

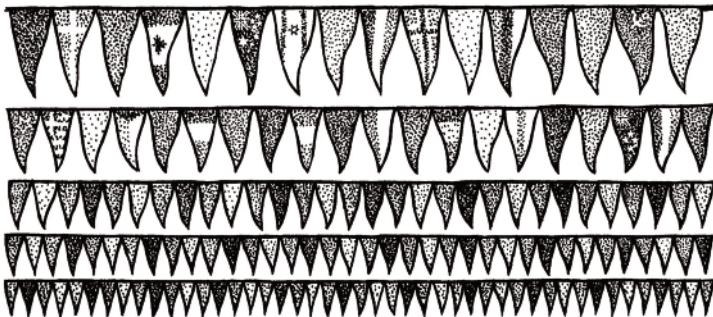
May 2020
Vol.127 No.1553
Price 50p

SAINTS ALIVE

VEV DAY

75TH

ANNIVERSARY



ALL SAINTS

The Parish Magazine
of All Saints' Parish Church,
Cheadle Hulme

INFORMATION PAGE

SUNDAY SERVICES

8.00am Holy Communion (2nd in month)
10.00am Parish Eucharist
6.30pm Evensong

WEEKDAY SERVICES

Holy Communion

Thursday 10.00am.
Holy Days to be announced.

Matins

Daily at 9.00am.



CONFESSION AND SPIRITUAL COUNSELLING

By arrangement with the Clergy.

ARRANGEMENTS FOR BAPTISMS, BANNS AND WEDDINGS

All enquiries to Rev'd Janet Bacon
(485 3455).

MOTHERS' UNION

Corporate Communion 10.00am on the
2nd Thursday in Church. Details of all
meetings are in Saints Alive and weekly
notices. See Notice Board.

MENS' SOCIETY

Monthly meetings on the 1st Thursday,
September to May, at 7.30pm in the
Meeting Room.
Chairman: Mr Bradley Torbitt (486 9387).
Secretary: Mr Mike Parry (485 7886).

FRIDAY CLUB

Fortnightly meetings on Friday evening
usually in the Meeting Room at 7.30pm.
Open to women of all age groups.
Chairman is Lily Mitchelhill (485 5187)
Secretary is Julia Ball (440 8647)

JAMES GROUP

The James Group exists to encourage the
Church's ministry of healing, and the practice
of regular intercession for the sick.
The branch meets monthly to say an Office
of Intercession: there is also a monthly
Corporate Communion. For further information
please contact: The Secretary: Pat Yates
(485 4546).

BIBLE READING FELLOWSHIP

Secretary: Mrs Julia Ball (440 8647).

UNIFORMED ORGANISATIONS

Cubs: (7th Cheadle Hulme) Meet on a Friday
6.30pm - 8.00pm at Thorn Grove.
Andrew Thompson
email:andy.thompson@cheadlescouts.org.uk

Beavers: (7th Cheadle Hulme)
Meet on a Friday 6.00pm - 7.15pm in the
Parish Rooms. Mrs J. Metcalfe
jacquie.metcalfe@cheadlescouts.org.uk

Brownies: (11th Cheadle Hulme)
Meet on a Monday 6.00pm - 7.15pm at
Thorn Grove.
Jo Taylor
brownow11thcheadlehulme@yahoo.com

Rainbows: (2nd Cheadle Hulme)
Meet on a Monday 6.00pm - 7.00pm



A message from our Churchwarden, John Ackerley

Dear All,

I have always had a very deep interest in the Native Americans, their spirituality and their understanding of the balance of nature which is profound. Perhaps we should learn from them and cherish the life that God gave us for the time that we are here. A famous Blackfoot Chief put it into context when he said:

"What is life? It is the flash of a fire-fly in the night. It is the breath of a buffalo in the winter time. It is the little shadow that dances across the prairie and is lost in the sunset."

Now that we human beings are reduced to isolating in our homes, wildlife seems to be reclaiming spaces once occupied by humans. Animals are wandering the streets of our towns and cities; you may have seen the newspapers where photos of goats and various birds are having a good gander round the shops!

The air also seems to be purer since cars are not being used as much, and aircraft have been grounded. Or is that just my imagination? Everything seems purer somehow.

This situation reminds me of a documentary at the moment being shown on television called "Life After People," which shows just how quickly towns and cities deteriorate and reduce to rubble, the vegetation growing over the buildings until they disappear.

It reminds us of the fragile line we humans tread on this planet. Very much like the once great Mayan civilisation of Central America with their towns and temples and their use of mathematics, agriculture and study of the stars, the Mayans disappeared, and the jungle buried where they once flourished. Perhaps we have reached a tipping point with us all being made aware of the evidence of climate change.

Various countries are listening politely to the activists, have put up with the demonstrations occurring around the world giving them air-time on television, but we have carried on with our lives much the same. Various leaders have given slack promises to reduce carbon and pollution.

Now this horrendous Coronavirus outbreak may change our lives forever and may give us a new perspective on how we live our lives. Perhaps one thing out of all this is that people now seem kinder, more considerate and polite to one another. Life has certainly slowed down because we cannot rush around anymore. When things get back to normal, whatever normal is, I hope that we retain some of the new found gestures of humanity at its best and not go back to the hurly-burly life, not noticing people who we suddenly noticed during this time of crisis.

I believe we will get through this; we are a resilient species when the chips are down and I hope a bit of this human kindness will be a new-found gift once forgotten and now restored. We should perhaps look and learn from the tribal peoples who lived (and some still live) in balance with nature.

