

The Parish Church of St Paul Grange-over-Sands



September 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

vicarstpaulsgrange@outlook.com

Associate Priest - Rev'd Annette Miller

015395 33840

Airton, Eden Park Rd, GOS, LA11 6BW

associateprieststpaulsgrange@outlook.com

Parish Administrator - Rosemary Hoyle

015395 35560

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

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

www.facebook.com/StPaulsGoS

From the Vicarage

Healing

On Sunday 27th September at 4.00pm in St. Paul's there will be a quiet service of Holy Communion at which we offer 'Prayers for Healing and Wholeness'. A few people have recently asked if we might do this and to explain what this is all about.

Anyone who takes even a casual look at Jesus' ministry will see how people came to him in search of healing. In the New Testament we see people who have the same longings that we all experience. We see people who know things are just not right within themselves. We see people at odds with those around about them, and we see people in need of God. The point is that, alongside them, we see Jesus. It may help to think of this in three ways.

Firstly, we pray that we might come to terms with the past. For instance, we might use the word forgiveness. So often things done and left undone, things said and left unsaid have a way of casting a continual shadow over us. I recall Archbishop Michael Ramsay once saying, "To be healthy and to be whole is no substitute for being penitent, forgiven and holy". He was reminding us of the particular contribution the church makes alongside the medical profession by bringing to people the words of Jesus, "Your sins are forgiven".

Secondly, we ask for strength for living in the present. In the Gospels we see Jesus walk straight into the deepest mystery we ever experience, that of suffering. We struggle to account for life's often heart-rending and seemingly unjust experiences and for what we bring on ourselves by our own foolhardy and self-destructive actions. Although we cannot explain these things we seek the strength, courage and guidance of God. Christian healing is less about asking 'why' and much more about asking 'how can the power of God move within me' to bring a blessing out of what I am experiencing.

Thirdly, we ask for the re-shaping of our future. Encounters with Jesus are always about mission; they are about being sent. In Luke's Gospel (Luke 8,34-44) we hear of Jesus healing a man possessed by demons. He told him, "Return to your home, and declare how much God has done for you.' So, he went away, proclaiming throughout the city how much Jesus had done for him". Healing is not so much an event which will take place here and now if we pray hard enough or drive the right bargain with God, so much as a change in direction and a process which can **begin** today. It's a process of re-shaping and re-forming us into the people God created us to be.

If there is someone you would like remembered in our prayers at this service, please put their name on the Prayer Tree in St Paul's. You are most welcome, of course, to offer your prayers for others (and yourself) in person on 27th September.

Every blessing

David

FROM THE REGISTERS SEPTEMBER 2026

YEAR'S MIND

Judith May Morris
Olga Batty Edwards

23 September
24 September



*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"***

THE ORGAN AT ST PAUL'S

A small group recently met to discuss the way forward for the music in our services at St Paul's. We have two proposals that we are going to pursue, and have demonstrations of, before making a decision. We are still looking for an Organist, but they are very hard to find and the best we are able to do at present is to ask an organist to play for our special services.



John Shippen will be playing at the Remembrance Civic Service and Graham Toft will be playing at our 18 October morning service, and we are very grateful to both. In the meantime, we will continue to use our Organ Replay system and David's i-pad for our morning services.

and THE HEATING AT ST PAUL'S

At present another small group is looking into the heating of the church to see whether we can install some extra electric heaters in key places to improve the overall temperature. Be assured that we are looking at all possibilities for keeping the congregation warm during the coming winter.

Watch out for more details next month.

SUNDAY & WEDNESDAY SERVICES - SEPTEMBER 2026

DATES	ST PAUL'S GRANGE-OVER- SANDS	GRANGE FELL	ST PETER'S FIELD BROUGHTON & LINDALE
2ND SEPTEMBER WEDNESDAY	10.00am Holy Communion CW Rev'd David Wilmot		
6TH SEPTEMBER FOURTEENTH SUNDAY AFTER TRINITY	11.00am Holy Communion CW Rev'd David Wilmot 4.00pm Evening Worship		9.30am Holy Communion BCP Rev'd David Wilmot
9TH SEPTEMBER WEDNESDAY	10.00am Holy Communion CW Rev'd David Wilmot		
13TH SEPTEMBER FIFTEENTH 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
16TH SEPTEMBER WEDNESDAY	10.00am Holy Communion CW Rev'd David Wilmot		
20TH SEPTEMBER SIXTEENTH 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
23RD SEPTEMBER WEDNESDAY	10.00am Holy Communion CW Rev'd David Wilmot		
27TH SEPTEMBER SEVENTEENTH SUNDAY AFTER TRINITY	11.00am Holy Communion CW Rev'd David Wilmot 4.00pm Evening Worship	9.30am Holy Communion BCP Rev'd Annette Miller	9.30am Mattins BCP Biddy Hibbert/ Rev'd David Wilmot
30TH SEPTEMBER WEDNESDAY	10.00am Holy Communion CW Rev'd David Wilmot		



