

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



**July 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

## Over to You....

Dear Friends,

Some years ago, I got into conversation with a young mum. She wanted to get her baby Christened and, at one point, we began talking about praying. So, I asked her, “Do you pray?” “Oh yes”, she said. And she went on to tell me how every evening once the kids were in bed she would sit there on the floor right in the middle of all those toys and what seemed like the wreckage of the day. Before tidying up she said she would just sit there quietly for a few minutes and say ‘Thank you’.

I asked her “Why?” and she said that no matter how busy, stressed and short-tempered things had been, she didn’t want to lose sight of how underneath it all something precious was going on.

I meet quite a lot of people who pray like that and I think they’re on to something. They haven’t fallen into the trap of thinking that praying is some kind of skill or something you can be clever at. They know, almost instinctively, that praying is at its best when it’s simple and honest. Just a few quiet moments saying, ‘Thank you’ or maybe ‘Sorry’, ‘Help’ or ‘Forgive me’ is much closer to what praying is really about; because these are the kind of words we use when we’re speaking to someone. They remind us that prayer is a relationship.

Now, the next step you have to take, of course, is to get a clearer picture of who it is you think you’re speaking to .....and that’s where Jesus helps us.

Some people asked Jesus if he’d teach them to pray and he simply said, “When you pray say ‘Father’”. And the actual word he used was a bit like “Daddy”. He just wanted us always to remember that the one who hears our ‘Thank you’, our ‘Sorry’, ‘Help’ or ‘Forgive me’ is someone who knows and cares and understands.. ....and wants us to get to know him even better.

And that’s where praying gets really interesting. Praying really starts to get going when it moves on from just the occasional nod in the heavenly direction and turns into a sort of conversation; and it becomes the kind of friendship that changes your life for good. So, over to you....

Every Blessing, *David*

## SUNDAY & WEDNESDAY SERVICES - JULY 2026

DATES	ST PAUL'S GRANGE-OVER- SANDS	GRANGE FELL	ST PETER'S FIELD BROUGHTON &LINDALE
<b>1ST JULY WEDNESDAY</b>	<b>10.00am</b> <b>Holy Communion CW</b> Rev'd David Wilmot		
<b>5TH JULY FIFTH SUNDAY AFTER TRINITY</b>	11.00am <b>Holy Communion CW</b> Rev'd David Wilmot 4.00pm—Evening Worship		9.30am <b>Holy Communion BCP</b> Rev'd David Wilmot
<b>8TH JULY WEDNESDAY</b>	<b>10.00am</b> <b>Holy Communion CW</b> Rev'd David Wilmot		
<b>12TH JULY SIXTH SUNDAY AFTER TRINITY</b>	11.00am <b>Holy Communion CW</b> Rev'd David Wilmot 4.00pm—Evening Worship	9.30am <b>Mattins BCP</b> Rev'd Annette Miller	9.30am <b>Holy Communion CW</b> Rev'd David Wilmot
<b>15TH JULY WEDNESDAY</b>	<b>10.00am</b> <b>Holy Communion CW</b> Rev'd Annette Miller		
<b>19TH JULY SEVENTH SUNDAY AFTER TRINITY</b>	11.00am <b>Holy Communion CW</b> Rev'd David Wilmot 4.00pm—Evening Worship		9.30am <b>Holy Communion CW</b> Rev'd David Wilmot
<b>22ND JULY WEDNESDAY</b>	<b>10.00am</b> <b>Holy Communion CW</b> Rev'd David Wilmot		
<b>26TH JULY EIGHTH SUNDAY AFTER TRINITY</b>	<b>11.00am</b> <b>Holy Communion CW</b> Rev'd David Wilmot	9.30am <b>Holy Com- munion BCP</b> Rev'd David Wilmot	9.30am <b>Mattins BCP</b> Biddy Hibbert/ Rev'd Annette Miller
<b>29TH JULY WEDNESDAY</b>	<b>10.00am</b> <b>Holy Communion CW</b> Rev'd David Wilmot		

## FUN AND FRIENDSHIP AT OUR PRIMARY SCHOOL

On Wednesday, 16th June, we held our Fun and Friendship event for this school term. The theme was **'Here Comes Summer'**.

Annette started the session with a talk, a song and a prayer before we split into groups. Crafts included an incredibly detailed beach scene on a biscuit, complete with a sandy shore, bathing teddy bear and a parasol. Well done, Gill, for working all that out! A large daisy chain was made for display on the notice board at the front of the church. Other activities included making butterflies, tissue flowers and paper boats. It was a lively session, as usual, with lots of fun had by everyone.