Let us reflect of the words of St Paul to the Philippians (4:6-7): *"The Lord is near. Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus."*

John

Please note: Following the latest measures introduced to deal with the coronavirus emergency, the church is now sadly closed until further notice.

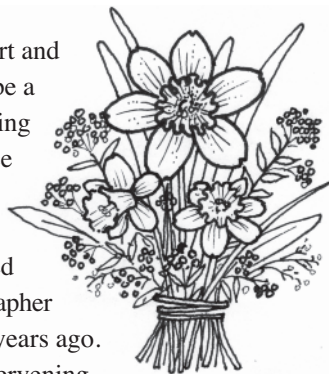
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ALL COPY TO THE EDITOR PLEASE

The Merry Month of May

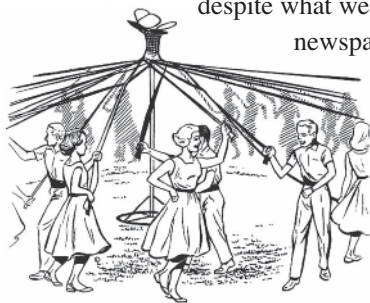
“May Day... May Day... May Day...” Rather than arouse feelings of well being, on the contrary it is a nationally recognised distress call; a cry for help from someone, somewhere, in dire need. Urgently needing a positive response. It may well be that lives depend on it.

Surely May, one of the months of the year when one’s heart and mind should be filled with feelings of well-being, should be a month of anticipation. We like to think of warm sunny spring days. Yet the weather has always been unpredictable, hence the expression “Come rain or shine”, which could well sum up what to expect at this time of year. It was an overcast May day that I stood shivering amongst those who attended our wedding, gathered outside the church whilst the photographer took simply ages to get the pictures he required, all those years ago.

Just one example of how things have progressed in the intervening years... We rely more and more on computers to work things out and influence the way we perceive the world we live in. The dispassionate computers render this month as simply “05” but we do not. We prefer to continue to recognise this month as being the month of “May”, not just the fifth month out of the twelve that constitutes a year. We may well derive a feeling of pleasure in appreciating the fact that this is a year when May has not one but *two* Bank Holidays. A month when one gets the feeling that,



despite what we are told on the news bulletins and read in our newspapers, perhaps the outlook is getting brighter!



May is indeed the time of year for looking *forward*.

It is the season for fresh greenery from plants and trees. It is a time for growth, new growth. This is what makes a nonsense of the nursery rhyme “Here we go gathering nuts in May, nuts in may, nuts in May - on a cold and frosty morning.”

And since spring was in the air and, possibly in some response to their innate feelings, in the olden days young maidens were wont to go dancing around village maypoles.

This is a month for thanking our Lord for His Goodness. May is a month for rejoicing, for hope and thankfulness. Surely one of the appropriate hymns we know from our childhood says it all - “All things bright and beautiful, all creatures great and small, all things wise and wonderful, the Lord God made them all.”

Claud Metson





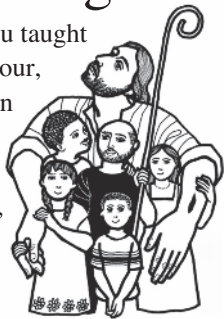
Time of distress

Keep us, good Lord, under the shadow of your mercy in this time of uncertainty and distress. Sustain and support the anxious and fearful, and lift up all who are brought low; that we may rejoice in your comfort knowing that nothing can separate us from your love in Christ Jesus our Lord. Amen.

Give us strength

Lord Jesus Christ, you taught us to love our neighbour, and to care for those in need as if we were caring for you.

In this time of anxiety, give us strength to comfort the fearful, to tend the sick, and to assure the isolated of our love, and your love, for your name's sake. Amen.



Be our hope

God of compassion, be close to those who are ill, afraid or in isolation. In their loneliness, be their consolation; in their anxiety, be their hope; in their darkness, be their light; through Him who suffered alone on the cross, but reigns with you in glory, Jesus Christ our Lord. Amen.



In His Shadow

(Based on Psalm 91)

*As we dwell in the shadow of Mighty God
We will know all the blessings that He will
bring,*

*His faithfulness will be our shield
Under the covering of His wings.*

*Protected by His sheltering love
Our refuge we take in Him each day,
If we call on His Name His answer
will come*

As angels will guard us in all our ways.

*What comfort and peace we all can know
That God Himself will hold us fast,
And keep us safe engulfed in His love
Until these days of danger have passed.*

Megan Carter



We are your people

We are not people of fear:

we are people of courage.

*We are not people who protect our own
safety:*

*we are people who protect our
neighbours' safety.*

We are not people of greed:

we are people of generosity.

We are your people God,

giving and loving,

wherever we are,

whatever it costs

For as long as it takes

wherever you call us.

New Mental Health Reflections published by the Church of England

A series of reflections on how to cope with anxiety and loneliness in the face of the coronavirus pandemic, including simple Christian meditation techniques and five tips, have been published by the Church of England.

A number of actions that could help people feeling isolated or worried, as well as those who grieve, are put forward in a new guide Supporting Good Mental Health and written by Durham University academic Revd Professor Chris Cook with Ruth Rice Director of the Christian mental health charity 'Renew Wellbeing'.

The booklet gives advice ranging from putting aside time to rest and eating and sleeping well, to using the phone and the internet to reach those who may be struggling on their own. Making a list of all the good things – and people – that you miss when you are on your own and thanking God for them, can be a way of helping cope with loneliness, the guide says.

Simple prayers can be said repeatedly as a means of helping to deal with stress, the booklet says, and lighting a candle, where safe, can be a helpful form of prayer for some people. Quotations from the Bible can be a useful aide to meditation and calming fears, including writing down and repeating short passages, it suggests.

