

June 2022
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SAINTS ALIVE



ALL SAINTS

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

Our Regular Weekly Services

At the moment these are, until further notice: Sunday at 10.00am Parish Communion. At 6.30pm Choral Evensong on the 2nd Sunday of each month and Said Evensong on the 4th Sunday. On Wednesdays the church is open for private prayer at 12.00 noon, followed by Holy Communion at 12.30pm, after which everyone is welcome to stay for a chat and to share a bring-your-own-lunch. Arrangements for baptisms, banns and weddings, confession and spiritual counselling is by arrangement with the Clergy. We understand that for many this is still a difficult period. If you would like prayers or simply a conversation please contact me: Rev Sarah on 0161 485 3455, or email: @allsaintsheadleholme.org.uk. Alternatively, call one of our wonderful Churchwardens, John Ackerley 0161 486 1419 and Janet Ashman on 0161 485 7969.



The Pouring Spirit
Wisnu Sasongko
(Indonesian, 1975–)
Painted 2012.

“People from different backgrounds came together in a spiritual union where I felt God's presence and was filled with the joy and peace that surpass human understanding.”

Wisnu Sasongko

BAPTISMS

We welcome into the family of the Church:
May 1 Aoife Redmond, Joseph and Katie Brierley
May 8 Fearn Sharrock
May 22 Joshua Perkins

CHRISTIAN FUNERALS

We give thanks for the lives of the following:
May 12 Jeanne Birchenhall

VICAR'S LETTER

Dear Friends,

This month the nation gathers to celebrate the Platinum Jubilee of the Queen's accession to the throne. Flags will be waved, people will eat an extraordinary amount of trifle and cake, and we will at some point over the weekend sing the national anthem more than we ever have! But during this weekend of celebration, we remember also that it is Pentecost, the festival in the church where we remember that the Holy Spirit descended from heaven and came like a strong wind and tongues of fire and rested on each of the disciples, and that for generations those who follow Jesus will be filled with the Holy Spirit.

As we approach these celebrations, I am reminded of the quiet faith our Queen has, who chose, on her coronation day, to receive Communion underneath a covering, so that it could be as private as possible in the great Westminster Abbey. She recognised that the task she was about to undertake would only be possible with the help of God, that remembering the death and resurrection of Christ in the bread and the wine, she comes not as the Queen before God, but a servant of God. This powerful image of our Queen quietly receiving the same thing that we each week receive too, reminds me that when it comes to meeting with God, God sees us all as equal.

When we celebrate Pentecost and give thanks for the service of our Queen this quote from herself comes to mind: "For me, the life of Jesus Christ, the Prince of Peace, whose birth we celebrate today, is an inspiration and an anchor in my life. A role model of reconciliation and forgiveness, he stretched out his hands in love, acceptance, and healing." The reason we know that Jesus is the Prince of Peace or know that Jesus is our Anchor is because the Holy Spirit reminds us of this truth. The Holy Spirit that came down in a powerful way in the book of Acts, now whispers these truths to us, Jesus is our Prince of Peace and does indeed "stretch out his hands in love, acceptance, and healing."

As part of our celebrations this weekend, we have our church service for Pentecost on Sunday 5 June, 10am and afterwards our Jubilee Community Party, 12pm – 3pm in the Parish Rooms, with Tea and Coffee, Cake Stall, Tombola, Raffle, Glitter Tattoos, Eye Sparkles and much more. All are Welcome to come and join in!

May God bless you,

Revd Sarah Hancock

**COPY DEADLINE FOR JULY - JUNE 12TH
ALL COPY TO THE EDITOR PLEASE**

Starving in the shadow of Ukraine

The huge outpouring of support for Ukraine is now eclipsing other crises around the world, which in turn is threatening millions with starvation. So warns a number of charities and other humanitarian organisations. The United Nations reports that the situation in Somalia, where 4.5million people are at risk of starvation owing to the worst drought in a decade, is now deteriorating quickly. Somalia urgently needs some £1.1billion in aid, of which only three per cent has been secured. As one spokesman at the UN explains, “The outlook for Somalia was already grim prior to the outbreak of the Ukraine crisis, but we were then overshadowed by the crisis in Tigray, Yemen, and then Afghanistan. Now, Ukraine seems to suck all the oxygen that is in the room.”



The international director of Tearfund, Veena O’Sullivan, said: “While the eyes of the world have been fixed on Ukraine, other horrors have been taking place.”

These range from a “hunger crisis of massive proportions” in the Horn of Africa, which includes Somalia, and the ongoing violence and famine in the Tigray region of Ethiopia, as well as humanitarian crises in Afghanistan,

Yemen and Syria. The director of CAFOD, Christine Allen, said: “It is right that we support a response to the humanitarian crisis in Ukraine, in whatever way we can, but this cannot be at the expense of vital funds meant for tackling the root causes of global poverty.”

The international development agency, Christian Aid, will spend £8m on vital supplies over the next six months to help the Ukrainian people.

The money comes from donations to DEC, the Disasters Emergency Committee, that has raised more than £300m for Ukraine.

That’s around £3 on average donated by every person in the UK.

Through its local partners, Christian Aid has already provided medical supplies, first aid kits, baby incubators as well as food and shelter for refugees in Ukraine and Hungary.



