

The Parish Church of St Paul Grange-over-Sands



November 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 Rectory

THE GOD WHO'S TRYING TO GET OUR ATTENTION

There is a well-known story in the Book of Exodus, where Moses has a vision of God in what we've come to call 'the burning bush' (Exodus 3.1-12). Moses (himself an Israelite) had been brought up as an Egyptian aristocrat. On discovering more about his real background and distressed by the slavery that 'his' people endured, he thought he would take matters into his own hands. However, he ended up murdering an Egyptian and had to flee for his life. When we pick up the story he's tending his father-in-law's sheep in the region of Midian. "So much for the great leader!" we are supposed to think.

Now, while tending the sheep Moses sees a bush in flame and he thinks to himself, "I'll go and take a closer look"; and in a moment of wry humour we're told, "When the Lord saw that Moses had turned aside to see, God called to him out of the bush".

The background to this change in Moses's fortunes is that we are told, quite clearly, "God knew" (Exodus 2.24) what the Israelites were going through. However, Moses hadn't grasped this. Moses thought he was left to his own devices and so this meeting at the burning bush becomes something of a turning point.

Simply put, it's about the Lord God saying, "At last I've got his attention! Now I can tell him that I know ... and now I can tell him what I'm going to do about it". It's at this point that Moses takes his shoes off in reverence, realising that he's on holy ground.

We might like to think of this as a story about the frustration many of us feel when confronted with the way of faith. Moses was clearly very frustrated. Indeed, he was a typical blue-blooded chap who thought of himself as one 'born to lead'; he was bred to make a difference. To realise that he wasn't in control of events was humbling, but, here's the thing, Moses shows us what it's like to come to the end of our pride, and instead find ourselves drafted into God's way of doing things.

This is how what we call 'Salvation' often seems to work. The work of God is not so much what we do but something we are 'caught up' in. We have our part to play but it is always in response to him.

Again, this is always frustrating for those of us who are like Moses, who are happier trying to fix things (and people!) and who like to feel we have some hold on what's happening. But often as not it's only when (as with Moses) we reach some crisis point, find ourselves facing some wilderness experience or when we learn the wisdom of standing aside in reverence ... that the Lord God can finally get our attention.

This is why the writer C.S. Lewis referred to suffering as “God’s megaphone”. He knew, as Moses discovered, that for much of the time the things which trouble or burden us are already well known to God and He knows what He is about. He’s just trying to get our attention.

Every blessing

David

FROM THE REGISTERS NOVEMBER 2026

YEAR’S MIND

Richard Anthony Fletcher
Dorothy Hemerdinger

7 November 2021
22 November 2023



*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.*

Thank you

My grateful thanks to all who have taken me to my rehab classes over the last 6 weeks—to Penny, Sue, Susan and Bill, Gill, John and Jill and also to Brian for arranging the rota. I was overwhelmed by all the kindness.

You are all stars!

Eileen

Those who remember Ian and Gill may be interested to learn that our previous vicar, the **Revd Ian Coomber**, has now moved into his new home.

35 Willow Mead
Wildern Lane
Hedge End
Southampton
SO30 4RB

And an invitation to our Solo Diners

Our last lunch of the year will be on 29th November at the Pheasant in Allithwaite at 1.00pm. The list will be in St Paul’s from Wednesday 18th for you to sign.

I look forward to seeing those of you who usually dine alone - lifts are available for those who don't drive. The Pheasant also offer small plates for those with smaller appetites