A phrase such as Psalm 18:1 'The Lord is my rock, my fortress and my deliverer' could be chosen for each week and used as background for a mobile phone as a 'go to' thought when someone is anxious.

It also suggests repeating a simple phrase from the Psalms such as Psalm 4:8 'I will both lie down and sleep in peace; for you alone, O Lord, make me lie down in safety,' to help calm the mind before sleeping.

The Rt Revd James Newcome, Bishop of Carlisle and the Church of England's lead bishop on health and social care, said: "I welcome publication of these further resources. "For some time now the issues of loneliness and isolation have been identified as major problems within our society. The coronavirus pandemic will only create further challenges in this respect. So it is vital that we do all we can as a church to protect people's mental wellbeing.

"The reflections are beautifully presented and scripturally based, with the 'Have A Go' sections intentionally focussing on how people should be kind to themselves. That is so important at this time. My prayer is that as many people as possible are able to draw upon these new resources over the coming weeks and months."



“Though I walk through the valley...”

If we could meet together in church, as we would love to do in these dark days, to lift our spirits and reassure ourselves of God’s love, we might sing -

*“In heavenly love abiding, no change my heart shall fear;
and safe is such confiding, for nothing changes here.
The storm may roar without me, my heart may low be laid,
but God is round about me, and can I be dismayed?”*



Based on Psalm 23, this is the only one of Anna Letitia Waring’s hymns that is included in our hymn book, although she wrote many more. Her “Hymns and Meditations” ran to ten editions, contained 38 hymns, and is in print; her work was characterised by great sensitivity and devotion. She was born in Plas-y-Felin, in Glamorgan, in 1823, into a literary Quaker family, but was baptised into the Anglican church at the age of nineteen. She learnt to read Hebrew, to be able to study the Old Testament from the original sources; her poetry and hymn writing was “a pleasant diversion”.

Despite her shy, retiring nature, and literary bent, Anna’s faith expressed itself in her concern for people in need. She was a prison visitor, working with a local discharged prisoners aid society (forerunner of our modern NACRO), mainly in Horfield prison, Bristol. She also worked among the poor and disadvantaged. The suffering she witnessed affected her deeply, as she expressed in one of her hymns: “Who would not suffer pain like mine...” Anna Letitia Waring is one of a number of accomplished women who, constrained by Victorian values, lived restricted lives in obscurity, but have left us literary work of great beauty - like the hymn writer Frances Ridley Havergal, and the American poet, Emily Dickinson. Anna lived out her life of quiet service and died in Bristol in 1910, aged 87. One of her hymns was sung at her funeral:

*“Father, I know that all my life is portioned out for me,
And the changes that are sure to come, I do not fear to see...”*

Her words are based on Psalm 31, v15, “My times are in your hand...” As we walk through our valley of shadow today, she would join with us in the last words of that Psalm, “Be strong, and let your heart take courage, all you who wait for the Lord”.

Douglas Scarisbrick



Tearfund still working around the world

“As you would expect, Tearfund’s work will continue through our amazing network of wonderful and courageous Christian partners and churches around the world.”

So says Nigel Harris, CEO of Tearfund.

“We are doing all we can to follow Jesus where the need is greatest, bringing practical help and powerful hope to the most vulnerable people, just as we have been doing for over 50 years. We are asking for God’s protection and His wisdom to deal with this unprecedented global situation. We would greatly value your prayers in the months ahead.



“At a recent Tearfund Prayer Day, we received a prophetic word about the ship that leaves a safe harbour to go out into rough waters, with the promise that our Lord will be with us.

This feels very real as I write to you today. And it is a huge encouragement to me personally to have the reassurance that Jesus is Immanuel, God with us.

We have a God who loves and cares for us. He has told us, ‘Do not fear, for I am with you’ (Isaiah 41:10).

“I am daring to dream that this could be the opportunity in our generation for the Church to be known globally for its brave and compassionate response, putting the needs of others before our own, just as Jesus did. We know this is possible. We see acts of heroic love every day in the countries where we work.



“In the coming months, we may need to ask you again to dig deep to enable us to continue meeting the needs of the world’s poorest communities. Myself and my whole team at Tearfund will be digging deep into our own reserves of time, energy and resources to enable our vital work to continue.”

More at: www.tearfund.org

Reflected Faith: the Gathered Church



Doesn't the simple pleasure of going to church and exchanging the peace at Sunday worship seem long ago now? These days, we are not even allowed into our churches!

But we can take comfort when we think back to the Apostles who were commissioned to build God's Church. After the first Pentecost, what did they do? They didn't rush out and build church buildings. No! Rather the people gathered together, in their own homes.

Clearly, we can't physically 'gather' just now, but we have the technology to 'gather' together, both in real time and at a later time. And it is important to do so. There is something powerful when we pray together rather than alone. Try phoning

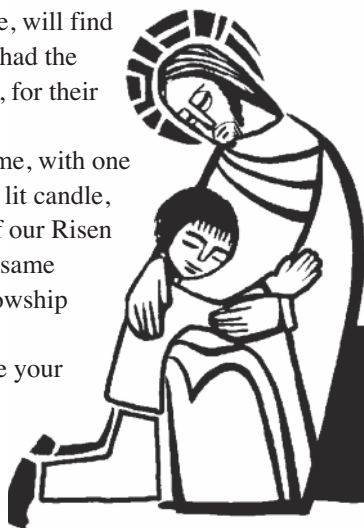
a friend with the same written prayer and saying it together. How does that feel?