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
Revd Annette Miller
Brian McCann
John Millican
Rosemary Hoyle
Judith Mitchell
Chris Brown

vicarstpaulsgrange@outlook.com
associateprieststpaulsgrange@outlook.com
churchwardenstpaulsgrange@outlook.com
treasurerstpaulsgrange@outlook.com
parishadstpaulsgrange@outlook.com
safeguardingstpaulsgrange@outlook.com
stewardshipstpaulsgrange@outlook.com

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 were printed on the back page of the Parish magazine, which could lead to problems of stealing/mis-use of email addresses.

Please also note that the Parish Office email address remains unchanged:
stpaulschurchgrange@gmail.com

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.

**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.

DATES FOR YOUR DIARY - SEPTEMBER 2026

Tuesday 1st	8.30am - Morning Prayer & 5.00pm - Evening Prayer, St Paul's
Wednesday 2nd	8.30am - Morning Prayer & 5.00pm - Evening Prayer, St Paul's
Friday 4th	5.00-7.00pm - Repair Café, Methodist Hall
Saturday 5th	8.30am - Men's monthly breakfast, Methodist Hall 10.00am-4.00pm - Silk Painting Workshop, St Paul's
Sunday 6th	1.00-3.00pm - Foodbank, Father Magner Room, St Charles 6.00-7.00pm - 'Stillness and Song', Methodist Church
Monday 7th	8.30am - Morning Prayer & 5.00pm - Evening Prayer, St Paul's
Tuesday 8th	8.30am - Morning Prayer & 5.00pm - Evening Prayer, St Paul's 12.30pm - Funeral of Russell Bloxsom, St Paul's
Wednesday 9th	8.30am - Morning Prayer & 5.00pm - Evening Prayer, St Paul's 2.00pm - PCC meeting in St Paul's Church
Monday 14th	8.30am - Morning Prayer & 5.00pm - Evening Prayer, St Paul's
Tuesday 15th	8.30am - Morning Prayer & 5.00pm - Evening Prayer, St Paul's 2.00pm - Christian Meditation group, Boarbank 7.00pm - CPCT meeting, Methodist Hall
Wednesday 16th	8.30am - Morning Prayer & 5.00pm - Evening Prayer, St Paul's
Sunday 20th	10.00am - Celebration of Youth Work, St Mary's, Allithwaite
Monday 21st	8.30am - Morning Prayer & 5.00pm - Evening Prayer, St Paul's
Tuesday 22nd	8.30am - Morning Prayer & 5.00pm - Evening Prayer, St Paul's
Wednesday 23rd	8.30am - Morning Prayer & 5.00pm - Evening Prayer, St Paul's 11.00am - Pastoral Team meeting in St Paul's Church
Thursday 24th	9.30am-1.30pm - Companions on the Way, A Quiet Morning, Field Broughton Village Rooms
Friday 25th	10.30am - "Time for Peace", Cartmel Quaker Meeting House
Monday 28th	8.30am - Morning Prayer & 5.00pm - Evening Prayer, St Paul's
Tuesday 29th	8.30am - Morning Prayer & 5.00pm—Evening Prayer St Paul's
Wednesday 30th	8.30am - -Morning Prayer & 5.00pm—Evening Prayer St Paul's 11.00am - Standing Committee meeting in St Paul's Church
Sunday 4th Oct	HARVEST FESTIVAL with parish lunch

HARVEST THANKSGIVING

We shall be celebrating our Harvest Festival on Sunday, 4th October, followed by a parish lunch – more details on the pew-sheets.

This year we are inviting you to support the Bishop's Harvest appeal.