The activities finished with singing, prayers and a blessing.

Please take a moment to look at the floral display on the school board at the front of the church



On a very warm afternoon the Vicar entertained a party from the school on a visit to St Paul's.

## FROM THE REGISTERS JUNE 2026



### YEAR'S MIND

Joan Martha Chapman	5 July 2022
Peter Robin Ford	15 July 2025
Margaret Patricia Rye	17 July 2024
June Turner	19 July 2023
Kevin James O'Toole	23 July 2022
Geoffrey Crowther	26 July 2022

*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 CHANCE REMARK LEADS TO A HAPPY OUTCOME!

Sue and I were at Grange Railway station waiting for a train to the airport and, by chance, Christine Bassinder was also on the platform seeing her friend off. Stopping to exchange the time of day in the course of general chit chat Christine asked if we knew where she could get rid of a perfectly good bed that she no longer needed. She feared that if she couldn't find somewhere that would accept it it would have to be chopped up.

We had heard via Lesley, a Soroptimist who is the Town Clerk at Barrow, about a charity called Love Barrow Families which supports families in need. We suggested that this might be a possible home for the bed. By this time the train was approaching the station and we were trying to exchange phone numbers so that Christine could contact Lesley direct. After several failed attempts, contact was finally made and the bed was duly collected.

Today we received this response from Lesley:

*Love Barrow Families have been to visit me today and asked me to tell the donor of the bed that two young children are sleeping in it, and it is the first proper bed they have had and they think it's wonderful.*

A lovely story of recycling!

## GLORIANA CHOIR A Concert for Charles Edmondson RIP



This was a most delightful afternoon, presented by the Gloriana Choir (a group which was organised by Charles in 2025) now under the leadership of Jane Thedham, and comprised choral pieces selected originally by Charles to celebrate the 150th anniversary of the dedication of the two-manual pipe organ in St Paul's – plus a couple of surprise items.

The 16 choristers performed magnificently, their repertoire ranging from Baroque anthems through more modern composers (Sir Charles Villiers Stanford, Sir John Rutter) to pieces from stage and screen (*The Vicar of Dibley* and *Moon River*). Andy Plowman accompanied on piano and organ and also gave two solo pieces on the organ including a delicate work by Percy Whitlock.

The finale was a roof-lifting (I glanced up apprehensively) rendering of the Gloria from a Mass composed by Charles last year. This was a brilliant work and made us realise – alas, perhaps too tardily - just what a magnificent musician Charles was. The word Handelesque sprang to mind as organ and voices rang out together in a rousing, magnificent crescendo.

Our thanks go to our talented performers, to Eileen and members of Charles's family who joined us, to Jane for her skills, and to our catering ladies whose scones, jam and tea rounded off a most agreeable and uplifting afternoon.

