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## June EXTRA 2020

*Parish of Stockport and Brinnington*  
*St Mary - St Thomas - St Luke*





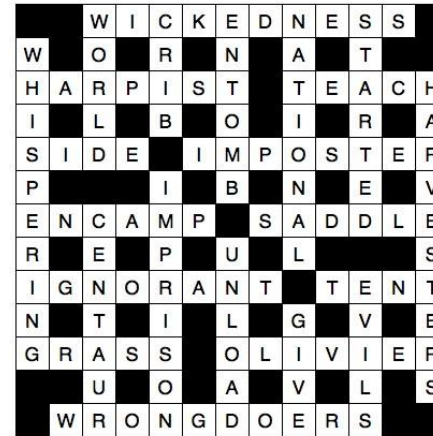
## June “extra” edition

Quite a few weeks have past since we closed the doors of our premises and headed for lockdown. However, there is light at the end of the tunnel as we move slowly forward and start to open our doors once again to the public.

Initially, the parish will open St Mary’s (Stockport Parish Church) for two hours only on a Tuesday and Saturday between 11am and 1pm (11.00-13.00). St Thomas’ Church and St Luke’s will remain closed – this decision to be reviewed at the end of the month. Opening will be for private prayer only – no other purposes and no toilet facilities/hospitality etc. or access to books or other information. Stockport Heritage Trust remains closed.

There will be one way IN and one way OUT (with a degree of flexibility for use of the disabled entrance ramp). Visitors will be required to use hand sanitizer on entry/exit. A few chairs will be in place allowing for social distancing – these to be cleaned between use. The lighting of candles will not be allowed. Maximum number in the church at any one time will be SIX. Lynne will be present throughout (unless unforeseen or urgent circumstances take her elsewhere) assisted by PCC volunteers.

Should anyone intending to visit (and on our planned giving “brown envelope” scheme for the parish) you will be able to drop off your backdated envelopes – these will be collected together and arrangements made for payment to reach the appropriate accounts for St Mary. St Thomas & St Luke. Donations towards the ministry and mission of the parish also appreciated. However, please don’t make a special visit – we’ll collect envelopes still left in your procession later on.



4	2	6	9	5	3	1	8	7
3	9	7	8	1	6	4	2	5
5	8	1	4	2	7	9	3	6
6	1	9	3	8	2	5	7	4
2	4	8	5	7	1	3	6	9
7	5	3	6	4	9	2	1	8
1	7	5	2	9	8	6	4	3
8	3	4	1	6	5	7	9	2
9	6	2	7	3	4	8	5	1