Sue

SUNDAY & WEDNESDAY SERVICES - NOVEMBER 2026

DATES	ST PAUL'S GRANGE-OVER- SANDS	GRANGE FELL	ST PETER'S FIELD BROUGHTON & LINDALE
1ST NOVEMBER ALL SAINTS DAY	11.00am Holy Communion CW Rev'd David Wilmot 2.00pm Royal British Legion Service 4.00pm Evening Worship		9.30am Holy Communion BCP Rev'd David Wilmot
4TH NOVEMBER WEDNESDAY	10.00am Holy Communion CW Rev'd Annette Miller		
8TH NOVEMBER REMEMBRANCE SUNDAY	11.00am Holy Communion CW Rev'd David Wilmot 2.00pm Civic Remembrance Service Rev'd David Wilmot	9.30am Mattins BCP Rev'd David Wilmot	9.30am Holy Communion CW Rev'd Annette Miller/ Biddy Hibbert
11TH NOVEMBER WEDNESDAY	10.00am Holy Communion CW Rev'd David Wilmot		
15TH NOVEMBER TWENTY-SECOND SUNDAY AFTER TRINITY	11.00am Holy Communion CW Rev'd David Wilmot 4.00pm Evening Worship		9.30am Holy Communion CW Rev'd David Wilmot
18TH NOVEMBER WEDNESDAY	10.00am Morning Prayer Rev'd David Wilmot		
22ND NOVEMBER CHRIST THE KING	11.00am Holy Communion CW Rev'd David Wilmot 4.00pm Evening Worship	9.30am Holy Com- munion BCP Rev'd David Wilmot	9.30am Mattins BCP Biddy Hibbert/ Rev'd Annette Miller
25TH NOVEMBER WEDNESDAY	10.00am Holy Communion CW Rev'd David Wilmot		
29TH NOVEMBER ADVENT SUNDAY	11.00am Holy Communion CW Rev'd David Wilmot 4.00pm Evening Worship		9.30am Holy Communion BCP Rev'd David Wilmot

The Royal British Legion, St. Paul's Parish Church, Churches Together in Grange and Grange Town Council invite you to



Remembrance Sunday - 8 Nov 2026

2pm

Civic Service of Remembrance.

St Paul's Parish Church, Crown Hill, LA11 6BD

Approximately 3.15pm

Act of Remembrance with the laying of wreaths.

The War Memorial, Ornamental Gardens, LA11 6ED

Followed by tea and biscuits at the Victoria Hall.

All are welcome.



Remembrance Day - 11 Nov 2026

11am

A short service and Minute Silence.

The War Memorial, Ornamental Gardens, LA11 6ED



HARVEST THANKSGIVING RENEWAL OF PLEDGES

A big **THANK YOU** to everyone who renewed their pledges of regular giving to support the provision of Ministry and help pay the running expenses of our churches!

To those individuals who felt able to increase the level of their support, your combined generosity means that our churches will benefit financially to the tune of an extra £154.50 per month,

JUST OVER £2,300 PER ANNUM WITH GIFT AID!

This has unlocked another £386.25 from the member of the congregation who pledged to triple the first month's value of all new and increased pledges!

THE GOOD NEWS

The offer to triple the first month's value of any new or increased pledge is open until the end of November! Help claim this free bonus money.

OUR CHURCHES and the MINISTRY they provide are here 365 days a year, unfortunately so are the costs and expenses involved, which is why a commitment to give a regular and consistent gift is so important.

So, Good News to Report This Month ...

But wouldn't it be great to report even better news NEXT MONTH!

Chris Brown

Stewardship Secretary

Our Methodist Friends

We are now settling into a regular pattern for sharing our buildings with our Methodist friends as the redevelopment work begins on their church.

Sundays	9.00am	Toast church	St Paul's
Sundays	11.00am	Sunday service	Fell Church
Tuesday, 10th	12.00 noon	Friendly Lunch	St Paul's
Tuesdays	9.30am	The baby group	Fell Church
Wednesdays	10.45am	Coffee morning	St Paul's

Planned Methodist Christmas services at the Fell Church

Monday, 21st Dec	7.00pm	Carol Service
Thursday, 24th	8.00pm	Holy Communion
Thursday 31st	11.30pm	Watchnight service



And our planned Christmas services at St Paul's

Sunday, 20th	4.00pm	Lessons and Carols
Thursday, 24th	4.00pm	Family crib service
	11.00pm	Midnight Communion
Christmas Day	11.00am	Holy Communion

ST PAUL'S CHRISTMAS TREE FESTIVAL 2026

We will again be holding the Christmas Tree Festival at St Paul's. Last year the festival was open for just over 3 weeks, and over that period we received the fantastic amount of £1916.94 in donations, which was shared equally between St Paul's Heating Fund and North West Air Ambulance. Approximately 850 people visited to view the trees, with 250 at the opening reception.



