

Contract us at: *St Mary's with St Andrew's Parish Office*
St Andrew's Community Church, Hall Street, Stockport, SK1 4DA.

Telephone: 0161 429 6564 Mobile: 07421 000123 (Sue)

Stockport Parish Church *[St Mary's in the Marketplace]*
Churchgate, Stockport, SK1 1YG

Telephone: 0161 480 1815

Website: stmarysinthemarketplace.com

Email: st.marysstockport@gmail.com

Facebook: *Stockport Parish Church - St Marys*

St Thomas' Church, Stockport, Holt Street, Stockport, SK1 3PY.

Telephone: 0161 429 9524

Website: st.thomasstockport.org.uk

Email: info@stthomasstockport.org.uk

Facebook: *St Thomas' Church Stockport*

St Luke's, Northumberland Road, Brinnington, SK5 8LS

Telephone: 0161 406 8160 Mobile: 07711 355064 (Linda)

Website: stlukesbrinnington.co.uk

Facebook: *St Luke's Brinnington*

RECTOR: *Rev Lynne Cullens*

St Mary's Rectory, 24 Gorsey Mount Street, Stockport, SK1 4DU

Telephone: 0161 477 1938 Email: lynne.cullens@gmail.com



July 2020

Parish of Stockport and Brinnington

St Mary - St Thomas - St Luke



He leads me
beside peaceful waters,
He restores my soul. Ps 23:2



July 2020

Here we are again - July - although we are slowly moving out of lockdown having first opened St Mary's for private prayer mid-June.

Still very much dependent on on-line everything - how is everyone getting on with the technology? I don't know about you

but I spend hours sat at the laptop, on my i-pad or mobile phone doing one thing or another. I have discovered how to record myself on my phone and email or save to a "cloud" somewhere, in order to share with others. Life on "Zoom", "Facetime", "Teams" and such like is something only a few months ago I had hardly ever heard of, let alone thought of using. But here we are living in a new normal and I guess that this isn't going away anytime soon however nice it is to re-join the human race. This form of communication is of course very nice if you have it - and millions in the UK still don't of course - and many of those probably don't want it either! However, we as a parish wish to continue to embrace modern technology and hope to be in a position to help others join the world wide web.

Our Stockport Pew Tube has been a new initiative during lockdown and appreciated by many - present parishioners and new people alike. It just goes to show how we can adapt to different ways of worship, and come to enjoy logging in to a you-tube service or watching one on television or listening on the radio.

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St Thomas the Apostle – confused and doubting

Thomas, one of Jesus' 12 apostles, was an impulsive, confused, honest sceptic. Jesus could understand and work with such a man. Thomas' impulsiveness was evident when Jesus prepared to visit Lazarus in Bethany. It was a dangerous trip to make, because of the Jews, but Thomas urged his fellow disciples: "Let us also go, that we may die with Him." (John 11:16) Instead, Jesus brought Lazarus back to life. Thomas' confusion is shown in later talks with Jesus. He was not really sure where Jesus was going long-term (John 14:5). But Jesus accepted this confused commitment, and began to untangle it, patiently explaining: "I am going to my Father", and "No one comes unto the Father but by me." Finally, Thomas' honest scepticism is revealed after the Resurrection, which he flatly refused to believe – unless he could touch the wounds of the risen Jesus. Sure enough, Jesus appears – but instead of scolding him, shows him the wounds. Thomas responds: "My Lord and my God" (John 20:26ff).

Thus Doubting Thomas' honest doubts, turned to honest faith, have become a reassurance for thousands of men and women across the centuries, who also want to follow Jesus, but who require some proof of this amazing event – the Resurrection. In Doubting Thomas' complete affirmation of faith, after meeting the risen, crucified Christ, they can find support for their own faith.

Ancient legends tell how Thomas went on to India as a missionary. There are rumours that Thomas even built a palace for a king's daughter in India, and thus he is the patron saint of architects. It is believed that he was martyred by a spear on 3rd July, 72 AD in Mylapore, near Madras. 46 ancient churches in England were dedicated to him.

According to one survey, during the lockdown, a quarter of adults in the UK have watched or listened to a religious service and one in 20 have started praying. While majority of people who contract Covid-19 survive, it reminds us that we are much more frail and weak than we like to think. As the prophet Isaiah says:

'All people are like grass, and all their faithfulness is like the flowers of the field. The grass withers and the flowers fall, because the breath of the Lord blows on them. Surely the people are grass. The grass withers and the flowers fall, but the word of our God endures for ever.' (Isaiah 40:6-8).

Isaiah's words really resonate at this time. In more normal times we can avoid facing up to our vulnerability, but this pandemic has forced us to recognise our weakness and fragility.

However, this shouldn't lead us to despair or fear; rather it is an opportunity to worship and praise for his constancy and care. In Peter's first letter he quotes this passage from Isaiah and says, *'For you have been born again, not of perishable seed, but of imperishable, through the living and enduring word of God'* (1 Peter 1:23). Peter contrasts our mortality with the eternal Word of God, which bring us new birth and life through the power of the Spirit. Jesus died for our sins and rose again to make us right with God, so that through faith in him we can know eternal life. We don't need to be afraid of our frailty, for God is a dependable foundation on which to build our lives and face eternity.

'We blossom and flourish as leaves on the tree. And wither and perish, but nought changeth Thee.' (Immortal, invisible, Walter C Smith).

It is our intension to retain Stockport Pew Tube and to continue to record items for our subscribers/visitors to view. Marie does a lovely weekly slot on a Wednesday and we intend to continue to record a form of Sunday morning worship.

If you are into social media we trust that you have kept in touch with us via our various "Facebook" pages. Our web-sites also give information and updated notices of what is going on.

It was encouraging to note that the St Mary's web-site had 838 "hits" between the 18th May – 16th June this year (100 viewing our parish magazine page). Last year in total we had 11,574 "hits" (760 looking at our magazine page). Had you asked when "stmarysinthemarketplace.com" was created (a little project I decided to take upon myself) – according to Vistaprint it was on the 4th November 2011. It was supposed to be a temporary site until we build one from scratch – a task that remains outstanding. Since its creation (to the 16th June 2020) there have been 68,220 "hits" with 12,328 viewing our contacts page, 7,968 our events notices and 5,330 looking at the Nave Café page. I am sure there are messages in there somewhere telling us where improvements can be made – one being that our donations page needs a little attention - attracting a rather low number of viewings! Hopefully once our new on-line donations system for the parish is up and running this page can have a make-over and move higher up the contents list!

We also attempt to keep our "A Church Near You" pages updated – another source of information as to what is happening within the parish.

