

The Parish Church  
of St Paul  
Grange-over-Sands



August 2026

£1

**Benefice of Grange-over-Sands & Field Broughton with Lindale**

**THE PARISH OF ST PAUL, GRANGE-OVER-SANDS**

*MISSION STATEMENT*

To proclaim the Good News of God  
and to draw others into a life-changing encounter with Jesus

**Vicar - The Rev'd David Wilmot**

**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))

**Parish Administrator - Rosemary Hoyle**

**015395 35560**

Parish Office, St Paul's Church, Church Hill, GOS, LA11 6BD

([stpaulschurchgrange@gmail.com](mailto:stpaulschurchgrange@gmail.com))

Office hours: Tuesdays 9.30am-12.30pm, Wednesdays & Thursdays 9.00am-12.30pm

**ENQUIRIES**

**Contact Rosemary or David**

***He is always happy to visit. His rest day is Friday.***



**Normal services at The Parish Church**

**Sundays - 11.00am - Parish Service**

**4.00pm - Evening Prayer**

**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

### Fussings and Frettings

I confess to being fascinated by the little rituals people have at the beginning of the day. Whether it's making their spouse a cup of tea, exercising the dog (or themselves!), reading the paper or whatever, I sense that many of us have a morning pattern and (if truth be told) sometimes a very strong opinion about whether we're a "morning person" or not!

I say this as someone who often protests that I'm not much good until I've had my first cup of coffee. But whatever our circumstances, be it waking for an early shift or dealing with the troubled sleep patterns which can sometimes come with age, it can help, I think, to be aware of what's going on in that short time after we awake. C.S. Lewis, in his book *"Mere Christianity"* regarded this time as of huge importance in our life of faith. He wrote:

"It comes the very moment you wake up each morning. All your wishes and hopes for the day rush at you like wild animals. And the first job each morning consists simply in shoving them all back; in listening to that other voice, taking that other point of view, letting that other larger, stronger, quieter life come flowing in. And so on, all day. Standing back from all your natural fussings and frettings, coming in out of the wind."

I have a colleague who had the opportunity to meet Mother Teresa of Calcutta. He said that the guidance she gave him about the morning was that "for 10 days every morning when you get up, I want you to say, 'Good morning Jesus'". This, apparently, was her own morning routine.

He said: "As I did that every morning, I noticed a change in my life. Just by saying that out loud before I went down for prayers, before I showered and shaved and did all my other morning things. It helped", he said, "because I had already begun my day by reminding myself of what matters most to me, which is my relationship with Jesus".

Clearly, we can't always awake with boundless energy and zest for life, and some days can appear daunting, challenging and worrisome. All the more important then, as Lewis suggests, to "shove back" even the most troubling things and seek to see them in their true perspective.

For what it's worth, I'm fond of bringing to mind different verses of Scripture. In short, it helps to turn to the Lord and his promises because he is the Lord of all our "fussings and frettings".

The steadfast love of the Lord never ceases;  
his mercies never come to an end;  
they are new every morning;  
great is your faithfulness.  
“The Lord is my portion,” says my soul,  
“therefore, I will hope in him”.

*Lamentations 3.22-24*

Every blessing.

*David*

## FROM THE REGISTERS AUGUST 2026

### YEAR'S MIND

Brian Michael Wearing  
Catherine Mary Hey

5 August 2024  
11 August 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”***

On the 22nd July members of the Pastoral Team represented the parish at the funeral of **Margaret Dailey** (1933-2026), and to support her daughter Prudence. The service was held in Cartmel Priory and was conducted by the Revd George Westhaver, Principal of Pusey House, Oxford, and a friend of the family. Margaret worshipped regularly at the Fell Church as well as at the Priory.

If anyone would like to read the eulogy of Margaret's life, copies are available from Penny. Also, the service can be viewed online via the link—