Over the years the event has raised much-needed funds for local and international charities and it has allowed local groups and organisations to showcase their work. This year the chosen charities are Community Action Nepal (www.canepal.org.uk) and Growing Well (growingwell.co.uk).

The theme for the festival this year will be **'Christmas Unwrapped'**. The contribution for each group towards running costs will remain at £12 per tree and all entrants need to provide their own tree and lights. The trees will be set up on Wednesday 2nd or Thursday 3rd December and be taken down on 30th and 31st December.

The Opening Reception will be at 7.00pm on Thursday 3rd December. Tim Farron will perform the official opening and entertainment will be provided by the Bay Community Singers and children from Grange Primary School. Please join us to celebrate the opening and share a glass of winter punch and mince pies!



Lighting of the Grange Christmas Tree

The Grange-over-Sands Christmas Tree Lighting Ceremony is a popular event that has been celebrated for 79 years. The ceremony takes place at Yewbarrow Terrace, 5.45-6.45pm, and is a highlight of the Grange community. The event includes the lighting of a towering Christmas tree - one of the tallest living Christmas trees in the UK, the arrival of Father Christmas in his sledge to distribute presents to the children, and carol singing led by the Flookburgh Silver Band and the Bay Community Singers.

The event is run by volunteers and relies on donations to continue its success.

WHY you should consider your carbon footprint

- We are totally dependent on the world. It provides our food, water and air. It is the most precious thing we have and we need to defend it.
(David Attenborough)
- We need to reach a balance where people, habitat, and wildlife can co-exist – if we don't, everyone loses ... one day.
(Steve Irwin)
- It is our collective and individual responsibility ... to preserve and tend to the world in which we all live.
(Dalai Lama)
- The environment and the economy are really both two sides of the same coin. If we cannot sustain the environment, we cannot sustain ourselves.
(Wangari Maathai)



SAVE WATER

“When the well is dry, we’ll know the worth of water”. – Benjamin Franklin

Easy Actions

Take shorter showers
Turn off the tap when brushing your teeth
Fill your washing machine/dishwasher before use
Report water leaks when you see them

Bigger Actions

Install a water butt or two
Install a toilet flush limiter
Fix any dripping taps
Reduce toilet flushing “If it’s brown flush it down, if it’s yellow let it mellow”