Mike Hill



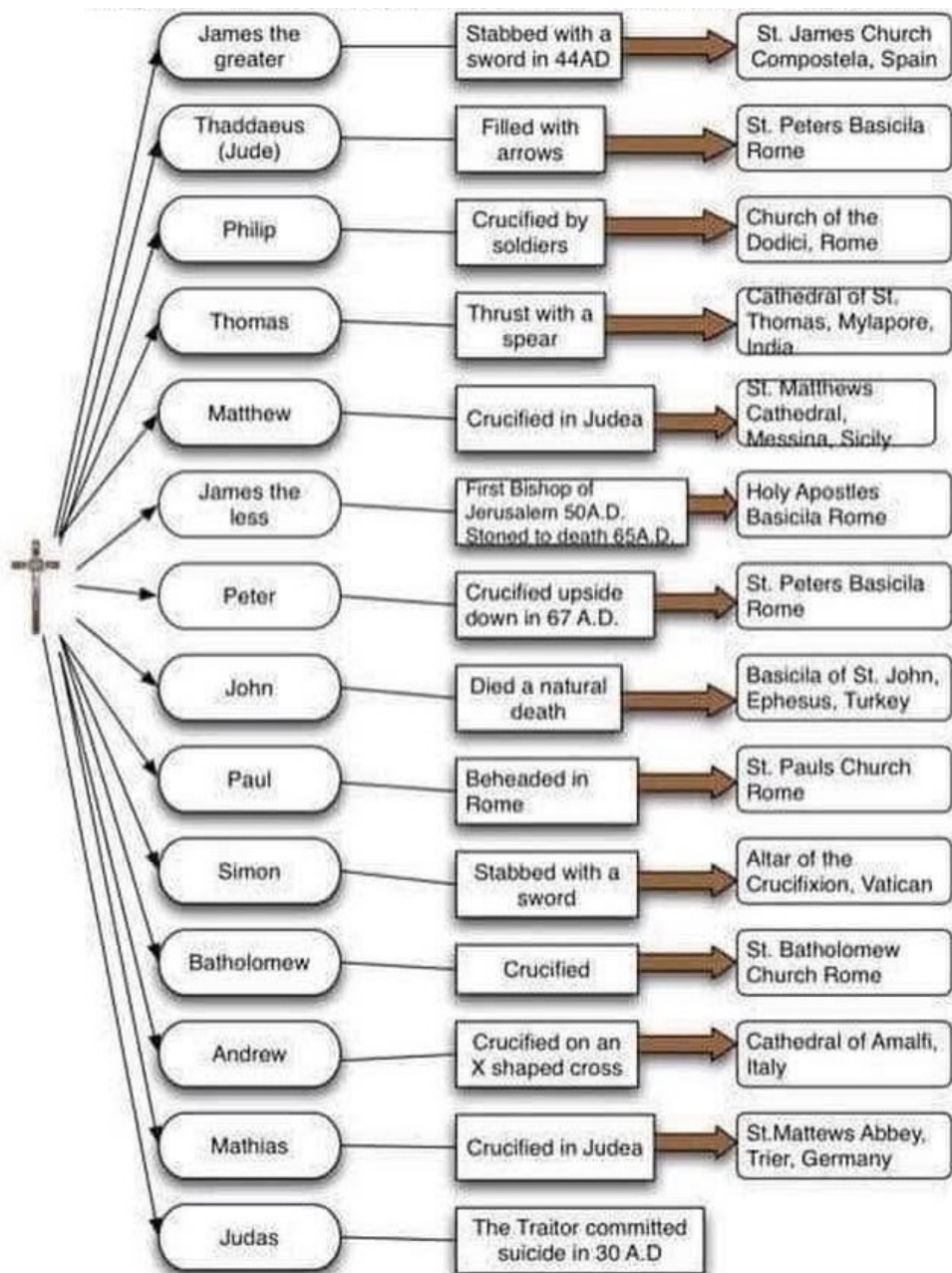
Link to Video of concert: [https://1drv.ms/f/c/00fa0963f157b08f/IgCNFzqTYAWRkXRA17bRhTAR\\_EjrEebZrE-RQ1rWEY7kc?e=2v017v](https://1drv.ms/f/c/00fa0963f157b08f/IgCNFzqTYAWRkXRA17bRhTAR_EjrEebZrE-RQ1rWEY7kc?e=2v017v)

## DATES FOR YOUR DIARY - JULY 2026

<b>Wednesday 1st</b>	8.30am - Morning Prayer & 5.00pm - Evening Prayer, St Paul's 11.00am - Worship Committee, St Paul's
<b>Friday 3rd</b>	5.00-7.00pm - Repair Café, Methodist Hall
<b>Saturday 4th</b>	8.30-9.45am - Men's Breakfast, Methodist Church Hall
<b>Sunday 5th</b>	4.30-5.30pm - 'Praise on the Prom', near Clare House Bridge
<b>Monday 6th</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 7th</b>	8.30am - Morning Prayer & 5.00pm - Evening Prayer, St Paul's
<b>Wednesday 8th</b>	8.30am - Morning Prayer & 5.00pm - Evening Prayer, St Paul's
<b>Saturday 11th</b>	10.00am-noon - Garden Boon day
<b>Sunday 12th</b>	2.00-4.00pm Choir & Flute Concert, Bandstand (if wet in St Paul's) 4.30-5.30pm - 'Praise on the Prom', near Clare House Bridge
<b>Monday 13th</b>	8.30am - Morning Prayer & 5.00pm - Evening Prayer, St Paul's
<b>Tuesday 14th</b>	8.30am - Morning Prayer & 5.00pm - Evening Prayer, St Paul's
<b>Wednesday 15th</b>	8.30am - Morning Prayer & 5.00pm - Evening Prayer, St Paul's 2.00pm - PCC Meeting, St Paul's
<b>Thursday 16th</b>	2.00pm - Social Committee, St Paul's
<b>Sunday 19th</b>	4.30-5.30pm - 'Praise on the Prom', near Clare House Bridge
<b>Monday 20th</b>	8.30am - Morning Prayer & 5.00pm - Evening Prayer, St Paul's
<b>Tuesday 21st</b>	8.30am - Morning Prayer & 5.00pm - Evening Prayer, St Paul's
<b>Wednesday 22nd</b>	8.30am - Morning Prayer & 5.00pm - Evening Prayer, St Paul's
<b>Thursday 23rd</b>	5.00-8.00pm - Rehearsal and Concert by the Kimichi Choir, St Paul's
<b>Friday 24th</b>	10.30am - "Time for Peace", Cartmel Quaker Meeting House
<b>Sunday 26th</b>	6.00pm - PCC Supper at The Rectory 4.30-5.30pm - 'Praise on the Prom', near Clare House Bridge
<b>Monday 27th</b>	8.30am - Morning Prayer & 5.00pm - Evening Prayer, St Paul's
<b>Tuesday 28th</b>	8.30am - Morning Prayer & 5.00pm - Evening Prayer, St Paul's Day trip to St Mary's Church, Wreay
<b>Wednesday 29th</b>	8.30am - Morning Prayer & 5.00pm - Evening Prayer, St Paul's 11.00am Pastoral Team Meeting, St Paul's