Meanwhile, church leaders in Africa have warned that the war is already affecting their food security, as 40% of Ukraine’s wheat and maize is exported to the Middle East and Africa. The poorest are the most affected, as market prices rise.

Archbishop calls for the Government to work with faith groups to achieve net zero carbon

The Archbishop of Canterbury, Justin Welby, has called on the Government to work with faith groups to achieve net zero carbon. Speaking recently in the House of Lords during a debate on Behaviour Change for Net Zero, he said:

“My Lords, like the Government, the Church of England has targets for reaching net-zero carbon, in our case by 2030. Churches across the Anglican Communion are deeply affected by climate change. We are working right across the Communion on this question. Will the Minister set out the plans that the Government have to work further with faith communities, which have unique distribution and contacts, from the grass roots to the highest level, both nationally and internationally, and will he commend the work that they are already doing?”



Prayer for Climate Change

You spoke into the silence. Light suffusing darkness.

You spoke into the silence. Blowing clean life giving air into the space

You spoke into the silence. Warmth and cold infusing the air

You spoke into the silence. Solid ground formed out of gushing water.

You spoke voice carrying over the sound. People, plants and animals came to life.

You spoke each creation balanced against the next so life would be abundant and sustainable.

You saw everything you had made and declared it to be very good.

You spoke choosing to give us humans stewardship over all that You had made.

We speak and act. Darkness of pollution limits light levels and damages the air we breathe.

We speak and act. Ground poisoned, burnt, stripped bare.

We speak and act. Spoiling, limiting, destroying quality of life and life itself.

We speak and act. Without hearing Your call over the noise of the world to be good stewards.

You speak. You create. You want us to be stewards of Your creation.

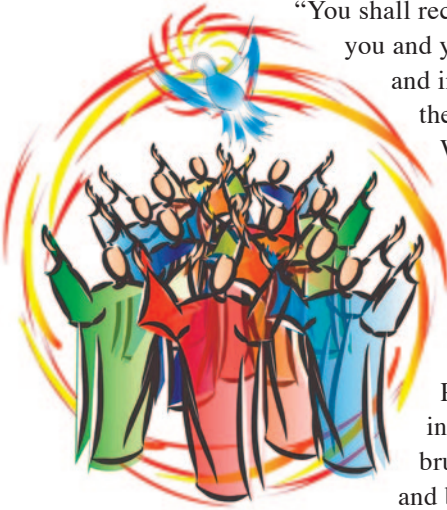
We come to You to re-learn how to care for the earth and people you have made.

Katrina Rowland



The Fire of Pentecost

“You shall receive power when the Holy Spirit comes upon you and you will be witnesses to me in Jerusalem, and in all Judea and Samaria and to the ends of the earth” (Acts 1:8)



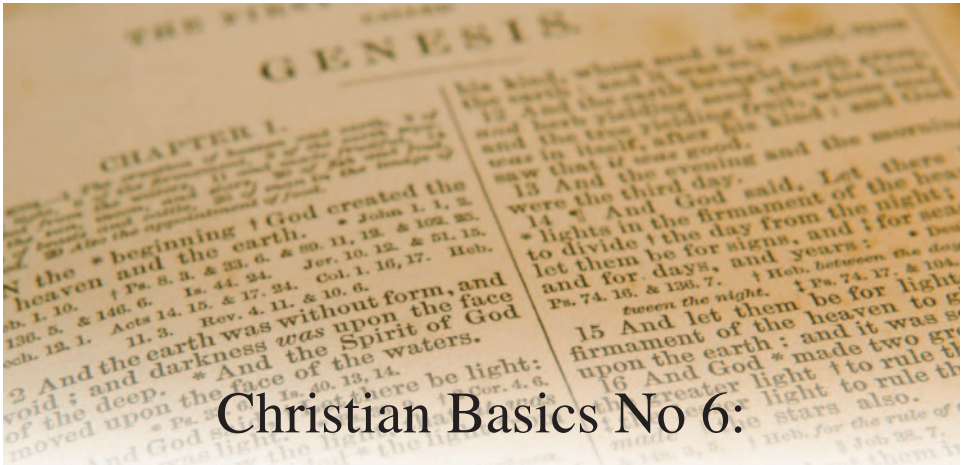
We all get tired and battle weary sometimes. The disciples of Jesus had just been through a three-year long roller coaster adventure with Jesus that had culminated in His death, resurrection and ascension into heaven. The range of emotions would have been hugely taxing in the days leading up to Pentecost, as they remembered Jesus weeping in the garden of Gethsemane, betrayed by Judas, brutally beaten and crucified, and then dead and buried. Then there had been the shock and

awe of finding out that He was alive again! But then He had left them again, to return to His Father. By the time the day of Pentecost arrived, the disciples would indeed have welcomed some fresh spiritual fire!

For us today, many of us have felt emotionally drained with the uncertainties caused by Covid 19, the worry of prices rising at an alarming rate, and now the pain and uncertainty of what will happen in the war in Ukraine.

So, what better day to pray for fresh spiritual fire for each of us? As we celebrate the outpouring of the Holy Spirit and birth of the Church, let us thank God that He will never leave us or forsake us.





Christian Basics No 6: What Does the Holy Spirit Do? (Pt 1)

As we celebrate Pentecost this month, it's appropriate to ask the question: what does the Holy Spirit do in our lives? Everybody who has committed their life to Christ possesses the Holy Spirit, 'if anyone does not have the Spirit of Christ, he does not belong to Christ.' (Romans 8:9). It is the Spirit who brings us new birth into the family of God.