Bishop Rob writes:

Dear friends,

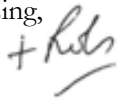
We read constantly of the squeeze on household finances due to the cost of living. So, a huge thank you goes to those who supported last year's Bishop's Harvest Appeal. We saw an increase in annual giving of nearly £2,500; that is amazing!

This year sees the culmination of our three-year programme of support for Christian Aid's work in Burkina Faso, helping families in rural communities to find sustainable sources of food, income and dignity; and partnering with Church Mission Society in Northern Argentina to grow new indigenous Christian leaders for ministry.

Much has been achieved in those years, thanks to your kindness and generosity. My deep wish is that this continues over the next 12 months as together we support our brothers and sisters in Christ across the world.

This harvest season, please prayerfully discern what you can give to the Appeal and encourage people in your church to do the same as with God's grace we continue to see people's lives flourish.

With every blessing,



Envelopes will be available in Church for donations.



We are also asked to take this opportunity to review our giving to St Paul's.

The Vicar writes:

Thank you so much for all you contribute to our common life at St Paul's, not least your generous financial giving.

As our Harvest Thanksgiving approaches, I write not only to pass on these words of gratitude, but also to invite you to join me and the members of our Church Council in making our annual review of giving.

In the coming weeks, Mr Chris Brown, our Stewardship Officer, will be in touch, inviting you to renew your pledge for 2027. The coming year will be an important one for us as we both continue to reorganise our finances, since becoming a Benefice, and also take note of our recently received Building Inspection report.

Please do give these matters your prayerful consideration and once again, thank you for your continuing generosity.

David

NEWS FROM THE DIOCESE

ENCOURAGING SIGNS OF GROWTH

New worshipping communities, younger congregations and increased support for leaders are encouraging initial signs of growth following a multi-million-pound Church of England investment in mission and ministry in Cumbria.

In March 2025, the Diocese of Carlisle was awarded £6.8 million by the national church's Strategic Mission and Ministry Investment Board for five-year funding of ***The Cumbrian Way***, creating nearly 90 new Christian communities across the county. The project has a focus on Growing in Mission, helping local established churches to develop new Christian congregations. That's seen the development of a new rural church plant, creating connections along the A66 corridor between Keswick and Cockermouth, as well as launching new church plants and revitalisation of local churches in Barrow and Carlisle.

A Growing Younger focus has seen dedicated work to support ministry to the 0-11s and the expansion of a children and families' support network for workers and volunteers. New 'Bubble Churches' for babies, toddlers and young families have also been launched, all Network Youth Church leader vacancies have been filled across the county for the first time, and there has been consultation and engagement with 75 young adults to consider how best to support their discipleship journey.

Meanwhile a focus on supporting, encouraging and coaching mission community leaders across the Diocese has seen a special away-day held at Rydal Hall, with a second planned in October. There are currently 28 mission communities across the county, mainly cross-denominational and mutually supportive groupings of churches with mission at their centre.

A 12-month Church of England review of ***The Cumbrian Way*** has now been conducted, with positive findings around the work which supports the county's ecumenical God for All vision and strategy.

CATHEDRAL'S MUSEUM OF THE MOON

During the month of October, Museum of the Moon will be on display in Carlisle Cathedral.

Museum of the Moon is a touring artwork by UK artist Luke Jerram. Measuring seven metres in diameter, the moon features 120dpi detailed NASA imagery of the lunar surface. At an approximate scale of 1:500,000, each centimetre of the internally lit spherical sculpture represents 5 km of the moon's surface.

The Moon will be suspended from the clerestory in the Cathedral and will rest under the starry ceiling for which Carlisle Cathedral is well known. A special events programme will also be on offer, which will include talks, concerts, late night openings (with optional, at-height "Moon View Tours"), children's workshops, PJ parties, an exhibition, and more.

In A Rocha's Eco Tips calendar for 2026, October has been dedicated to God as the creator and sustainer of all life, with 'living water' as the theme.

Around 600 years before the birth of Jesus, 30-year-old Ezekiel, an apprentice priest in exile, took on a prophetic role and wrote of a time when water flows out from under the temple, when 'swarms of living creatures will live wherever the river flows' and 'fruit trees of all kinds will grow on both banks of the river'. This year's Season of Creation (1 September-4 October) is rooted in Ezekiel 47:9 and 12.