Earth consists of 70% water but only 4% of water is drinkable

DATES FOR YOUR DIARY - NOVEMBER 2026

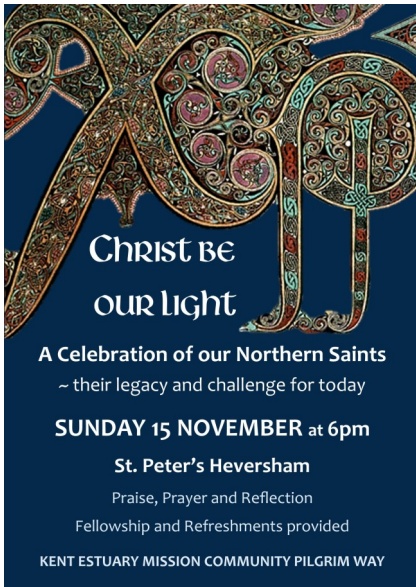
Monday 2nd	8.30am - Morning Prayer & 5.00pm - Evening Prayer, St Paul's 4.00pm - Mother Teresa Co-workers meditation, St Charles
Tuesday 3rd	8.30am - Morning Prayer & 5.00pm - Evening Prayer, St Paul's
Wednesday 4th	8.30am - Morning Prayer & 5.00pm - Evening Prayer, St Paul's
Saturday 7th	8.30am - CPCT Men's Monthly Breakfast, 16 Charney Court
Monday 9th	8.30am - Morning Prayer & 5.00pm - Evening Prayer, St Paul's
Tuesday 10th	8.30am - Morning Prayer & 5.00pm - Evening Prayer, St Paul's 12.00 noon - Methodist Friendly Lunch, St Paul's 2.00pm - Meditation at Boarbank Hall
Wednesday 11th	8.30am - Morning Prayer & 5.00pm - Evening Prayer, St Paul's 11.00am - Remembrance Service, Ornamental Gardens
Friday 13th	5.00-7.00pm - Repair Café, URC hall
Sunday 15th	?3.30-6.00pm - Songs of Praise (with Methodists), Fell Church
Monday 16th	8.30am - Morning Prayer & 5.00pm - Evening Prayer, St Paul's
Tuesday 17th	8.30am - Morning Prayer & 5.00pm - Evening Prayer, St Paul's
Wednesday 18th	8.30am - Morning Prayer & 5.00pm - Evening Prayer, St Paul's
Thursday 19th	12.30-2.30pm - Men's Shed Lunch, St Paul's
Monday 23rd	8.30am - Morning Prayer & 5.00pm - Evening Prayer, St Paul's
Tuesday 24th	8.30am - Morning Prayer & 5.00pm - Evening Prayer, St Paul's
Wednesday 25th	8.30am - Morning Prayer & 5.00pm - Evening Prayer, St Paul's 11.00am - Worship Committee meeting, St Paul's Vestry
Thursday 26th	9.30am-1.30pm - 'Companions on the Way', a quiet morning learning to pray with St Francis, Field Broughton Parish Rooms
Friday 27th	10.30am - "Time for Peace", Cartmel Quaker Meeting House
Saturday 28th	10.00am-1.00pm - Christmas Fair, St Paul's
Sunday 29th	3.00pm - CPCT Advent Carol Service, Boarbank Chapel
Monday 30th	8.30am - Morning Prayer & 5.00pm - Evening Prayer, St Paul's

DECEMBER

Wednesday 2nd	11.00am - Pastoral team, St Paul's vestry
Thursday 3rd	Opening of Christmas Tree Festival, St Paul's
Sunday 6th	1.00-3.00pm - Christmas foodbank collection



NEWS FROM THE DIOCESE



Next Easter the Northern Province of the Church of England celebrates the 1400th anniversary of the baptism of the first Christian 'King of the North', Edwin of Northumbria.

The churches of the Kent Estuary Mission Community have signed up to be "Pilgrim Places", forming part of the Archbishop of York's Faith in the North initiative linking to this celebration. A group drawn from the eight churches has published the Kent Estuary Pilgrim Way and organised an ongoing series of pilgrim walks.

There are plans to celebrate the spiritual footprint of Patrick, Aidan and Cuthbert, key Northern Celtic Saints, whose lives and witness led followers to bring Christianity to the area around the Kent Estuary and Morecambe Bay.

A service of prayer, praise and reflection on their legacy will be held on
Sunday 15th November at 6.00pm at St Peter's Church, Heversham.

All welcome!

A letter from Mark Houston, Vicar of Allithwaite and Flookburgh

Dear friends

The PCC of St John's have been thinking about life in both our parishes but also, beyond that, right across our peninsula. With this in mind we wondered if other churches or individuals might like to join us in exploring what we are hopefully calling a Year of Prayer for 2027. Something that will reach into the many aspects of our lives here on the Cartmel Peninsula. It is at a fairly early stage but we have reached out to people in Carlisle Diocese who are excited at the possibility this holds. They would love to meet with us to begin discussions of what might help us and how they can help.

If you would like to join us for an initial chat please get in touch with me and I will then co-ordinate a time to meet in the coming weeks. Let us see where this might take us and what it might do for God's church here in this part of the county.

Best wishes

Mark (allithwaite.flookburghvicar@gmail.com)

**“Companions on the Way”
a Quiet Morning
*Learning to Pray with St Francis***



**Field Broughton Village Rooms
Thursday 26th November
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: vicarstpaulsgrange@outlook.com
or Tel: 07305 777 113**

Need a lift?

Contact the Voluntary Driver Service

Transport Services Cumberland & Westmorland 03332406965

Requests should be made before Thursday morning for the following week.
The cost is 50p per mile.

However, be warned!