The Spirit assures us of God's love and acceptance, despite our fears, doubts or failures. As adopted children we can address God as our father: "God sent the Spirit of his Son into our hearts, the Spirit who calls out, 'Abba, Father.'" (Galatians 4: 6). By using the same word used by Jesus, we can grow in intimacy with our Father and pray to Him, especially when we struggle to find the right words.

The Holy Spirit is committed to producing a family likeness in those who follow Christ. This Jesus likeness enables us to live as Jesus would in our place, ie: work, family, time, interests etc. Paul describes this as the fruit of the Spirit: 'love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.' (Galatians 5:22,23). He talks about fruit not fruits! We can't pick and choose, as they come as a total package to be developed over a lifetime!

The Spirit is committed to producing new desires for God: reading the Bible and praying, forgiving others, meeting with other Christians and sharing our faith. He will also give us the motivation to overcome wrong habits, attitudes or lifestyle in our lives.

"Let the church return to Pentecost, and Pentecost will return to her. The Spirit of God cannot take possession of believers beyond their capacity of receiving Him."

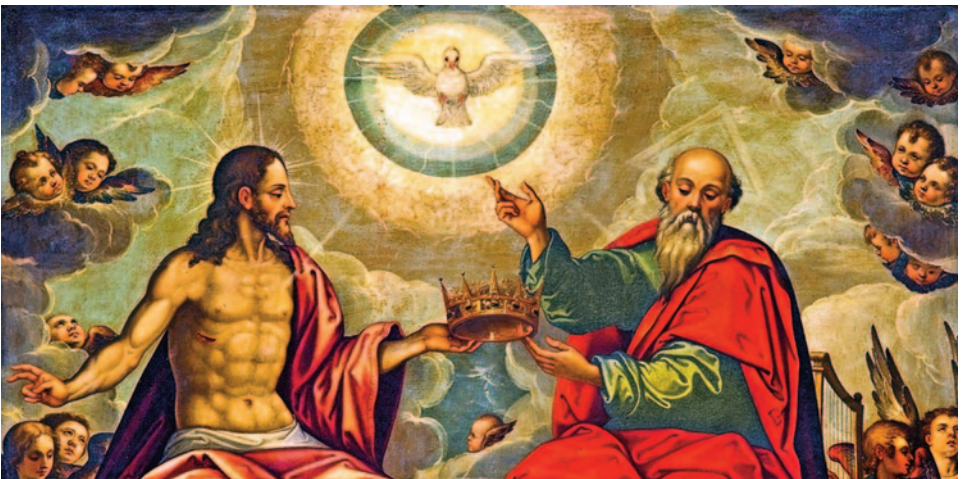
(Andrew Murray)

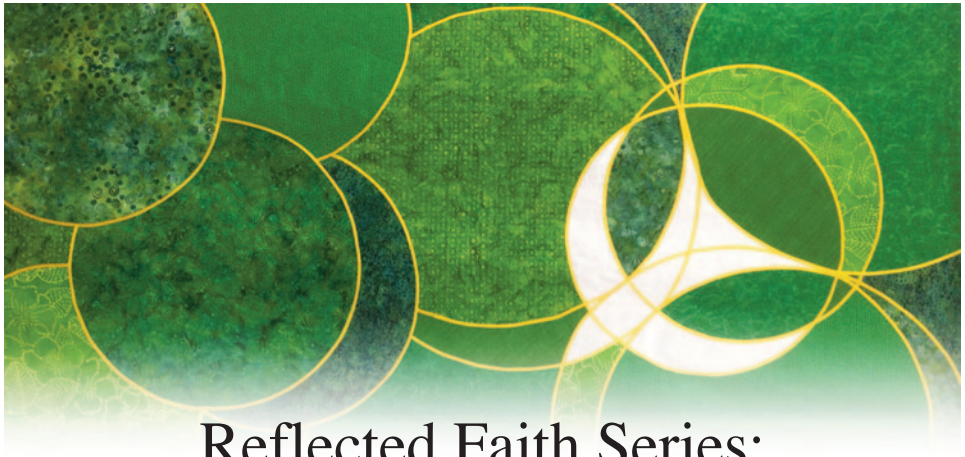


Without the Trinity, there is no Christianity

The Trinity is easier to say than to explain. Christians believe in one God, made up of three equal Persons. It is fundamental to the Nicene Creed, which sets out the definitive doctrine of the Trinity for more than two billion Christians worldwide, including all Roman Catholics, Eastern Orthodox, Anglicans, Lutherans, Presbyterians and Reformed Christians.

The theologian Ian Paul, writing on the Book of Revelation, points out that chapter five has a wonderful depiction of the Trinity in action. He writes: "...another figure appears in the drama, the lion who looks like a lamb. Here is the one who fulfils the hopes of God's people Israel, as the promised anointed Davidic king who was to come. Here is one who is fierce and powerful enough to conquer their enemies, and tear them apart. "And yet when John sees Him, He is like a weak and vulnerable lamb who has been slaughtered, just as the Passover lamb eaten by the people, the suffering servant who was 'wounded for our transgressions' and the lamb offered as an atoning sacrifice. He is the one who was slain, but now stands, and shares the throne with God, and with Him sends the Spirit to enact His will on earth. Here we have the most explicit (and perhaps the most complex) Trinitarian statement in the whole New Testament."





