## Parish of Stockport and Brinnington

St Mary
Stockport Parish Church

**St Thomas** 

St Luke



August 2021

#### Welcome to our parish news sheet.

Restrictions very much lifted how are you feeling at the moment? —happy, relieved that we have more freedom to make our own decisions or still concerned or a little anxious and wanting to exercise caution before resuming "normal living" or casting off the face mask. I think it is very much a mix of the two and what we are comfortable in doing. Restrictions lifted we as a parish are still promoting that cautious approach and aim to encourage all our visitors to continue to wear masks, use hand sanitizer and observe social distancing.

So what of August in the Parish of Stockport and Brinnington - well we will look towards reopening further at all venues. The process very much started when we hosted the Stockport Prayer Breakfast recently, held our first Baptism in a long time, and welcomed the Bishop of Chester to St Mary's for a special service of ordination for our Curate Marie. All were under strict Covid restrictions under the rules that applied at the time. We're not rushing into anything too quickly so opening our café and hospitality area at St Mary's will have to wait a little longer as will welcoming back Stockport Heritage Centre volunteers, except they will return and join us during August on a Saturday morning between 10.30am and 12.00 noon when we hope to see children and families visit our St Mary's LEGO model as part of the Stockport Landmark Summer Challenge.

As "Foodie Friday" returns to Stockport Old Town - street food, craft ales and live entertainment all located in and around the Market Place—so we intend to open St Mary's once again between 6.30pm—8.30pm on that last Friday of the month.

St Andrew's will start to welcome back evening hirers from August onwards, starting with "Stockport RC Drifters" on a Friday night. In case you're not sure what S.R.C.D. is all about "RC drifting" is considered as one of the most famous and popular growing areas of remote control car "driving" or whatever the correct terminology is —members have some very impressive vehicles - of the Radio Controlled variety—and "race" using a specially built track (having protected our floor with carpet first) taking over most the space available in the large hall. It's all quite exciting and we welcome club members back to their home venue.

The Stockport Evangelical Church never left us and continued to hold Sunday worship when allowed to do so -they have worked with us throughout the pandemic and kindly took over cleaning duties for us. Sincerely thanks to Paul Jennings for undertaking this task and for all the other little jobs he does for us at our Hall Street Activities will be opening up at St Thomas' Church in the weeks ahead — we have already seen some private hire usage and "inhouse" singing starting again - a joy to choir and congregation alike. St Luke's Thursday group like other activities elsewhere hopefully to start again in September. And with a little bit of luck and good management—St Mary's will launch the new "HOST" café. It all depends on how things go—Covid hasn't gone away unfortunately.

We'll still some "Covid-proofing" to do, deep cleaning to arrange and various other preparations to be planned and implemented during the next few weeks. We will advertise any amendments and changes to opening times as and when we are able. As ever, keep an eye on our websites and facebook pages.

#### **Landmarks of Stockport Summer Challenge**



We are pleased to have been included in the "Landmarks of Stockport Summer Challenge" inviting all children of Stockport accompanied as appropriate of course) to take part in a

two mile walking challenge over the summer holidays and to visit some of Stockport's iconic landmarks—and that includes St Mary's.

LEGO models have been made by the Pure Innovations "LEGO" team of all the buildings/structures included on the walk. It is all quite exciting for all concerned. AND there will be TWO competitions for children to enter too—closing date 6th September.

The models will go on a schools tour during the academic year 2021/22 with some project work with local schools —see related leaflets/posters / web-sites etc. for further details.

Log on at: https//

www.pureinnovations.co.uk/2021/07/take-the-landmarks-of-stockport-summer-challenge/

&

www.onestockport.co.uk/2021/07/win-a-lego -model-of-a-stockport-landmark-in-the-stockport-summer-challenge

The Challenge is a trail devised by One Stockport and the SHAPES Alliance. They joined forces with Pure Brick Studio for this FREE, fun, summer holidays activity, highlighting iconic landmarks of our home town. It is aimed at children but the trail and models are a treat for all ages.

**Anyone can join in.** All you need is the summer trail map



If you wish to take the challenge with your children or grand children (or on your own) here are the places to visit on the tour:

- St Mary's Church: inside.
- The Plaza: inside.
- Air Raid Shelter: main entrance
- The Town Hall: in the Windmill Café next door
- Staircase House: in the window
- Stockport Market: within the market
- Viaduct and The Hat Works: at One Stockport Hub in Mersey Square
- Edgeley Park at Stockport County shop

Note that opening hours may vary. All are free to view.

### **Visiting our premises**

We ask that anyone symptomatic of Covid-19 does NOT attend but stays at home and follows government guidelines on obtaining an appropriate test. Even if no symptoms if at all possible—we recommend the use of the free home tests before visiting us or attending Services/events.

At least initially we will continue to collect names and contact details for Track & Trace purposes or ask people to use the QR code when entering the building for Services/ activities.

We encourage mask-wearing—but leave it to each person's discretion whether they wear one or not.

Congregation/visitor use of hand sanitiser would also be appreciated.

Our seating will remain socially distanced a little longer. Singing is now allowed, but again, each person is free to choose whether to sing or not. There will be no after Service refreshments—yet.

Holy Communion Services— we will continue to receive in one-kind.

#### **Stockport Prayer Breakfast**



It was by ticket only with strict Covid checks and compliances in place, but St Mary's has been able to host the "Stockport Prayer Breakfast"

With our kitchen and café closed breakfast itself was a little different this year with "breakfast bags" brought in ready prepared. Our guests were "fed and watered" with left-overs (everything factory packed) given to the Wellspring.

A note from Lynne on the day: if you missed reading it on our facebook page:

...It was a privilege to host the Prayer Breakfast for Christian leaders from churches and faith groups across Stockport, at St Mary's this morning.

The Breakfast was being held physically for the first time since November 2019 and gave over forty local leaders the opportunity to gather and pray for the past, present and future, with a vision that we might come together as Christians and 'join in with God', acting as his agents of transformation and healing in our communities.

Thank you to all who came along, especially the Mayor, Cllr Adrian Nottingham and his Chaplain, Revd Mike Newman; and sincere thanks to Mike, Kevin and team and all involved with Renew, for their support in organising and bringing the Prayer Breakfast together. Huge thanks too to Revd Marie, Jane, Catriona and Sheila for their roles in lead-



The Ordination of Revd Marie Flint to the Priesthood by Rt Revd Mark Tanner, Bishop of Chester.

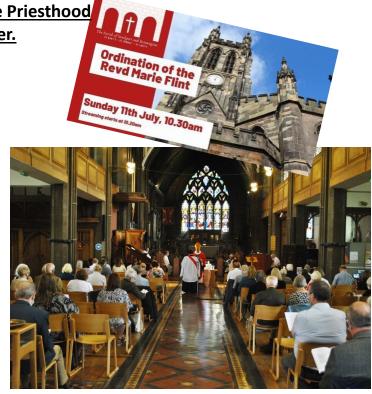
Very many congratulations to Marie on her ordination to the priesthood.

If you were with us in church or watching online you will have witnessed a very special and joyful service conducted by Bishop Mark at St Mary's on the 11th July.

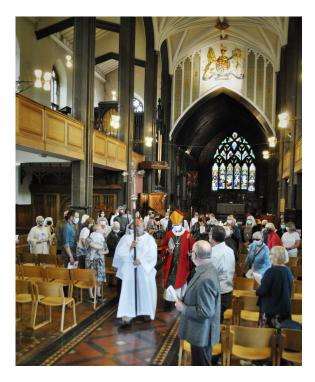
Like with many things these days Covid played a part in preventing Marie from attending the ordination service held at Chester Cathedral, but however disappointing for her at the time it all turned out well in the end and a day to remember.