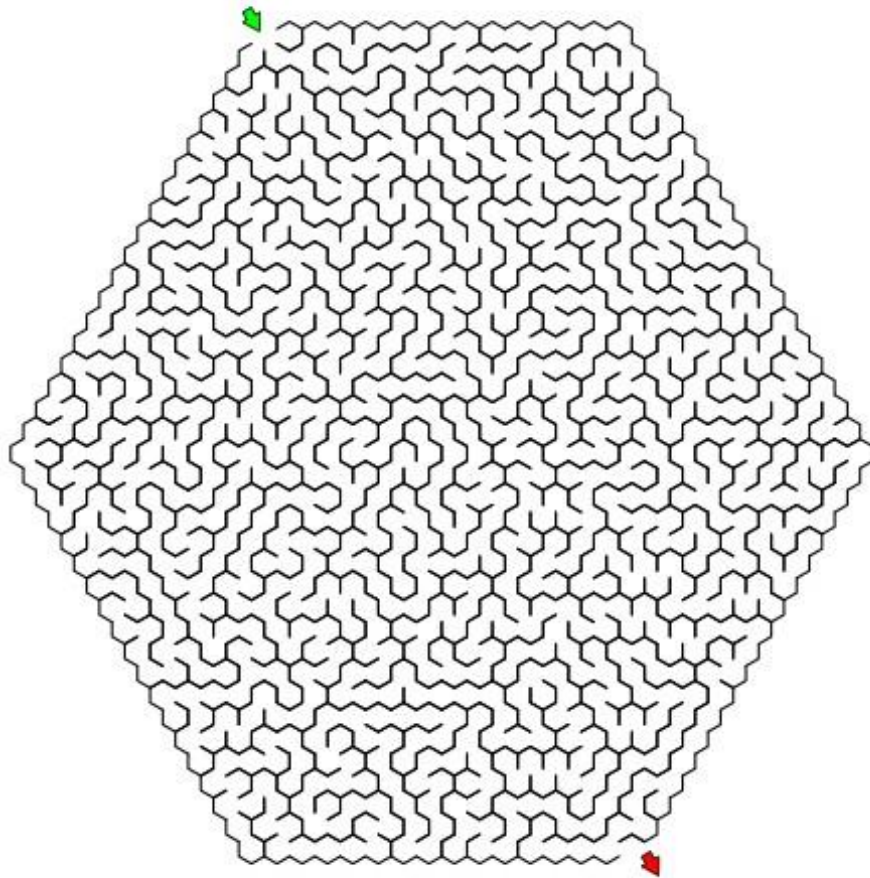




Replacing our original plans for the 28<sup>th</sup> June, we are delighted to say that a half hour service will be transmitted on all BBC local radio stations (not just BBC Radio Guernsey as we first thought) for a very different **75<sup>th</sup> Anniversary of the Liberation of the Channel Islands - Evacuee Service**. **If you possibly can please tune in at 8am 28<sup>th</sup> June**. Our thanks to all the help received from Cathy Le Feuvre (BBC) who has instructed us in recording items surrounded with pillows and cushions (BBC studios being closed of course) in order to get the best sound quality possible from a mobile phone – for preparing the service with us and putting it all together. Thanks of course to Gillian Mawson & Sue Shore from the Stockport end and various others recording items in Guernsey. I'm quite excited! Please do listen.

Whatever you are doing, braving the big outdoors, staying at home, returning to work maybe or volunteering roles in places already starting to open – do take care and stay safe

## Maze



## Wordsearch for June

A N G E L D H E B L E F  
G R E A F N O G M E N E  
A R H Y B I G Y U E R U  
N H O J R R W Q D A R N  
N A O E Y T I I P M L I  
O I N C E N S E N E D H  
U R B N U B R I L S G N  
N A L E E P H D N S N B  
C H I L D R E N Y I I W  
E C I G R R R S B A M P  
T E M P L E O A A H O H  
F Z N Y H B D E B M C A

On 24 June the Church remembers the birth of John the Baptist. (Luke 1) In the days when Herod was king of Judea, there was a priest named Zechariah who served in the temple. One day the angel Gabriel appeared to him. Gabriel said that Elizabeth, Zechariah's barren, elderly wife,

would give birth to a son who would have a unique role in history. Zechariah did not cope very well with the news: he laughed in disbelief. Nevertheless, a baby was born: John, whose amazing role in life was to announce the coming of the Messiah: "he will turn many of the children of Israel to the Lord their God" (Lk 1:16) John's role was unique, but all over the world Christians today are in ministry for exactly the same purpose: "...to make ready for the Lord a people prepared".

John	Zechariah	Incense	Angel
Laugh	Disbelief	Children	Prepare
Announce	Messiah	Ministry	Barren
Wife	Elderly	Gabriel	baby
Herod	Temple	Dumb	Unique
Coming			



## Sharing some Welsh recipes

**St David's Day Bake** (well okay it isn't St David's Day this month but this dish should be quite tasty and easy to make for lunch/supper or starter dish. It has been suggested that you could substitute the leeks with bananas but change the name to something more suitable.

6 large leeks	4oz Grated Cheese (Cheddar)
6 slices of cooked ham	1oz Butter
1oz Plain flour	½ pint milk
Salt/Pepper	pinch of dried mustard powder

Trim off surplus coarse green leaves from leeks and wash thoroughly. Cook in salted water until soft and drain well.

Roll each leek with a slice of ham and place in a shallow oven proof dish.

Make white sauce by placing butter, flour, milk and seasoning in saucepan, cook, whisking continuously until sauce thickens then add grated cheese, whisk until melted.

Pour the sauce over the over prepared leeks.

Bake 30mins in a moderate oven (Reg 5 - 190 degreesC) until golden brown.

## Anglesey Eggs

Lunch/Supper or Starter

2lbs potatoes peeled and diced

12oz green part of leeks, washed and chopped (keep white part of leek and potato soup)

1 oz butter / 1 oz plain flour / Salt/pepper/nutmeg seasoning

2oz grated cheese (Cheddar)

6 hard boiled eggs, sliced, quartered or halved

2oz additional cheese for topping

Cook potatoes and leeks (15-20 mins) until tender. Drain well and blend in a processor or mash well. Season and put into large shallow oven proof dish.