SEASON OF CREATION 2026 PRAYER

Living Water

Holy God, whose Spirit hovered over the waters at the beginning, we gather as part of your community of all creation, thirsty for your grace. We give thanks for the gift of water, the veins of our common home, that sustains the cedar and the whale, the pasture and the city. We are grateful for the local waters that nourish our homelands and our fellow creatures. We give thanks that in your well-watered garden, every drop is a sacred testament to your love.

Yet, we confess that we have treated this gift as a mere commodity. We have choked the seas with our waste and watched the warming tides rise in judgment. We lament the cracked earth of the drought-stricken and the salty tears of the climate refugee. Melt our frozen hearts, O God, and let the waters of repentance flow.

Lord of all Life, you promised that wherever the river flows, everything shall live. Stir in us a calling to care for the waters — to protect the watershed, defend the rights of water, and honor the dignity of the thirsty. May your Word be a spring within us, gushing forth for the healing of the nations.

May God our Father who brought water from the rock sustain us in the desert. May Christ our Lord who is Living Water refresh us for the work of restoration. And may the Holy Spirit carry us on currents of grace until justice rolls down like waters and righteousness like an ever-flowing stream. Amen.



Photo credit: Johanna Celine Valeriano

JUST ANOTHER SUNDAY MORNING ?

A guide to the Eucharist service

To coin a phrase which I've cautioned against using in the last week or so, it seemed like "just another Sunday morning".

When I was a Curate, not long ordained, I was assisting my Vicar clearing the altar after everyone had received Communion. We had almost finished when my Vicar turned to me and whispered something I've never forgotten: "Listen", he said, "they are praying". I turned and looked out over the congregation; and I could sense that although his remark was, of course, entirely subjective... there was a quality to the silence on that "ordinary Sunday morning".

In some wonderful way the people of Christ Church in Penrith had engaged. There was a distinct sense that individually and collectively they were simply giving their attention to the Lord. One cannot manufacture moments like that. Frankly, for the most part they are happening to us and those sitting next to us every week but mostly unreported. But I describe the grace I'm speaking about in that lovely phrase: "Christ walking among his people". And once you've seen it, you somehow know that this is what this time we share is all about (for your encouragement, if truth be told, I think it's been there in the unaccompanied singing we've had to do in recent weeks!).

Now, we call it Worship and in these past few weeks I've asked us to consider that what's going on here Sunday by Sunday is anything but "ordinary". Instead, I want us to see all of this as something much more akin to a story or narrative in which we seek to play a part, because Worship is a place of offering, encounter and (importantly) transformation.

A few weeks ago, I began by asking us to stand back and consider the shape of our Order of Service. The shape of Christian worship from the earliest days has been just like this: we gather, we confess, we praise, we listen, we intercede, we give thanks, we receive, and we're sent out on mission. And when the words are not helping as they might, it's worth turning to a particular Biblical character or story for inspiration.

So, in gathering at the start of our worship I've suggested we pray for the sense of anticipation we see in old Simeon who welcomed the infant Christ into his arms (Luke 2,22-39).

In confession we might find it helpful to remember the experience of Peter, overwhelmed as he was with gratitude at that great catch of fish (Luke 5,3-11). We remember that his sense of sin came from God's overwhelming goodness. He realised that fundamentally he was living an ungrateful life. He had a small soul rather than a great soul.

As we turn to the Gloria, it's the angels and shepherds of Bethlehem who prompt us to a posture of praise. They remind us that even the humblest of Christian gatherings are a joining in with the song of heaven (Luke 2,8-20).

In what we call 'The ministry of the Word', the readers proclaim to us a "word from elsewhere". Just like the congregation at the synagogue in Nazareth, we long for hearts to be warmed by the gracious words of Christ - all the while acknowledging our resistance, our wrestling with the often challenging things Jesus says (Luke 4,16-30).

In the Eucharistic or Thanksgiving prayer we recall the posture of John, the Beloved Disciple, and we seek to draw close to the heart of Jesus. We want to enter into his Passion. And whilst giving thanks for all that he has done for us on the Cross, we pray for the grace to be faithful when we detect the signs of his cross and resurrection in our own lives (John 13,21-30).

As we consider our closing prayers, in which we are sent out in the power of the Holy Spirit, we pray for the posture and disposition of Mary Magdalene (John 20,11-18). We easily forget the awesome responsibility which Mary had. For the short time it took for her to leave the empty tomb and meet up with the other disciples... as the phrase goes, "Mary was the confessing Church on earth". She was the first one to encounter the risen Jesus and to bear the Good News. Until she passed it on, she alone knew the truth. Quite something.