## WHAT HAPPENED TO THE APOSTLES— AND WHERE THEIR REMAINS ARE TODAY



### Church House Eco Silver Award

The Diocese of Carlisle's Church House headquarters has gained a silver eco-award in recognition of its environmental focus. A Rocha UK - a Christian charity working to protect and restore the natural world – praised work at the Penrith building around two categories: 'buildings and energy' and 'land and nature'.

In recent months the Diocese has worked with representatives from the Penrith Swift Group to site four new nesting boxes for birds under the building's eaves. Smart meters have been installed to help improve energy efficiency and work is currently ongoing to site 60 new solar panels on the roof.

Mia Messenger, the Diocese's Net Zero Carbon Officer, said: "We are thrilled that a continued commitment to our environment has been recognised in this way. Due to its town centre position, there is no associated green space at Church House, but we have come up with ways in which we can use the building itself to provide space for nature. That's why we opted for the bird boxes, and we very much look forward to seeing them used. We also asked staff to send in pictures of their own green spaces at home through which we could demonstrate that people are growing their own vegetables on allotments and colleagues also took part in an annual butterfly survey."

In November 2023, Church House received a bronze award in recognition of work including the installation of sensor-activated LED lighting, a commitment to minimise printing, and the introduction of recycled paper. The silver award continues to build on those commitments. That led to a further, Diocese-wide, bronze eco-award in January 2024 for the initial work at Church House and the encouragement given to parishes across Cumbria to register as Eco Churches. Currently nearly a third of the Diocese's churches have registered under the Eco Church scheme – a 20% rise in two years.

Meanwhile the Diocese continues to build on its Net Zero Action plan which was endorsed by its primary governing body in October 2023. That includes an eight-year, £250,000 a year focus on Net Zero Carbon work on vicarages.

The Diocese of Carlisle has released a statement in connection with a report compiled by University of Lancaster research fellow Dr Michael Lambert into historical allegations of abuse and neglect which centre on the former St Monica's maternity home in Kendal, which closed in 1970.

The report - which has featured in numerous media broadcasts recently - has been passed to Cumbria Constabulary, who the Diocese is committed to work alongside with full transparency in any subsequent investigation.

## CHURCH CLEANING

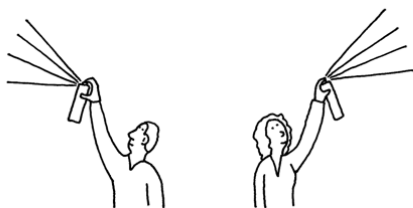
We are so fortunate at St Paul's to have a wonderful Cleaning Team, who come into Church regularly to keep it looking clean, neat and tidy. They are: Carol Calveley, Pat and Chris Brown, Margaret and Allan Wilson, Christine Bassinder, Barbara Pettit, Audrey Gorman, Fiona Whalley, Dorothy Hornung, Alan Wheatley, Sandra and Derek Barton, Helen Hill, Rosemary Hoyle, and our new recruit, Dawn Hunter-Ellis.

Thank you all for your hard work throughout the year to keep our church looking so lovely. People do comment on how clean and welcoming the church is.

Of course, none of our cleaning team ever do anything shown in the cartoon below!!