Any different from saying it on your own?

So, THE Church, which is alive and well in you and me, will find new ways to be together. After all, the early Christians had the added complication of being persecuted, often to death, for their faith. And yet they persisted.

Perhaps we could each sit at our dining table at a set time, with one or two items before us, such as a small glass of wine, a lit candle, stones, and a cross. Indeed, anything that reminds us of our Risen Saviour. We could then 'share' this time in praying the same prayers and knowing that we are part of an eternal fellowship that is only temporarily divided.

This month: What will you use to reflect and encourage your faith? What items naturally around your home would bring others to your mind, help you to concentrate and allow your spirit to fly with the Holy Spirit? Who will you be connecting with to pray?



Loneliness

From one who is ill or isolated
O God, help me to trust you,
help me to know that you are with me,
help me to believe that nothing can separate me
from your love
revealed in Jesus Christ our Lord.

Amen.



Coping in the Storm



‘Jesus got up, rebuked the wind and said to the waves, ‘Quiet! Be still!’ Then the wind died down and it was completely calm.’ (Mark 4:39).

What started out for the disciples as a routine trip across the Sea of Galilee, ended up with a storm threatening to overwhelm their boat! Jesus was asleep in the boat, so little wonder they feared for their lives: *‘Teacher, don’t you care if we drown?’ (38).* Who would have thought two months ago that the world would be overwhelmed by the Coronavirus pandemic and our lives turned upside down! Self-isolating and self-distancing are now part of our daily vocabulary, as we live in an uncertain world. What does this story say to us in our circumstances?

Firstly, we read that Jesus calmed the storm: *‘He got up, rebuked the wind and said to the waves, ‘Quiet! Be still!’ (39).* He is the Lord of the storm and holds our circumstances in His hands. We are called to trust, not fear, being assured that He is with us to protect us. *‘Why are you so afraid? Do you still have no faith?’ (40).* Nothing is outside of His control.

Secondly, despite the calm, the disciples were still terrified: *‘They were terrified and asked each other, ‘Who is this? Even the wind and the waves obey Him!’ (41).* Like us, the disciples were asking why Jesus, who loved them, had allowed the storm to happen! Our circumstances provide us with an opportunity to understand more deeply who Jesus is. We can’t control Him and we don’t always understand His bigger plans for us and His world. We are called to overcome fear and insecurity, by living lives of peace, faith and hope. How contagious can we be for Jesus in a stormy world?

With Ascension and Pentecost in mind...from the Gelasian Sacramentary (c 500AD). This is the oldest official prayer book of the Western Church.

Ascension

O God, we give you thanks that your Son Jesus Christ, who has shared our earthly life, has now ascended to prepare our heavenly life. Grant that, through coming to know Him by faith on earth, we may come to know Him by sight in heaven.

Pentecost

We beseech you, O Lord, to ignite our souls with love, faith and hope by the fire of your Holy Spirit. And may the wind of your Spirit so inspire our minds, that we may proclaim your gospel to others in words which they can understand.

Severed from routine and obliged to fashion new habits

Imagine a world where everything familiar has gone, the capital city's most famous religious landmark has been destroyed, you have been transported to a foreign country, and have no idea when or if you will be permitted to go home. That's roughly what happened to the Jewish people in what is called the Babylonian Captivity more than 500 years BC. Jerusalem and its Temple had been obliterated.

In exile, the Jews weren't treated too badly, but they were bereft of the land they believed God had given them and where they felt Him to be present. When their captors, innocently, asked them to sing one of their religious songs, they bristled, "How can we sing the Lord's song in a strange land?" But their faith matured in the 70-year exile. Scribes consolidated the Scriptures, new kinds of congregations, called synagogues, sprang up where they could worship and teach the faith. Their somewhat provincial view of God actually got bigger – not only did they find Israel's God accessible in their foreign surroundings, but their prophets began to see that God was for all people. Here's part of Isaiah, Chapter 45

"Turn to me and be saved, all you ends of the earth; for I am God, and there is no other. By myself I have sworn, my mouth has uttered in all integrity a word that will not be revoked: Before me every knee will bow; by me every tongue will swear. They will say of me, 'In the Lord alone are deliverance and strength.'"

Finally, and after many of the original exiles had died, the Persians conquered Babylon, and gave the exiles the option to go home, which many did.

There must be a lesson here for many people round the world who, because of Covid-19, suddenly found themselves severed from routine and obliged to fashion new habits for an unspecified period. Regular worshippers were banished from their churches. The observance of Holy Week and Easter had to be in a makeshift fashion. Special events were cancelled.

At the same time, on the first Sunday of this 'exile' the Church of England attracted its largest 'congregation' ever. A recorded service led by the Archbishop of Canterbury, Justin Welby, is estimated to have been seen or heard by around five million people. Nearly 30 per cent of those watching online were under the age of 34.

It's too soon to say what the long-term impact will be. But while we cogitate on that, don't forget to send your usual weekly offering to the Church Treasurer!



VE Day – the end of World War II in Europe

VE Day (Victory in Europe) – was celebrated 75 years ago this month, on 8th May 1945, marking the end of World War II in Europe. It was marked with a public holiday. The previous day the formal act of military surrender had been signed by Germany, and celebrations broke out when the news was released. Big crowds gathered in London, impromptu parties were held throughout the country, and people danced and sang in the streets. King George VI and his family appeared on the balcony of Buckingham Palace, and Churchill made a speech to huge applause. The two princesses Elizabeth and Margaret mingled with the crowds outside.