But how does Mary help us? Well, as I say, we pray for the same posture and disposition she had. That is, firstly notice that "she bent over to look into the tomb". Simply put, we want the fruit of this worship today to be a deeper understanding of what Jesus has done for us in his death on the cross.

Secondly, Mary heard Jesus call her by name. And this was both a joyous and surprising encounter. It was joyous for obvious reasons, but when Jesus said: "Do not hold on to me" it caught her by surprise. This speaks of his freedom. Mary learned that whilst Jesus was, of course, still her Rabbi, her teacher, he was also now her Lord and King. In the same way, we want the fruit of this worship to be a much-enlarged picture of Jesus.

Thirdly, Mary is told: "Go to my brothers". And John says: "Mary Magdalene went and announced to the disciples: 'I have seen the Lord'; and she told them that he had said these things to her". So, it's Mary, sometimes known as "the Apostle to the Apostles", who leaves us with some questions to ponder as we conclude our worship and go on our way.

- What have we seen as we looked more deeply into the passion and death of Jesus? How has my heart been touched by this life given for the world and for me?

- How has my picture of Jesus been changed or enlarged by this Eucharist? What does it mean for me to hear him call me by my name and for me to call him Lord?
- To whom is Jesus now sending me in the coming days? What Good News, what has he said to me today that I am called to share with them?

Lord Jesus Christ,
 We thank you that in this wonderful sacrament
 you have given us the memorial of your passion.
 Grant us so to reverence the sacred mysteries of your body
 and blood that we may know within ourselves
 and show forth in our lives
 the fruits of your redemption,
 for you are alive and reign with the Father
 in the unity of the Holy Spirit,
 one God, now and for ever.



Learn to Paint on Silk

A Workshop with Margaret Wilmot

on Saturday 5th September

at St. Paul`s Church in Grange over Sands

10.00am-4.00pm

*A relaxed introduction to the techniques
of this ancient and beautiful art.*

Drinks provided. Bring a Packed Lunch.
£48.00 for the day.

For more information and to Book:
contact Margaret Wilmot
E-Mail: hueanddye@hotmail.co.uk



“Companions on the Way” a Quiet Morning

Learning to Pray with St Benedict



**Field Broughton Village Rooms
Thursday 24th 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 or Tel: 07305 777 113**

A prayer attributed to **Saint Benedict** seeking wisdom and guidance

Gracious and Holy Father,
give us the wisdom to discover You,
the intelligence to understand You,
the diligence to seek after You,
the patience to wait for You,
eyes to behold You,
a heart to meditate upon You,
and a life to proclaim You,
through the power of the Spirit of Jesus, our Lord.
Amen."

A happy band of walkers

On Tuesday, 11th August, at 9.30am Dorothy, Elaine, David, Carole and I gathered at church and made our way to St Anne's Church at Haverthwaite to walk from there to Backbarrow. We made our way along the river and walked up the ridge through the woods enjoying the great views across the valley. After walking through the road tunnel, we walked over the bridge then up the road for a welcome coffee at the Lakeland Motor museum.

It was a really lovely 3 mile walk with lots of chat along the way.

Watch this space for more walks and, if anyone would like to arrange a walk, please get in touch.

Judith



And another invitation

St Mary's Men's Walking Group.... come along!

Mervyn Hull writes:

The Men's Walking Group are enjoying the current season of fortnightly walks!



They were in the Dales at the beginning of the month and near the coast from Silcroft for the last walk.

The group walks every two weeks on Thursdays, sharing lifts and exploring both local and walks further afield in the Lakes, Dales or north Lancashire. Walks vary - usually 5 -10 miles, sometimes on fairly flat terrain, sometimes a

little more challenging. A full day out usually concludes with a drink in a local hostelry.

Anyone interested in joining the group would be most welcome - contact Mervyn Hull (07967 975232) or Charles Rowsell (015395 38871).

NEWS FROM ST PETER'S, FIELD BROUGHTON

Dates for your Diaries and Calendars

Saturday 12th September 4.30pm to 7.15pm

The VILLAGE FRYER will be in Field Broughton - serving freshly cooked fish and chips and all the usual chip shop classics. You will find him in the yard of Stonelands in Field Broughton (LA11 6HW). Additionally you can take your supper home or eat it in Field Broughton Parish Rooms where there will be a selection of puddings and a bar available for donations.