SMH

9. Papain is a natural digestive aid that is found naturally in:

- a) Mango b) Papaya c) Banana d) Lychee

10. There is a museum in Belgium dedicated to:

- a) Chocolate b) Detective Poirot c) Strawberries d) Beer

11. The only fruit to have seeds on the outside is:

- a) Pineapple b) Raspberry c) Lychee d) Strawberry

12. Because it has a high quercetin content this fruit may help relieve hayfever.

- a) Raspberry b) Strawberry c) Melon d) Grape

13. A loganberry is a cross between a blackberry and a:

- a) Blueberry b) Raspberry c) Blackcurrant d) Strawberry

14. According to American research, which fruit is No. 1 when it comes to antioxidants?

- a) Blueberry b) Orange c) Pear d) Cherry

15. In January 2009, what was named as the state fruit of Ohio?

- a) Blueberry b) Cranberry c) Paw paw d) Apple

1) China, 2) Olive, 3) 92%, 4) China, 5) Cyanide, 6) Grapefruit, 7) Kiwi, 8) A type of peach, 9) papaya, 10) Strawberries, 11) Strawberry, 12)Raspberry, 13) Raspberry, 14) Blueberry, 15) Cranberry

Fruit Quiz

1. Where was the kiwi fruit first grown?
a) New Zealand b) China c) Australia d) Chile
2. Which fruit has the highest oil content?
a) Peach b) Avocado c) Olive d) Mango
3. What percentage of the watermelon is water?
a) 34 b) 80 c) 66 d) 92
4. The flower of the cherry tree is the national symbol of which country?
a) India b) Canada c) China d) France
5. Apple pips contain:
a) juice b) Vitamin H c) sodium d) Cyanide
6. There is a fruit juice that can increase the potency of some medication, even causing an overdose. Which fruit juice is this?
a) Apple b) Orange c) Grapefruit d) Pineapple
7. Chinese Gooseberry is another name for:
a) Cherry b) Plum c) Kiwi d) Lime
8. What is a nectarine? Is it:
a) A cross between a peach and a plum
b) A cross between an an apple and a peach
c) A type of peach
d) A type of orange



A dog in lockdown may be coming to a close as restrictions are lifted and we are allowed to go out more, but still very much at home, I'm sharing with you today my paddling pool – which I have to say is far too small to really paddle about in and no chance of a swim, but lovely to dip my paws in on a hot afternoon. I won't show you the photo of Mummy sticking her feet in too – far too distressing since I like to drink from this oversized water bowl rather than having to walk indoors!

I hope everyone is keeping well and managing to stay safe as some of the lockdown restrictions are lifted. Mummy doesn't seem to have changed too many of our "Stay At Home" rules, we are watching and waiting to see how things go. There are still so many jobs to do at home that there seems little point of going out for the sake of it and I have rather enjoyed helping to sort out the garage. We have





found things I didn't know we had – and I don't think Mummy did either. Of course not all days are outdoor days and sometimes I just need to stay indoors and play with my toys. Being an only dog means that if Mummy is busy (or doesn't want to play) I have to amuse myself, but I do have loads of toys and know that I'm one very lucky Yorkie.

Now I'm no assistance dog – other than looking after Mummy and making sure that she isn't lonely on long lockdown days, and I do try and carry downstairs the towels I pinch off the towel rail in the bathroom thinking they need to go in the washing machine, but we know a dog who is training for a very important job.



Meet Cookie – Mummy and I sponsor young Cookie as she learns to be a Guide Dog.

I think she is really clever and look forward to her sending “Pupdates” so we can see how well she is doing. Cookie lives with her puppy walker Joanne and pet dog Poppy. During the lockdown she hasn't been allowed to travel to public places but has been busy working on her obedience training. Before social distancing guidelines were introduced she did go on a road trip to Fleixtowe travelled nicely in the car (I'm good in the car) and loved running on the beach (as do I given half a chance).



Grapes/Grape Juice.

Numbers 6:3 they must abstain from wine and other fermented drink and must not drink vinegar made from wine or other fermented drink

Grapes are juicy, sweet berries that grow in bunches. Their skin can be black (purple or ruby) or white (yellow or green), while their translucent flesh tends to be pale green. Seeded varieties have a stronger, more fragrant flavour than seedless grapes.

Add raw grapes to sweet and savoury salads, as well as tart and pavlova toppings, or serve on their own with a fine cheese.

Grapes are delicious cooked, for example, in Sole Véronique, or in a breadcrumb stuffing for chicken. Extract grape juice for a jelly or sorbet by lightly cooking the grapes until their skin pops and they start to release lots of juice. Strain and season with lime juice.

Goats Milk - Goats' milk is highly nutritious, contains essential vitamins and minerals (and higher amounts of potassium, iron and vitamin A than cows' milk and is an ideal food for the whole family to enjoy. Mild and smooth tasting it is drunk by more people around the world than cows' milk and is already a key healthy fridge essential for thousands of people in the UK.

Goats cheese has been made for thousands of years and was probably one of the earliest made dairy products. In the most simple form, goat cheese is made by allowing raw milk to naturally curdle, and then draining and pressing the curds. Other techniques use an acid (such as vinegar or lemon juice) or rennet to coagulate the milk

Food and the Bible

Some of today's healthiest known foods were part of the biblical diet. These include olives, olive oil, pomegranates, grapes, goat milk, raw honey, lamb, and bitter herbs. In our June Extra magazine we looked at honey and olives/olive oil as being food from the Bible.

Both the honey and olive oil live on my kitchen cabinets instantly ready for use, but what can be done with a pomegranate?



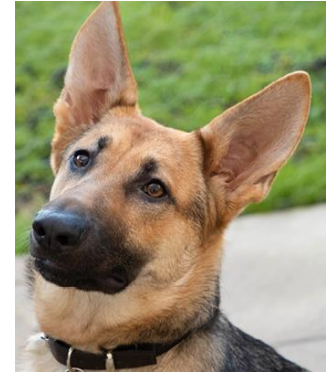
Pomegranate.

Deuteronomy 8:8 a land with wheat and barley, vines and fig trees, pomegranates, olive oil and honey...

Pomegranates are round fruits with hard shiny red-yellow skins. Split one open to reveal the jewel like inner seeds (known as arils) which can be eaten raw or juiced. Pomegranate seeds are packed with vitamins, minerals and fibre. Use fresh pomegranate seeds in sweet and savoury salads. They have an affinity with oranges, bitter salad leaves, nuts and sharp, fresh cheeses as well pineapple, clementines and poached rhubarb. Sour pomegranate syrup works well with seared duck, sauteed aubergine or fried fish.