#### On Holiday with Jesus—

Canon Paul Hardingham considers our need to take a rest.

August is the month when schools are off and many of us go on holiday. This year will be very different, with many opting for a 'staycation'! The good news is that Jesus offers us a true rest:

'Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.' (Matthew 11: 28-29). Are you feeling tired or burdened and in need of a holiday? Jesus invites you to spend it with Him!

The Invitation: Our holiday destination is Jesus Himself: 'Come to me, all you who are weary and burdened.' We can come just as we are, with all the burdens and sadness we carry from the last 18 months. Jesus doesn't offer a 'quick fix' to deal with our issues; He simply offers Himself!

The Promise: Jesus promises us the gift of refreshing, sustaining and everlasting rest. When we go on holiday, we usually look forward to doing very little and yet this is not the kind of rest Jesus offers. His rest involves taking up His yoke and learning from Him! A yoke was the wooden collar that ran across the shoulders of a pair of oxen to enable them to work the fields. Jesus says: 'My yokes fit well. They do not rub your neck and shoulders. Come to Me and get yoked to Me. Make an act of loyal obedience and trust in Me. And you will find a deep peace and satisfaction that you could never find anywhere else. I have come for you!'

What's so amazing about this holiday is that you can get rest by simply staying at home!



#### The Slide

As I watch
She climbs the steps steadily,
Holding the handrail,
Her two-year-old feet following each other
Rhymically, unhesitatingly
To the platform at the top
Where she sits down
And freezes.
Holding tight to the sides,
Knees up, feet flat
She judders down a little way
Then looks up.
Her eyes meet my smile, my outstretched arms —
And she takes her hands off the edge of the slide,
Shooting forward with a squeal of delight,

Lord, I have climbed so steadily,
I have come so far, in my own strength,
Holding on, holding back,
Sometimes freezing.
But I am Your child,
Today I will lift my eyes
And meet Your smile, Your outstretched arms,
I will lift my juddering feet —
And take my hands off the edge of the slide
Released to ride, by Your Spirit,
Into the freedom of Your will,
Trusting the Love I know.

Trusting the love she knows.

By Daphne Kitching



If you go down to the sea today, beware!

The popular summer pastime of paddling our feet along the shoreline has become risky, due to a rise in venomous stinging fish along the British coast.



The weever fish (sting fish) may be only six inches long, but the venomous spines along its dorsal fin can inject fast-

acting poison into your foot if you step on it, causing immense pain.

Sue Hickson-Marsay, from a life-boat charity off East Yorkshire, says: "The fish has been an absolute nightmare this summer. Just where the shoreline is, as the waves are going out, the fish lie just under the sand. So, if you are then paddling in the water, you could easily step on one. Then the spiny part of the fish goes straight into your foot. We've had lots of casualties, so people need to wear shoes if they're going paddling."



The best treatment is placing the affected area in a bowl of hot water FIRST AID for 10-15 minutes, replacing the hot water as it cools. This needs to be as

hot as the casualty can stand, without scalding them - think of a very hot but bearable bath as a guide. AND you might want to think "café" as a source of hot water if you haven't got your picnic stove with you. Once the pain has subsided, remove any remaining spines from the injury with tweezers. Continue the hot water treatment to help reduce discomfort caused by swelling. If there are any longer-lasting, or more serious symptoms or pain is spreading through the body, seek medical advice.

Also found in UK waters— and best avoided— Jellyfish, Portuguese man of war, Sea urchins and Stingrays



## The Revd Dr Jo White considers our need for quiet and space.

In England, hopefully by the time you read this, all the lock-down and social isolation measures will have been relaxed. Church buildings and services will be 'back to normal'. Working folk will be back in their workplaces, and all will be well with us all.

I live in hope – but I am well aware that the reality will probably be different. It's the difference between a switch that turns the light fully on or fully off and a dimmer switch that allows the brightness to increase or decrease slowly. All of us will need time to 'rest' before we get our mojo and energy levels back up again. This last 16 months or so have been hectic and traumatic for everyone in different ways. That's why coming into the quietness and space of a church building can be so uplifting.

Listen out for / read the opening This month: words of the service. Most often they will be the following or very similar: 'The Lord be with you'. And the congregation replies, 'And also with you'. It's a simple acknowledgement that we have come together with the same intention - to meet with God. And that He is with us. With all of us. We are encircled by His love and grace.

Just pause for a moment and drink in those words and the huge meaning contained in those short phrases. God is not just here for some of us, but for all of us. We are not only with those we can see, but with God Himself. How amazing is that! May those words enable you to stand up straighter again and give you strength for the days ahead.

#### It was:

250 years ago, on 15<sup>th</sup> August 1771, that Sir Walter Scott, Scottish historical novelist, poet, and playwright was born. His best-known works include *Ivanhoe* and *Rob Roy*.

Also 250 years ago, on 7<sup>th</sup> August 1771, that the first recorded ascent of Ben Nevis was made. Scottish botanist James Robertson ascended Ben Nevis, the highest mountain in the British Isles. Nowadays, 100,000 people per year make the ascent.

125 years ago, on 17<sup>th</sup> August 1896, that the death of the first person killed in a motor accident in the UK took place. Bridget Driscoll was crossing a road in the grounds of London's Crystal Palace when she was hit by a car giving demonstration rides. By way of contrast, Brake.org.uk report that nowadays, an average of five people a day die on UK roads.

90 years ago, on 19<sup>th</sup> August 1931, that the Yangtze River and Huai River floods peaked in China. It was one of the worst natural disasters of the 20<sup>th</sup> century; up to four million people died, and the floods lasted from July to November.

80 years ago, on 15<sup>th</sup> August 1941, that the German spy Josef Jakobs became the last person to be executed at the Tower of London. (He had parachuted into Britain during WWII.)

75 years ago, on 16<sup>th</sup> August 1946, that the Great Calcutta Killings took place in Kolkata India. Muslim and Hindu mobs rioted across the city following the Muslim League's demand for the creation of Pakistan. More than 4,000 people were killed and 100,000 left homeless. The riot sparked further religious violence in other provinces, leading to the Partition of India in August 1947.

Sir Walter Scott, the Scottish historical novelist, poet and playwright, was born 250 years ago, on 15<sup>th</sup> August 1771. His best-known works include *Ivanhoe* and *Rob Roy*.

Often considered to be both the inventor and the greatest writer of historical novels, he was inspired by a stay with his grandparents in the Scottish borders during his early childhood, while he recovered from polio. From them he heard stories and ballads about the area and became fascinated by the history and culture of Scotland, where all his early work was set – often published anonymously.

On a visit to the Lake District in 1797 he met Charlotte Carpenter, who he married after a whirlwind romance, much to the disapproval of his parents, who suspected she was a French Catholic. But she was a British citizen who had been christened in the Church of England: the couple were happy until her death in 1826.

Scott was widely admired for both novels and poetry and was once offered the post of Poet Laureate, which he declined. He was plagued during later life by financial problems, largely brought about by taking on the debts of friends and colleagues, but also by expenses incurred from his Abbotsford estate, near Galashiels.



The first recorded ascent of Ben Nevis was made 250 years ago, on 7<sup>th</sup> August 1771, by Scottish botanist and artist James Robertson. At 1345 metres (4411 ft), it is the highest mountain in the British Isles. Some 100,000 people now make the climb each year.