Reflected Faith Series: The Meaning of Colours (Part Two)

Last month we looked at the changing of colours in the church's vestments and altar cloths during March, April and May this year. This month of June sees them changing again, but this time for around 20 weeks.

We start the month still in the season of Easter; strictly speaking, in the time after the Ascension. The first Sunday in June is the feast of Pentecost. This was and remains a Jewish Festival. At the time of Jesus, it was a joyful celebration of the first fruits of the Harvest, which was why all the apostles were gathered together in Jerusalem, as was expected of all Jewish men.

As they gathered following Jesus' Ascension, the Holy Spirit came upon them. This is what Christians celebrate at Pentecost, and therefore the colour is red. The following day the colour changes to green, and remains green until the 30th of October, the Feast of All Saints' which will be white.

This gives us approximately 20 weeks of 'green' with the occasional day in between of white or red to celebrate an apostle, saint or a specific feast day. So the question is 'Why?' Why so long?

This time is often referred to as 'Ordinary' time. So what is 'ordinary' about it? I don't know about your life but mine tends to go along fairly steady with just the odd up or down time. Most of my days are 'ordinary'.

In church lectionary terms this period of 'X Sunday after Pentecost' follows one main gospel's teachings and miracles of Jesus. It's almost like He gathers us together for a summer school and takes us up a mountainside and teaches us there. It's a time for leaning and growth.

Like the green grass feeds the animals, this month spend some time just looking at a patch of grass or the leaves on trees from a distance. See the different shades and hues and when you next hear the gospel reading imagine sitting under those trees on that grass with Jesus Himself.

Scripture translations complete for 10% of the world's population in 2021



Bible Societies across the world completed Scripture translations in 90 languages last year used by 794 million people – just over 10% of the world's population.

Despite a second year of disruption caused by Covid, 48 language groups – a total of 11 million people – received first Scripture translations, meaning that they were not previously available in those languages.

New or revised translations were completed in languages used by 783 million people. These provide Scripture access to language communities whose needs are no longer met by previous translations.

Meanwhile, work is progressing well on the translation of Scriptures in countries such as Burkina Faso, Eritrea, Eswatini, Gabon, Mali, Nigeria, The Gambia and Togo.

Thanks to the efforts of Bible Societies and other Bible translation agencies, at the start of 2022 the full Bible is available in 719 languages, spoken by 5.8 billion people.

Around 70 per cent of these were translated by Bible Societies. Yet, more than half of the world's languages, used by 219 million people, still have NO Scripture translations at all. And 1.5 billion people do not have the full Bible in their heart language.

Bible Society hopes to complete 1,200 Scripture translations by 2038. Of those, 880 will be first translations, and another 320 are new or revised translations.



*The Lord's love and protection are never so far,
That he cannot reach us wherever we are.
His arm outstretched like an eagle's wing,
Ever hovering with the love and care he brings.
Enlightened by his strength and comforting power,
We may rest and be assured every day, every hour.*

Teresa C. Hawes



Prayer cards for comfort and hope

More than a million free prayer cards are being delivered to cathedrals and churches of all denominations to help people find comfort and hope.

The cards, which will be available for visitors in cathedrals and other churches, are designed to help people discover prayer – whether to express grief, loneliness, fear or worry, or to simply say thank you. They are among resources produced by the Explore Project, an initiative shaped by people’s experience of the pandemic. More details at: www.englishcathedrals.co.uk/latest-news/prayer-cards-for-comfort-and-hope/

Churches embark on historic friendship journey

The General Assembly of the Church of Scotland has been invited to welcome an historic Declaration of Friendship with the Catholic Church in Scotland that offers ‘a decisive and irrevocable statement of our friendship with one another, based on our shared faith in Christ.’

The culmination of more than 100 years of ecumenical relationship building between the two Churches, the Declaration of Friendship was presented to the General Assembly on Monday, 23rd May. It had already been approved by the Bishops Conference of the Catholic Church in Scotland.

The declaration says: “We recognise each other as brothers and sisters in Christ, and we wish to express our friendship and respect for one another as fellow Christians. Since the World Missionary Conference (Edinburgh, 1910), and the Second Vatican Council (1962-1965) much has been done ecumenically to repair what was broken and to restore mutual respect and friendship. A great deal has been achieved spiritually, practically and affectively, through joint prayer among our parishes, various joint commissions, and the growing knowledge and appreciation of each other as Christian friends and fellow pilgrims.”



500,000 children's books on faithfulness distributed for Platinum Jubilee



Up to half a million story books are being given to primary school-aged children for Her Majesty the Queen's Platinum Jubilee by the Church of England and Thy Kingdom Come, the Archbishops of Canterbury and York's global prayer movement. The book, 'Queen CJ and the Bouncy Castle', is the latest development from the Cheeky Pandas, a children's online cartoon series. The free storybook, based on the theme of faithfulness, helps children understand the faithfulness of God – in honour of Her Majesty the Queen's 70 years of faithful service.

The book is part of plans for this year's Thy Kingdom Come, a global ecumenical prayer movement initiated by the Archbishops of Canterbury and York, which unites Christians in nearly 90% of countries worldwide to pray for evangelisation from Ascension to Pentecost. It is also an official Church of England schools resource for the Queen's Platinum Jubilee.