So eat it on its own, in fruit salad, in savoury salads, in tagines and stews. Mix into yoghurt or cereal or just juice.

Cookie has her very own Facebook page (well so do I actually) so we are able to check up on her from time to time – it's all very exciting – but rather her than me with all that work to do! I have enough trouble with “stay” “come” “sit” and I only do any combination of those “commands” if I feel like it and when treats are put before me. She is rather nice don't you think – and loves toys just like I do, greeting Joanne in a morning with a wag of her tail with a toy in her mouth. Guess she doesn't sleep on the bed then! I sleep with Mummy until I decide to jump down on to a special pillow on the floor, but I jump back up again when Mummy stirs (unless I'm dreaming in my sleep and still miles away or simply too comfortable where I am to move) in which case Mummy has to wait. I wish Cookie all the luck in the world. It will be hard for her having to leave Joanne and Poppy when her training is done (and I hope that she successfully completes all her training - it takes two years you know) – but she will be able to help someone with sight loss and give them the independence they deserve. What a lovely thing to do and I think Joanne is brilliant too taking on all this work and having to allow Cookie to move on to continue with her work and be such a responsible dog.



If you would like to sponsor a doggie too – it doesn't have to cost a lot to help. Just contact guidedogs.org.uk – there is always a puppy looking for some financial support and encouragement – and always people who need a guide dog. Also please remember when out and about – step back and give a guide dog some space to guide his/her human – clever as we doggies are we don't quite know what “social distancing” is exactly. Thank you.

Lots of love from Roggie Dog



Gardening Against the Odds?

The Conservation Foundation has relaunched *Gardening Against the Odds* as a virtual network and is getting some excellent interest.

As a result, it may be making a radio series soon, featuring some of the projects it has discovered over the years which show how people combat 'odds' – mental, physical and environmental – by gardening, even when they have no garden.

These people plant seeds which they watch grow, eventually producing growth leading to flowers and fruit. Sometimes they work alone, sometimes there is an opportunity to share, producing a sense of community. All this is nothing new, but many people are discovering the benefits of gardening as a result of lockdown – discovering how gardening can help combat loneliness and depression with a sense of caring and wellbeing sometimes with life changing results.

This is a very topical issue and so if you have discovered the benefits of gardening recently – or know someone who has – the Conservation Foundation would love to hear from you as soon as possible.

Please contact : davidshreeve@conservationfoundation.co.uk.

Facebook [@gardeningagainsttheodds](https://www.facebook.com/gardeningagainsttheodds) website <https://conservationfoundation.co.uk/projects/gardening-against-the-odds/>

More numbers to work out!

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Use your old clothes to help others in poverty

Lockdown drove many of us to do a Spring clear-out of our wardrobes. But what do you do now do with the old clothes you no longer want?

Charity shops may be closed for the time being, but there's still a way to donate your old items and support your favourite charities. Just go online and visit [Thrift+](#) . It is an online store where you can buy and donate great quality second-hand clothes. And you get to choose which cause to support when you make a donation.

While lockdown measures are in place, they've introduced a doorstep collection service, so you don't need to leave your home to support life-transforming charities.

House of Bishops backs phased approach

The House of Bishops is continuing to review advice to clergy on the Church's efforts to limit the spread of the coronavirus.

The Bishops have agreed in principle to a phased approach to lifting restrictions with regard to church buildings, in time and in parallel with the Government's approach, with three broad stages as infection levels improve.

An initial immediate phase has allowed very limited access to church buildings for activities such as streaming of services or private prayer by clergy in their own parishes, so long as the necessary hygiene and social distancing precautions are taken

Subsequently it is hoped to offer access for some rites and ceremonies when allowed by law, observing appropriate physical distancing and hygiene precautions.

Worship services, with limited congregations meeting, will begin when Government restrictions are eased to allow this.

The Bishops agreed that the decision on the timing of when to implement the revised advice on ministers or worship leaders praying and streaming from their church buildings should be made by individual Diocesan Bishops, depending on their local situation.

Praying for end to coronavirus crisis, frontline workers and world's poor

British adults are praying for an end to the Covid-19 crisis, as well as for frontline workers and those living in poverty both in the UK and around the world, according to a new poll commissioned by Christian Aid.

The research, undertaken by Savanta ComRes, found that one in four (26%) British adults say they have prayed for an end to the Covid-19 crisis since lockdown, while an equal proportion (26%) say they have prayed for people working on the frontline and other key workers since the crisis began.

One in five (21%) British adults say they have prayed for people living in poverty in the UK or around the world since the lockdown.

The poll also indicated that the Covid-19 lockdown is slightly more likely to increase than decrease people's faith in God (5% vs. 2%), life after death (4% vs. 2%) and the power of prayer (5% vs. 2%). This was particularly true of younger Brits aged 18-24.

Chine McDonald from Christian Aid said: "At times of crisis like the world is experiencing now, faith can play a key part in helping people to cope with daily realities and pressures."

What effect will coronavirus have on society?

The Office for National Statistics (ONS) has found that, following an initial period of great anxiety and confusion, now almost half the population understands that life will not return to normal within the next six months.

Other findings include:

75 per cent of us are "very worried" or "somewhat worried" about the effect that coronavirus is having on our lives now.

Many parents have struggled with home schooling, with 33 per cent saying it has put a strain on family relationships.

41 per cent of us expect our financial situation to get worse over the next 12 months.

41 per cent of us think that the wellbeing of our child or children is being negatively affected.

But it is not all bleak – a huge 57 per cent of us think that Britain will be more united in the future, and 67 per cent of us say that Britain will be kinder after coronavirus. That is good news!

Over-65s go shopping online

When you can't go out, go shopping. That seems to be the decision of many people over 65.

Record numbers of over-65s have signed up for online banking, according to recent data from Halifax. And they are now shopping online twice as much as a year ago, after being forced to stay home during lockdown.

Overall, the proportion of transactions being made online by those over the age of 65 has doubled, climbing from 20 per cent to 40 per cent.

Perils of your makeshift home office

Have you found that working from home is a pain in the neck? You are not alone. Many chiropractors have seen a rise in clients seeking help for neck and back-related pains. The blame has fallen on makeshift office set-ups, which can put our muscles under strain. Many of us working from home end up at our kitchen table or on the sofa. And, unlike the specially designed furniture in many of our offices, a kitchen table or sofa is not designed for computer work, day after day.

Chiropractors are also warning that working from home means a lot less exercise: with no commuting or walking around the office at all. They urge taking breaks to get regular exercise throughout the day.

Desperate to get away on holiday this summer?