Sunday 4th October 12.30pm for 1.00pm

HARVEST LUNCH – a two-course hot lunch will be served in Field Broughton Parish Rooms – cottage pie, fruit crumble and custard, tea/coffee. £15 per person, please book via fieldbroughtonsocial@gmail.com.

Broughton East Parish Council

The next meeting is on Tuesday 6th October, starting at 6.30pm in Field Broughton Parish Rooms. The public are welcome to attend.

For those who like their music, and support local bands, there are a couple of events at High Newton Village Hall.

Saturday 5th September 7.30pm

BRAMBLE BRIAR + LAUREN - £10 per ticket from george@revengewestern.com, proceeds to the Lullaby Trust.

Bring your own drinks and snacks and enjoy an evening of folk, blues, soul and Americana.

Friday 18th September doors open 6.45pm for 7.30pm start

A CELEBRATION OF SIMON & GARFUNKEL BY TIM CHU AND IAN BAILEY

– tickets £15 from georgemcgowan05@gmail.com, cash bar available. All proceeds will go to local charities.

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

MEDITATION

For some time there has been a meditation group meeting locally, originally at the Fell Church, but now at Boarbank Hall on the third Tuesday of the month, at 2.00pm. Contact Boarbank or Barbara Ramsden for details.



Sit in Stillness. Find Presence.

Christian Meditation is an utterly simple yet profound way of prayer leading to stillness and silence and a sense of the presence of God.

Rooted in the early Christian tradition, it is a way of prayer and faith open to anyone.

Local groups meet regularly for silent meditation.

For newsletter and information
cmcwccm@fastmail.fm

Christian Meditation in Cumbria is part of the World Community for Christian Meditation



**The Local Group of Co-Workers
for Mother Teresa**
is appealing for goods for the
Food Banks at Ulverston, Barrow and Millom

*All the usual items needed this time
but especially*

*Toiletries
Shower gels
Deodorant
Single toothbrushes
Toothpaste
Bars of soap*

Father Magner Room, St Charles RC Church
1 - 3 pm

Sunday, 6th September 2026

**PLEASE GIVE GENEROUSLY TO HELP THOSE
LESS FORTUNATE THAN OURSELVES**



The next collection in Grange for the foodbank will take place on **Sunday 6th September**. The basket is out in the back of St Paul's for any gifts you wish to donate. Cash donations are always welcome if you are unable to shop, and Gift Aid envelopes are available if appropriate.

Items needed are long-life milk and fruit juices, tea, coffee, tinned vegetables, tinned potatoes, jars of pasta sauce, tinned spaghetti, tinned meat, biscuits, jam, and toiletries such as shower gels, deodorant, single toothbrushes, toothpaste and bars of soap.

Many thanks for your continued support.

CARTMEL PENINSULA CHURCHES TOGETHER

YOU ARE INVITED TO
CARTMEL PENINSULA CHURCHES TOGETHER
YOUTH TRUST

Celebration of Youth Work

SUNDAY 20TH SEPTEMBER 10AM
ST. MARY'S, ALLITHWAITE, LA11 7QR

COME AND CELEBRATE
ALL THE YOUTH WORK
IN OUR CHURCHES, SCHOOLS
AND COMMUNITY

FOLLOWED BY DELICIOUS REFRESHMENTS!!

allithwaite.flookburghvicar@gmail.com

SOUL FUEL

BEAR GRYLLS
SOUL FUEL
A DAILY DEVOTIONAL

Food Games

Years 7+
United Reformed Church
Grange-over-Sands
5:30pm - 7:00pm
Every Monday
Term time only

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

Cartmel Peninsula REPAIR CAFE

Friday, 4 September,

Let's make things last longer ...

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

All welcome
JOIN IN!

Methodist Hall

The next meeting of the Cartmel Peninsula Churches Together committee is on 15th September at 7 pm in the Methodist Hall.

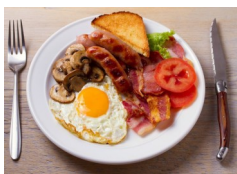
Worship in our local Residential Homes Could you join in?

An ecumenical team leads worship in The Old Vicarage in Allithwaite, and at Cartmel Grange, on the last Sunday / Tuesday in each month. They would be glad to have more volunteers for Tuesdays at Cartmel Grange where 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 edmola11@yahoo.co.uk

Men's Monthly Breakfast
Grange Methodist Church Hall
Saturday, 5th September 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.