## CHURCH CLEANING

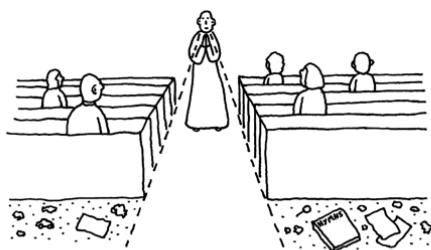
HOW TO MAKE IT SEEM AS IF YOU HAVE DONE A GOOD JOB



SPRAY SOME POLISH IN THE AIR TO  
GIVE THE REQUIRED AROMA



MAKE FULL USE OF LOOSE CARPETS



DO THE BITS THE VICAR CAN SEE



IF IN DOUBT: PUT IT IN THE VESTRY

CartoonChurch.com

*And a call for some more volunteers ...*

**BOON DAY FOR OUR GARDEN**

**Saturday, 11th July, 10.00am—noon**

Please come along if you can to help tidy our garden, and get rid of some weeds!

Never a better time to launch Grange's new Water Refill Station. As the temperatures soar, staying cool and hydrated has become more important than ever - a reminder that our climate is changing and that we all need to adapt. For many years, one of PEAT's ambitions has been to help reduce the amount of single-use plastic ending up in our environment with a water refill station - a simple but practical step towards that goal, making it easier for residents and visitors alike to protect our environment, and our beautiful Morecambe Bay. Now it's also about staying cool and hydrated.

On Sunday, 28th June, we celebrated the launch of the new Water Refill Station on Grange Prom – a simple idea with lasting benefits. Take along your reusable bottle, refill it for free and help keep our Prom and our beautiful Morecambe Bay free from unnecessary plastic

## STAY COOL, REFILL FOR FREE, BE PART OF THE CHANGE

Over the past few months PEAT has brought people together through the People's Emergency Briefing, through our 'What Next?' follow on day, our community conversations and our programme of local events. One message has come through loud and clear: people want practical ways to make a difference together. So when people ask, 'what can we actually do' - here's one answer! Refill your bottle instead of buying another plastic one. Encourage others to do the same. Small everyday actions, multiplied across a community, really do add up.

Stay cool. Refill for free. Help keep our Prom and Morecambe Bay beautiful – be part of the change you want to see

## Eco Tips for Summer

- **Use fans instead of air conditioning:** fans consume less energy helping to save on electricity costs and reduce energy consumption
- **Reduce plastic waste:** opt for reusable items like water bottles and avoid single-use plastics to minimise environmental impact
- **Support local businesses:** when possible, buy food and products from local vendors to reduce carbon emissions and support local economies
- **Plant for pollinators:** choose plants that attract pollinators like bees and butterflies, contributing to a healthier ecosystem.

By implementing these tips, you can contribute to a more sustainable summer and help protect the planet for future generations.

## Meadow Cranesbill

*Geranium pratense*

The fifth commandment to honour your father and mother is an important strand of the second of the two commandments – to love one another. Courtesy and grace exemplify love.

A German name for the beautiful cranesbill is Grace of God. Cranesbills are so-called because the seed heads of geraniums are like the beaks of those graceful birds – cranes and storks. Good manners grace civilized living, and have been called the small change of love.

Herb Robert is a smaller and more familiar cousin, which readily seeds itself in cracks and crevices around houses. Its many names reflect its sure place in human affection – angels, billy button, kiss-me-quick, little red robin and jenny wren. Friendly and homely courtesy includes a proper acceptance and inclusion of those of any creed, gender, race, age and special need. ‘He is the best Christian whose heart beats with the truest pulse toward heaven, not he who spinneth the finest cobwebs’, wrote Benjamin Whichcote, one of the 17<sup>th</sup> century Cambridge Platonists, a peace movement in the English Civil War. Another member of the group, Ralph Cudworth, wrote: ‘Let us deal with one another in meekness, calmness and reason, and so represent God’. They exercised a moderating influence in the bitter disputes and religious ferment of the time. Mutual respect is preferable to defending one’s own rights.

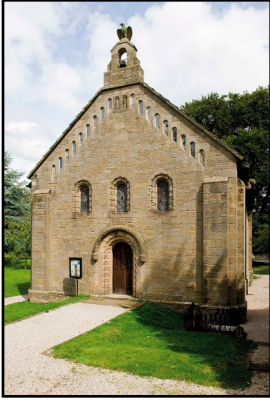
Flax, another relation of the cranesbills, is now widely grown in Britain and fills the fields with its heavenly blue flowers. Flax is the plant from whose fibres linen is woven, and from whose crushed seeds linseed oil is extracted. Linen is the oldest textile in the world and was used to wrap the body of Jesus from the cross as well as to wrap the infant Jesus in swaddling clothes. In his Revelation, St John imagines the inhabitants of heaven robed in white linen garments. There is a charming description of a good housewife in Proverbs. Among her many virtuous occupations she seeks wool and flax and works willingly with her hands. So, the cranesbills and flaxes are interwoven with cultured and civilized living, which is so greatly enhanced by kindness and courtesy, and evidently graces heaven itself.