Robertson wrote: "A third part of the hill from the summit towards the top is entirely naked, resembling a heap of stones thrown together confusedly. The summit far overtops the surrounding hills."

Hill climbing was not popular in those days, but the poet John Keats made the ascent in 1818. Scots were not convinced for many years that Ben Nevis was higher than Ben Macdui, in the Cairngorms, but it is in fact more than a hundred feet higher.



The meaning of the mountain's name is uncertain. Some associate it with the Gaelic word for "venomous", but it seems at least equally likely that "Nevis" relates to snow or clouds.

It is in fact the remains of an ancient volcano that collapsed in on itself. Its summit plateau stretches for over 100 acres and contains the remains of an observatory, which was opened in 1883 and led indirectly to the invention of the cloud chamber.

Just 90 years ago, on 19<sup>th</sup> August 1931, the Yangtze River and Huai River floods peaked in China. It was one of the worst natural disasters of the 20th century: up to four million people died, and the floods lasted from July to November.

The inundation followed a two-year drought and a particularly harsh winter which included nine cyclones, and then a massive amount of continuous rain. The floods covered an area equivalent to the size of England and half of Scotland, including widespread destruction in a number of cities, such as Wuhan, where a wall of water demolished nearly every house.

Here the calamity was blamed on the demolition shortly beforehand of the Temple of the Dragon King a rain-making deity – as part of an anti-superstition campaign. Others blamed it on poor management of the rivers.

Thomas Harnsberger, a missionary of the Presbyterian Church, was a key figure in raising funds for reconstruction and relief efforts, but the floods, though massive, remain largely unknown in most of China.

The waters killed 15 times the number of people lost in the Indonesian tsunamis of 2004, but historians looking at 1931 concentrate on the war between Communists and Nationalists and the Japanese invasion of Manchuria.

#### It was also:

60 years ago, on 13<sup>th</sup> August 1961, that East Germany sealed off the border between East and West Berlin to prevent the exodus of refugees to the West. Initially barbed wire fences were erected; construction of the Berlin Wall began on 15<sup>th</sup> August. The border reopened in 1989.

50 years ago, on 9<sup>th</sup> August 1971, that Northern Ireland introduced internment, the power to detain suspected terrorists indefinitely without trial.

40 years ago, on 25<sup>th</sup> August 1981, that the US space probe Voyager 2 reached Saturn and sent back images and data. It travelled to Uranus (1986) and Neptune (1989) before reaching interstellar space in 2018. 43 years after launching, it is more than 11.8 billion miles from earth, but remains operational.

30 years ago, on 6<sup>th</sup> August 1991, that the first website (info.cern.ch) went live. The web's inventor, Tim Berners Lee, also posted a description of the World Wide Web project on the alt.hypertext newsgroup, and provided a link to download the first web browser, which could only run on NeXT workstations.

Also 30 years ago, from 19<sup>th</sup> to 21<sup>st</sup> August 1991, that there was an attempted coup in the Soviet Union when hard-line members of the Communist Party tried to seize control from President Mikhail Gorbachev. The coup failed after three days and eventually led to the collapse of communism and the disintegration of the Soviet Union. On 29<sup>th</sup> August the Supreme Soviet suspended all Communist Party activities.

25 years ago, on 23<sup>rd</sup> August 1996, that Saudi Arabian-born terrorist Osama bin Laden issued a fatwa entitled *A Declaration of War Against the Americans Occupying the Land of the Two Holy Places*. Few people knew who he was at the time, and it received little attention.

## What do you consider to be beautiful countryside?

According to Natural England, thorny scrubs and floodplains should be seen as more beautiful than manicured fields.

Tony Juniper, chair of Natural England, which is the government's adviser for the natural environment, has said a 'cultural revolution' is necessary to help people appreciate the beauty of a messy countryside.

He strongly supports the increasing popularity of 'rewilding' projects which have become a popular way for land managers to give nature a chance. He believes that rewilding can help to heal degraded landscapes and provide better habitat for wildlife.

Tony Juniper has said that the "orderliness" of much of our British countryside, with neat stone walls, sheepgrazed fields and villages has often created "ecological deserts" for wildlife, who starve. "To ensure our future security, it will be necessary for us to let nature take back some control."

A post-Brexit plan to reward farmers and other land managers for improving water quality and helping plants and wildlife is expected to replace the EU's Common Agricultural Policy.

#### **AND**

25 years ago, on 28<sup>th</sup> August 1996, that Prince Charles and Princess Diana were divorced after 15 years of marriage. No longer a 'Royal Highness', Princess Diana was now called Diana, Princess of Wales.

20 years ago, on 6<sup>th</sup> August 2001, that US President George W Bush received a daily briefing that warned Osama bin Laden was determined to strike in the USA. (This was six weeks before the 9/11 terrorist attacks.)

10 years ago, 21<sup>st</sup>-29<sup>th</sup> August 2011 that Hurricane Irene hit the Caribbean and made landfall in North Carolina. 49 people were killed and over \$14 billion worth of damage was caused.





We have dedicated Sunday, 8th August to be "Climate Sunday" - with themed services at all three churches.

A commitment to greater action to address climate change in our churches and communities.

The culmination of the campaign will be a national Climate Sunday event on **Sunday 5th September 2021**, to share church commitments and pray for bold action and courageous leadership at COP26. Climate Sunday has been organised by Churches Together in Britain and Ireland (CTBI) with support from charities including CAFOD, Christian Aid, Tearfund, A Rocha UK, and Operation Noah.

At our services on 8<sup>th</sup> August we will be encouraged to make a commitment to greater action to address climate change in our churches and communities. We are also asked to use our voices to tell politicians we want a cleaner, greener, fairer future at the heart of plans agreed during COP26 (UN Climate Change Conference taking place in Glasgow from 1-12 November 2021)

Information will be available on the day as well as on line.

This poem by Nigel Beeton is about a 'scorching' summer sun ...the boffins warn us that, unless we all sort ourselves out jolly quickly and put a bit less carbon into the one and only atmosphere that we have on this planet, and which we all have to share, then every summer will be like this:

## Midsummer

Scorching summer sun
His solstice arch a-blazing
The earth dries and thirsts.

We pant, and, sweating
Beneath the sun we're lazing
It's too hot to work!

By Nigel Beeton



Our thanks within the parish go to Pat Hamilton for acting as our Environmental Officer and leading us down the path of being much more aware and pro-active both individually and collectively. I for one have certainly been giving much more thought to my actions—however small. Pat it would seem has spent many a happy hour on seminars—webcasts—or just researching this very

important topic as she guides us through the preparation and implementation of our parish "Action Plan". She has inspired me to do a little research of my own, to support her role, write articles for this publication and to be a better "person" or perhaps I should say a more "responsible person" every time I chuck something into the bin or over-order on the supermarket shopping—so easy to do when things are just a click away.

#### **HERE IS SOMETHING TO THINK ABOUT**

16 Steps that have been selected by experts from the UN Environment Programme - based on three criteria

- > Their impact on our personal carbon pollution
- > Their power to influence leaders
- > Their ability to involve everyone

"Borrowing" these 16 steps and converting them into a check list table— have a quick look and see where you are. ARE YOU in the red zone (really not done anything), amber zone (trying but could perhaps try harder) or green zone (definitely happy you are doing your best). AND if you're not quite there yet—what can you do to move from red to green?