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

Volunteer drivers are needed

**- one day a month, one day a week, or any time to suit
You receive 50p a mile and your help will be much appreciated**

PRISONERS' EDUCATION TRUST (PET)

Transforming lives and building hope for people in prison

PET supports people in prison, providing access to distance learning, and is funded by voluntary donations.

I visited Haverigg Prison during Reader training, after one of the chaplains introduced me to some of the men. Their main concern was the lack of availability of educational courses. Despite ongoing challenges in the prison system – and significant cuts to the education provided by prisons, PET was able to fund 1,741 courses during 2025. Alongside this, PET improved and expanded their services, enhancing support for prison staff and giving better support to women in their prisons.

PET makes a difference. According to the PET Impact Report for 2025:

- The chances of someone returning to prison was reduced by over 20%
- The chance of finding employment was increased by 20%
- Information, advice and guidance was given 4,946 times
- Courses were funded in 115 prisons
- 8,050 minutes were spent on the Advice line
- 117 courses were offered in the PET prospectus
- 86% of learners felt able to cope with prison in a positive way.

As a result of taking a PET course, 61% of prisoners went on for further studies, 34% applied for a job, and 53% became volunteers.

There is a folder at the back of St Paul's with interesting letters of thanks from both prisoners and former prisoners, with details of how to donate to this worthy cause.

Joyce Leach

*The Foundry, 17 Oval Way, London SE11 5RR info@prisonerseducation.org.uk
www.prisonerseducation.org.uk*

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 VISIT TO THE MOON by Carole and Anita



*LORD, our Lord,
How majestic is your name in all the earth!
You have set your glory in the heavens ...
When I consider your heavens, the work of your
fingers, the moon and the stars, which you have
set in place,
What is mankind that you are mindful of them,
human beings that you care for them?*

(Psalm 8)

We visited the Museum of the Moon Exhibition in Carlisle Cathedral, a large-scale inflatable artwork, created in 2016 by British Artist Luke Jerrom who was inspired by the effect of the moon on the tides in the Bristol Estuary near his home.

It was a truly amazing and awe-inspiring sight when we entered the Cathedral to see the huge sphere 7 metres (23 ft) in diameter glowing grey-blue from light within, suspended floating above the choir stalls and beneath the blue and gold starred ceiling which set it off so appropriately. It was accompanied by atmospheric celestial sound composition.

Although the surface of the sculpture is smooth it is decorated with printed detailed high-resolution NASA imagery of the moon's surface. This cleverly gives the impression that it is textured so viewers can inspect its craters, valleys and mountains. Significantly the far side of the moon can be seen here for the first time, as it always faces the same way towards the earth. It was a vivid reminder of the scene of the first men walking on the moon.

The project has been taken across the world reaching more than 40 countries and tens of millions of people, and has been presented in many ways in different special places. While we were in the Cathedral a party of primary school children and their teachers came in which concerned us slightly! But they all sat down very quietly and listened to a talk from one of the cathedral staff, which they obviously enjoyed as they applauded at the end. It was good to see them there as well as many other visitors, appreciating not only the exhibition but also the history and special atmosphere of this holy place.

There was also a display about the beautiful ceiling. Apparently these were at one time to be found in other Cathedrals and Churches but many were lost while Carlisle's has been carefully restored.

For us it was certainly a worthwhile and memorable visit, an encouragement and hope that an artistic exhibition such as this can touch and unite peoples across the world, and a special reminder of the wonders of God's Creation. We shall remember it when we see the next beautiful full moon !

Carole Ford

NEWS FROM ST PETER'S, FIELD BROUGHTON

FIELD BROUGHTON COMMUNITY NEWS

The Harvest lunch in early October was a most enjoyable and well-attended event. Everyone seemed to enjoy the food and good company. At the end of October we have a Bavarian Night and before we know it, it is November! As usual, we have some fun and different events planned – everyone is welcome to book.

DATES FOR YOUR DIARIES AND CALENDARS

Wednesday, 11th November, 700pm

POETRY FOR PLEASURE - £5p.p. to include canapés and nibbles. Come along and read a poem, sonnet or limerick, or just listen. A relaxed and fun evening guaranteed. Please book via fieldbroughtonsocial@gmail.com.