Make white sauce as in previous recipe. Stir in salt, pepper and nutmeg to taste , then add 2 oz grated cheese.

Arrange eggs in neat layer on potato/leek mix then pour on cheese sauce, finish off with 2oz grated cheese sprinkled on top.

Grill under medium heat 10-15 minutes until golden.

### **Leek and Potato Soup**

½ lb white part of leeks

½ lb of potatoes

1 oz butter / 1 pint stock / salt/[pepper

Chopped parsley for garnish

Prepare and cut up the vegetables roughly.

Put the butter into large saucepan and add vegetables, saute for 10 minutes over a gentle heat with lid on. The vegetables must not brown but just adsorb the butter and soften.

Add the stock (Chicken is preferred unless vegetarian option preferred).

Simmer gently until vegetables are quite tender. Sieve or liquidise the soup, adjust seasoning and add milk.

The soup can be frozen at this stage if desired. If not gentle re-heat add cream if liked, garnish an serve with warm crusty roll or garlic bread.

If you can get yourself on-line there are some informative You-Tube video links from the Teams4U web site. <https://teams4u.com/shoebox-guide/> . Some great crafting ideas such as upcycling a towel into a wash mat; upcycling a tie into a sewing kit, making an Origami box and many other ideas.

**2019 was a big year for Teams4U, from new vocational centres opened in Sierra Leone to partnering 4 schools in Wales with 4 schools 4 schools in Uganda and fostering training in Belarus.**



### **Covid - 19**

Money has recently been made available to help local residents purchase material to make masks helping to tackle the spread of Coronavirus in Serra Leone.

Uganda is now in lock-down , limiting all gatherings of over 3 people and movement by private or hired vehicle Uganda does not have the medical infrastructure needed for a nationwide outbreak, and yet most households lack necessities to prevent the spread. Over 60% of households in the Kumi district do not even have a hand washing facility.

**Donations welcome: £5 will pay for material to make 10 masks – and T4U vocational centres can make 20 litres of soap for just £10.**



It may not be time for us to fill our shoe box gifts just yet, but what better time to see what we can do in preparation whilst in lock-down.

**T4U**  
real people making  
a real difference

## Simon Cooke – Teams4u



In these strange times we want to give you some great ideas about putting together a shoebox for this year. With extra time on your hands this is an ideal time for making and collecting things for a shoebox that will make a difference in a child's life!

### What to put in your box

#### Practical supplies

Toothbrush and toothpaste	Hairbrush/comb
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 instrument i.e. harmonica/recorder  
A 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)

**Honeyed Lamb (West Wales)** ideally using the unique flavours of Welsh Lamb and Welsh Honey

Preparation time 10 mins    Cooking time 1 ¾ hours

Preheat oven Gas mark 8 / 230degreesC

Ingredients for six

4lbs (1.8kg) shoulder of lamb – or leg if preferred  
1 clove of garlic / 4 oz honey / ¾ pint dry cider  
1 tsp chopped mint / 1 ½ chopped thyme  
1 oz plain flour / 1 tsp lemon juice

Line a roasting tin with foil large enough to wrap over the top of the joint. Rub the meat all over with the clove of garlic. Place the joint in the tin and season well with salt and pepper. Mix the honey with ½ pint of the cider and pour over the joint. Sprinkle the top with the chopped mint and thyme. Fold the foil loosely over the joint and cook in pre-heated oven for 30 mins. Open the foil and baste with the remaining ¼ pint of cider. Close the foil again, reduce oven temperature to Gas mark 4 / 180degreesC and cook for a further hour, folding back the foil to brown the meat after 20 mins. Remove from the oven, place on a serving dish and keep hot.

To make the gravy, pour off the juices from the roasting tin into a small saucepan, leave to stand for five minutes and then skim off the fat from the surface. Blend the flour in a basin with 4 tbsps of the juices then stir back into the saucepan. Bring to the boil, stirring constantly until smooth and thickened. Season with salt and pepper and stir in the lemon juice. Serve piping hot with the joint. Baked onions and boiled new potatoes sprinkled with mint are excellent accompaniments for honeyed lamb.