Many went into churches to give thanks – and to pray for those still involved in the war in the Far East, because the real end of the war, Victory over Japan, would not happen until 15th August. At St Paul's Cathedral there were ten consecutive services giving thanks for peace, each attended by thousands of people.

The celebrations masked the fact that so many had lost family and friends, as well as possessions and homes. But for the moment normal social conventions broke down, strangers embraced, and love was in the air.

I was 15 in May 1945, when Britain celebrated VE Day. It was a noticeable moment. No more bombs, missiles and blitz – and the 'boys' would come home!

I have two very clear memories of the day itself. The first was the street party which took place in our road on a housing estate in North London. With official permission, the road was closed off, tables were set up, food and drink were served. We spent the afternoon in races and competitions. Dads, mums, teenagers and children then sang the wartime songs, and 'Jerusalem' and 'God save the King'.

The other memory is an image of a sailor kissing a young woman – surrounded by happy laughing people. This iconic photograph was in one of the papers the next day, then on camera newsfeeds and is in just about every journalistic library. Somehow it captures the mood of the day – freedom, warmth, the good things of everyday life.

VE Day did indeed mark a turning point, though not everything was going to be easy in the post-war years. But the hideous shadow of war had gone and 75 years later it has yet to return to these shores, thank God. *David Winter*

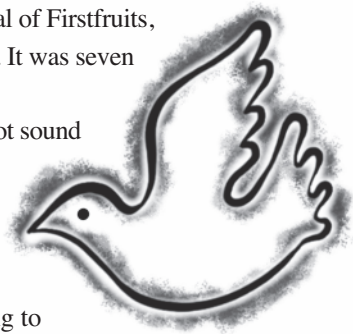


Day of Pentecost: Whit Sunday

Pentecost took place on the well-established Jewish festival of Firstfruits, which was observed at the beginning of the wheat harvest. It was seven weeks after Easter, or 50 days including Easter.

A feast day to celebrate the country's wheat harvest does not sound exactly world-changing, but that year, it became one of the most important days in world history. For Pentecost was the day that Jesus sent the Holy Spirit – the day the Church was born.

Jesus had told His disciples that something big was going to happen, and that they were to wait for it in Jerusalem, instead of returning to Galilee. Jesus had plans for His disciples, but He knew they could not do the work themselves. They would need His help.



And so, they waited in Jerusalem, praying together with His other followers, for many days. And then on that fateful morning there was suddenly the sound as of a mighty rushing wind. Tongues of flame flickered on their heads, and they began to praise God in many tongues, to the astonishment of those who heard them. The curse of Babel (Genesis 11: 1- 9) was dramatically reversed that morning. That morning the Holy Spirit came to indwell the disciples and followers of Jesus. The Church was born. The Christians were suddenly full of life and power, utterly different from their former fearful selves. The change in them was permanent.

Peter gave the first ever sermon of the Christian Church that morning, proclaiming Jesus was the Messiah. His boldness in the face of possible death was in marked contrast to the man who had denied Jesus 50 days before. And 3,000 people responded, were converted, and were baptised. How's that for fast church growth!

Of course, Pentecost was not the first time the Holy Spirit had acted in this world. All through the Old Testament there are accounts of how God's Spirit guided people and strengthened them. But now, because of Christ's death and resurrection, He could INDWELL them. From now on, every Christian could have the confidence that Jesus was with them constantly, through the indwelling of His Holy Spirit.



Life in quarantine

Full marks to Jamie Oliver for his Channel 4 series, 'Keep Cooking and Carry On'. He showed us how to make tasty meals with basic ingredients and a minimum of fuss.

The pandemic prompted other encouraging responses.

One mother in the 'at risk' category said her adult children thought she was immortal until now. Now they ring her every day to see how she's getting on. An elderly

clergyman had offers to shop from two new neighbours whom he hardly knew. The whole nation stopped taking the National Health Service for granted and started showing gratitude. Telephone, television,

the internet and email prevented many from going stir-crazy. Some even tried the cryptic crossword, though newcomers should be warned it takes years to learn its secrets!

The isolation was tough for many. Isolated families had to get used to each other's company and foibles for long periods, away from the park or beach. Couples were parted from each other by distance or illness. Those living alone were cut off from visitors and communal activities. Churchgoers missed Holy Communion at Easter for the first time. That should help us identify with millions of Christians across the world who have to pray in secret because their neighbours would persecute them if they did so publicly.



Alone-ness, rather than loneliness, can be productive. Albert Einstein valued time alone, when he could "go for long walks on the beach so that I can listen to what is going on inside my head." Isaac Newton's greatest discoveries began when he escaped the effects of the bubonic plague, by returning home to the family farm in Lincolnshire. He had time to observe what was going on around him and, yes, that did include watching the famous apple fall.

When the bubonic plague was at its peak, the Reformer Martin Luther wrote: "I shall ask God mercifully to protect us. Then I shall fumigate, help purify the air, administer medicine and take it. I shall avoid places and persons where my presence is not needed in order not to become

contaminated and thus perchance inflict and pollute others and so cause their death as a result of my negligence. If God should wish to take me, He will surely find me and I have done what He has expected of me, and so I am not responsible for either my own death or the death of others."



Easter egg donations break records

This Spring a record breaking 3,000 Real Easter Eggs were bought and donated to food banks through a usually 'quiet' online scheme. The 'Donate an egg to a food bank scheme' is run by the Meaningful Chocolate Company which, for the past ten years, has been making The Real Easter Egg.