Tuesday, 17th November, from 7.00pm

INDOOR BOWLS/TABLE TENNIS/SOCIAL EVENING – everyone welcome to “have a go” or just pop in for a drink. Donation (cash) bar. No need to book, just turn up.

Wednesday, 25th November, 7.00pm

WHISKY TASTING - taste 6 whiskies from great value ones to more expensive ones. There will be peaty options to try too. £25p.p. which includes cheeses and crackers. Whether you are a whisky lover or new to drinking single malts, come and enjoy an instructive and enjoyable evening with whisky enthusiast Roy Pedler. Booking a must via fieldbroughtonsocial@gmail.com.

BROUGHTON PARISH COUNCIL

The Council met on Tuesday 6th October and the next meeting is scheduled for Tuesday 5th January 2027. In the coming month, the Council will also be launching its new website which it is hoped will be useful to the community.

ST PETER'S CHURCH

The church looked good for the harvest service on 4th October, with arrangements of local greenery and flowers. Next up, after the Remembrance Service, will be Christmas with carol singing and all the traditional services. Where has another year gone?!

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 PAUL'S CHRISTMAS FAIR

The arrangements are all in hand for Saturday, 28th November, 10.00am-1.00 pm, when we shall be holding our annual Christmas Fair. All our usual stalls will be offering their goods for sale – books, cakes, tombola, jewellery and scarves, plus some new craft stalls. The Café will be serving refreshments along with our popular bacon butties.

Donations for any of the stalls are welcomed—please leave in the Parish Office (open Tuesday, Wednesday and Thursday mornings). A particular plea is for goodies for our cake stall and Grand Raffle prizes. The raffle tickets will be available at the end of October for sale to you, your family, friends and neighbours!

We shall be setting up in church from 1.30pm on the Friday and welcome any help. Please support the fair as it raises much-needed funds for St Paul's. *Judith*



A woman with Multiple Sclerosis (MS) has completed a tough swimming challenge to raise funds for dementia research following her father's death

This was the title of an article which appeared in the Westmorland Gazette. The 'woman' is Anita Peat, the daughter of Carole and the late Peter Ford, and a Reader at Kendal Parish Church. She has MS (multiple sclerosis) which started nearly 25 years ago, and now mainly has to use a wheelchair or scooter - but she can still swim! She set out to do a sponsored swim over the summer for the Alzheimer's Society and in memory of her Dad (100 lengths a session). She actually achieved 13 miles and raised over £740. Well done Anita !



This is her story

Faith viewpoint

Just keep swimming, just keep swimming.

I have always loved swimming. It's more challenging nowadays with the MS, but I still give it a go and knock off the odd length or two. Shap Pool* is my place in the summer.

Instagram told me I could set up a personal swim challenge in aid of the Alzheimer's Society for a world without dementia, and choose to swim 1, 5 or 10 miles over 30 days. 5 miles sounded achievable. I am now on target to swim 10 plus.

My dad died last year from Lewy bodies dementia. He was instrumental in taking me swimming before school, and encouraging all things swimming. I like to think that he would be proud. It has been uncomfortable, hard work, and challenging, yet I have persevered, fixing my gaze on Jesus, and how He lived, loved and suffered.

Why does all that matter? It matters because when life is hard, focusing on Jesus and using his life as a guide gives me courage to continue, helping me stay calm and strong. Without a clear focus it is easy to feel lost and overwhelmed and having faith in a God of hope helps me when that life is tough.

There have been so many times when I could have talked myself out of a swim: it's too difficult, I'm really tired, it's cold, wet and definitely windy, but there is this still small voice of calm, full of hope, gently encouraging me on. I've got my eyes on you! I'm rooting for you.

* Shap Pool is the highest open-air swimming pool in England, 16.5 m with the water temperature set at 26°C, whilst the baby and toddler pool is 28°C. Anita said it is 'ideal' for her because of its car park and accessible pool entry, via the use of its roman steps that make it easier to enter the water.

She said: "I can't manage open water any more but this is a good middle ground. I find the combination of the cooler outside air and warm water restorative.