UN Environmental Programme – 16 steps		
Cut food waste		
Dial it down—just a degree or two can make a difference		
Drive electric—I will include "hybrid" in that		
Eat more plants		
Eat seasonal		
Fly less		
Get more solar		
Green your money - where to keep, save and invest your money		
Insulate your home		
Repair and re-use		
Speak up at work		
Switch your energy		
Talk to friends		
Tell your politician		
Walk or cycle more		
Wear clothes that last		

Last month I looked into my fridge and on the counter tops—most my fruit and vegetables totally stored in the wrong place. The cut cucumber had dried out, black currents growing fuzzy fungus—left unattended maybe more because I don't like them [they had arrived as a substitute instead of blackberries] - but I could have done something with them no doubt to avoid food waste. I have checked my 16-steps from the previous page and only two go anywhere near the green zone—I sort of drive electric (if you count a hybrid) and rarely fly. I gave myself a score of 8 in the amber zone and 6 in the red. Not good—room for great improvement.

#### So what about travel...

Well I fail the test again as I take the car everywhere with me—having said that there are only 2500 miles on the clock for a two year old car—but I put that down to Covid and staying at home for months on end. And—as if to tell myself it's alright really to drive everywhere —I did buy a "hybrid". Was that a cost effective move—I very much doubt it!

One of the most efficient ways of lowering our environmental impact is by travelling responsibly. This means, whenever possible choosing a more sustainable way to get from A to B - walk or cycle perhaps.



I envy those who can ride a bike—but I never had the opportunity to learn (I had a tricycle as a child—called Winky—just to ride in the garden. There I am (photo left) with Winki and my little tortoise named Septimus\*I loved that little tricycle,

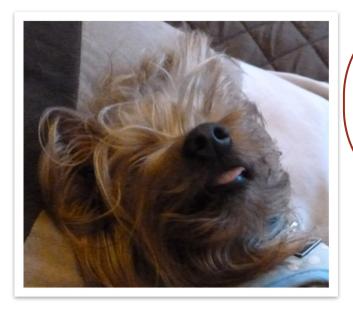
free to whiz round the bungalow at great speed to the alarm of my parents who put up a wire fence to stop me falling over the wall if I took the corner too fast near the lounge window. I never did, but still have the scar today from that fence—when I cut myself on some wire that hasn't been fixed properly when helping Dad to weed the rose bed! It was a sad day when Winki went to a new home very sad indeed. I would have loved to have had a bike—but it wasn't to be and I would no doubt have actually fallen off one of those. Of course adult tricycles are relatively cost effective—cheaper than I thought actually (even the electric ones) - but I doubt a good idea on the streets of Stockport. But somewhere quieter-well that is food for thought!

Transport is one of the most polluting sectors in the UK. But holidaying closer to home can make a big impact on our carbon footprint.

One short haul return flight can account for 10% of our yearly carbon emissions, and long-haul flights can completely determine our carbon impact. Not guilty—not been on a long haul flight and it seems a long time since I've been on a plane at all, and no desire to do so.

Of course there is no need to channel-hop by air. If you have the time you can usually get trains to European destinations to cut your carbon footprint. Let the train take the strain—except I didn't going to Holland a few years ago With direct road links to the motorway in both England and France, Eurotunnel Le Shuttle is much easier to drive to when compared to boarding the ferry to the Netherlands. So, if you're planning to drive from London to Holland, or from anywhere else in the UK, Eurotunnel Le Shuttle is your fastest option. I wasn't driving—NO I didn't take the car—but travelled on a coach. A very nice one at that, although having to travel from Stockport to Sheffield before heading "south" to a car park in Milton Keynes and beyond did seem at least initially to be going in the wrong direction. It was an endless journey—although the tulips were lovely when we finally got there. It was endless But coach/bus coming back too—never again! manufacturers are going to have to "clean up their act" somewhat and ditch the diesel. That has to be good for the planet and if you take a coach holiday well best check the route they are taking, if you hate motorway service stations and hours on the road. The seasoned coach-travellers seemed to have it sussed, with picnics and plenty of snacks for the journey. I went with a friend to see tulips and windmills, if you take a holiday to see the local wildlife be wary of attractions involving unnatural interactions with the animals, and observe them from afar in their natural habitat if you can supporting local conservation projects. Not that I have any objection to an ethically run Zoo, they do wonderful work, and I'm sure it is lovely at Upton-by-Chester at this time of year. Not too far to go either. Who needs to go on Safari, worry about travel restrictions and carbon footprints when we can go to Chester Zoo! I'm sticking to this "staycation" idea.

\*No relation to Septimus Heap the extraordinary apprentice who lived with his master in the Wizard Tower in a series of fantasy novels written by English author Angie Sage.



Of course our pets can help reduce their carbon paw prints too with a little help of course.

It isn't just humans creating carbon emissions, our pets have an impact too. Clearly plant and grain eating pets such as rabbits and rodents have a smaller impact. Cats and dogs are however primarily meat eaters with about 1/5 of the worlds meat and fish said to be required to feed them. Beef is the main culprit for carbon emissions—farming cattle causing deforestation, loss of bio-diversity and huge amounts of greenhouse gas emissions all contributing to global warming.

So dog /cat owners—maybe we should cut down the beef and go more for chicken and fish based dog /cat food and check that what we are feeding our pets is sustainably. Locally made is best if you can get it.

Cat owners—what kind of cat litter are you using—2 million tons of the stuff end up in landfill every year so if kitty hasn't already done so switch to compostable and biodegradable.

For those doggie walks— compostable (biodegradable good but compostable better) poo- bags a "must" for the responsible dog owner. Of course from an ecological point of view, a dog poo bin in the garden may be the cleanest way to dispose of dog poo.—just an idea!

Roggie NOT here — too tired at the moment and taking a nap. So Mummy will write our article on reducing Carbon paw prints!

Greener grooming—aim for 100% natural products. From brushes to shampoo there is a lot of choice, but best get something that will last . A good dog brush is a dog owners second best friend. Not only can it remove tangles and matts in your dog's coat, but it reuces shedding too — which in turn reduces the amount of hair around your house. A high-quality dog brush will also improve blood circulation, giving your dog a healthier and shinier-looking coat.

Do we need plastic pet toys? Go for ecofriendly or even home-made. Do we need plastic pet baskets, carriers, bowls etc.—when there are alternatives?

Got a fish tank?



How much plastic is lurking in there... from mock-rocks and plastic plants to ship wreaks or treasure chests...

Many aquariums look good making good use of real materials such as pebbles, gravel and live plants as a alternative to plastic imitations. Give your tank a bit of interest and your fish a place to hide while still being eco-friendly—taking care not to drop or put anything too heavy on the glass of course.

#### **High Days and Holy Days**

Kings and mystics, writers and martyrs – August does well with its feast days that remember outstanding Christians.

1st August Ethelwold (Saint of Wessex) / 4th August Sithney / 5th August Oswald / 6th August The Transfiguration of Jesus / 7th August Cajetan / 8th August Dominic / 9th August (Mary Sumner – founder of the Mothers' Union) / 10th August (Laurence of Rome) / 11th August Clare / 13th August Radegund / 14th August Maximilian Kolbe 15th (16th) August — The Blessed Virgin Mary & Laurence Loricatus / 17th August Jeanne Delanoue 23rd August Rose of Lima — patron saint of South America / 27/28 August Monica and Augustine & Augustine of Hippo / 29th August Beheading of St John the Baptist / 30th August John Bunyan — Pilgrim's Progress / 31th August

## 6<sup>th</sup> August: The Transfiguration of Jesus

It's an unusual story. One day, Jesus is with three disciples on a high mountain in Galilee, when His appearance dramatically changes. Also, Moses and Elijah suddenly appear, and from a cloud comes the voice of God. What is this all about?