David Marshall CEO said: "What is moving is that people were donating their purchase to someone they will never meet or hear from, but they trust that the Easter story, which come with each egg, will make a difference and the chocolate egg give a treat. One customer told us she had a legacy from her father and wanted to use some of it to send a pallet of eggs to those in need.



"Ten years ago, churches and schools helped us create The Real Easter Egg, with its copy of the Easter story in the box, and its support of Fairtrade chocolate and charitable causes. There can be no more fitting a tribute than for us to continue to support, share and give to those in need."

Take exercise and lower depression!

Here is some good news for us all: if you are feeling low, get moving. A recent study at Harvard has found that even just half an hour of exercise a day can lower the risk of depression by 17% So – even though we are told to stay home at present, do a work-out in your living room, run around the garden a dozen times, or run up and down your staircase 20 times -anything to get your heart pounding and your body moving!

Dieting at home

One good thing about staying at home is that you cannot be tempted by food that you see in restaurants, bakeries or the shops. This may be a good time to lose that weight you've been trying to shift for years. One good way of doing it seems to be the 5:2 diet. A recent study has found that a strict fasting regime, which cuts calorie intake to around a quarter of regular consumption on two days of the week, works very well. Another diet, the Mediterranean diet, is regarded as a bit healthier, as it also helps improve blood pressure and glucose levels.





“Ne'er cast a clout till May be out”

Many of us who grew up with this old saying assumed it referred to the month of May when the sun was warming the day enabling us to leave off the winter vest and heavy coat.

We were wrong. This 18th Century saying is about May flowers, the lovely Hawthorn blossom that appears in the hedgerows in Spring.

There is no sign of bright blossom in the hedges of Cheadle Hulme at the time of writing and the low temperatures mean the shedding of “a clout” must wait a few weeks more. We can, nevertheless, have complete confidence that it will happen and “all shall be well”. We can rely on Nature.

The mediaeval mystic Dame Julian of Norwich whose life and writings are celebrated in May on the Anglican calendar assured

Christians that “all manner of thing shall be well”.

Today, her gentle theology attracts pilgrims from all over the world to the shrine in Norwich.

Julian's book “Revelations of Divine Love” reveals the God of her visions, a Creator who is parental, father and mother, ever loving, and ever forgiving of humankind. It is in God's providence that each person is cherished and therefore forgiven before even asking for forgiveness.

Such Christian optimism is as reassuring as the sure knowledge that whatever the cold conditions today, the hedgerows will soon display their glorious May flowers in abundance.

Gay Saunders



The wisdom of afternoon tea

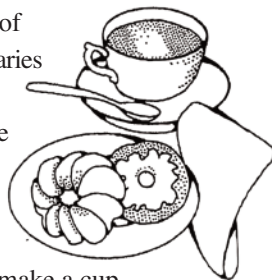


My wife and I were at one time missionaries with the Overseas Missionary Fellowship. We joined them in 1975 after a period of training at their headquarters in London. While we were there, we met the

hostess of the Mission Home, a matronly lady who had herself served overseas.

She was a formidable person, but with a soft heart, and a depth of wisdom. I remember her offering to our group of would-be missionaries this piece of sage advice: “The missionaries who stay the longest on the field are those who have their afternoon tea.” It struck me then as being very profound, and it is a life rule that I have followed ever since, with great benefits.

This practice of course is typically British, but valuable none the less. For us, a cup of tea is the answer to everything. “Let’s make a cup of tea,” we say in any crisis. It soothes and refreshes and helps us get things in perspective. Somehow things seem much brighter when you have had a cuppa, especially if shared with friends or colleagues.



But there is more to the custom of afternoon tea. This little ritual gives us permission to stop in the midst of a busy day and rest a while. It enables us to make contact with others, and to step back from whatever is filling our mind at the time. And over time, these little oases are the way we care for our souls as well as our bodies. We read that Jesus, when He was tired, sat down by the well at Sychar (John 4:6). He gave Himself permission to stop and have a break. I like to think on that basis He would heartily approve of afternoon tea.



In one sense, Pentecost can never happen again. In another sense, it may always be happening, since we live in the age of the Spirit. *Arthur Skevington Wood*

The Spirit-filled life is not a special, deluxe edition of Christianity. It is part and parcel of the total plan of God for His people. *A W Tozer*

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Florence Nightingale

Florence Nightingale was born 200 years ago, on 12th May 1820. Best known as the Lady with the Lamp who saved many lives in the hospitals of the Crimean War, she was also a social reformer, a statistician and the founder of modern nursing.

She was named after the Italian city of her birth, but the family moved back to England the following year, and she was brought up in Derbyshire. Here – and elsewhere – she had several experiences that she believed were calls from God to devote her life to the service of others.

She never married, but among her several close friends was Sidney Herbert, who became Secretary of War and helped to make her work in the Crimea possible. Some claim that she reduced the death rate in hospitals there from 42% to 2%. She introduced hand-washing and other hygiene improvements, but she never claimed personal credit for reducing the death rate.

Her work inspired nurses in the American Civil War, and in 1883 she became the first recipient of the Royal Red Cross. In 1907, she was the first woman to be awarded the Order of Merit. She died in 1910. Her image appeared on the reverse of £10 banknotes issued by the Bank of England from 1975 until 1994.

It is a fitting tribute to her that the emergency hospital just opened at the ExCel Centre in London is called the NHS Nightingale Hospital.

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ALL SAINTS CRAFT GROUP

The Craft Group meets on the 2nd and 4th Wednesdays at 2.30pm in the Church Meeting Room. We learn new skills and practise old ones. Tea/coffee, biscuits and good company are always on offer. **Please join us when meetings begin again.** All are welcome. For further details please contact Frances Pickett on 0161 439 8890.