Make your own jewellery in aid of the Church Spire at St Mary's!

Put **Friday 25th September** in your diary and book yourself a place now! All welcome to come, but places are limited, so make sure you book well in advance.

Andrea Mason and Jenny Leahy are organising this fun creative Handmade Jewellery Workshop enabling people to have a go at making their own jewellery. £10 per person, which covers all materials, drinks and nibbles.

A choice of an afternoon workshop (2-4pm) or an evening one (7-9pm). To book a place, email Andrea on andrea.mason@carlisle-diocese.org.uk or phone 07377 831808

Stillness & Song

Grange Methodist Church
Sunday 6th September
6-7pm

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



HANDMADE JEWELLERY WORKSHOP



£10 per person (in aid of the spire)
includes material, drinks and nibbles.

25th Sept at
St Mary's
Allithwaite
church

Friday
2pm- 4pm
or
7pm- 9pm

Limited places! To book your place
please contact:
Andrea on 07377831808
andrea.mason@carlisle-diocese.org.uk

Looking for somewhere different to visit?

I can recommend a drive up to Brougham Hall, a hidden gem with a fascinating history just south of Penrith. Built in the 14th century, this was the site of a fortified house, reaching its height between 1830 and the early 1900s. The hall was partially demolished in the 1930s after the then Lord Brougham had gambled away most of the family's wealth, and it remained derelict for the next 50 years until it was rescued from demolition in 1986. A Community Interest Company bought it in 2024, and the building is now home to an array of artisans' studios and workshops.

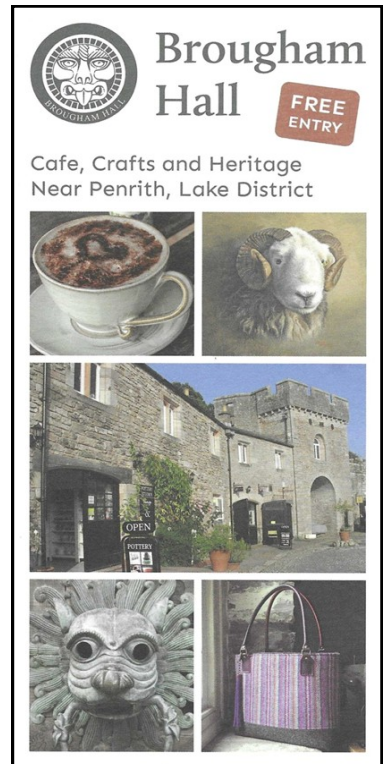
Entry is free, but donations are welcomed to help with maintenance of the grounds and buildings. A guided tour can be booked. The Hideaway Café is open 7 days a week, 10am-4pm.

Just outside the grounds stands the little St Wilfred's Chapel, originally built as a chapel of ease for Brougham Hall. The existing medieval chapel was entirely re-built by Lady Anne Clifford in 1659. It is now owned by the Churches Conservation Trust, and unfortunately it is currently closed for conservation and repair works, but I shall be returning next year to have a look inside.

Other places to visit in the area include St Ninian's Church, known locally as Ninekirks. (described on page 23 in Colin's booklet on churches* that he has visited) Standing in a remote setting above a bend in the River Eamont the original Norman church was completely rebuilt in the 17th century by Lady Anne Clifford, who inherited Brougham Castle the ruins of which can be seen nearby. Her restoration work is recorded in the plasterwork above the altar, in a wreath with her initials AP (Anne Pembroke - the Earl of Pembroke was her second husband) with the date 1660. The building is almost unaltered since, and its simplicity, combined with excellent workmanship, make it both enchanting and memorable. The interior is whitewashed, with clear glass in the windows and a stone flagged floor. The fine oak fittings include box pews, and family pews with canopies, an elegant screen, and a three-decker pulpit. It is open daily 10am-4pm. (CA10 2AD)

Directions: Brougham Hall CA10 2DE. Junction 39 off the M6, then drive along the A6 through Shap, Hackenthorpe and Clifton, and just before Eamont Bridge turn R on to the B6262. Hall is on the right.