*‘A Gospel of Wild Flowers’* by Anthony Footit, 2006

## A VISIT TO ST MARY'S CHURCH, WREAY, NEAR CARLISLE

TUESDAY, 28<sup>TH</sup> JULY 2026



We are arranging a summer outing to a special place of worship - 'the **Pine Cone Church**' at Wreay, and the Sarah Losh Heritage Centre, after requests from members of the congregation. There will be a guided tour of the church at 11.00am by the Churchwarden, lunch at the local Plough Inn, and then a short service led by David in the afternoon.

We have booked a minibus but parishioners are also welcome to make their own travel arrangements.

Cost of visit: £5 – own travel arrangements  
£10 – minibus (maximum 15 places)

We will depart at 9.00am from St Paul's car park and return around 4.30pm. If you would like to join us, please sign the sheet at the back of church by Tuesday, 21<sup>st</sup> July.

We look forward to our 'day out' and hope you will be able to join us.

Judith  
Social Committee

Sarah Losh was born in 1785 into a prominent Cumberland family who were acquainted with the movers and shakers of their day, from William Wordsworth to George Stephenson. She had remarkable talents and was 'educated far beyond the reach of her own sex, and indeed of most men'. In 1815, along with her younger sister, Katharine, she went on the 'Grand Tour' of France, Germany and Italy where her interest in architecture was awakened. St Mary's was built between 1840 and 1842 under her personal direction. She based the form of the church on a Roman basilica, a rectangular nave with a semicircular apse. The church is full of symbolic ornament and carvings some of which Sarah carried out herself, and embodies many of the attributes of the Arts and Crafts Move-ment and yet pre-dates it by some 30 years.



*'The Pinecone'*, an interesting book by Jenny Uglow, tells the story of Sarah Losh



## NEWS FROM ST PETER'S, FIELD BROUGHTON

### DATES FOR YOUR DIARIES AND CALENDARS

#### **Tuesday 30th June and Friday 31st July from 7.00pm**

**Indoor bowls social evening** – a relaxed, informal and friendly evening where you can try out or improve your indoor bowling skills. We'll also have the table tennis table in situ for the more energetic! Donation bar with wine, beer, lager, cider, soft option. Nibbles served too. Venue is Field Broughton Parish Rooms. No need to book, just turn up – everyone is welcome.

#### **Saturday 25th July 10.00am-noon**

**Coffee morning** – venue is High Newton Village Hall for a chat and a cuppa. Books are available as well as a chance to meet up with old friends and make new ones.

#### **Sunday 12th July at 1.00pm**

**Summer BBQ** – Traditional BBQ fayre plus puddings on the “tennis court” of Broadlands in Field Broughton, courtesy of Geoff and Pam Ensor. £15 per person and donations for wines, beers etc. Dietary options catered for – just let us know when you book. Please book as soon as possible via [fieldbroughtonsocial@gmail.com](mailto:fieldbroughtonsocial@gmail.com).

### **BROUGHTON EAST PARISH COUNCIL**

If you wish to contact the clerk, Shelley Muldoon, about parish matters, she can be contacted 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.

The next meeting which will be held in Field Broughton Parish Rooms is on Tuesday 4 August, starting at 6.30pm. Public welcome.

#### ***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



# KIMICHI CHOIR

Concert in St Paul's Church on Wednesday, 23rd July 2026 at 7.00pm



The young musicians are students at Kimichi School Birmingham, many of whom have been playing for only a year or two. They have rehearsed hard, travelled a long way, and they are thrillingly excited and extraordinarily nervous. The warmth of your applause will mean everything to them. Joining them are an accomplished string trio, who will demonstrate what these instruments can do in the hands of someone who has spent a lifetime in their company. The contrast between the young players and the adults is to be embraced - it is the whole point. This is music as a journey, and you will see the road all the way from the beginning.

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**ST MARY'S HOSPICE**  
**COMPASSIONATE CAFÉ**  
Every Thursday 10.00am-12.00 noon  
Grange Hotel, Station Square

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 place to sit, talk or simply be, in a supportive and understanding environment with a cup of tea and friendly faces.

No need to book – simply drop in.

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## CARTMEL PENINSULA CHURCHES TOGETHER

### Cartmel Peninsula

**Next REPAIR CAFE Dates**

Friday, 3 July, 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



### **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**

**Men's Monthly Breakfast**  
Grange Methodist Church Hall from  
**Saturday, 4th July 8.30am**

**All men welcome**

A small group of men drawn from many local Christian groups meet on the first Saturday of each month for a breakfast of cereal and toast, hosted by Revd David Edmondson. There is fellowship with chatting about anything up to around 9.30am, with a period of open praying aloud and sometimes of silence.