This event was witnessed by James, Peter, and John. They were close friends of Jesus. In the future, they were to become prominent leaders in the Early Church. They needed to see something special that would help them remember Jesus in the difficult years ahead. They had a glimpse of Christ in His divine glory. His face shone like the sun and His clothes turned white as light. While this was an extraordinary sight for the disciples, it served to encourage Jesus who once had glory and majesty in Heaven. One day He would have it again. But firstly, He had to fulfil His mission: to suffer on the cross and die. Why were Moses and Elijah standing with Jesus? Moses was the giver of the Law and Elijah represented all the prophets. They had pointed people to the promised Messiah. Jesus was about to complete God's plan of salvation. God's voice was heard to remind Peter there was no need to build shelters. They were not going to stay on the mountain. God spoke to get the disciples to fix their attention of Jesus. The wonder of the Transfiguration was a short interlude before Jesus had to return to His work and subsequent death on the cross. This story is a reminder that our times of spiritual blessing have to be followed by down-to-earth commitments and responsibilities. In the same way that Jesus gave His friends a glimpse of His awesome glory, to help them face challenging and traumatic times ahead, our special times in His presence are provided to encourage us and equip us for the trials we may have to face.

Our journey through life may sometimes rise to the peaks but we can't stay on a 'high' all the time — no matter how much we want it! We have to descend to face everyday challenges if we are to fulfil our calling in Christ. From *our* mountain-top experiences we all need to find a balance between times alone with God and serving Him in the company of others.

## 11th August: St Clare of Assisi

Assisi, a beautiful town in the Italian province of Umbria, was the birthplace in the 12<sup>th</sup> century of two of that country's greatest saints, Francis and Clare. Francis first, and then Clare, discovered the liberating effect of release from the burden of wealth.

For them, simplicity, or godly poverty, was the way to blessing. Their followers - Francis's monks, the Franciscans, and Clare's nuns, the 'Poor Clares' as they were known, set themselves to live without any kind of luxury. This freed them, they believed, for a life of prayer and service, to care for the poor around them without distraction. They built no elaborate basilicas, though one was erected after the death of Francis, strictly against his wishes, to surround the simple chapel (his 'hovel') where he and his followers were based. The present-day house of the Poor Clares is a perfect example of the sheer beauty of simplicity. Their lifestyle, their message, their simplicity of life and love of the Creation and its creatures, offered a striking alternative to the society around them, where wealth (which Francis had enjoyed but rejected at his conversion) and poverty and sickness lived side by side. It has to be said, too, that their message is on collision course with the values and goals of much of the western world today. Simplicity of life and affluence don't sit easily together.

# 15<sup>th</sup> August: 'Shall we not love thee, Mother dear?'

The Church responds with a resounding 'Yes' to that question, as we celebrate the Blessed Virgin Mary on 15<sup>th</sup>August. (Usually her feast day is on the 16<sup>th.</sup>) An ancient name for this day is the transition of Mary – her crossing over to eternal life – or the assumption of Mary. But her story begins in the Gospels, in Nazareth and Bethlehem.

At the Annunciation, Gabriel announces the good news to Mary. She becomes a mother and embarks on a journey that takes her to the temple in Jerusalem, a wedding feast at Cana, the Cross of Calvary, and the upper room of Pentecost. Through Christian history her story has spoken to people in every age and culture and land.

As we look at her life now, there are two qualities that stand out. The first is thanksgiving. Mary came from a people that realised the importance of thanking God, and her response to the good news is to raise her heart in the words of the Magnificat. 'My soul proclaims the greatness of the Lord and my spirit exults in God my saviour.'

The second quality is trust. Rowan Williams has written that despite the years of controversy about the place of our Lady, we still need to hold out our hands to her for guidance and succour. "For at the very least she is the first person to put her trust in God who is shown in Jesus." Through all that happened to her – the amazing news of Gabriel, no room at the inn, the worry over wine at the wedding – Mary ponders and trusts. To the servants at Cana, she says, "Do whatever Jesus tells you. It will be all right. You will see."

Thanksgiving and trust: easy enough to see in our Lady, but perhaps more difficult to own for ourselves. Yet Mary assures us that with God all things are possible. Holding on to that faith, we can journey with her Son through life and death to eternal life.

#### The Queen on York Minster

York Minster is to mark the Queen's Platinum Jubilee next year with a statue of the monarch, placed in a niche high on its medieval west front.

The figure of the queen will be slightly larger than life, and she will be holding the historic symbols of monarchy: the orb and sceptre. She will be the first British monarch to have reigned for 70 years.

The statue will be the centre point of a makeover of the open space in front of the Minster, where a new Queen Elizabeth Square is to be created. More details are expected in the autumn.

#### **Fewer Wasps**

Noticed how peaceful your garden is this summer? Noticed that you have been able to hold summer barbecues and picnics in relative peace? That is because the very cold and wet Spring was disastrous for our wasp population.

But while we may enjoy their absence, scientists at University College London have pointed out that wasps play an important role as nature's pest controllers, and that our countryside will be the poorer without them this year.



#### Is it windy? Forget the barbecue

We should beware of using our firepits and barbecues when it is windy, an insurer has warned.

Home insurance claims for domestic fire incidents increased by 38 per cent over the past year, according to figures from Aviva.

As a number of these fires were started by barbecues, Aviva is urging people to 'rethink' their social plans if weather conditions are windy. A summer breeze can spread flames across a great distance and also affect neighbouring gardens. "Last year we saw a huge increase in claims... when bonfires and barbecues had gone wrong."

The average pay-out for a domestic fire claim last year was £21,000, though some claims ran into hundreds of thousands of pounds.

## A hidden danger of junk food

Now here is something you may not have considered: if your diet includes high levels of junk food and unhealthy snacks, you could be more likely to have a car crash.

It is thought that junk food diets and unhealthy snacking contribute to high levels of fatigue, which in turn lead to dangerous driving habits.

The study was published in the journal Occupational & Environmental Medicine. The study also found that drivers who consume high levels of vegetables and staple foods are less likely to become tired while driving.

#### Sourdough and your toaster

If you like sourdough bread, you'll know already that it is not easy to squeeze a slice of it into your toaster. Artisan bread is big, and sadly, the rise in popularity of these loaves has left the standard British toaster struggling to keep up. That leaves sourdough toast afficionados with one end of their slice jutting out of the toaster.

The consumer watchdog Which? says: "This isn't the end of the world, but it means you can sometimes end up with a pale white border round the edge of your toast." Solutions? Which? suggests grilling your toast in the oven, cutting the slice in two, or even buying a speciality toaster, at more than £100.



Meanwhile, the trend towards big artisan bread does not appear to be waning. And as Which? rightly points out: "Whether you prefer sourdough or sliced white, there's nothing quite like hot buttered toast."

## Want a coffee?

Drinking three cups of coffee a day is good for you. A recent study has found that it can cut your chance of dying from chronic liver disease by up to half.

On average, coffee drinkers seem to have a 21 per cent reduced risk of developing chronic liver disease, and a 49 per cent reduced risk of death from the condition. Researchers found that the optimum intake for health is three or four cups a day.

The results apply to all kinds of coffee, whether instant, ground, or decaf versions, although the instant is slightly less effective. This may be due to the lower levels in instant coffee of the liver-protecting chemicals kahweol and cafestol.