<https://vimeo.com/1212121005/5254296026>

## SUNDAY & WEDNESDAY SERVICES - AUGUST 2026

| DATES                                                | ST PAUL'S<br>GRANGE-OVER- SANDS                                              | GRANGE FELL                                                | ST PETER'S<br>FIELD BROUGHTON<br>& LINDALE                      |
|------------------------------------------------------|------------------------------------------------------------------------------|------------------------------------------------------------|-----------------------------------------------------------------|
| 2ND AUGUST<br>NINTH SUNDAY<br>AFTER TRINITY          | 11.00am<br>Holy Communion CW<br>Rev'd David Wilmot<br>4.00pm Evening Worship |                                                            | 9.30am<br>Holy Communion<br>BCP<br>Rev'd David Wilmot           |
| 5TH AUGUST<br>WEDNESDAY                              | 10.00am<br>Holy Communion CW<br>Rev'd David Wilmot                           |                                                            |                                                                 |
| 9TH AUGUST<br>TENTH SUNDAY<br>AFTER TRINITY          | 11.00am<br>Holy Communion CW<br>Rev'd David Wilmot<br>4.00pm Evening Worship | 9.30am Mattins<br>BCP<br>Rev'd Annette<br>Miller           | 9.30am<br>Holy Communion CW<br>Rev'd David Wilmot               |
| 12TH AUGUST<br>WEDNESDAY                             | 10.00am<br>Holy Communion CW<br>Rev'd David Wilmot                           |                                                            |                                                                 |
| 16TH AUGUST<br>ELEVENTH<br>SUNDAY AFTER<br>TRINITY   | 11.00am<br>Holy Communion CW<br>Rev'd David Wilmot<br>4.00pm Evening Worship |                                                            | 9.30am<br>Holy Communion CW<br>Rev'd David Wilmot               |
| 19TH AUGUST<br>WEDNESDAY                             | 10.00am<br>Holy Communion CW<br>Rev'd David Wilmot                           |                                                            |                                                                 |
| 23RD AUGUST<br>TWELFTH<br>SUNDAY AFTER<br>TRINITY    | 11.00am<br>Holy Communion CW<br>Rev'd David Wilmot<br>4.00pm Evening Worship | 9.30am<br>Holy Communion<br>BCP<br>Rev'd David Wil-<br>mot | 9.30am<br>Mattins BCP<br>Biddy Hibbert/<br>Rev'd Annette Miller |
| 26TH AUGUST<br>WEDNESDAY                             | 10.00am<br>Holy Communion CW<br>Rev'd Annette Miller                         |                                                            |                                                                 |
| 30TH AUGUST<br>THIRTEENTH<br>SUNDAY AFTER<br>TRINITY | 11.00am<br>Holy Communion CW<br>Ven. Penny Driver<br>4.00pm Evening Worship  |                                                            | 9.30am<br>Holy Communion CW<br>Rev'd Annette Miller             |

## CHANGES TO CHURCH OFFICERS' EMAIL ADDRESSES

Please note that it has been decided to change the email addresses of the Church officers so that they are no longer using their personal email account for church business. This affects the following (giving their new email addresses):

|                     |                                  |
|---------------------|----------------------------------|
| Revd David Wilmot   | vicar@stpaulschurchgrange        |
| Revd Annette Miller | ap@stpaulschurchgrange           |
| Brian McCann        | churchwarden@stpaulschurchgrange |
| John Millican       | treasurer@stpaulschurchgrange    |
| Rosemary Hoyle      | admin@stpaulschurchgrange        |
| Judith Mitchell     | safeguarding@stpaulschurchgrange |
| Chris Brown         | stewardship@stpaulschurchgrange  |

**Please would everybody use the above email addresses when contacting the above persons about church business.** This is to help to keep people's personal emails out of the public eye—they are printed on the back page of the Parish magazine, which can lead to problems of stealing/mis-use of an email address.

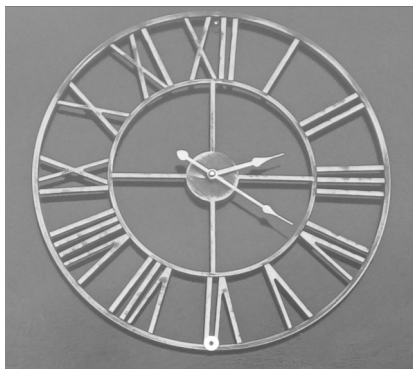
We have also had a password put on the Church Office computer to comply with General Data Protection Regulations (GDPR), which will limit access to that computer to the Vicar, Associate Priest and Church officers.

## The Fell Church has a new clock

In the words of the song - 'and the clock stopped never to go again ...'

Some of you may have noticed that the old wind-up clock on the outside of the Fell Church has finally been removed. Originally installed on the outside of the Parish Hall, it was moved to the Fell Church and Trevor Brockbank ensured that it was wound up regularly twice a week. However, we now have a new battery clock in its place, which appeared mysteriously after approval by the PCC!

It has also been suggested that the building should have a cross on the exterior to signify it as a place of worship, and this is in hand.