She added: "I've always loved swimming from an early age, whether it is in the lake, sea, swimming pool, wherever. It helps me retain my independence, fitness and mobility and I can continue to be involved in something I've always loved doing.

Some of my best and most rewarding swims have been on a drizzly cool day, but then the sun peaks out from behind a cloud, the wind drops and all is well".

Fun and Friendship at Grange CofE Primary School 14th October

This time 23 children signed up after school for Fun and Friendship, each being given a name label with a coloured dot to show which group they belonged to. The theme was Harvest, and the 5 activities reflected this.



3.15-3.25 Children arrive, register and get their drinks and biscuits

3.25-3.40 Introduction by Colin Milner

3.40-3.55 Craft activity – Dorothy and Colin (harvest mouse on corn)

3.55-4.10 Craft activity – Dorothy B and Dawn (sunflower)

4.10-4.25 Craft activity – Audrey and Penny (apples with googly eyes)

4.25-4.40 Craft activity – Fiona and Pat (decorated biscuits)

Spare craft activity - Judith and Sue (thankfulness trees)

4.40-4.45 Closing prayer

4.50 Children dismissed by school staff, proudly taking home a paper bag filled with their 'treasures'.

To make you chuckle ... !

Lt. Colonel Robert Maclaren retired from the British Army in 2001 after a long fulfilling career. On the day that he retired he received a letter from the Personnel Department of the Ministry of Defence setting out details of his pension and, in particular, the tax-free ‘lump sum’ award (based upon completed years of service) that he would receive in addition to his monthly pension.

The letter read:

"Dear Lt Colonel Maclaren,

We write to confirm that you retired from the Royal Scots Dragoon Guards on 1st March 2001 at the rank of Lt Colonel, having been commissioned into the British Army at Edinburgh Castle as a 2nd Lieutenant on 1st February 1366.

Accordingly your lump sum payment, based on years served, has been calculated as £68,500. You will receive a cheque for this amount in due course.

Yours sincerely

Army Paymaster"

Colonel Maclaren replied:

"Dear Paymaster,

Thank you for your recent letter confirming that I served as an officer in the Royal Scots Dragoon Guards between 1st February 1366 and 1st March 2001 – a total period of 635 years and 1 month.

I note however that you have calculated my lump sum to be £68,500, which seems to be considerably less than it should be bearing in mind my length of service since I received my commission from King Edward III.

By my calculation, allowing for interest payments and currency fluctuations, my lump sum should actually be £6,427,586,619.47p.

I look forward to receiving a cheque for this amount in due course.

Yours sincerely

Robert Maclaren (Lt Col Retd)"

A month passed by and then in early April, a stout manilla envelope from the Ministry of Defence in Edinburgh dropped through Col. Maclaren's letter box, it read:

"Dear Lt Colonel Maclaren,

We have reviewed the circumstances of your case as outlined in your recent letter to us dated 8th March inst. We do indeed confirm that you were commissioned into the Royal Scots Dragoon Guards by King Edward III at Edinburgh Castle on 1st February 1366, and that you served continuously for the following 635 years and 1 month.

We have re-calculated your pension and have pleasure in confirming that the lump sum payment due to you is indeed £6,427,586,619.47p.

However, we also note that according to our records you are the only surviving officer who had Command responsibility during the following campaigns and battles:

- *The Wars of the Roses 1455 -1485 (including the battles of Bosworth Field, Barnet and Tewton)*
- *The Civil War 1642 -1651 (including the battles Edge Hill, Naseby and the conquest of Ireland)*
- *The Napoleonic War 1803 – 1815 (including the battle of Waterloo and the Peninsular War)*
- *The Crimean War (1853 – 1856) (including the battle of Sevastopol and the Charge of the Light Brigade)*
- *The Boer War (1899 -1902)*
- *World War One (1914-1918)*

We would therefore wish to know what happened to the following, which do not appear to have been returned to Stores by you on completion of operations:

- 9765 Cannons
- 26,785 Swords
- 12,889 Pikes
- 127,345 Rifles (with bayonets)
- 28,987 horses (fully kitted)
- Plus three complete marching bands with instruments and banners.