Alongside the book, similar in size to Mr Men and Little Miss books, there will be a brand new five-part online TV series of the Cheeky Pandas, based on the Fruit of the Spirit and inspired by the Bible.

More details at: www.cheekypandas.com/product/queen-cj-and-the-bouncy-castle/

Is your home welcoming to swifts?

These boomerang-shaped little birds have recently been added to the list of endangered birds because they have a severe housing crisis: modern homes do not have nooks and crannies for them to nest in. Swifts are in serious decline: they have faced a 58% drop in their numbers since 1995.

Because modern homes are less likely to have spaces between bricks and in the eaves, the RSPB is now pushing for special 'swift bricks', that contain small tunnels and nesting space, to be installed in new-build homes.





Spirit of God

(Gen 1:2,2 Tim 3:16, Mk 1:8, Acts 2)

Dancing with the Father
And the Son

In beginning the beginning,
You were there
Spirit of God,
Breath of life,
Creator.

Revealing words and wisdom
To prophets and apostles,
To scribes and editors,
You were there
In discernment,
Spirit of God,
Inspirer.

Filling with life and power,
With truth and courage,
Overwhelming with love and praise,
You were there
At Pentecost,
Spirit of God,
Enabler.

Longing to come,
To dance, to reveal,
To fill, to overwhelm,
To create and inspire and enable,
Spirit of God,
You are here in fullness.
Baptise us.



Come Holy Ghost

Come, Holy Ghost, our souls inspire
And lighten with celestial fire;
Thou the anointing Spirit art,
Who dost Thy sevenfold gifts impart.

Thy blessed unction from above
Is comfort, life, and fire of love;
Enable with perpetual light
The dullness of our blinded sight.

Anoint and cheer our soiled face
With the abundance of Thy grace;
Keep far our foes; give peace at home:
Where thou art guide no ill can come.

Teach us to know the Father, Son,
And Thee of both, to be but One,
That through the ages all along
This may be our endless song,

Praise to Thine eternal merit,
Father, Son and Holy Spirit.

*Anonymous prayer, 9th century,
translated by John Cosin*



Retreats: Offering a sign at life's crossroads

Acknowledging rites of passage is a patchy affair. While birth, marriage, death, and others, such as graduation, have ceremonies attached to them, many times of personal transition happen under the radar, leaving individuals to figure out their next steps on their own. But retreat houses are increasingly stepping in, and offering themed retreats to support participants as they explore retirement, later-life vocations, relationship breakdown, or career crossroads.

The executive director of the Retreat Association, Alison MacTier, says that retreat houses continually evolve to meet guests' changing needs, highlighting retreats around gender and Covid as recent trends. "They definitely deal with modern issues, and 20 years ago they would have dealt with whatever was more prevalent then."

The retreat leader Amy Boucher Pye, who trained as a spiritual director last year, reflects that the transition into parenthood may be the life stage when it is hardest to get away for a supportive retreat. "When my two children were young, it was years before I was able to go away on my own."

The manager of Penhurst Retreat Centre, in Battle, East Sussex, Joanna Legg-Bagg, confirms that solitary retreats remain a potent way to navigate life changes. "One of our most popular streams is individually guided retreats. They are generally in silence, offering the opportunity for people to come and spend time with a lot of processing time built into each day." For those who have retired, diaries dominated by school runs and sports practice may be a distant memory, but the emotional and practical challenges when employment ends are immense, and it can be useful to reflect on these on retreat. Penhurst's Running the Race: Preparing for Retirement retreat is aimed at missionaries who have served overseas, and those involved in full-time Christian ministry in the UK who are preparing for retirement.

For missionaries, the return to the UK can be traumatic. Anne de Reybekill, who co-leads the retreat with Evan Winter, says that it is hard to replicate the intensity of overseas relationships, where co-workers are like extended family. This feeling of displacement can be further compounded by the lack of a settled UK base.

Building relationships with a new church can also cause trepidation, as someone with decades of overseas or UK ministry experience does not want to overwhelm their new vicar or parishioners. Mr Evan advises a softly-softly approach for re-entry into church life: "Don't start throwing out your ideas on day one."

Running the Race retreatants are spiritually and emotionally mature; so, Mr Winter says, the group functions with a minimum of ground rules, mainly to do with recounting experiences: participants are urged to tell only what they are comfortable with, and couples should not tell the group anything that they have not told each other first. Additional spiritual support can be sought from the retreat centre. *(Continued on page 13)*

Individually guided retreats are a popular offering at St Beuno's Jesuit Spirituality Centre in North Wales. The director of St Beuno's, Ruth Holgate, says that retreatants spend 23 hours each day "with God", and 40 minutes with a spiritual director. Additional spiritual direction is possible, but the emphasis will be on how to spend the day to discern what path they should take in their life.

St Beuno's also runs a Change of Direction retreat every summer, and has launched Navigating Your Life With God which allows participants to learn the tools of discernment that are useful both in day-to-day life and at times of change. For men aged 30-55 sensing a change of direction, St Beuno's hosts a Discernment Weekend for Older Men.