## DATES FOR YOUR DIARY - AUGUST 2026

|                       |                                                                                                                 |
|-----------------------|-----------------------------------------------------------------------------------------------------------------|
| <b>Saturday 1st</b>   | 8.30am - Men's Breakfast Club, Methodist Schoolroom                                                             |
| <b>Monday 3rd</b>     | 8.30am - Morning Prayer & 5.00pm - Evening Prayer, St Paul's                                                    |
| <b>Tuesday 4th</b>    | 8.30am - Morning Prayer & 5.00pm - Evening Prayer, St Paul's                                                    |
| <b>Wednesday 5th</b>  | 8.30am - Morning Prayer & 5.00pm - Evening Prayer, St Paul's                                                    |
| <b>Sunday 9th</b>     | 1.00pm - Solo diners at the Grange Hotel<br>4.30-5.30pm - 'Praise on the Prom', near Clare House Bridge         |
| <b>Monday 10th</b>    | 8.30am - Morning Prayer & 5.00pm - Evening Prayer, St Paul's                                                    |
| <b>Tuesday 11th</b>   | 8.30am - Morning Prayer & 5.00pm - Evening Prayer, St Paul's                                                    |
| <b>Wednesday 12th</b> | 8.30am - Morning Prayer & 5.00pm - Evening Prayer, St Paul's                                                    |
| <b>Sunday 16th</b>    | 4.30-5.30pm - 'Praise on the Prom', near Clare House Bridge                                                     |
| <b>Monday 17th</b>    | 8.30am - Morning Prayer & 5.00pm - Evening Prayer, St Paul's                                                    |
| <b>Tuesday 18th</b>   | 8.30am - Morning Prayer & 5.00pm - Evening Prayer, St Paul's                                                    |
| <b>Wednesday 19th</b> | 8.30am - Morning Prayer & 5.00pm - Evening Prayer, St Paul's<br>11.00am - Standing Committee meeting, St Paul's |
| <b>Sunday 23rd</b>    | 4.30-5.30pm - 'Praise on the Prom', near Clare House Bridge                                                     |
| <b>Monday 24th</b>    | 8.30am - Morning Prayer & 5.00pm - Evening Prayer, St Paul's                                                    |
| <b>Tuesday 25th</b>   | 8.30am - Morning Prayer & 5.00pm - Evening Prayer, St Paul's                                                    |
| <b>Wednesday 26th</b> | 8.30am - Morning Prayer & 5.00pm - Evening Prayer, St Paul's                                                    |
| <b>Friday 28th</b>    | 10.30am - "Time for Peace", Cartmel Quaker Meeting House                                                        |
| <b>Sunday 30th</b>    | 4.30-5.30pm - 'Praise on the Prom', near Clare House Bridge                                                     |
| <b>Monday 31st</b>    | 8.30am - Morning Prayer & 5.00pm - Evening Prayer, St Paul's                                                    |

## Next FOODBANK Collection

Sunday, 6th September  
1-3pm Father Magner Room  
St Charles

### FOR OUR SOLO DINERS

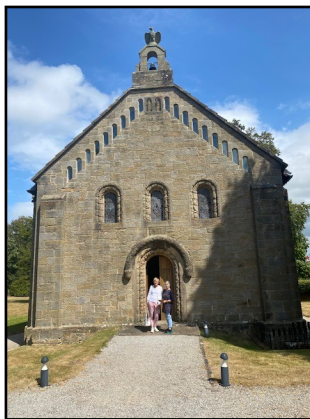
Our next lunch will be on 9th August for a carvery at the Grange Hotel. The cost will be £21 for 2 courses or £25 for 3 courses.

The list will be at the back of Church from 29th July.  
I look forward to seeing you.

Sue



## VISIT TO ST MARY'S WREAY AND THE LEGACY OF SARAH LOSH



On 28th July 16 of us (David driving the minibus!) travelled to Wreay, just south of Carlisle, to visit St Mary's, the Pinecone church, built between 1840 and 1842 by Sarah Losh. Sarah was the daughter of John Losh, whose family owned an alkaline mill in Newcastle, from which (and from whose workers) they derived their wealth. Sarah and her sister Katherine inherited their father's estate. Neither married; and Sarah inherited Katherine's share on her death in 1835. She spent her money on building projects enhancing Wreay.

By 1840 the old church in Wreay was in a poor state and Sarah offered to give land and pay to replace it, provided that she had a free hand with its design. Sarah and her sister had done the 'Grand Tour' of Europe at the end of the Napoleonic wars; and this clearly provided various inspirations for her design of the church, which can perhaps most politely be described as eclectic. The church was completed by December 1842.

Sarah based her design on early Christian basilicas, with an aisle-less rectangular nave ending in a semicircular apse. She apparently termed the style "early Saxon or modified Lombard". The church is decorated with naturalistic stone carvings of fossils, plants and animals and lots of pine cones. These may have been a tribute to her schoolfriend, (Major) William Thain, to whom, despite never marrying, she might (or might not) have been romantically attached. He had sent her a pine cone from Afghanistan, shortly before he was killed in the Khyber Pass in 1842 in the retreat from Kabul, which has been described as the worst military disaster in British Imperial history.

In the 20th century the results of her labours were compared by Nikolaus Pevsner to the later 'arts and crafts' movement; and indeed there are 'arts and crafts' additions to the church. There are virtually no explicit Christian symbols (there was a tiny cross hiding out of sight at the back when we were there), but we were told the church does now put a real cross on its altar for Sunday services.

Wikipedia records that 'the profusion of decoration has been seen by some as a celebration of creation'. This decodes as nature worship, so Sarah's own theological beliefs are anyone's guess. From the bookstall in the church I bought a copy of *'A spiritual*



*guide to St Mary's, Wreay*, written by one Rev Nick Ash (who served as vicar of this parish for 5 years and later became Team Rector at St Paul's). It reads as an attempt to provide a kind of missing link between the symbols of nature in the church and appropriate biblical texts to which they might be related. Nick appears to have wanted to provide an explicitly Christian context for

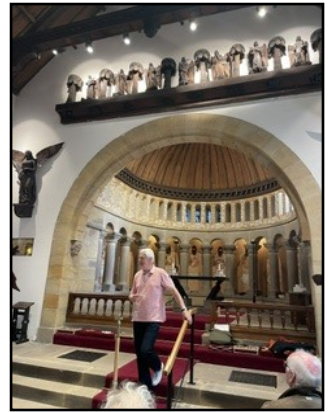


these symbols, of which you would not be aware from just walking round the church.