All Saints' Website and Facebook

 Keep up to date with news and events on the All Saints' website. Find out about our charity work, community groups and listen to recent sermons.



Please contact Sarah Ball on: comms@allsaintsheadleholme.org.uk with any stories and updates.

Find All Saints' on Facebook at: <https://www.facebook.com/AllSaintsCH/> and "Like" us to get notifications about our news and events.



Church Open

**Saturday Coffee Mornings have been postponed
for the immediate future.**



MEN'S SOCIETY

Monthly meetings on the first Thursday, September to May, at 7.30pm in the Meeting Room (unless otherwise stated). After the talk there is a short question and answer session followed by tea, coffee and biscuits.

Due to the implementation of measures to combat the Coronavirus pandemic all meetings have been cancelled. Further details will be posted when available.

Although this group is attended by men, if you are interested in hearing any of the speakers you will be most welcome to come along.

Chairman: Bradley Torbitt (0161 486 9387)

Secretary: Mike Parry (0161 485 7886)

Josephine Butler

social reformer for women

Josephine Butler is the ‘saint’ for anyone who believes in social justice.

This remarkable 19th century clergyman’s wife became a renowned campaigner for women’s rights and for putting a halt to human trafficking.

Josephine was born in Northumberland in 1828, the daughter of a wealthy family of liberal politics and committed Christian faith. They had already been deeply involved in the abolition of slavery and the extension of the franchise. Such notions of equality instilled into Josephine a passionate desire to combat social injustice.



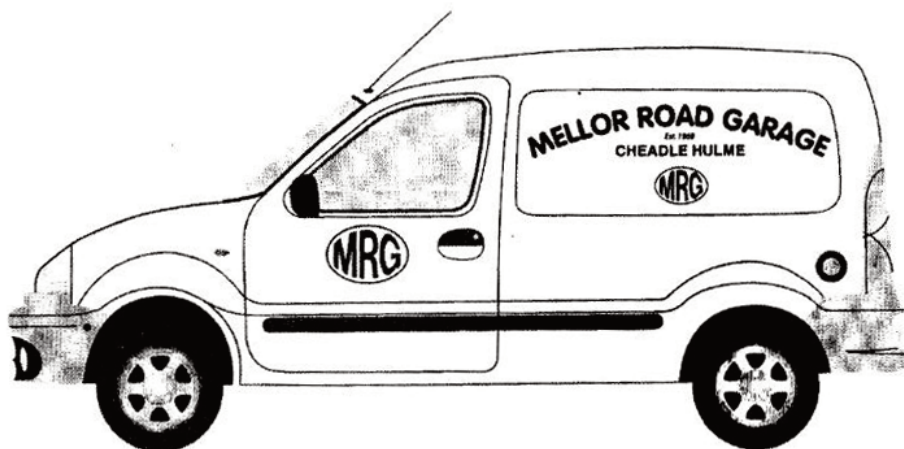
In 1852 Josephine married George Butler, the son of the Headmaster of Harrow, who shared her views. George was ordained in 1854 and they moved first to Oxford and then to Cheltenham. In 1863 tragedy struck when their daughter Eva fell to her death.

Josephine’s grief found expression a few years later, when in 1865 George had become Headmaster of Liverpool College, and the couple were settling in Liverpool. Josephine was horrified at the lives of destitute women in Liverpool, and so she founded a ‘home’ to care for them, as well as a hostel to train them for suitable work. In 1869 she agreed to head a campaign against the Contagious Diseases Act of 1866, and by 1871 she had addressed a Royal Commission, explaining how this Act brutalised these women, already trapped in the slavery of prostitution. She got the Act rescinded.

By 1882, when George had become a Residentiary Canon of Winchester Cathedral, Josephine had not only founded a refuge for recovering prostitutes in Winchester, but she had also begun to fight sex trafficking across the world. This included freeing British girls from Belgian brothels. By 1885 Josephine had exposed the white slave trade in London, and had got Parliament to increase the age of consent for girls from 13 to 16, and to penalise those engaged in the transport of women for profit.

In 1890 George died, but Josephine continued her work until she moved upon retirement back to Northumberland, where she died in 1906.

All in all, Josephine Butler’s deep Christian compassion transformed the lives of many tens of thousands of suffering women. She has been described as one of the most important early members of the feminist movement.



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Psalm 34

Amid the current coronavirus pandemic, we all live with fear and uncertainty. How do we deal with fear? 'I sought the Lord, and He answered me; He delivered me from all my fears.' (Ps 34:4). In this psalm, David expresses real fears. He was on the run from Saul, who was trying to murder him! Yet David points to three simple habits that help overcome fear.

Praising God always: 'I will extol the Lord at all times; His praise will always be on my lips. (1). It was David's pattern of life to praise God daily, whatever his circumstances. He was acknowledging God's lordship over his life. Praise affirms that my circumstances are in His hands and He is with me in all that I am going through.

Seeking God continually: 'This poor man called, and the Lord heard him; He saved him out of all his troubles.' (6). David looked to God, who released him from all his fears. It's easy for our fears to overwhelm us and rob us of the assurance that God loves us and wants the best for us. When we seek God, He hears us and responds, as He is not powerless to act.

Finding refuge in God: 'Taste and see that the Lord is good; blessed is the one who takes refuge in Him.' (8). David's personal invitation is to taste and see that God is good.

Our fears often tell us that the opposite is true for us. Fear tells us that God cannot be trusted and that He will abandon us. We can make God our secure refuge and not be afraid. This psalm helps us to see fear from a totally different perspective: 'Fear the Lord, you His holy people, for those who fear Him lack nothing.' (9).