All retreats at St Beuno's begin with settling in and clearing the ground ready for Ignatian spiritual exercises that support making big decisions. "The insights of Ignatian spirituality, and particularly around discernment of spirits, help people to notice what's going on in them," says Ms Holgate, "so they can make a freer decision. Part of the process is that freeing up from things that are getting in the way, and then handing it over to God and asking for confirmation that this seems to be: 'I've got this decision that I'm leaning towards. And is that the one I want enough?'"

The Ignatian perception of movements and counter movements are experienced more intensely on retreats, away from the distraction and noise of everyday life, Ms Holgate says. Crossroads retreats, run by a leadership development coach, Chris Blakeley, were founded 20 years ago to meet the needs of those facing change or upheaval and who need time to reflect, but who don't have the means to undertake corporate-development courses. "There are certain times when life poses big questions," Mr Blakeley says. "We call them 'threshold questions'. And those are the times when you need to access spiritual wellness, as well as the practical decision making, in a held space."

For that reason, Crossroads retreats take place at different Christian retreat houses, including the Royal Foundation of St Katharine, in London. "We run the retreats in monasteries or retreat centres where there's a live-in praying community: a place that's held by prayer seems to have a powerful impact, because people are immediately much more open and much more willing to go to interior places that surprise themselves." Groupwork is another hallmark of a Crossroads retreat, and plays a far greater part than in more traditional, non-themed retreats. Mr Blakeley suggests that participants respond more easily to messages from within the group than from the course director, since it feels less official and more authentic. "There's something about being in a retreat with a bunch of strangers who have no stake in your life; they reflect each other back very cleanly. So, the group process, the creation of a mini-community for the time they're on the retreat, is an important part of the process."

Mr Blakeley also offers regular sessions to help people navigate their life more intentionally, including an annual "refresher". He speaks of "self-remembering", which he describes as "staying true to yourself in the day to day.

"Figuring out the meaning of your life is the easy part. The harder part is actually staying on the path."

When slavery became illegal

It was 250 years ago, on 22nd June 1772, that the Court of King's Bench ruled that slavery was illegal in England and Wales. It remained legal in British Overseas Territories and colonies until 1833.

In the 1772 case of *Somerset v Stewart*, William Murray, Lord Chief Justice Mansfield, made a very specific ruling that it was illegal for a particular slave, James Somerset, to be transported back to Virginia, where he had been bought by his master, Charles Stewart.

Somerset had been baptised in England the previous year, and his godparents obtained a writ of habeas corpus to prevent his kidnapping and transportation, and the judge ruled, rather reluctantly in view of its possible implications, that such forcible transportation was illegal.

This was not of itself a declaration that slavery in Great Britain was illegal, but it was reported as such in the press, both here and abroad, and widely celebrated by those of African descent, as well as many others. However, it was not generally enforced, even in the narrower sense.

The legal status of African slaves in Britain and its colonies in fact remained unclear until the early 19th century. The Abolition of the Slave Trade Act in 1807 made the slave trade illegal; and in August 1833 the passing of the Slavery Abolition Act meant that almost all black men, women and children held as slaves in the British Empire – around 800,000 people in all – were given their freedom.

Peace to the End

*The peace of God to dwell with you,
The peace of Christ to dwell with you,
The peace of Spirit dwell with you,
And peace dwell with your children too,
From the day we have here to-day
To the last day of your life's way,
Till come the day that ends your way.*

From Poems of the Western Highlanders



The healing powers of gardens

All, or at least most, of us know it: being in a garden, or a natural green space, makes us feel better. I go regularly to my favourite green spaces, habitually seeking something that makes me feel “more me”. Even if I can’t get outside, the memory of a warm summer’s day in my childhood garden, the bees buzzing drunkenly by while the breeze shifted the leaves in the copper beech, is sometimes enough to lift my mood and heal my soul.

But is there anything behind this common human experience? Do gardens really heal? First, an emotional experience in a garden should not be dismissed lightly. The chemist and philosopher of science Michael Polanyi writes that humans are not merely outside observers of the universe, but part of it. If we wish to understand the physical world, there is true knowledge to be found in our experiences of being here. Another philosopher, Fiona Ellis, has written recently that it is indeed in the “ambiguities of human experience” that knowledge seeking should begin.

The modern medical health-care system can trace its roots back to the monastic communities of the Middle Ages, many of which built gardens to treat the ill. For the monks, enclosed gardens were as important for the healing of the patients as the properties of the plants they grew there. Modern hospital and hospice architecture today often uses natural spaces and gardens that follow medieval designs.

Over the past 40 years, there has been a growing body of evidence regarding the healing effects of nature at a psychological and physiological level. The idea of a “therapeutic landscape” was first coined by medical geographers, who recognised places that had a reputation for facilitating healing in body, mind, or spirit. Studies have shown that it is at the neurological level that gardens can promote healing. For example, when people are stressed and distracted as a result of some aspect of modern life, gardens bring about positive changes by shifting their mind into a more meditative mode of thinking.

Research into recovery times has shown that looking out of a window at a natural scene helped patients to recuperate more quickly than an artificial environment.

And if people can actually get their hands dirty, the healing benefits increase: recent work has linked gardening and an improvement in health — particularly in patients with dementia or displaying symptoms of post-traumatic stress disorder.

Research linking healing and gardens is focused not just on the psychological benefits. A long-term study in Japan of the physical effects of “forest bathing”, i.e. spending time near trees, found that this practice had a measurable impact on the immune system, linked to the inhalation of chemicals released naturally by the trees.