How about going camping? Bookings for campsites are reportedly on the rise, as it seems that caravans and tents are at least a feasible solution to the problem of social distancing.

Nick Lomas, the director general of the Caravan and Motorhome Club, says: "The fundamental desire to be out in Britain's great outdoors is as strong as

Teams 4U What to put in your Christmas box

Whilst we are still mainly spending time at home we've probably time to think about what we wish to make (knitting or crafting) or want buy when returning to the shops



Hairbrush / Comb
Toothbrush and toothpaste
Facecloth and soap
Stationery/pens/pencils/paper
Gloves/hats/scarves
Stationery pack Craft Pack
Sewing Kit.

A few small gifts

A soft toy/ Ball/Game/Puzzle / Bubbles/Musical/photo of yourself

But please NONE of these

No medicines No food (except chocolate & sweets)
No 'military themed' toys or clothing
No dangerous items such as knives or razors
No novels (picture books & colouring books are OK)

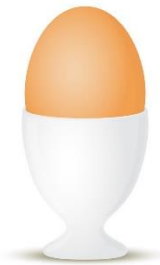
The new absolutely-must-have item for your kitchen

Here is a curious winner in the coronavirus crisis: the humble egg cup. It has been flying off the shelves in recent months, as more of us find solace in a cooked breakfast.

At one point, John Lewis had sold out of most of its egg cups, with even the most expensive lines selling out. (Such as Le Creuset's set of six egg cups for £45, or Emma Bridgewater's set of six for £27.95.)

As Nicola Hattersley, tableware buyer for John Lewis, explained: "One positive from being at home more is taking the time to make mealtimes more of an occasion.

"The humble egg cup – something many of us haven't used since childhood – is gracing tables once again and hopefully we'll see a new generation becoming familiar with 'soldiers' and debating the best way to smash open a boiled egg."



Now too frightened to go out

Agoraphobia, the fear of open or crowded places, is on the rise. That is the warning from two charities who work to help those with anxiety problems.

Calls to mental health organisations such as Sane and Anxiety UK have rocketed in recent weeks. Both have extended their helpline hours in order to offer support.

Sane has reported a 200 per cent rise in calls for help, and warns that residents of tower blocks and substandard housing are going to experience 'more and more' fear of going outside.

Anxiety UK has reported more than double its normal calls and has recruited a large number of new volunteers to cope with the increased demand.

If you would like to contact either, go to: <http://www.sane.org.uk> or <https://www.anxietyuk.org.uk>

New Archbishop of York to be confirmed

Bishop Stephen Geoffrey Cottrell will be confirmed as the 98th Archbishop of York this month. The service, at 11am on Thursday 9th July, will be broadcast entirely via video conference due to the Coronavirus restrictions. The service, which had been due to take place in York Minster, will be in two parts. A legal ceremony with readings, prayers and music, will be followed by a film marking the start of Bishop Stephen's ministry as Archbishop of York.

Bishop Stephen Cottrell says: "I am looking forward to beginning my ministry as the 98th Archbishop of York. This isn't quite how I imagined it would begin. It is certainly the first time an Archbishop's election will have been confirmed via video conference. But we're all having to re-imagine how we live our lives and how we inhabit the world.

"These are difficult times. My hope is that through this service the love of God that is given us in Jesus Christ will shine out, perhaps even to those who while never attending a service in York Minster, might have a look online

Following in the footsteps of my many predecessors, I look forward to serving our nation and bringing the love and peace of Christ to our world, especially here in the north."

The service will be available on the Church of England website. Arrangements for Bishop Stephen's enthronement service will be announced later in the year.

The reasons for going to church

Terry Warburton

Strange times we are living through. The future consequences of coronavirus are going to be challenging, to say the least. How will our churches fare when our buildings are allowed to re-open? One could say that the reasons for churchgoing can be put into three slots, 'Culture', 'Faith' and 'Community'. Many churchgoers would probably recognise in themselves elements of more than one.

***Culture** is for those who feel comfortable in church. They like the history, the language, the buildings, the liturgy and the music, which have probably been a part of their lives since they were children. All hold comforting memories.*

***Faith** is a link with the meaning of life and its eternal promise, somewhere to seek guidance through worship and sacrament, and on which to lean in times of trouble. A belief in the words of Jesus that they are not on their own, even if sometimes it feels like it in this world.*

***Community** is for those who like coming to church or being associated with it as a flying buttress (a phrase of Winston Churchill, who described himself as someone who supports the church from the outside). They don't have to have a commitment to the faith of the Church but are sympathetic and don't mind being with those who do.*

It is likely that the 'old normality' will not be the 'new normality' and this provokes a few thoughts:

** How many people, now out of the habit of regular community worship, will wish to return to it?*

** How many people on the periphery of church life, will come back to it, at least in the short term?*

** How many of those who have had a regular commitment to the church, for example by serving at the altar or in its refectories, singing in choirs, doing flowers, ringing bells and polishing brasses will feel that this is a good time to make a break and do something different?*

As church people, we must consider where we go from here. The Church, everywhere in the infected world, will need to know our answer to its call. To thrive, it needs us back.

2nd July at 7pm : Deacons to be commissioned online
Join in to support our newly appointed Curate
Marie Flint.

A total of 23 men and women are to be commissioned deacons to public ministry in their title parishes in the Diocese of Chester. **The commissioning will take place online on Thursday 02 July from 7pm.** Friends, family, and parishioners - old and new - are invited to join in via Zoom or Facebook to support, pray and mark this moment. The service will be led by Bishop Keith, Bishop of Birkenhead, with Bishop Mark Tanner, Bishop-elect of Chester also taking part. Prayers will be led by Revd Canon David Herbert, Continuing Ministry Development Officer in the diocese, and a homily will be given by the Revd Canon Sarah Fenby, Diocesan Director of Vocations. **The service is online and can be accessed via the following URL at 7pm on 2 July 2020.** Meeting URL: <https://us02web.zoom.us/j/86914032114>

The man who created Sherlock Holmes

Tim Lenton

Sir Arthur Conan Doyle, the multi-talented writer who created Sherlock Holmes, the world's most famous detective, died 90 years ago, on 7th July 1930 at his home in Sussex, probably of a heart attack. He was 71.

He had been born in Edinburgh to a prosperous Irish-Catholic family with a dysfunctional father and a loving mother who had a talent for inventing stories. He spent seven years in a Jesuit boarding school in England, which he loathed, and qualified as a medical doctor at the University of Edinburgh. He added 'Conan' to his name at that stage.

