses (NNR) [gov.uk/government/publications/roudsea-wood-and-mosses-national-nature-reserve](http://gov.uk/government/publications/roudsea-wood-and-mosses-national-nature-reserve)
- Haybridge Nature Reserve [jscf.org.uk/contact-us](http://jscf.org.uk/contact-us)
- Brown Robin Nature Reserve [cumbriawildlifetrust.org.uk/nature-reserves/brown-robin](http://cumbriawildlifetrust.org.uk/nature-reserves/brown-robin)
- South Walney Nature Reserve [cumbriawildlifetrust.org.uk/nature-reserves/south-walney](http://cumbriawildlifetrust.org.uk/nature-reserves/south-walney)



## RIVERS & WATER

- Save Windermere [savewindermere.com](http://savewindermere.com)
- Clean River Kent Campaign [cleanriverkent.co.uk](http://cleanriverkent.co.uk)
- South Cumbria Rivers Trust [scrt.co.uk](http://scrt.co.uk)
- River Ea Support Group [facebook.com/RiverEaSupportGroup](https://facebook.com/RiverEaSupportGroup)



## REPAIR, REUSE & WASTE

- Simply Repair Kendal [simplyrepair.org.uk](http://simplyrepair.org.uk)
- Cartmel Peninsula Repair Café (Grange-over-Sands) [facebook.com](https://facebook.com)
- Ulverston Repair Café [ulverstonrepaircafe.org](http://ulverstonrepaircafe.org)



## COMMUNITY, CULTURE & ACTIVE TRAVEL

- Art Gene [art-gene.co.uk](http://art-gene.co.uk)
- Eddington Cyclery [theeddington.org.uk/cyclery/](http://theeddington.org.uk/cyclery/)
- Local Civic Societies (Grange, Kendal, Ulverston)
- Personal and community resilience



## LOCAL ACTION, POLICY & PARTNERSHIPS

- Town & Parish Councils (litter picking, allotments, local projects, resilience work)
- Westmorland & Furness Council (Climate, Biodiversity, Adaptation & Mitigation policies)



Peninsula Environmental Action Together

Find your place in a greener, fairer future.

Now this lovely planet earth is under threat. It is some 4,600 million years old and it has been likened to a person who is 46-years-old. Little is known about the first 42 years of that person's life. At 42, life began. Only last year dinosaurs appeared, and mammals only eight months ago. In the middle of last week apes evolved into man. Modern man has been around for only four hours. During the last hour he discovered agriculture. The industrial revolution began a minute ago, and in the last minute we have been turning the earth into a rubbish tip. We have extinguished 500 species of animals and ransacked the planet for fuel. We are on the brink of destroying our precious home. Everything has a right to exist – not just humans, but animals, insects and plants, and, of course, the earth itself.



**“We are totally dependent on the world. It provides our food, water and air. It is the most precious thing we have and we need to defend it.”**      *Sir David Attenborough*

### Other news

PEAT has successfully secured funding from Sea-Changers to install a public water fountain on Grange Prom. Sea-Changers supports projects that help create cleaner, healthier seas and shorelines and protect marine life, and we're delighted to be working alongside them as part of our vision for a plastic-free Prom. Every refill helps reduce single-use plastic to prevent waste finding its way into the beautiful Morecambe Bay. There'll be much more information soon about the installation and launch celebrations - but for now we need your help!

We'll shortly be asking the community to get involved in helping spread the word, supporting the launch, and encouraging everyone to refill rather than buy plastic bottles. We are collecting reusable water bottles to recycle at our stall at Prom Art on 28th June and 26th July so please donate [any unwanted reusable water bottles to the library from 1st June.](#)

**God's assurance to us in times when we doubt ourselves  
and are feeling low**

**Remember that you are who God says you are**

LOVED	Jeremiah 31:3
CHOSEN	John 15:16
FORGIVEN	1 John 1:9
TREASURED	Deuteronomy 14:2
UNIQUE	Psalms 139:13
A NEW CREATION	2 Corinthians 5:17
IMPORTANT	1 Peter 2:9
SPECIAL	Ephesians 2:10
CREATED FOR A PURPOSE	Jeremiah 29:11
PROTECTED	Psalms 121:3
ACCEPTED	Romans 15:7
NOT ALONE	Matthew 28:20
REDEEMED	Galatians 3:13
EMPOWERED	Philippians 4:13
STRONG	Isaiah 40:31
PRECIOUS	Isaiah 43:4
A CHILD OF GOD	Romans 8:17

**I HAVE CALLED YOU BY NAME: YOU ARE MINE  
(Isaiah 43:1)**



**TAKINGS AT OUR SPRING FAIR  
2026**

	<b>£</b>
Books	48
Café	173
Cakes	311
Cards	24
Plants	214
Raffle	428
Tombola	64
Private Stall Fees	20
Donations Private Stalls	15
Sub-total	1297
Less Banner	64
<b>Total</b>	<b>1233</b>







## Offers!

We have been gifted a walking/sitting aid, which Brian has modelled for us!

If anyone would like to make a donation for it, please have a word with John Millican.



## Prayers for difficult days

Keep us, good Lord,  
under the shadow of your mercy.  
Sustain and support the anxious,  
be with those who care for the sick,  
and lift up all who are brought low;  
that we may find comfort  
knowing that nothing can separate us from your love  
in Christ Jesus our Lord. **Amen.**



qr code for on-line donations

## **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**

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For more information contact  
andrea.mason@carlisle-diocese.org.uk  
07377831808

## Our Magazine

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.

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

Items no longer than 300 words, please.

If you would like to advertise in the magazine, please contact the Office 015395 35560,

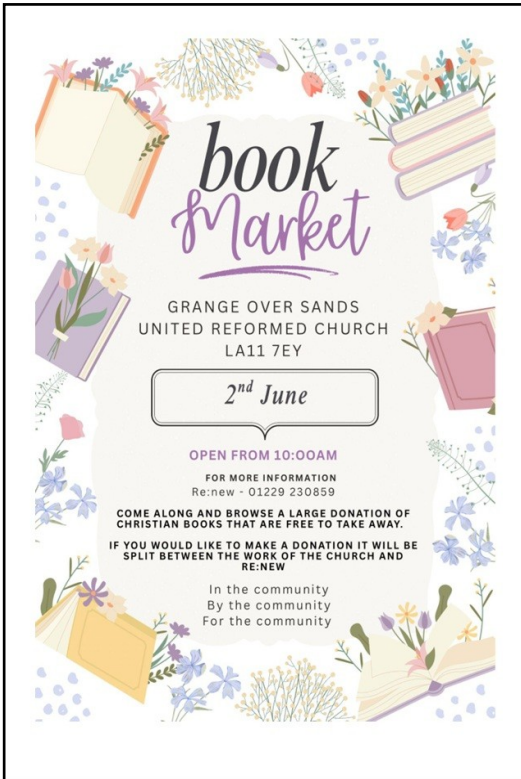
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### GRANGE OVER SANDS MONTHLY RAINFALL (MM) - ANDREW LITTLE

	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	48
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>410</b>



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

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

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

**Chair Yoga:** Every Monday starting from 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**

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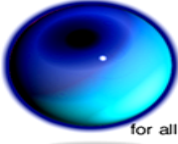
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## USEFUL CONTACT NUMBERS

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