The evidence supporting the psychological and physiological impact of gardens and gardening is growing. Not only is this a satisfying metaphor: it gives a firm foundation for the Church Times Green Health Awards.

Churches lie at the heart of communities around the country. Their churchyards and green spaces have the potential to become a myriad of garden oases, able to make a tangible difference to the health of the congregations and the communities that they seek to serve.

The Revd Dr Gillian Straine is director of the Guild of Health and St Raphael






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Prayer for 2022

Heavenly Father,

Thank you for the beauty of the world you created, so evident in this lovely month of June.

We bring before you, in prayer, those events going on in the world which are so difficult to understand. We pray for all your children who are suffering in any way, especially those affected by war. Please, Lord, comfort them, assure them of your presence – and deliver them from evil.

May we appreciate each day which you have made. Help us to rejoice and be glad in the gift of each new day – and to trust you for all our tomorrows, knowing that in you alone is our security. In Jesus' name. Amen

Daphne Kitching



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Andrew M. Fryer B.Sc. (Hons) M.Ch.S S.R.Ch

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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)

Father's Day

Fans of the popular Star Wars films were surprised when Darth Vader said to Luke Skywalker "I am your father." This unexpected disclosure paved the way for future surprises in the episodes that followed.

Many times, Jesus surprised His hearers with parables that had unexpected twists and turns. No doubt He astonished the disciples when He first called God 'Father' and went on to instruct them to pray saying "Our Father in heaven..."

No one had called God 'Father' before!

Shortly before His arrest, trial and crucifixion, Jesus talked to His disciples about God the Father. He said: "In my Father's house are many rooms." This prompted Philip to ask: "Show us the Father, that is all we need." Jesus replied: "Whoever has seen Me has seen the Father."

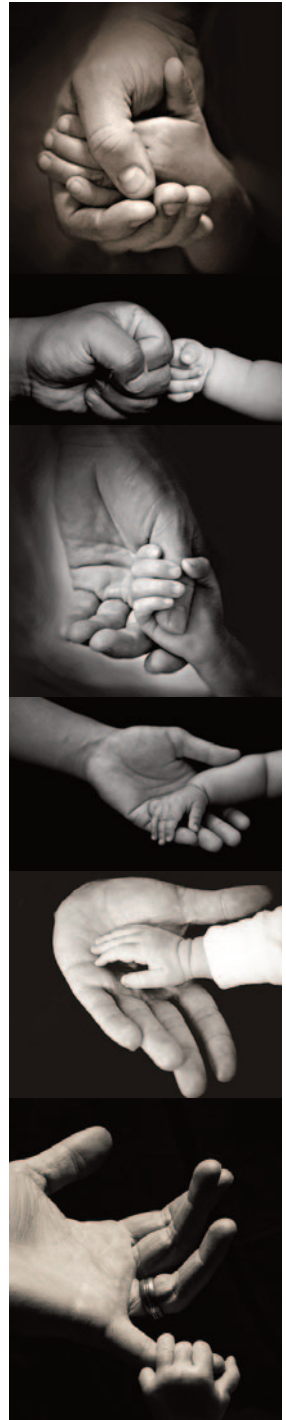
Jesus knew this concept would be hard to grasp and so had to frequently speak about God as His Father. For three years the disciples had listened to profound teaching and witnessed miracles. They knew Jesus was different, but as His ministry drew to a close they were learning more about the special relationship that God had with Jesus.

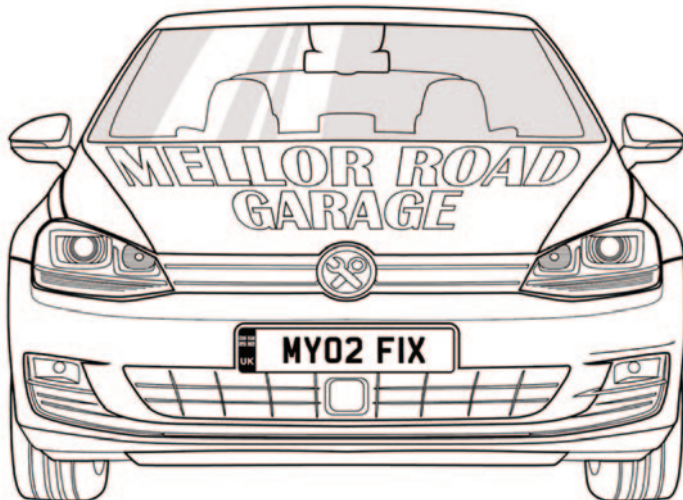
On 19th June it will be Father's Day. This is an occasion to remember the role our dads are playing now or have played in our lives. Hopefully, we have good memories and recall times of loving care they showed to us.

Unfortunately, some people do not know their fathers, or they have been absent for long periods or may be neglectful, deceitful, or abusive. Sadly, some children and adults would rather not remember their fathers, having suffered some trauma or family breakdown. It is good to know that God is not like this. Jesus came to reveal God as our Heavenly Father, who is loving, compassionate, merciful, forgiving, and caring. God is the model father who knows what is good for us and wants the best for us.

So, Father's Day can be a reminder that we are God's children, and that we can possess the blessings He has kept for us.

In the story of our lives God has revealed Himself in a surprising way. He says to each one of us 'I am your Father'. Now that is something to celebrate!