** Copies of Colin's booklet are still available at £.5 and contain descriptions of 25 interesting churches in Cumbria for you to visit*



Every creature is a glittering, glistening mirror of the Divine

Compiled from the writings of Hildegard of Bingen

Every creature is a glittering, glistening mirror of the Divine. The green vigour of life rises from the earth, reaches towards heaven, and all things receive their strength from it. Be it greenness or seed, blossom or beauty - it could not be creation without it. Glance at the sun. See the moon and the stars. Gaze at the beauty of earth's greenings. Now think - what delight God gives to humankind with all these things. The earth is moist with green vitality. The waters flow as though alive. The sun gives its light, and the moon her moisture. Through the air all creation breathes. Viriditas, the greening power, awakens all things, bringing them forth into blossom according to their kind. O noblest green viridity, you are rooted in the sun and in the clear bright calm, you shine within a wheel no earthly excellence can comprehend: you are surrounded by the embraces of the service, the ministries divine. As morning's dawns you blush, as sunny flame you burn.

Saint Hildegard (1098-1179), a Nun born in Germany in 1098, was a Doctor of the Church, she saw visions and was gifted in medicine, music, and art. She is Patron Saint of Music and Medicine and her feast day is 17th September.

Some of her quotations

“All nature is at the disposal of humankind.
We are to work with it. For without we cannot survive.

“Holy Spirit, the life that gives life: You are the cause of all movement. You are the breath of all creatures. You are the salve that purifies our souls. You are the ointment that heals our wounds. You are the fire that warms our hearts. You are the light that guides our feet. Let all the world praise you.”

“All living creatures are sparks from the radiation of God's brilliance, emerging from God like the rays of the sun.”

“All of creation is a song of praise to God.”

“The marvels of God are not brought forth from one's self. Rather, it is more like a chord, a sound that is played. The tone does not come out of the chord itself, but rather, through the touch of the musician.”

“The earth should not be injured. The earth should not be destroyed. As often as the elements, the elements of the world are violated by ill treatment, so God will cleanse them thru the sufferings, thru the hardships of mankind.”

These quotes were written in the 12th century but surely are as pertinent today

Answers to the two quizzes on page 22 in last month's magazine

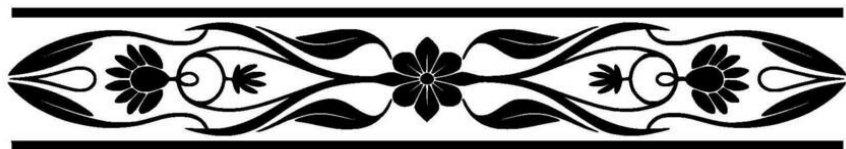
Flowers

1. Wallflower
2. Iris
3. Dandelion
4. Cyclamen
5. Violet
6. Marigold
7. Primrose
8. Gardenia
9. Freesia
10. Love in a Mist
11. Sheep's purse
12. Chrysanthemum
13. Sweet William
14. Foxglove
15. Harebell
16. Begonia
17. Viola
18. Lupin
19. Broom
20. Hollyhock



Book Titles

1. Moby Dick
2. Little Women
3. Frankenstein
4. Kidnapped
5. Mutiny on the Bounty
6. Brideshead Revisited
7. Darling Buds of May
8. Robinson Crusoe
9. Count Dracula
10. 1984
11. Whisky Galore
12. Water Babies
13. Borrowers
14. Diamonds are for ever



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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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January	73	107	186	58	174	229	151	71
February	99	263	139	171	42	16	152	131
March	182	75	134	48	173	134	31	162
April	39	12	12	40	84	149	23	48
May	52	26	101	68	34	110	91	72
June	91	99	30	79	87	63	200	129
July	134	169	70	80	226	111	125	29
August	180	188	63	78	143	176	115	
September	177	66	62	112	189	154	254	
October	160	165	304	158	144	183	139	
November	85	114	71	177	227	64	209	
December	155	126	153	162	259	153	220	
Annual								
Totals	1,433	1,408	1,325	1,231	1,782	1,687	1,610	640



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Allithwaite Lunch Club – 2nd Tuesday of the month, Pheasant Inn

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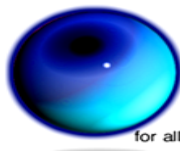
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John Millican treasurerstpaulsgrange@outlook.com 32561

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Rosemary Hoyle parishadstpaulsgrange@outlook.com 58108

Office / Parish Administrator

Rosemary Hoyle 35560

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

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