The Mausoleum Sarah built for the sister Katherine is even more bizarre - a beautiful

classical statue of Katherine (gazing down at a pine cone), but encased in a crude stone box that has been variously described as Druidic, semi-Celtic, Cyclopean and archaic. Given that Sarah was supposed to have been devoted to her sister, it's even more odd. All in all, it was an interesting visit to a unique and very different kind of church.

~~~~~William Arnold



## **I have just had a phone call from a very proud grandmother!**

Some of you will remember Doris Almond and her quiches! She left Grange to move to Ambleside when her grandson Jacob and daughter Liesl opened a café called Freshers. We had at least two parish visits when they entertained us for supper, and we heard about Jacob's ambition to become a pilot. Well, at the age of 33, he has finally achieved his goal, and on Saturday he made his first commercial flight with Jet2 to Alicante in Spain.. Doris, Liesl and his father flew with him!

We wish him well as he takes to the skies!

Doris (93) is well, and sends her love to all who remember her.

This month's Ecotip encourages us to use a microfibre bag or ball when we wash our clothes. It's a simple step that helps reduce microplastics entering our rivers and oceans – and it's well worth doing.

But there's more to the story than just plastic.

When we hear the term 'microplastics', we often think of synthetic fabrics such as polyester. Yet all textiles shed tiny fibres. Natural fibres like wool and cotton will eventually biodegrade, but when they have been treated with dyes and other chemicals, the process can take much longer.

And it's not just about clothing – fibres can fragment from any product that includes a textile. They are waterborne from the manufacturing process and from washing our clothes. Manufacturing sheds fragments into the air, as does drying our clothes, and even just wearing them. Textiles may be dumped in landfill, and sewage sludge, complete with fibre fragments, is spread on farmland. In other words, there are many pathways for microfibres to enter the natural environment.

Once there, they can persist for many years. Researchers have found microfibres in rivers, oceans, and soils, where they can harm wildlife. Alarmingly, they have also been detected in the human gut, in our blood, our lungs and in the placenta.

It can feel overwhelming to hear such findings, but what can we do?

The Microfibre Consortium ([microfibreconsortium.com](http://microfibreconsortium.com)) is working 'towards zero impact from fibre fragmentation'. They are aiming for fabrics that shed fewer fibres, and have the world's largest dataset on fibre fragmentation. With time, consumers may be able to make more informed choices about which fabrics release fewer fibres.

Most policy work to date has focused on *microplastics* – it needs to focus on *microfibres*, and, encouragingly, that is beginning to happen. In the meantime, let's be mindful of the consequences of our lifestyle and do what we can, starting, perhaps, with a microfibre bag.

## And more about our use of plastic

### The Problem

The very first thing to do when starting your plastic-free journey is to stop drinking bottled water. It seems pretty obvious to the "zero wasters" but why are there billions of people on earth still using it and therefore increasing their demand on the market?

We understand that in some countries tap water is not safe, but this is not the case for many other developed countries, including the USA, Canada, the UK and Australia. In the USA 50 billion water bottles are sold every year and at least 38 billion of them end up in landfills, roughly 60 million plastic bottles every day. Globally, the crisis is just as severe: in Australia consumers purchase almost 15 billion plastic bottles every year and many of these end up in landfill or in our waterways.

Did you know that it takes 3 litres of tap water and 250 ml of oil to produce one litre of bottled water? It sounds outrageous, but it's the truth. Isn't this already reason enough to stop? Furthermore, single-use disposable plastic water bottles may cause chemical contamination and toxicity to the drinking, particularly if those bottles have been stored in a hot area, or if they have been exposed to high temperatures or sunlight in between transportation.

### **The Solution**

Use a **stainless steel reusable water bottle**, not a plastic or aluminium one, as high-quality food-grade stainless steel is one of the safest materials. If you like carbonated drinks, buy a soda maker and refill your reusable bottle.

**Tip 1:** Are you on a low budget? Reuse a glass bottle from water, juice or passata bought at the supermarket and use an old stubby cooler to help prevent breaking.

**Tip 2:** Don't buy a spray painted water bottle. The paint will chip off within six months to 1 year and your water bottle will look old. Buy instead a bottle with a brushed or polished stainless steel surface and it'll last for ever

**And note that we now have a free public water refill station on the prom, thanks to the efforts of PEAT. It is stationed opposite the 'bathing pool'.**

### **An Extract from PEAT's July Newsletter by Annette Hennessy**



#### **There is no one but us. There is no one to send'**

I've been carrying those words with me for a while. They've come back to me during the recent heatwaves, with the World Cup, when we welcomed people to our People's Emergency Briefing, when we celebrated the opening of our new water refill station, and ran our Repair Café. At first sight, they all seem completely unrelated. So what is the connection?