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Contact: Michelle Statham, Parish Rooms Supervisor

Telephone: 07871 435747



Child poverty strategy needed now “more than ever”

A cross-party strategy is urgently needed to tackle rising levels of child poverty in the UK. So says a new report by the Church of England.

The report brought together the views of 14 organisations, church leaders and grassroots groups. It has called for cross-departmental approach in Whitehall, and formal structures for driving forward this work.



The report argues that any effective child poverty strategy should have agreed measures and specific targets for reducing poverty. There was widespread support for a number of measures, including extended school and extra-curricular activities for school age children and increasing housing support for low-income families in rented housing. Paul Butler, the Bishop of Durham, who speaks for the Church of England in the House of Lords on child poverty, said:

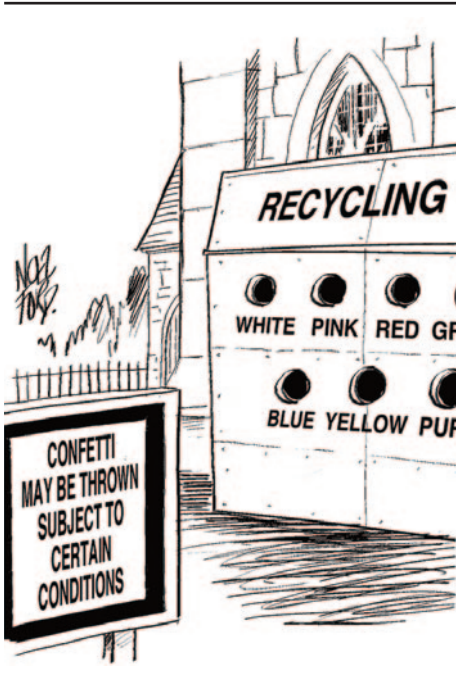
“The cost-of-living crisis is upon us. It’s crucial that we listen to the organisations who are responding to child poverty across the country, and we urge the Government to recognise the overwhelming consensus that this report presents.”

A prayer for children



*Loving God,
your Son told his disciples
to become like little children.
Lead us to work for the welfare
and protection of all young people.
May we respect their dignity
that they may flourish in life,
following the example of the same
Jesus Christ our Lord. Amen.*





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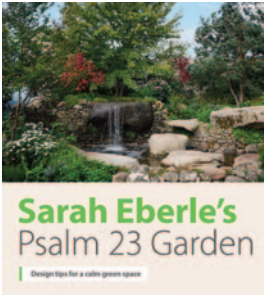
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Good Reads



Sarah Eberle's Psalm 23 Garden: design tips for a calm green space

By various authors, Bible Society, £6.50

A full-colour book showcasing the splendid Psalm 23 Garden, designed by Sarah Eberle for Bible Society's entry into last year's RHS Chelsea Flower Show.

Sarah Eberle had previously won 17 gold medals at Chelsea and Hampton Court Flower Shows, and her Psalm 23 Garden won another gold medal as well as awards for Best Sanctuary

Garden and Best Construction Award. Psalm 23 is a beloved psalm in the Bible, invoking images of rest and refreshment. The first two verses of Psalm 23 are:

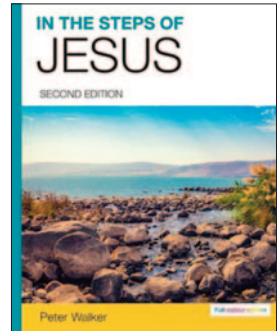
The Lord is my shepherd; I shall not want. He makes me lie down in green pastures. He leads me beside still waters. He restores my soul.

In the Steps of Jesus (2nd full-colour edition)

By the Rev Peter Walker, Lion Hudson, £20.00

Following the timeline of Jesus' life and ministry, Peter Walker takes us from Bethlehem to Nazareth to the desert as we follow Jesus on His final journey from Galilee to Jerusalem.

In each chapter particular attention is given to what Jesus did in that location, and to the authenticity of archaeological and recorded evidence of later pilgrims and historians. The book is richly illustrated, using maps, timelines, and feature boxes to highlight important themes.

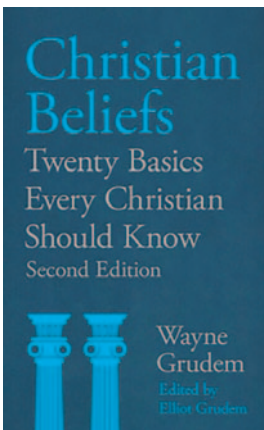


Christian Beliefs (2nd Edn) – Twenty Basics Every Christian Should Know

By Wayne Grudem, IVP, £14.99

There are key teachings of the Bible that every Christian should know. Whether you're a relatively new believer in Jesus or a mature Christian looking for a better understanding of basics of the faith, *Christian Beliefs* is for you.

This simple and clear guide to twenty basic Christian beliefs includes material on: the Bible and its authority for our lives; the characteristics of God; the importance of prayer; angels and heaven; what it means to be created in the image of God; what God has done for us in Christ; the purpose of the Church; and what will happen when Christ returns.





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 Sarah Hancock, 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: Michelle Statham, Parish Rooms Supervisor (07871 435747)

Email: parishrooms@allsaintsheadlehulme.org.uk

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@allsaintsheadlehulme.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