He wrote the first Sherlock Holmes story, *A Study in Scarlet*, in 1887. In all, he wrote nearly 60 novels or short stories involving Holmes and his sidekick, Dr Watson. He did not regard them as his best work – he wrote prolifically on many subjects – but their characterisation and ingenious plotting made them by far the most popular.

He was married twice – first to “gentle and amiable” Louisa Hawkins, the sister of one of his patients, and then, after she died of tuberculosis in 1906, to the “strikingly beautiful” and talented Jean Leckie. Towards the end of his life he developed a strong interest in the occult and spiritualism. He was knighted in 1902.

Buttercups – treasure in our countryside

Kirsty Steele



Buttercup! What a delicious name! Rumour has it that, as they were frequently to be found in meadows where cows grazed, they were responsible for butter's yellow colouring. So the name was an obvious choice. However, since buttercups are poisonous and therefore are avoided as far as possible by our four-footed friends, this is somewhat unlikely. But surely, we all remember having a buttercup held under our chin to see whether the reflection proved that we liked butter! The shiny surface of the petals actually has two real purposes. Firstly, to help attract insects and secondly to act as a kind of mirror to aid the temperature regulation of the plant's reproductive organs. We are fortunate that buttercups do not suffer from the same unpopularity as other poisonous plants, because if eaten, not only do they taste nasty, but the poison will also cause blisters in the mouth of the consumer. Extensive handling can also damage the skin, but presumably the size of bunch that many of us picked as children did not count as 'extensive'. Fortunately, Health and Safety experts do not yet seem to have forbidden this source of pleasure for little people. Incidentally, the poison is reduced as the plant dries, and hay that includes buttercups is safe for cows and horses to eat. Buttercups help form the traditional view of the British countryside. Differing varieties range in height from small to quite tall and although at their peak in early summer, the golden blooms can often still be seen in mid-autumn. Jan Struther, who wrote 'Lord of all hopefulness' also wrote a children's hymn entitled 'Treasure' It starts:

*Daisies are our silver, buttercups our gold:
This is all the treasure we can have or hold.*

Nigel Beeton writes: Many of us, during lockdown, have enjoyed making bread; working with yeast and dough is very therapeutic!

Our Daily Bread

Give us we pray
The bread we need today
Or, Lord, at least
Provide us with some yeast!

We'll feast our eyes
To see the yeast-dough rise
No fun we lack
When we then knock it back.

Once more it proves,
Then to the oven moves
And then we haste
That nice fresh bread to taste!

Bible Bite

A short story from the Bible

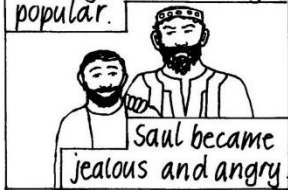
It can be read in the Bible in
1 Samuel 24

God chose Saul to be the King of Israel, but Saul chose to disobey Him. God said that the next king would not be Saul's son.

Saul didn't know that God had chosen David to be the next king.



David was very successful as a fighter and very popular.



Saul became jealous and angry

David had to go on the run and hide.



When he wasn't fighting the Philistines, Saul tried to catch David.

One day, Saul and his army were in En-Gedi. Saul needed to pee, so he went into a sheep fold built next to a cave...

David and his men were hiding at the back of the cave!



God has given you a chance to kill him!

David crept over and cut a piece off Saul's robe.



Saul didn't notice.

Then David felt bad.

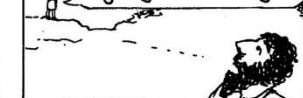


He is God's chosen king. Having the chance to do something doesn't make it right.

David waited until Saul was far enough away then he shouted to him.



Your majesty, I could have killed you today, but I knew it was wrong. I want to prove to you I'm not trying to harm you.



David, you are better than me. I would have killed you but you were kind.



Now I know you will be the next king, but please look after my family.

David promised, and Saul and his army went home.



Nigel Beeton writes: Shirley, my Mother-in-Law, was 92 on Friday 26th May. She can't walk well, so copying Major Tom's feat of 100 trips around the garden will not be possible, nor even 92, but she set herself a lockdown challenge of reading through the Bible. Facing the book of Numbers, I said that if she'd read the book, I'd write a poem based on a passage from Numbers! She's now in Deuteronomy, so here's my poem, from Numbers 20:1-13!

Speak, don't Strike!

Now Moses, a prophet of old
Was obedient wise, and quite bold
The Israelites he
Led through the Red Sea
(They generally did as he told.)

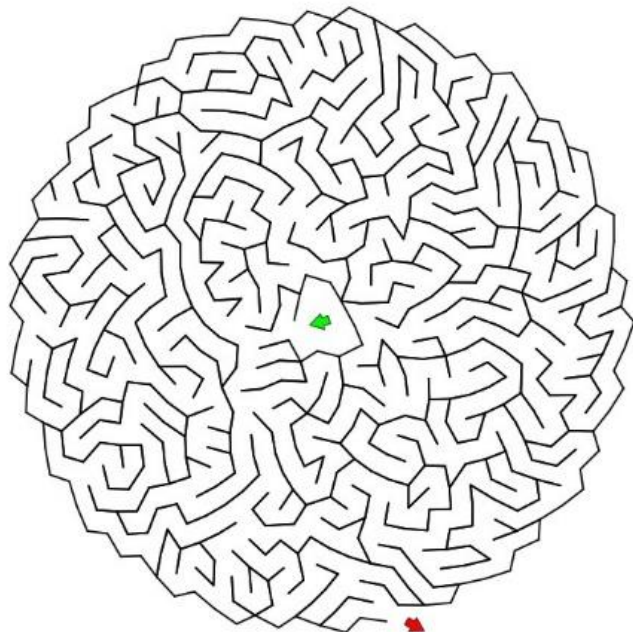
To get to that great Promised Land
They had to cross miles of sand
The Desert of Zin
Caused them to grow thin
No water or food was to hand.

The people, at this, then rebelled
At Moses and Aaron they yelled,
"You and your thick head!
"We wish we were dead!
"For drinks and good grub are withheld!"

For Moses, this wasn't that nice;
 He turned to the Lord for advice,
 "To the rock you must go,
 "And tell it to flow,
 "And water will come in a trice!"

So Moses went out straight away,
 But the people had caused such dismay
 That he disobeyed God –
 Struck the rock with his rod,
 But the water came out anyway.

Said God, (disappointed, of course):
 "I told you to SPEAK to that source,
 "You won't go, as planned
 "To my promised land,
 "You should have used words, not brute force!"