The study at the universities of Southampton and Edinburgh studied almost half a million Britons for a decade, to assess the link between coffee intake and health. The findings were published in the journal BMC Public Health.

## Reflecting on the Bible. (or Meditating on scripture)

Many children enjoy boiled sweets – especially trying to see how long they can make them last. The pleasure of holding the flavoured sweet in your mouth is far better than crunching it up in a few seconds!

There is a way of doing much the same with a Bible passage, and it is called *Lectio Divina* or 'holy reading'. Centuries ago, before Bibles were widely available, the abbot of a monastery would gather his monks together and read to them the Bible passage that was set for the day. He would read it three times and the brothers were encouraged to listen attentively and choose a phrase to remember. They would then go about their daily work in the garden, in the kitchen, in the infirmary or wherever. Through the day they would meditate on the phrase they had chosen and, rather like sucking a boiled sweet, would draw out the meaning for themselves.

You might like to try something similar: choose a passage from the Bible and begin to read it very slowly as if it were addressed to you. A few verses from Psalm 103 would be a good place to start.

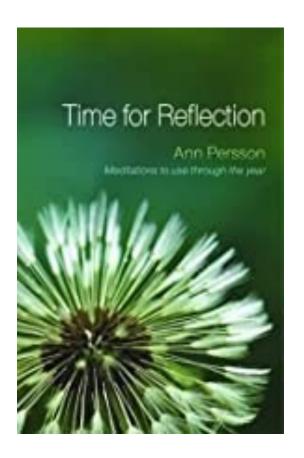
Stop when a phrase captures your attention. Maybe it touches you in some way, attracts or even disturbs you. Repeat the phrase slowly over and over again, taking its meaning into yourself. Let it sink in slowly. What does it have to say to you? Why do you think it caught your attention? Where is the connection for you? What memories does it evoke? Is there a word, a phrase, a sentiment, or an image that you can hold on to?

Move into prayer, expressing to God the thoughts and feelings that have spontaneously arisen in you. Let your mind be at rest and your heart open to the love and peace of God. When you are ready, carry on with reading the next bit of the passage or just leave it there for the day.

Follow the example of the monks and return to your phrase or phrases during the day.

Ann Persson has written a book for BRF entitled *Time for Reflection: meditations to use through the year*, which may be helpful. The meditations are based on the Christian calendar, the seasons of the year in nature, and also the theme of time. They will offer you further ways of exploring the greatest book ever written.

Ann Persson's 'Time for Reflection: Meditations to use through the year'





Operating around the world supporting community initiatives aiming to improve the lives of children through education, healthcare, training, financial assistance, and delivering shoeboxes.



Our shoebox gift campaign for 2021 will be starting very soon—thank you to everyone already making or buying items. Please do help to make this another very special year.





#### Roggie nearly here

Hello everyone—What happened—I was having a lovely sleep—paws twitching—has Mummy been sneaking around with a Camera? Perhaps I was just dreaming that a lens appeared in front of me and I've not even combed my hair!



And what was Mummy saying about Carbon paw prints—I have lovely little paws—there is no Carbon on my feet—is there?

The Rev Michael Burgess: 'Jacob's Dream' by Ribera. It now hangs in the Museo del Prado, Madrid, Spain. [picture is from Wikiemedia Commons].

In the 3<sup>rd</sup> century a Chinese philosopher, Chang Tsu, had a very vivid dream. He dreamed he was a butterfly, happily flying here and there. When he awoke, he thought to himself, 'Did Chang Tsu dream that he was a butterfly, or did the butterfly dream that it was Chang Tsu?' Dreams are often like that: crucial experiences which cause us to ponder and wonder about their meaning. The prophet Joel suggested that it was old men who dream dreams, while young people see visions. But dreams invade and colour our sleeping hours, whatever age we are.

In the Bible dreams are vital events. Think of Joseph in the Old Testament dreaming of his superiority among his brothers, the dreams of the cup bearer and baker at Pharoah's court, Daniel interpreting Nebuchadnezzar's dreams, and Joseph's dreams in the Gospels that were so crucial for the safety of the Holy Family. This month in our paintings we focus on 'Jacob's Dream' by Ribera.

Jusepe de Ribera was a Spanish artist, whose most productive years were spent in Naples, where he died in 1652. This painting from 1639 is based on Genesis 28. After depriving his brother Esau of his birthright, Jacob is sent to Laban. At Bethel he rested and in his sleep received the vision of God's angels on the ladder to heaven with God's reassuring words of promise and blessing. When he awoke, Jacob set up an altar at Bethel, which he declared was the house of God and the gate of heaven.

To baroque artists, this scene in Genesis was seen as a prefiguration of the coming of Jesus, and in John's Gospel Jesus Himself told Nathanael that he would see the angels ascending and descending upon the Son of Man. For Ribera the subject of Jacob's dream is treated with great tenderness as Jacob sleeps beneath the luminous expanse of sky, which occupies a major part of the canvas. Not for him the depiction of winged messengers; no, the light of heaven falls down upon the sleeping figure,



casting shadows on the ground. The angels, ethereal and insubstantial, are contained in the glory of light. The tree at the other side looks like a fallen cross, and Jacob almost like a sleeping disciple in Gethsemane. But here, he is in deep repose as his face is lit up with the golden glow of the heavenly messengers.

For Jacob, the dream is the golden assurance of God's blessing. As his saga continues in Genesis, he marries Laban's daughters, wrestles with the divine stranger, is given the name Israel, and his 12 sons become the ancestors of the 12 tribes of God's people. So, the blessing of the dream is worked out in his life and the life of Israel.

Dreams can come to give visions of the way life should be. Like Jacob, or perhaps like Martin Luther King and his prophetic words in 1963. In this month of August many of us will go on holiday to enjoy rest and recreation. As we end the days with sleep, we pray that like the Psalmist we will lie down in perfect peace and safety and know the refreshment Jacob found at Bethel: a repose which will restore our souls and bodies to bring life and vision wherever we may be.

#### Hello—Roggie here—

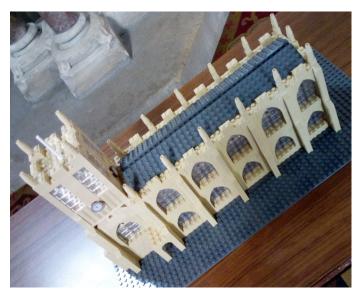


I'm awake now and ready to return to my laptop which Mummy had left switched on for me on the dining room table at home. I've had a long sleep and a nice warm bath, just a pity I got shampoo up my nose—I didn't like that at all.

It has been nice being back at church although I find such excitement takes it out of me so much that have to rest when I get home. But it is lovely being with people once again and you never know what is going to happen one minute to the next!

Here I am helping Auntie Marie take delivery of a LEGO model of the church, which has something to do with a summer project involving various other buildings and landmarks around Stockport. It was very exciting and I have never seen anything like it before but Mummy wouldn't let me play or get too close as much as I would like to have jumped up and had a closer look. says I'm good at demolition but this model needs to stand in one piece maybe not into hundreds of years but at least until the end We don't want to be sending of summer. for the builder to repair this one—even if we do the real one—Mummy says!





It all looks very clever to me and I am sure you will love the model of St Mary's if you pop in for a viewing and I hope you will get to see some of the others too—nearly worth borrowing some children and taking them on the summer challenge. I would love to, and I would enjoy the two mile walk I'm sure, but somehow doubt that I will be allowed to go.