Parental excuses

These are actual 'excuse notes' from parents excusing their children from missing school (includes original spelling):

My son is under a doctor's care and should not take P.E. today. Please execute him.

Please excuse Lisa for being absent. She was sick and I had her shot.

Dear School: Please excuse John being absent on Jan. 28, 29, 30, 31, 32, and also 33.

Please excuse Roland from P.E. He fell out of a tree and misplaced his hip.

John has been absent because he had two teeth taken out of his face.

Carl was absent yesterday because he'd played football. He was hurt in the growing part.

Megan could not come to school today because she has been bothered by very close veins.

Chris will not be in school cos he has an acre in his side.

Please excuse Harry Friday from school. He has very loose vowels.

Please excuse Will for being absent yesterday. He had diarrhea and his boots leak.

Joel was absent yesterday because he missed his bust.

Please excuse Kieren for being. It was his father's fault.

Sally won't be in school a week from Friday. We have to attend her funeral.

Please excuse James for being absent yesterday. He had a cold and could not breed well.



*Our church warden is not letting
people into the church just now*



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Parish Calendar and Registers

MAY 2020

SUNDAY SERVICES

- 8.00am Holy Communion
(2nd in month)
- 10.00am The Parish Communion.
We welcome children and encourage them to bring their parents. There is a supervised creche in Church for the under 5's.
On the second Sunday of each month this will be our Family Communion and Parade Service. We serve coffee in Church after the service - please come and join us.
- 6.30pm Evensong.

WEEKDAY SERVICES

Holy Communion:

Thursdays at 10.00am

Holy Days as announced

Matins: Mondays, Wednesdays,
Thursdays and Fridays at 9.00am

See the weekly news sheet for further details.

ALTAR FLOWER ROTA MAY 2020

- 3rd Mr D. Heywood and family
10th Mrs S. Barratt and family
17th -
21st ASCENSION DAY
24th Mr A. Smith
31st WHITSUNDAY

If you wish to discuss any aspect of church flowers including wedding flowers please contact Frances Pickett (0161 439 8890)

BAPTISMS

We welcome into the family of the Church:

Mar 8 Matthew Scott, Gabrielle Scott

CONFIRMATION

Mar 1 Garry Kurovski
(at St Mary's Cheadle)

CHRISTIAN FUNERALS

We give thanks for the lives of the following:

Jan 20 Joan Holmes

Caring for the sick

For hospital staff and medical researchers

Gracious God, give skill, sympathy and resilience to all who are caring for the sick, and your wisdom to those searching for a cure. Strengthen them with your Spirit, that through their work many will be restored to health; through Jesus Christ our Lord. Amen.

Loneliness

From one who is ill or isolated

O God, help me to trust you, help me to know that you are with me, help me to believe that nothing can separate me from your love revealed in Jesus Christ our Lord. Amen.

We're keeping our Coronavirus updates page on the All Saints website as current as possible. Keep checking there and on the All Saints Facebook page for further news.

If you know anyone who needs shopping; prayers or simply a conversation please call Rev Janet on 0161 312 4683 or our Churchwardens Janet Ashman 0161 485 7969 and John Ackerley 0161 486 1419.



Christian Stewardship

The Parish practises the principles of Christian Stewardship in its giving for the work of God. If you are interested to learn more about it please contact the Recorder, Kate Hughes (485 1010), the Vicar or the Churchwardens. The giving of time and talents is encouraged, If you wish to help in some capacity in the Church services or organisations, in improving or maintaining the Church fabric or grounds, or in visiting and helping the sick or housebound, please speak to the Clergy or the Churchwardens.



All Saints Cheadle Hulme

PARISH DIRECTORY

Clergy: *The Rev'd Janet Bacon, All Saints Vicarage, 27 Church Road SK8 7JL (485 3455)
The Rev'd Janet Owens (Retired) (312 4683)

Readers: Mrs Pat Yates (485 4546)
*Mr Michael Aiers (439 7692)

Church Wardens: *Mrs Janet Ashman (485 7969)
*Mr John Ackerley (486 1419)

Deputy Wardens: *Mrs Julia Ball (440 8647)
*Ms Sarah Ball (07966 146746)

Organist: *Miss Trevlyn Thomas (485 8026)

Sacristan: *Mrs Janet Valentine (439 8203)

P.C.C. Vice Chairman and Treasurer: *Mr Jeremy Valentine (439 8203)

P.C.C. Secretary: *Mrs Linda Ackerley (486 1419)

Planned Giving and Gift Aid Secretary: *Mrs Kate Hughes (485 1010)

Mainly Music Co-ordinator and Child Protection Officer: *Mrs Clare Russell (486 9304)

Church Room Bookings: Mr Neville Ashman (485 7969)

Parish Rooms Bookings: Ms Joanna Parsons, Parish Room Cottage, Church Road, SK8 7JB
(485 2596)

Electoral Roll Officer: Dr David Jones (01625 850997)

Parish Magazine Editor: Mr Rhys Davenport (485 6772) Email: seed.design@mail.com

Website and Social Media: *Ms Sarah Ball Email: comms@allsaintscheadlehulme.org.uk

Parish Magazine Secretary and Treasurer:
Mrs Chris Spencer (485 8282)

Deanery Synod Representatives: *Mrs Julia Ball (440 8647)
*Miss Irene Walton (439 6096)

P.C.C. Members are marked* Other members

Mesdames: L. Bacon, M. Epps, C. Jones, L. Karuku, F. Pickett, S. Stone