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Wordsearch for July 2020

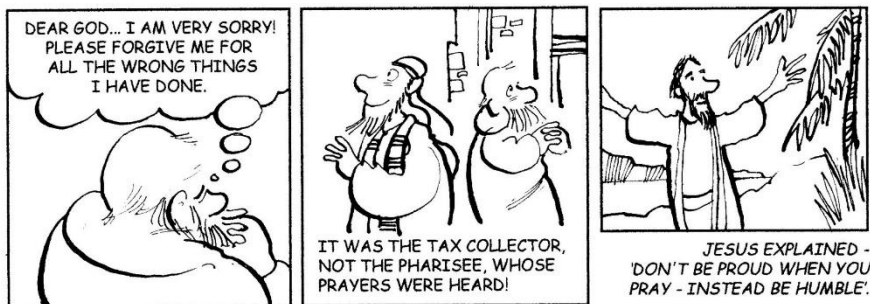
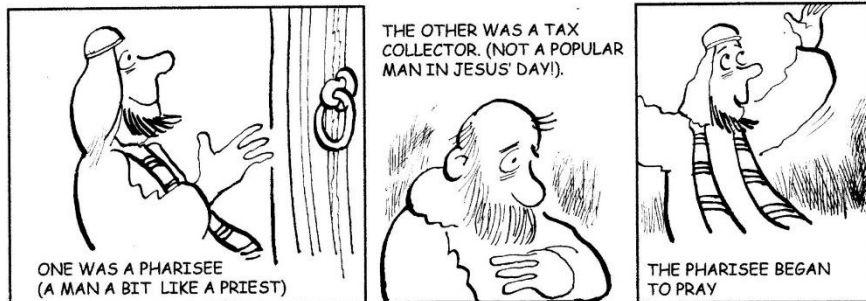
St Mary Magdalene, the woman with a past

It is easy to understand the popularity of Mary Magdalene over the centuries: she is the patron saint both of repentant sinners and of the contemplative life. Jesus drove seven demons from Mary, who came from near Tiberius in Galilee. Mary has also

sometimes been identified with the woman who anointed Christ's feet in the house of Simon. She became His follower to the bitter end. She followed Him to Jerusalem and was present during the crucifixion, standing heart-broken at the foot of the cross. Her love for Jesus did not end there, for she went to the tomb to anoint His body on the Sunday morning. Such faithful, humble devotion was richly repaid; it gave her a unique privilege among all mankind: she was the first person to whom the Risen Lord appeared on Easter Sunday morning. She thought He was the gardener at first. Jesus told Mary to go to His disciples and tell them about His return to Heaven. She was obedient and became the first emissary of the resurrection. In those days, the witness of a woman was worthless. Despite ridicule, Mary had the courage to speak about Jesus in a place of great disbelief.

Mary	patron	repentant	sinners
contemplative	life	seven	demons
Tiberius	galilee	anoint	feet
follower	end	Jerusalem	Crucifixion
foot	cross	tomb	body
morning	faithful	humble	devotion
privilege	mankind	risen	appeared
easter	gardener	disciples	return
obedient	resurrection	witness	courage

The
Tale of the
**TWO MEN
SAYING
THEIR
PRAYERS**



Mission to Seafarers

Sea Sunday – 12th July 2020

We may not be able to hold our usual “Sea Sunday” service in its usual form this year but we will continue collecting knitted items for the Mission to Seafarers – if you are able to assist our regular knitters that would be wonderful:

Woollen hats / Mufflers / Balaclava / Fingerless mittens – always required.
Thank You

WOOLLEN HAT Double knit or 4 ply wool: Size 8 (4mm) Needles
2 oz of wool
Cast on 120 stitches. Rib (2 plain 2 purl) for 12 inches
Next Row – Knit 2 together to end of the row Purl next row.
Repeat these two rows once more.
Knit 1 row. Purl 1 row.
Pull thread through all stitches and sew up seam.

MUFFLERS Two needles, size 6
8 ozs of double knitting wool – whatever colour/colours are available.
Stripes are very welcome!
Mufflers encircle throat twice, ends covering chest and should not be more than 10” wide and 5ft long.
Cast on 40 sts.
Work in Plain throughout.



BALACLAVA PATTERN One pair of size 10 (3mm) needles and one pair of size 8 (4 mm) needles, and 100 grams of double knitting wool.

With size 8 needles cast on 150 stitches. 1st Row: K2, (P2, K2) to end of row.
2nd Row: P2, (K2, P2) to end of row.

Repeat 1st and 2nd rows until the work measures 6ins.

Next Row: (K2, P2) 3 times and slip these stitches onto a safety pin, (K2, P2) to last 12 stitches and slip these on to a safety pin.

Continuing in rib decrease 1 stitch at each end of next 4 rows then the following 2 alternate rows (114 stitches). Continue until work measures 12 ins.

Crown

1st Row: Work 71. S1, K2tog, pssso, turn. / 2nd Row: Work 29, P3tog, turn.

3rd Row: Work 29, S1, K1, pssso, turn. / 4th Row: Work 29, P2tog, turn

5th Row: Work 29, S1 K2tog, pssso, turn / 6th Row: Work 29, P3tog, turn.

Repeat from 3rd to 6th Row 12 times, then 3rd and 4th rows once (30 stitches).

Next Row: Work to end, pick up and P1 along the side edge of next row down.

Next Row: Work to end, pick up and K1 along the side edge of the next row down.

Repeat last 2 rows.

Next Row: Work to end, pick up and K1 along side edge of next row down.

Next Row: Work to end, pick up and P1 along side edge of next row down.

Repeat last 2 rows (38 stitches)

Break off wool and leave stitches on needle.

Slip 12 stitches from first safety pin on to a size 10 needle. Rejoin wool and pick up and knit 20 stitches along the side edge to stitches on needle, work 38 stitches from needle;

pick up and knit 20 stitches along side edge to stitches on second safety pin and work these 12 stitches (102 stitches).

1st Row: P2, (K2, P2) to end.

2nd Row: K2 (P2, K2) to end. Repeat last two rows twice, then 1st row once.

Cast off loosely in rib. Sew front neck seam

Date Chews

6oz flour (sieved) wholemeal if preferred

6 oz chopped dates 6 oz caster sugar

3 oz desicated coconut 3 oz butter or margarine

1 desert spoon golden syrup 1 egg (beaten)

Place sugar, butter and syrup in a saucepan, stir over a gentle heat until dissolved

Mix dry ingredients and add the egg

Spread mixture in greased shallow tin 7"x11"x1"

Bake 170C 40-45 minutes

Cool slightly in the tin, cut into fingers and remove onto cooling tray

Apricot Tea Bread

2 oz dried apricots 5 oz sultanas

¼ pint warm tea 4 oz granulated sugar or brown if preferred

1 egg (beaten)

8 oz self raising flour (wholemeal if preferred)

½ teaspoon ground mixed spice

½ teaspoon salt

Cut apricots into small pieces and put into a mixing bowl with sultanas, warm tea and sugar – leave overnight

Next day sieve together flour, spice and salt – add to soaked fruit with beaten egg.