Football has never been my thing. Yet, like millions of others, I found myself drawn to the stories unfolding around the World Cup – not because of the football itself, but because of what it reveals about us. The joy of the Scottish supporters who seemed to turn every street into a party and build friendships wherever they went. The blatant abuse of power, and the collective outrage. And Erling Haaland – an extra-ordinary footballer, but also someone whose humility and humanity seemed every as inspiring as his talent. It made me wonder whether the World Cup is really about football at all, but a mirror, reflecting back to us who we are – and who we might become.

The recent heatwaves and devastating wildfires are another kind of mirror. They remind us that climate and environmental breakdown is no longer a distant possibility but part of our everyday lives. It poses difficult questions about how we respond and how we adapt.

Our People's Emergency Briefing asked those same questions – not simply, 'What is happening?' but, 'What kind of future is beginning to emerge, and what part might each of us play in shaping it?' The old ways are becoming less certain, and less relevant, while new ways of living, working, and relating to one another are beginning to emerge. So, instead of seeing the world as simply falling apart, there's an invitation for us to see ourselves living through a transition.

In which case, small community projects take on a different significance. A water refill station isn't just somewhere to top up a bottle. It is a sign that caring for our environment can become part of everyday life. A Repair Café isn't just about fixing a toaster. It is about choosing to repair over waste, sharing skills, and strengthening community. A community garden isn't simply about growing vegetables. It grows friendship, wellbeing, and belonging. Food shares aren't only about reducing waste. They remind us that abundance is often found in sharing. Community energy schemes aren't just about generating electricity. They show what becomes possible when neighbours work together towards a common purpose.

None of these provide an answer to the polycrisis but together they indicate that the future is here now, and each is a small visible way of seeing what the future could look like. That's why community matters. Culture doesn't change because someone writes a strategy. It changes because ordinary people begin to behave differently. One conversation at a time. One repaired item at a time. One shared meal, one refilled bottle, one act of kindness at a time. One neighbour helping another.

It begs the question - 'what does it mean to be a good citizen at this time of transition?' We don't have to have all the answers, or carry the weight of the world on our shoulders. But we can use whatever power and privilege we have – our time, our relationships, our experience, and our compassion – to help create the kind of future and environment we hope our children and grandchildren will have.

In this time of profound transition, we will all be called to respond and to adapt. None of us can do that alone. We will all need to draw on one another – our families, our friends, our neighbours, and our communities. There isn't another generation waiting in the wings to show us the way. There are no perfect leaders with all the answers. The future will be shaped by ordinary people doing what they can, where they are, with what they have, and encouraging others to do the same. So next time you are asked or you ask yourself – what's the point and why bother – here's the full quote from Annie Dillard to inspire you!

***'There is no one but us. There is no one to send, not a clean hand nor a pure heart on the face of the earth, nor in the earth, but only us...'***

An invitation to become the kind of citizens these times ask of us. Because the future is not something that simply happens to us. It is something we build together, so do join us at [peatmessages@gmail.com](mailto:peatmessages@gmail.com)

# A NEW BUS SERVICE ANNOUNCED

After lobbying by Cumbria Tourism, a brand-new bus service is now on the road!

Funded by Westmorland and Furness Council, the new 534 route connects Grange-over-Sands with Windermere, stopping at key visitor attractions in Haverthwaite, Backbarrow, Blackwell House, and Bowness.

The service also stops at the Haven site in Flookburgh, making it easier for guests to explore the Lake District without needing to use their cars. This is a fantastic step towards reducing traffic on our roads, encouraging more sustainable travel, and helping visitors discover and support local businesses and attractions along the route.

“We hope this new service will have a positive impact on both car reduction and visitor spending across the area.”

Grange-over-Sands • Flookburgh • Windermere

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| MONDAY TO SATURDAY (excluding public holidays) |      |      |      |  |
|------------------------------------------------|------|------|------|--|
| Grange-Over-Sands Railway Station              | 0930 | 1230 | 1550 |  |
| Grange-Over-Sands Post Office                  | 0932 | 1232 | 1552 |  |
| Allithwaite Yakkers                            | 0938 | 1238 | 1558 |  |
| Lakeland Leisure Park                          | 0948 | 1248 | 1608 |  |
| Flookburgh Market Square                       | 0953 | 1253 | 1613 |  |
| Cark Engine Inn                                | 0958 | 1258 | 1618 |  |
| Holker Hall Main Gate                          | 1003 | 1303 | 1623 |  |
| Haverthwaite Railway Station                   | 1013 | 1313 | 1633 |  |
| Newby Bridge                                   | 1017 | 1317 | 1637 |  |
| Fell Foot                                      | 1020 | 1320 | 1640 |  |
| Storrs Blackwall House                         | 1031 | 1331 | 1651 |  |
| Bowness Pier                                   | 1036 | 1336 | 1656 |  |
| Windermere Bus & Railway Station               | 1050 | 1350 | 1710 |  |

This service does not operate on a Sunday.



Windermere • Flookburgh • Grange-over-Sands

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| MONDAY TO SATURDAY (excluding public holidays) |      |      |      |