This can be about local, national or world issues. The meeting finishes about 9.45am.

**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?**

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)

## HOLIDAY IN SHETLAND

Peter and I have just returned from a second holiday in Shetland which we had visited three years ago in order to see Muckle Flugga, the most northerly tip of the UK. This time we had no fixed plans, but chatting to local people led to amazing visits, one of which reminded us of Robert Leach, Joyce's husband.

Our first accommodation was Shetland's oldest Croft house overlooking Ronas Voe, a fjord-like inlet leading directly to the North Pole. Our daughter Sally sat with her morning coffee enjoying the profound silence looking for otters we had seen on our arrival.



The local community shop, five miles away, didn't have the item I wanted but advised us to go to Ollaberry shop about 20 miles up the coast and then to visit the church for coffee and biscuits. It is a tiny village with a few houses, a small harbour with four boats, and a simple church building surrounded by primroses. Inside was a sparkling kitchen and washroom, pews with hymn books, and an interesting account of the local whaling industry. Outside an interpretive board of the local geology showed that this far-flung coastline is the extremity of Scotland's Great Glen with some of the best examples of twisted layers of rock visited by geologists from all over the world! Sadly I was unable to access the cliffs so we availed ourselves of the coffee and chocolate biscuits on offer in the church. Apart from the boats and cliffs, Robert frequently suggested we should do this at Fell Church.

On the opposite coast we drove to Eshaness Cliffs, amongst the most dramatic in the country. Layers of different-coloured volcanic rock, stacks and rocks rise out of a brilliant sea. There are deep inlets (geos) and blowholes where water can be heard rushing underground before exploding upward through holes in the rock. Seabirds covered the ledges, but this was not puffin territory so we went to Sumburgh Head Nature Reserve, the southernmost point of the mainland, where Peter's "blue badge" enabled us to drive to a wonderful viewpoint to watch puffins going in and out of their burrows, and lots of nesting birds but, sadly, no gannets.



Nearby Old Scatness, a settlement thousands of years old discovered when the runway was being created is still being excavated and is only open to the public on Fridays so we could not fit it into our current visit.

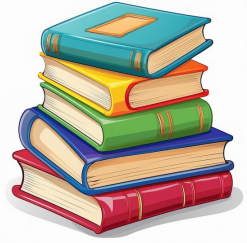
So, despite the long journey, we shall return. We want to see more little bays with their glittering, often multi-coloured sands and wild flowers, to learn more of the Shetland Clearances, and the boating histories, and to chat to the local people.

Barbara Ramsden

## THE BOOK

What an astonishing thing a book is.

It's a flat object made from a tree with flexible parts on which are imprinted lots of funny dark squiggles. But one glance at it and you're inside the minds of another person, maybe somebody dead for thousands of years. Across the millennia, an author is speaking clearly and silently inside your head, directly to you.



Writing is perhaps the greatest of human inventions, binding together people who never knew each other, citizens of distant epochs.

Books break the shackles of time.

A book is proof that humans are capable of working magic.

*Carl Sagan*

### **How to summarise 100 years of the fastest, most extreme change ever?**

(Extract from “*The glassmaker*” by Tracy Chevalier (published 2024))

From Mussolini to Berlusconi, FDR to Obama, Hitler to Merkel, Gandhi to Martin Luther King Jr

Amelia Earhart to 747s

Typewriters to computers, encyclopaedias to Wikipedia, telephones to smart phones

Walks in the park to runs on treadmills

Penicillin

The Second World War. Hiroshima, Korea, Vietnam, Iraq, Afghanistan

The Cold War, an agreed end, another cold war brewing

Walls falling, walls built

New nations created out of old nations

Women wearing trousers and voting

Robots, conspiracy theories

*A book well worth reading - a novel set in Murano and Venice about the tradition of glass making*

***Always glad to have book reviews and/or recommendations  
from our readers***

**Thus says the Lord:**  
**Stand at the crossroads, and look, and ask for the ancient paths, where**  
**the good way lies;**  
**And walk in it, and find rest for your souls.**  
*Jeremiah 6:16*