Put into a greased, lined 2 lb loaf tin

Bake 170C Gas mark 3 for 1 ½ hours

leave in the tin for 15 minutes then remove to cooling tray

Tea Time Favourites

Did you try any of the Welsh recipes given in our June Extra magazine? The month we're looking at some tea time favourites.

Caramel Shortcake

Base:

4 oz butter 2 oz caster sugar 6oz flour

Cream together butter and caster sugar. Work in flour to a stiff pastry. Press into a 7x11" x 1" deep baking tin and bake at 180C Gas Mark 4 for about 29 mins.

Toffee Topping:

4 oz butter 4 oz caster sugar 2 Tbsp Golden Syrup
1 small can Condensed Milk

In a saucepan dissolve butter, caster sugar, golden syrup and condensed milk (4 Tbsp). Boil 5-10 minutes (220C)

Quickly spread over shortbread base and cool

Chocolate cover:

6 oz chocolate

Melt chocolate and spread over set caramel topping

Mark into 30 pieces.

FINGERLESS MITTENS ON TWO NEEDLES

Materials : 3 x 25g balls Double knitting Wool / Pair each Nos 3mm (11) and 3 ¾ mm (9) needles. Measurements : Width above thumb 8 ½ in (21cm) Tension : 23sts and 31 rows to 4 in. Measured over stocking stitch on No 3 ¾ mm needles.

RIGHT MITT With no 3mm needles, cast on 50sts and work 20 rows in K1, P1 rib. Change to no 3 ¾ needles 1st row Knit / 2nd row Purl to last st. K1**

3rd row K26, M1, K1, M1, K23. Work 3 rows

7th row K26, M1, K3, M1, K23. Work 3 rows

11th row K26, M1, K5, M1, K23

Continue increasing in this way on every following 4th row until there are 62 sts. Work 1 row.

Thumb: Next row K40, turn. Next row K1, P14, turn. Cast on 3 sts (18 sts) Work 4 rows with these 18 sts. Work 2 rows rib as before. Cast off loosely in rib. With right side facing, rejoin yarn and knit up 3 sts from cast-on sts at base of thumb; k to end (50sts) Work 13 rows.

First Finger: Next row K32, turn. Next row K1, P13, turn. Cast on 2sts (16 sts) Complete as for thumb.

Second Finger: With right side facing, rejoin yarn and knit up 2 sts from cast on sts at base of First Finger, K6, turn. Next row K1, P13, turn, cast-on 2sts (16sts). Complete as for thumb.

Third Finger: With right side facing rejoin yarn and knit up 2 sts from cast-on sts at base of Second Finger, K6, turn. Next row K1, P13, turn. Cast on 2 sts. Complete as for thumb.

Fourth Finger: With right side facing rejoin yarn and knit up 2 sts from cast-on sts at base of Third Finger, K6. Next row K1, P12, K1 (14sts) Complete as for thumb.

LEFT MITT

Work as for right mitt to **

3rd row K23, M1, K1, M1, K26. Work 3 rows

7th row: K23, M1, K3, M1, K26. Work 3 rows

11th row: K23, M1, K5, M1, K26

Continue increasing in this way on every following 4th row until there are 62 sts. Work 1 row.

Thumb: Next row K37, turn. cast on 3 sts. Next row K1, P16, K1, turn. Complete as for right mitt.

With right side facing, rejoin yarn and knit up 3 sts from cast-on sts at base of Thumb. K to end (50sts) Work 13 rows

First finger: Next row K32, turn. Cast on 2sts. Next row K1, P13, K1, turn.

Complete as for right mitt.

Second finger: With right side facing, rejoin yarn and knit up 2 sts from caston sts at base of First Finger, K6 turn, K1, P13, cast on 2 sts.

Next row: K1, P14, K1, turn. Continue as for right mitt.

Third finger: Work as for right mitt.

Fourth Finger: Work as for right mitt.

To make up: With wrong side of work facing, block by pinning out round edges, and omitting ribbing. Press following instructions on the ball band. Using a flat seam, join thumb, finger and side seams. Press seams.

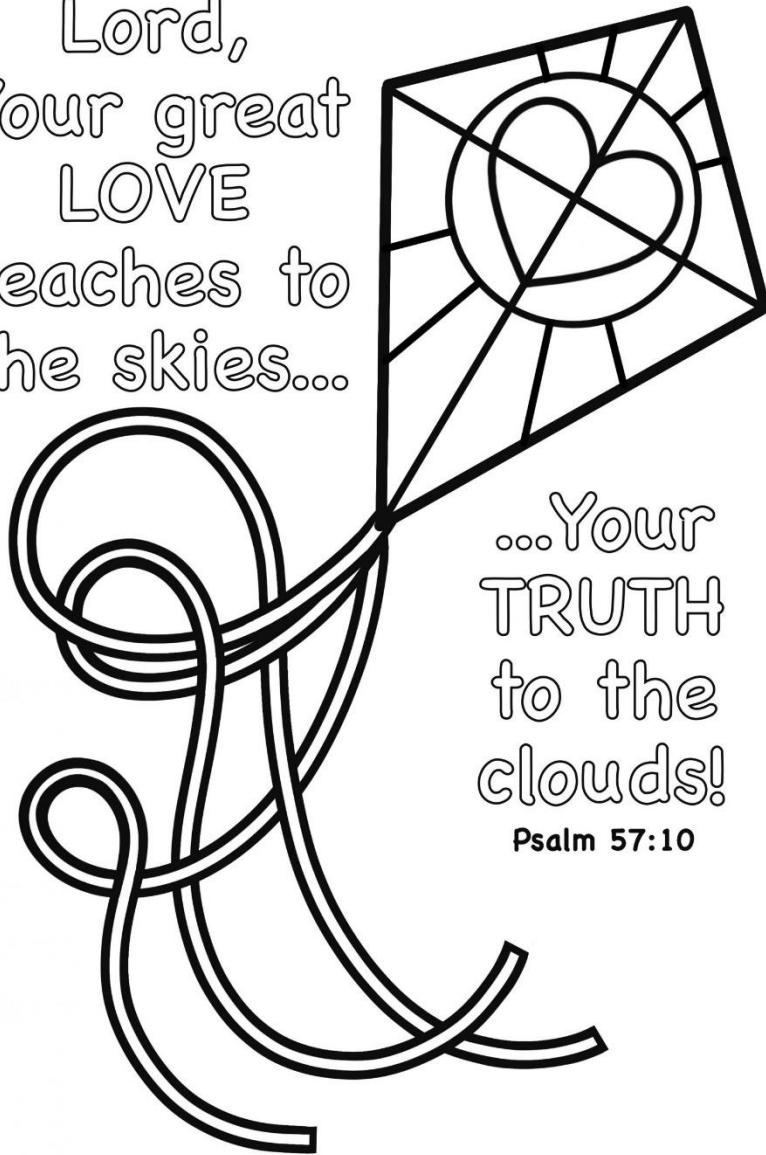
Heaton Chapel Station have a newly designed and commissioned flag – but there is a little church history to help the FofHCS fly it at their site on Tatton Road South.