|------------------------------------------------|------|------|------|
| Windermere Bus & Railway Station               | 1055 | 1425 | 1720 |
| Bowness Pier                                   | 1105 | 1435 | 1730 |
| Storrs Blackwall House                         | 1109 | 1439 | 1734 |
| Fell Foot                                      | 1120 | 1450 | 1745 |
| Newby Bridge                                   | 1123 | 1453 | 1748 |
| Haverthwaite Railway Station                   | 1126 | 1456 | 1751 |
| Holker Hall Main Gate                          | 1136 | 1506 | 1801 |
| Cark Engine Inn                                | 1141 | 1511 | 1806 |
| Flookburgh Market Square                       | 1151 | 1521 | 1816 |
| Lakeland Leisure Park                          | 1156 | 1526 | 1821 |
| Allithwaite Yakkers                            | 1201 | 1531 | 1826 |
| Grange-Over-Sands Post Office                  | 1207 | 1537 | 1832 |
| Grange-Over-Sands Railway Station              | 1209 | 1537 | 1834 |

This service does not operate on a Sunday.



# BOOTH'S BUS

Pilot scheme for a regular supermarket shopping bus to **ULVERSTON**

— A collaboration between Blueworks and PEAT —

**TUESDAYS** beginning Tuesday 21st July 2026

## Pick-up points (approx. times)

|                     |       |
|---------------------|-------|
| Cartmel             | 10.30 |
| Grange Station      | 10.40 |
| Kent's Bank Station | 10.45 |
| Allithwaite         | 10.55 |
| Flookburgh          | 11.05 |

Arriving Ulverston 11.45.  
Choice of drop-off/pick-up points includes Booths, County Square, Aldi/M&S

Returning 14.00  
via the same points.



**Cost:**

Adult single £3/child £2  
or use your NowCard



Pre-book by ringing Dale on  
**07557 851097**



or emailing  
[phil@blueworks.uk.com](mailto:phil@blueworks.uk.com)

**AT LEAST 24 hours in advance**



## NEWS FROM ST PETER'S, FIELD BROUGHTON

### News from the Parish

July saw the Friends of St Peter's Social Committee put on a summer barbeque which was very well supported and delivered excellent food and weather!

August is quiet on the social front, but on Monday 24th August 10.30am until 12 noon, in Field Broughton Parish Rooms there will be a coffee morning in support of the Children's Society. Anyone with collection boxes can bring them along to be emptied and all proceeds from the event will be donated to the Children's Society.



Come September there will be events and activities starting again.

### Broughton East Parish Council

A meeting of Broughton East Parish Council will take place in Field Broughton Parish Rooms on Tuesday 4 August starting at 6.30pm. Members of the public are welcome to attend and participate.

### *Louise Shrapnel*

Chairman, Friends of St Peter's Social Committee  
Committee Member, Field Broughton Parish Rooms Committee  
Member of St Peter's Field Broughton with Lindale, PCC  
Broughton East Parish Councillor

### St Peter's Church - Opening Times

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

**Palm Sunday to the last Sunday in October**

Monday-Saturday Approximate timings: 10.30 am-5 pm

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

Details of events can usually be found on the Field Broughton and Surrounding Communities Facebook page, or please contact [fieldbroughtonsocial@gmail.com](mailto:fieldbroughtonsocial@gmail.com)

## Mollie Bell R.I.P.

1933–2026

Over 100 people assembled in St Paul's in late-July for a Memorial Service for Mollie, to pay our last respects and to mark the passing of one of our more active members, one who had served our community and church for so many years and in so many ways. The number of people present reflected the wide range of her interests and involvement.



She was a member of the Parochial Church Council and the Worship Committee, a Deputy Warden, a lay pastoral visitor, our representative on the Diocesan and Deanery Synods, and a founder member of the church's Edward Bear Club (indeed, the "Teddy" who took pride of place at every meeting was Mollie's gift); she acted as sidesperson on a Sunday morning, led intercessions, read the lesson, looked after the altar linen with great care, was our calligrapher for the Book of Remembrance, and involved in making the set of silk Millennium banners, the 'gold' Christmas nativity set, and the altar kneelers in both the main and lady chapels. She was always available and willing to assist at any "last minute" problem which arose and which needed a steady hand and a willing smile.

Her three daughters shared the eulogy of her life outside the church and it was a pleasure to realise that her Christian beliefs were reflected in the careful, caring and unselfish way in which she had brought them up and instilled her beliefs and standards in them and their own children. She was evacuated to the north with her brother during WW2, and later returned from the south of England to Allithwaite with her husband and girls, resulting in a great benefit to us all.

Mollie was interred in the churchyard of St Mary's, Allithwaite, with her beloved first husband, Michael, prior to the memorial service in St Paul's led by Annette. The service was embellished by the masterly playing by John Shippam of Mollie's favourite hymns on our pipe organ before the service started, the singing of her favourite hymns, and then as a finale (and we all sang or hummed) a recording of *Que sera sera*. A toe-tapping finale for a wonderful person.

We remember her with love, affection and gratitude for her Christian spirit and her service - an example to us all.

Thank you for everything, Mollie.

Mike Hill

Over £1300 has been sent to Macmillan Cancer Support from donations at the funeral

## NEWS FROM THE DIOCESE

### New Pilgrimage Routes Across the North

People of all backgrounds have been invited to step into journeys of reflection, discovery and hope on new pilgrimage routes across the North of England.