So I was wondering— what is this Lego stuff? I didn't know so asked Mummy if she would do some research for me—and of course she said "yes"!

It all started in 1932 in a Danish Carpentry work-

shop where Ole Kirk Kristiansen made wooden toys. In 1935 he named his company LEGO from the Danish words "leg" and "godt" - meaning play well— although lego in latin actually means "I put together", so what a perfect name.

By 1946 the family run firm ordered its first plastic injection moulding machine from Great Britain and there started the potential for making plastic bricks. 1949 and the forrunner of the brick we know today was launched—in 1953 these autiomatic building bricks changes their name to LEGO Bricks. The stud-and-coupling system (which added significant stability to built pieces) was patented and transformed to the Lego bricks we know today. Well I don't have any as Mummy says I'd be silly and swallow bits making myself very ill indeed. A fire in 1960 destroyed the wooden toy warehouse and marked the end of the making of wooden toys. By the early 1960's LEGO had gone international and has never looked back.

The 1970's brough minifigures and lots more and the story goes on and on . 2018 the 60th anniversary of the LEGO brick—who would have thought how popular it would become.

Children and adults alike, from simple structures to complex models—there is something for everyone who wants to give it a go.

But what about all this plastic? **LEGO** pieces have always been made from plastic, but the exact type of plastic is



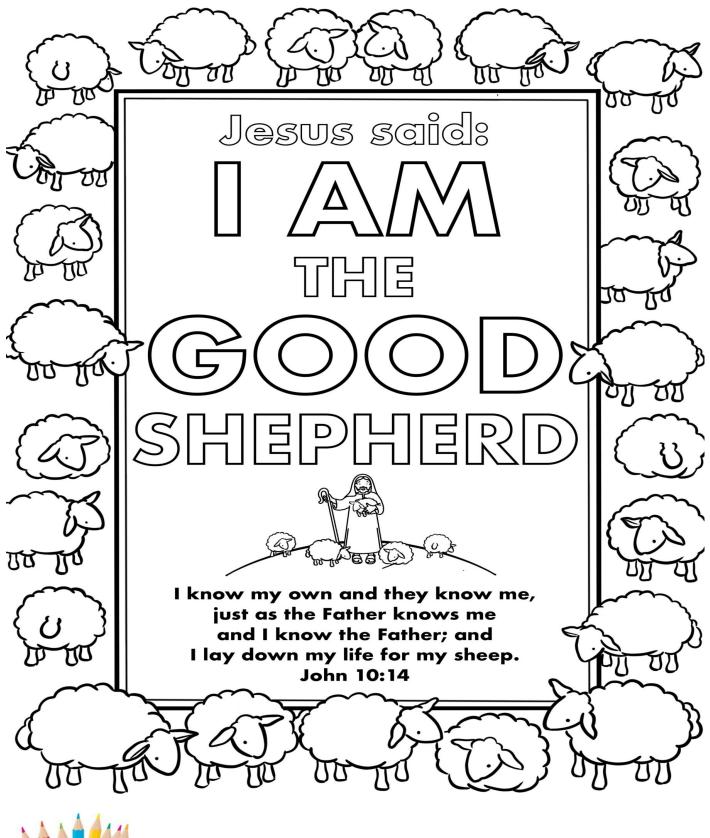
rather important to understanding these little bricks. **LEGO** pieces are (for the most part) made of a type of **plastic** Called "ABS". Acrylonitrile Butadiene Styrene. It doesn't sound too planet friendly to me and it isn't! ABS can take a lifetime to break down and doesn't like to be recycled.

In 2015 LEGO started to look at alternatives and finally after 72 years and billions of interlocking polymer toy bricks, at last the company has an eco alternative which will have a significant impact on the environmental goal of LEGO to be using fully sustainable materials in its products by 2030.

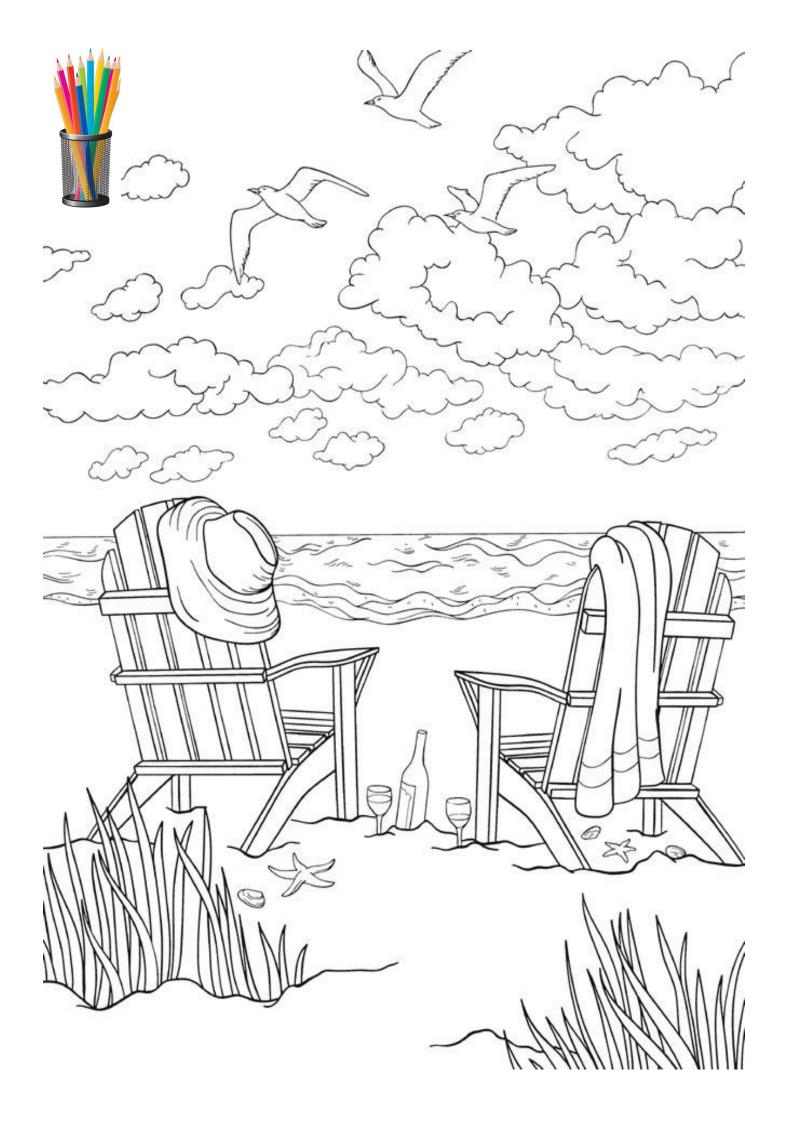
Mummy says we are both too old to play LEGO with although I think it could well be a hobby for any age, and probably is, but she may have a point that it would be dangerous if I swallowed a small **LEGO** brick so no for us! Still there is no shortage of things for me to pinch and I do have lots of toys.











d	a	٧	i	d	p	h	е	a	r	d	g	W
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sons crying king hair tree spies escape armies children supporters punished handsome Jerusalem disloyal prefer loved battle
Joab
ashamed
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friends
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David
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# BBBBBB

It can be read in the Bible in 25am 15,16:15-19,17:4-22, 18:1-12,33, 19:1-8

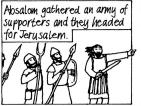
## A short story from the Bible

King David had many wives and children. He loved his sons so much that he never punished them or told them off if they did wrong.



