Thank you to Sheila for sending this photo of a leaflet she has which, produced by the Friends of Heaton Chapel Station, updates us somewhat. Most of us involved with past building works at St Mary's (in particular the phase of works which incorporated replacement of the tower roof) never really gave much thought to what happened to the old flag pole once it landed at ground level; or for that matter remembered; or were even aware that it had been donated to a new home rather than just thrown on the skip. But how delightful that now (so many years later) it has re-appeared, complete with a newly designed and commissioned flag. From church to railway station, repaired and sporting a replacement finial (rescued from a Victorian building being demolished in Doncaster) it stands proud for all to see at Heaton Chapel. So pleased Phil Rowbotham and FofHCS that you kept it safe and are able to use it once again.

Manwhile back at St Mary's we are still not in a position to fly anything in a hurry a recent inspection having found that repairs will need to be made to the fixing plate of the present pole before we can arrange for a new lanyard to be fitted. A little disappointing, but we are sorting the problem and hopefully relatively soon we too will again be able to fly the flag – in our case St George for all to see from miles around – and of course the union flag for those special occasions.



Lord,
Your great
LOVE
reaches to
the skies...



...Your
TRUTH
to the
clouds!

Psalm 57:10

The Inauguration of a New Parish Ministry online



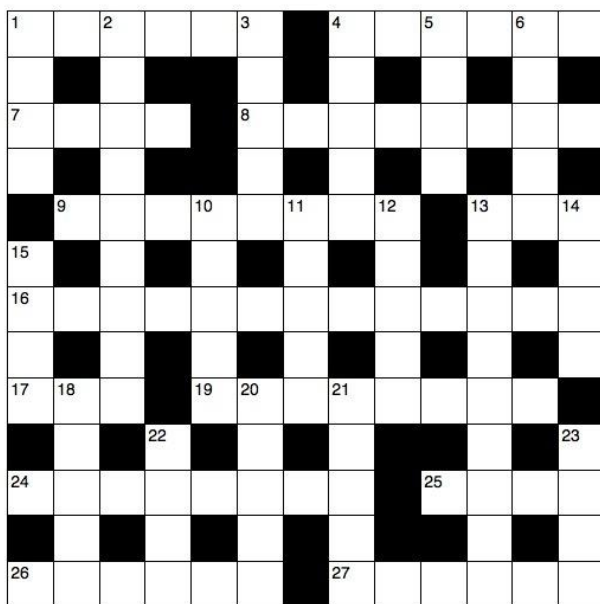
Monday, the 29th June The Licensing of Rev Jessica Piper as Associate Minister

Zoom may not be the format we are accustomed to for special events such as this, or would have wished to have had to use, but with our churches still closed for large gatherings, we have had to rely on welcoming Jess into the parish and her position as Associate Minister via a screen.

Jess has prepared an introductory video which can be found and viewed via our Facebook pages. Recorded in the garden of the vicarage at Bramhall, do "log-in" and have a listen to her story, if you have not already done so of course.

There have had a few false starts here and there and a few changes of plans, but we have a "ministry team" in post which is marvellous in relatively such a short time, considering all the Covid-19 restrictions to work round. Virtual meetings, virtual interviews, virtual services but we will meet in person sometime.

We look forward to meeting Jess in person when able to do so and will organise a special get-together to welcome both Jess and Marie to the parish in due course.



Crossword for July 2020

Across

1 'I pray that out of his glorious — he may strengthen you with power through his Spirit in your inner being' (Ephesians 3:16) (6)

4 'Saul's father Kish and — father Ner were sons of Abiel' (1 Samuel 14:51) (6)

7 'Praise the Lord, O my — ' (Psalm 103:1) (4)

8 See 5 Down

9 Laws (1 Kings 11:33) (8)

13 'Who of you by worrying can — a single hour to his life?' (Luke 12:25) (3)

16 Artistry (Exodus 31:5) (13)

17 'Your young men will see visions, your — men will dream dreams' (Acts 2:17) (3)

19 How David described his Lord (Psalm 19:14) (8)

24 'If this city is built and its — — restored, you will be left with nothing in Trans-Euphrates' (Ezra 4:16) (5,3)

25 'The holy Scriptures, which are able to make you — for salvation through faith in Christ Jesus' (2 Timothy 3:15) (4)

26 Intended destination of arrows (Lamentations 3:12) (6)

27 Eve hit (anag.) (6)

Down

1 'For I am gentle and humble in heart, and you will find — for your souls' (Matthew 11:29) (4)

2 Where Peter was when he denied Christ three times (Luke 22:55) (9)

3 Remarkable early 20th-century Indian evangelist, a convert from Hinduism, — Sundar Singh (5)

4 'Now the king had put the officer on whose — — leaned in charge of the gate' (2 Kings 7:17) (3,2)

5 and 8 Across The Lover describes this facial feature of the Beloved thus: 'Your — is like the tower of Lebanon looking towards — ' (Song of Songs 7:4) (4,8)

6 'Stand firm then, with the belt of truth buckled — your waist' (Ephesians 6:14) (5)

10 Trout (anag.) (5)

11 Easily frightened (1 Thessalonians 5:14) (5)

12 The ability to perceive (Ecclesiastes 10:3) (5)

13 One of the clans descended from Benjamin (Numbers 26:38) (9)

14 "It is one of the Twelve," he replied, "one who — bread into the bowl with me"" (Mark 14:20) (4)

15 Resound (Zephaniah 2:14) (4)

18 Traditional seat of the Dalai Lama (5)

20 Precise (John 4:53) (5)

21 Build (Ezekiel 4:2) (5)

22 Beat harshly (Acts 22:25) (4)

23 Darius, who succeeded Belshazzar as king of the Babylonians, was one (Daniel 5:31) (4)