The routes — including the Kent Estuary Pilgrim Way, Spurn Point Way, Fountains Way, St Paulinus Way and St Bega's Way amongst others — connect churches, historic sites, coastlines, countryside and communities. Together they offer opportunities to explore the North at walking pace, and to rediscover the long tradition of pilgrimage as a way of seeing the world differently.

The Archbishop of York, Stephen Cottrell, said:

“Pilgrimage teaches us to slow down, to notice the world around us, and to become more attentive to God and to one another. These new pilgrimage routes across the North invite people to discover afresh the beauty, history and spirituality of this extraordinary part of the country. Whether you walk in faith, curiosity or simply in search of peace and reflection, pilgrimage has the power to change us.”

Each route offers its own invitation into landscape and story:

**St Bega's Way** is a 36-mile route in Cumbria linking the Norman Priory Church of St Mary and St Bega at St Bees with the pre-Norman church of St Bega near Bassenthwaite Lake. Much of the journey lies within the Lake District National Park, it's a route shaped by sheep, saints and stunning scenery, and is currently being relaunched ahead of a Festival of Pilgrimage in Carlisle Diocese.

**Spurn Point Way** celebrates the life of Wilgils, a 7th-century hermit devoted to prayer on this remarkable stretch of coastline. The 7-mile route runs from the Yorkshire Wildlife Discovery Centre at Kilnsea to Spurn Head, a striking natural landscape.

The **Kent Estuary Pilgrim Way** offers five circular walks and a return route of around 30 miles in total, linking churches in Levens, Heversham, Milnthorpe, Beetham, Storth and Arnside in South Cumbria. Designed for both visitors and local residents, the route encourages exploration of the landscape alongside a deeper encounter with the churches and stories of each village.

**Fountains Ways** – Ancient Paths for Modern Pilgrims – includes three pilgrimage trails linking eight village churches across rural parishes in the Fountains Benefice around Masham. All three routes are circular, including two 7-mile walks starting from Kirby Malzeard and a 9-mile route passing through Studley Royal Park



and near Fountains Abbey. Many churches along the way offer a warm welcome, with “Church Explorer” activities inviting families and visitors to discover their history and heritage.

The **Paulinus Pilgrim Trail** traces the footsteps of St Paulinus, a missionary and the first Bishop of York, who played a key role in the spread of Christianity in the 7th century. Beginning in Todmorden, the 87-mile route passes through Halifax, Dewsbury, Wakefield and York, following a network of established paths including the Calderdale Way, Kirklees Way, Trans Pennine Trail, Leeds Country Way and Ebor Way. Highlights include Dewsbury Minster, which houses fragments of the St Paulinus Cross. This new route is being created as part of the anniversary celebrations in 2027 of 1400 years since the baptism of King Edwin by St Paulinus.

These pilgrimage routes offer a renewed invitation to walk, reflect and explore — whether for faith, curiosity, or simply the desire to experience the North in a new way.

### A Summer Concert Tour in the Lake District



On the 23<sup>rd</sup> of July we were entertained by the Kimichi School choir and orchestra from Birmingham. The previous day they had played at Ulverston Parish Church. The choir sang various songs, both modern and old, the orchestra played tunes from the movies and some classical pieces. All of this was greatly appreciated by the audience, who all agreed that it would be good to see them again, if ever they decided to come back to the area.

All in all a good evening was enjoyed by the people attending.

Brian

**“Companions on the Way”  
a Quiet Morning**

***Learning to Pray with St Benedict***



**Field Broughton Village Rooms  
Thursday 24<sup>th</sup> September  
9.30am – 1.30pm**

Short addresses and space to reflect, concluding with a Eucharist

Bring a packed lunch

Drinks and biscuits provided. No Charge

Donations towards hire of the Hall will be welcome

**To book a place, please sign the Sheet at Church  
or email the Vicar: [davidmwilmot@gmail.com](mailto:davidmwilmot@gmail.com) or Tel: 07305 777 113**

\*\*\*\*\*

\*\*\*\*\*  
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\* This is a gentle, welcoming space for anyone experiencing loss, whether \*  
\* recent or longer ago. There is no time limit on grief. \*  
\* Led by St Mary's Hospice staff and trained volunteers, the café offers a safe \*  
\*\*\*\*\*

## CARTMEL PENINSULA CHURCHES TOGETHER

The Summer Newsletter of the Churches Together Youth Trust has now been published, and copies are available in church and on the web site. (*Extracts below*)

### Year 6 Moving On

We are grateful for the joint effort to arrange the Year 6 Transition Day on Monday 8th June. Andrea with representatives from the Anglican, Methodist & URC Church were able to gather young people to think about moving on to secondary school. Over 60 young people from the 6 primary schools across the Cartmel Peninsula came along.

As part of the session which took place at St Paul's Church, the young people discussed their thoughts and feelings, had an opportunity to thank God for the primary school they were leaving, and learnt how God can calm the storm in their lives. They were also given a Scripture Union 'Its Your Move' book that is full of top tips and stories of those who have managed the transition.



### Please Pray & Give Thanks

- Give thanks for our volunteers, without whom we would not be able to operate our groups.
- Pray for Soul Fuel that meets at the URC Church hall on Mondays during term times between 5.30–7pm. Thanks for the growth in membership, pray that relationships grow deeper.