We have calculated the total cost of these items and they amount to £6,427,518.119.47p.

We have therefore subtracted this sum from your lump sum, leaving a residual amount of £68,500, for which you will receive a cheque in due course.

Yours sincerely

Army Paymaster”

“I think we are small enough”

William Beebe, the naturalist, tells of a ritual through which he and the late President Roosevelt used to go. After an evening chat they would step outside and look up at the heavens. Searching with or without the aid of glasses until they found the faint spot of light-mist below the lower left-hand square of Pegasus, one of them would recite: “This is the spiral galaxy of Andromeda. It is as large as our Milky Way. It is one of a hundred million galaxies. It is seven hundred and fifty thousand light years away. It consists of one hundred billion suns, each larger than our sun.”

After an interval, President Roosevelt would grin and say: “Now I think we are small enough. Let’s go”.

(From ‘*A Word in Season*’, compiled by Donald Hilton, NCEC 1984)

CARTMEL PENINSULA CHURCHES TOGETHER

Cartmel Peninsula
Next REPAIR CAFE Dates
Friday, 13th October, 5-7 pm



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All welcome
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 andrea.mason@carlisediocese.org.uk
 07377831808

The Churches Together Advent Carol Service will be held in Boarbank Chapel on Sunday, 29th November, at 3.00pm. Donations taken at the service will be given to 'Every Life Matters' (suicide awareness).

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

MEDITATION

There is 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
 (bookings@boarbankhall.org.uk / barbara.ramsden32@icloud.com).



Grange Soroptimists invite you to
Christmas Sparkle



Flower arranging by Joan Bentley

Sunday 22nd November 2pm
at Cartmel Village Hall LA11 6QB



Tickets £8.00

includes cuppa & slice of cake

<https://www.trybooking.com/uk/GWVW>

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Proceeds for our Christmas Hampers for

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**Raffle of Flower
arrangements**



Shawls for Ethiopia

At the end of this month 20 beautiful hand-knitted shawls will be on their way from Grange to Ethiopia for the young women in the Hamlin Clinics. Many thanks to all who have knitted squares and/or stitched them into shawls. They are sent with our love!



Please keep knitting—a shawl is given to each woman as she arrives at the clinic for treatment, and it is often the only thing that she has ever owned!



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Angela is also happy to encourage individual elderly readers to brush up on their skills.
Tel: 015395 33804.

For further details, contact amonkman@btinternet.com leaving brief contact information including phone number and Angela will be in touch.



GRANGE OVER SANDS MONTHLY RAINFALL (MM) - ANDREW LITTLE								
	2019	2020	2021	2022	2023	2024	2025	2026
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	85
September	177	66	62	112	189	154	254	151
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	876



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

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

Chair Yoga: Every Monday starting from 28th April – Booking essential

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

Ulverston 2–3 pm at Ford Park, 42a Hart Street, LA12 7JP

Lunch Clubs - We host several lunch clubs in and around the Grange area which provide a reasonably priced 2-course lunch in a friendly atmosphere

Grange Lunch Club – 3rd Wednesday of the month, Thornleigh Hotel

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

Cark Lunch Club – 4th Friday of the month, Pheasant Inn, Allithwaite

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

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Judith Mitchell

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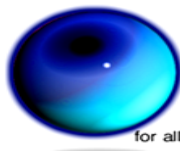
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USEFUL CONTACT NUMBERS

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John Millican	treasurerstpaulsgrange@outlook.com	32561

Treasurer

John Millican	treasurerstpaulsgrange@outlook.com	32561
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Parish Safeguarding Officer

Judith Mitchell	safeguardingstpaulsgrange@outlook.com	35664
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Fell Church

Please contact the Churchwarden

Parochial Church Council Secretary

Rosemary Hoyle	parishadstpaulsgrange@outlook.com	58108
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Office / Parish Administrator

Rosemary Hoyle		35560
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Tues - 9.30am-12.30pm - Wed & Thur - 9.00am-12.30 pm

E-mail - stpaulschurchgrange@gmail.com

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

LA11 6BD

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Kath Bush		32601
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