### FAITH IN THE FELLS

**i am a little church**  
**by e.e. cummings 1884-1962**

i am a little church (no great cathedral)  
far from the splendour and squalor of hurrying  
cities

i do not worry if briefer days grow briefest  
i am not sorry when sun and rain make april

my life is the life of the shepherd and the sheep  
my prayers are prayers of earth's own clumsily striving  
(finding and losing and laughing and crying) people  
whose any sadness or joy is my grief or gladness

around me surget a miracle of unceasing  
birth and glory and death and resurrection  
over my sleeping self float flaming symbols  
of hope, and i wake to a perfect patience of mountains

i am a little church (far from the frantic  
world with is rapture and anguish) at peace with nature  
i do not worry if longer nights grow longest  
i am not sorry when silence becomes singing

winter by spring, i lift myself to  
merciful Him whose only now is forever  
standing erect in the deathless truth of his presence  
(welcoming humbly His light and proudly His darkness)

*The poet used only the capitals shown, his name he wrote in minors too, and no punctuation. This humility suits a little church.*

Little churches have a special appeal - there are many good reasons to thank God for their smallness. The poem portrays the little church as content with its size and its peaceful surroundings, happy to observe the seasons as they pass and 'at home' with itself. There's the message! Here is the little church!

Found in St Olaf's Church at Wasdalehead.



**MUSIC IN THE PARK**  
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 Bay Big Band 24th May 2:00pm	 Burnside Brass 7th June 2:00pm	 Sedbergh Town Band 21st June 2:00pm
 The Growing Singers Flutes & Co 12th July 2:00pm	 Kirby Lonsdale Brass Band 2nd August 2:00pm	 Milnthorpe Steel Band 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 | THORNLEIGH CHRISTIAN HOTEL | HILL BREWERY | HACKNEY & LERGH | TOWN COUNCIL

## BAND STAND CONCERTS, PARK ROAD, GRANGE SUNDAY AFTERNOONS

The Growing Singers &  
 Flutes & Co

2.00pm  
 Sunday, 12th July 2026

If the weather is inclement, this  
 event will take place in  
 St Paul's Church

## VESPERS

What an absolute treat it was to be in St Paul's on Saturday, 27th June, to hear the Furness Bach Choir, a 29-strong chamber choir, singing music composed over the past 1000 years. The programme was chosen to reflect the usual order of a Vespers service, Vespers being the traditional Christian evening prayer offering thanksgiving, reflection, and praise to God as the day ends.

The works included Gabrieli's Jubilate Deo, Mendelssohn's Psalm 43, Palestrina's Gloria Patri, Alan Bolt's Magnificat and Elgar's Benedictus.

Alex Robinson was the young—and flamboyant—conductor, and David Pipe accompanied the choir on the organ, as well as playing two solo works which expanded the scope of the programme beyond the Vespers format - Bach's Fugue on the Magnificat, and Sonata no.8 by Rheinberger.

Their next concert is on Saturday, 5th December, at St Mary's RC Church, Barrow, when they will be performing 'A German requiem' by Brahms, under conductor Martin Roscoe, with Pascal Pascaleff on the piano.

**FURNESS**  
*Bach*  
**CHOIR**

**SATURDAY 27th JUNE**  
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 CONDUCTOR ALEX ROBINSON

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 BYRD

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[furnessbachchoir.co.uk](http://furnessbachchoir.co.uk)



# Morecambe Bay Partnership

Saturday, 1<sup>st</sup> August, 9.00am – 3.15pm  
Start at Cark Railway Station  
Distance & Elevation:  
8.7km/5.4.miles with 250m/800ft  
ascent (and descent)

## Would you like to walk a section of the Cistercian Way?

On Saturday 1st August, why not join us to walk in the footsteps of monks? Treading paths and trails long used by the monks of Conishead, Furness and Cartmel Priors, this memorable guided walk will take in gems of local history, architecture and stunning Bay landscapes, over one day.

Highlights include a private tour of St John's Church, Flookburgh, PLUS magnificent Cartmel Priory, a lunch stop at Cartmel Village, dramatic limestone pavements and spectacular sea views from Hampsfell.

The walk and history tours will be led by Jeff Appleyard, a Cumbria Blue Badge Guide, and experienced hiker.

**Tickets: £37.95 per person**

[The Cistercian Way: Walk in the Footsteps of Monks Tickets, Cark & Cartmel Train Station | TryBooking United Kingdom](#)

### **Offers!**

We have been gifted a walking/sitting aid,  
If anyone would like to make a donation for it,  
please have a word with John Millican.

### **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**

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**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,

[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	
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>482</b>



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**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

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**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

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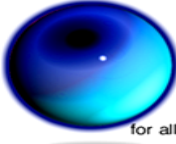
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Please contact the Churchwarden

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