- Pray for Chill Out Club that meets in Cartmel Priory School, pray for wisdom as we look to continue to support the current group and look to build links with the new year 7s.
- Pray for Andrea & Hannah as they continue to go into Cartmel Priory School with The Be Me Project. Thanks for the impact it is having on young people over the year.
- Thanks for God provision financially, that we have been able to continue to fund the work, and for the people and organisations that continue to give.
- Pray for all Christians that go in to local schools, that they will be shining light to young people, staff and parents.

Churches Together in Cumbria has published its July/August newsletter—find it on the new website—[www.ctic.uk](http://www.ctic.uk).

### Worship in our local Residential Homes Could you join in?

An ecumenical team leads worship in The Old Vicarage in Allithwaite, and at Cartmel Grange, monthly on a Sunday / Tuesday. They would be glad to have more volunteers for Tuesdays at Cartmel Grange a large group of residents come along, plus visitors and an enthusiastic member of staff.

If you want to know more, contact Revd David Edmondson on [edmolal1@yahoo.co.uk](mailto:edmolal1@yahoo.co.uk)



### PRAISE on the PROM

We will be meeting on the Promenade near Clare House railway bridge on

**SUNDAYS at 4:30pm-5:30pm**

**Starting on July 5th**

**and then every Sunday throughout July and August (Weather permitting!)**

**Books will be provided for you to choose your favourite hymn.**

**Bring your own chair if you wish (bring your own instrument too!)**

**Come and make a joyful noise to our Lord**

**ALL WELCOME**

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✦ **United Reformed Church  
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For more information contact  
andrea.mason@carlisle-diocese.org.uk  
07377831808

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of  
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**2-3.30pm**

**April 13<sup>th</sup>, 27<sup>th</sup>, May 11<sup>th</sup>,  
June 1<sup>st</sup>, 15<sup>th</sup>, 29<sup>th</sup>,  
July 13<sup>th</sup>, 27<sup>th</sup>, Aug 10<sup>th</sup> & 24<sup>th</sup>**

**Conversations and Company -  
Knitting, colouring, jigsaws,  
Crafting and games.**

**Raising funds for the Youth Trust**

**Drinks, biscuits and cake!!**

Grange URC LA11 7EY Contact - Rev. Kate Hunt  
kate.hunt@nwsynod.org.uk 07821 801528

**MUSIC IN THE PARK**  
**2026**  
**SUMMER CONCERTS**

**FREE ENTRY**

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|                                                                                                                                                           |                                                                                                                                                   |                                                                                                                                                 |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|
| <br><b>Bay Big Band</b><br>24th May 2:00pm                             | <br><b>Burnside Brass</b><br>7th June 2:00pm                   | <br><b>Seaberg Town Band</b><br>21st June 2:00pm            |
| <br><b>The Growing Singers<br/>Flutes &amp; Co</b><br>12th July 2:00pm | <br><b>Kirkby Lonsdale<br/>Brass Band</b><br>2nd August 2:00pm | <br><b>Miltonhorpe<br/>Steel Band</b><br>30th August 2:00pm |

With thanks to our supporters for their help in making the 2026 summer concerts happen:

Grange-over-Sands Civic Society | Grange Tubes | SOMERSET HOUSE | THORNEIGH CHRISTIAN HOTEL

## *Two Quizes to keep you entertained!*

(answers in the September magazine)

### **Names of flowers**

1. Always left out
2. Optician's flower
3. Smart animal
4. Tandem riders
5. End of the spectrum
6. What poor spinsters should do
7. Fastidious sprinkler
8. Red again—mixed up
9. Sounds cold to me
10. Foggy affection
11. Shepherd's flower
12. Many crush them if they stir
13. What Mrs Tell said
14. Cunning gauntlet
15. Used at the greyhound track
16. A big one—in a muddle
17. It's a fiddle
18. Toilet fastener
19. Sounds like a witch's motorbike
20. Find a German wine behind a prickly bush



### **Book titles**

1. A whale of a tale
2. Small ladies
3. Rinks net efen
4. Child slept
5. Revolt on the coconut bars
6. Go and check again on her veil
7. Dearest unopened flowers
8. Had all his work done by Friday
9. Blood count
10. Big brother's watching you
11. Plenty of Scottish spirit
12. The aquatic wee ones
13. Were they always in debt?
14. Eternal carbon crystal
15. Attic



## 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,

[stpaulschurchgrange@gmail.com](mailto:stpaulschurchgrange@gmail.com)

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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           | 72         |
| June          | 91           | 99           | 30           | 79           | 87           | 63           | 200          | 129        |
| 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</b> |              |              |              |              |              |              |              |            |
| <b>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>611</b> |



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Grange 11am–12 noon at the URC, Kents Bank Road

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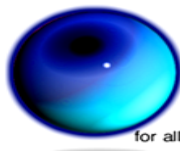
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### **Deanery Synod**

Brian McCann 34902

John Millican 32561

### **Treasurer**

John Millican 32561

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Judith Mitchell 35664

### **Fell Church**

Please contact the Churchwarden

### **Parochial Church Council Secretary**

Rosemary Hoyle 58108

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Rosemary Hoyle 35560

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