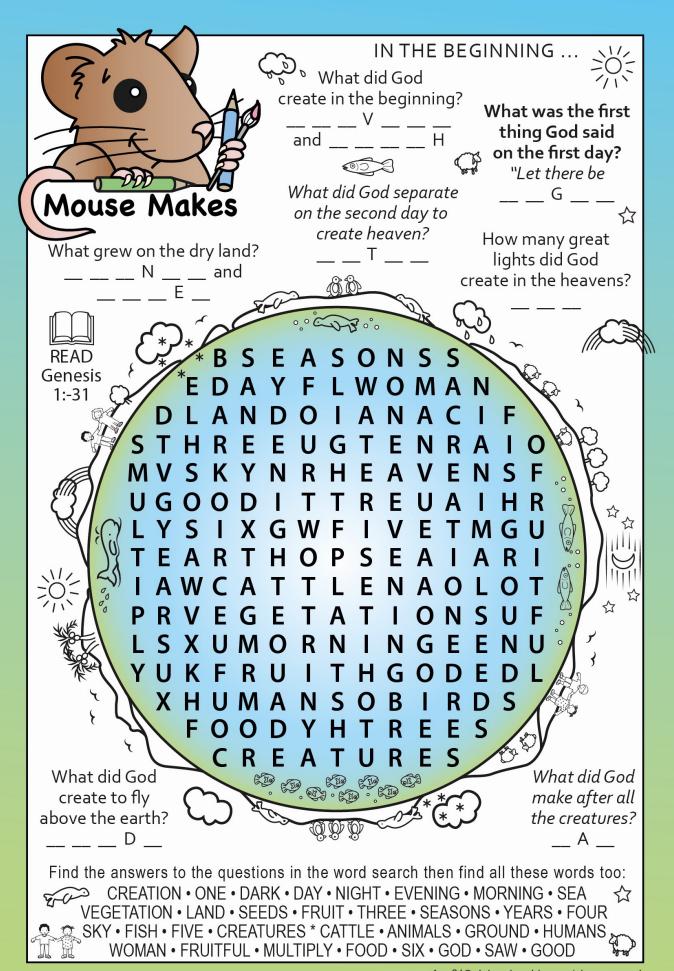














#### **Crossword Clues**

#### **Across**

- 1 Of Moses (6)
- 4 'You have been weighed on the and found wanting'

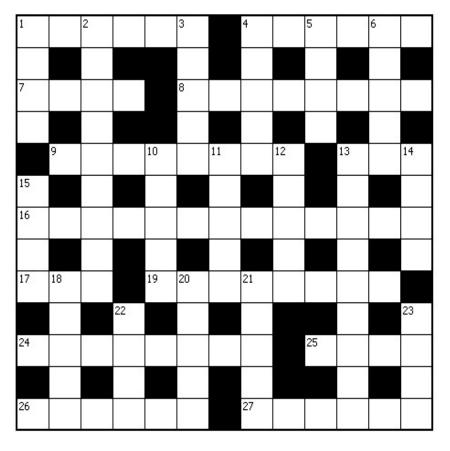
(Daniel 5:27) (6)

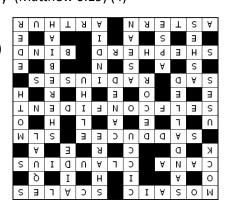
- 7 Where Jesus performed the first of his miraculous signs (John 2:11) (4)
- 8 Roman emperor who ordered all the Jews to leave Rome (Acts 18:2) (8)
- 9 Member of a conservative Jewish party in the Sanhedrin which believed there was no resurrection (Acts 23:8) (8)
- 13 South London Mission (1,1,1)
- 16 Sure of one's own ability (2 Corinthians 11:17) (4-9)
- 17 'At this the man's face fell. He went away

  —, because he had great wealth' (Mark
  10:22) (3)
- 19 Airs used (anag.) (8)
- 24 'The Lord is my —, I shall not be in want' (Psalm 23:1) (8)
- 25 'He has sent me to up the broken-hearted' (Isaiah 61:1) (4)
- 26 At or towards the rear of a ship (6)
- 27 Cross-carrying evangelist and world traveller, Blessitt (6)

#### **Down**

- 1 Ridicule (Luke 18:32) (4) 2 Encased in strapped-on light shoes (Song of Songs 7:1) (9)
- 3 Cambridge Inter-Collegiate Christian Union (1,1,1,1,1)
- 4 'Father, give me my of your estate' (Luke 15:12) (5)
- 5 Assistant (4) 6 On a par (John 5:18) (5)
- 10 Credo (anag.) (5) 11 Beaten with a rod (5)
- 12 The fourth of Job's 'comforters', who deferred making his contribution because of his junior status (Job 32:6) (5)
- 13 Chosen as a temple attendant, he was described by Ezra as 'a capable man' (Ezra 8:18) (9)
- 14 'Do not store up for yourselves treasures on earth, where and rust destroy' (Matthew 6:19) (4)
- 15 Employs (4)
- 18 Associated with penitence for sins, along with sackcloth (Matthew 11:21) (5)
- 20 Association of South-East Asian Nations (1,1,1,1,1)
- 21 Sub-continent to which Baptist missionary pioneer William Carey devoted his life (5)
- 22 Recess at east end of a church (4)
- 23 One of the nine sons of Beriah (1 Chronicles 8:15) (4)





#### **Word Search clues**

#### The Transfiguration

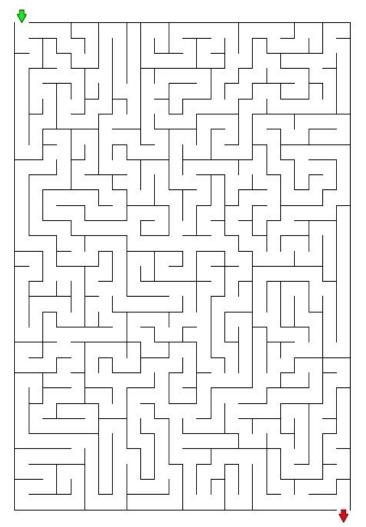
On 6 August the Church remembers the Transfiguration of Jesus. The story is told in Matthew 17, Mark 9 and Luke 9. The mountain may well have been one of the three high spurs of Mount Hermon, which rises to 9,000 feet. Jesus was suddenly transfigured before Peter, James and John. His face began to shine as the sun, his garments became white and dazzling. Then Elijah and Moses appeared, but why? These two men represent the Law and the Prophets of the Old Covenant, or Old Testament. But both the Law and the Prophets found their true and final fulfilment in Jesus, the Messiah. Elijah and Moses were handing on the baton, if you like. Now God's dwelling with mankind would depend on the New Covenant based on Jesus' death on the cross.

Transfiguration Mountain Peter James John Radiant Beloved Son Well Pleased Dwelling Mankind covenant New Face **Exodus** Mount Sinai Sealing Moses Law Elijah prophets





#### Find your way out of the maze



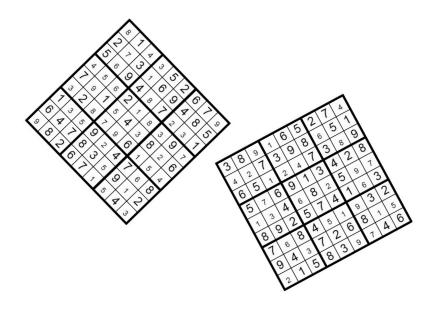
## <u>Sudoku</u>

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