## Teisen Afal

Suitable as a cake or hot as a pudding with lots of Welsh honey.

4 oz butter  
4 oz soft brown sugar  
2 eggs beaton  
Grated rind and juice of one lemon  
8 oz wholemeal self raising flour / 1 tsp cinnamon (sieved together)  
1 lb eating apples evening sliced (keep white in lemon juice or slightly salted water)  
2-3 tbsp honey or syrup  
8 inch square cake tin / greased and lined

Creaming method – cream butter and sugar until light and fluffy  
Gradually beat in eggs, then lemon rind and juice (a little flour added at this stage will stop the mixture curdling).

Fold in the flour and cinnamon – fairly stiff mix,  
Spread mixture evening in prepared tin.

Arrange apple slices in neat pattern on top of cake (neat lines best).

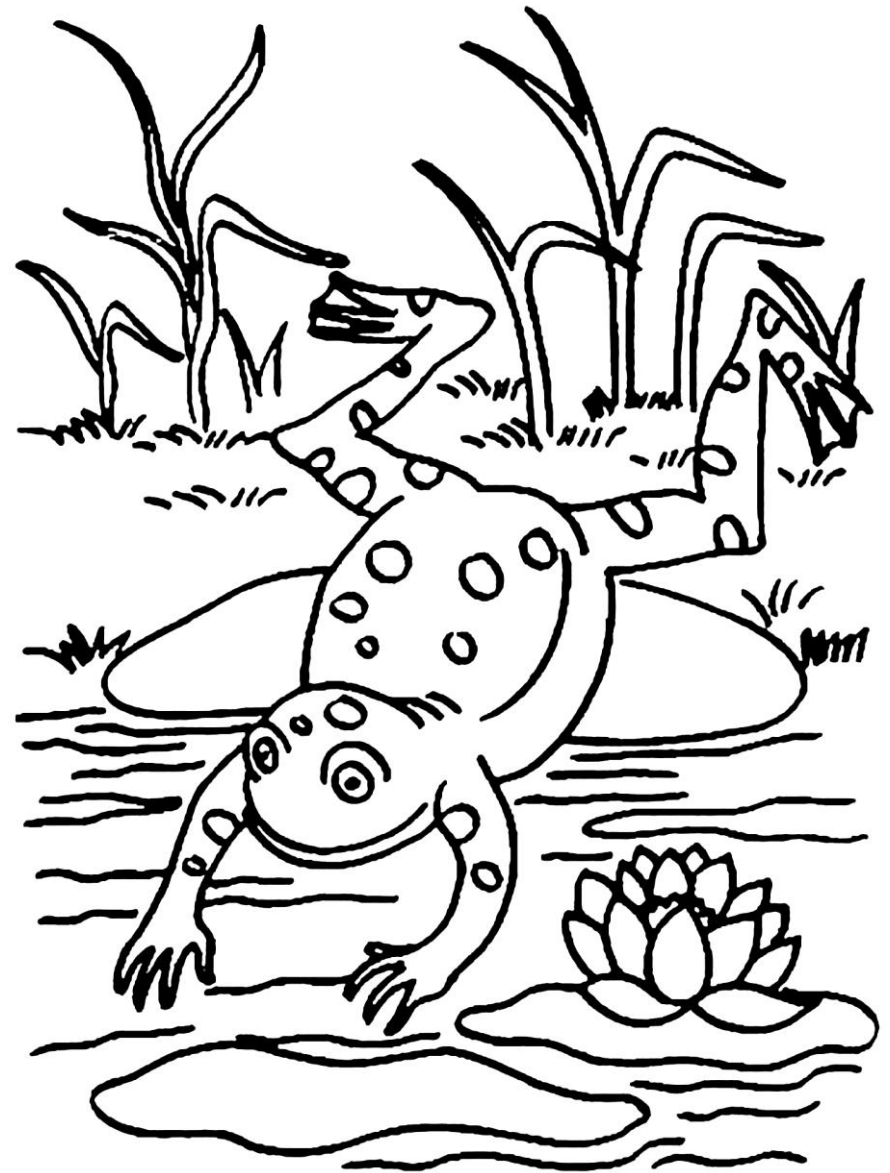
Flick a little water over the apples to prevent drying and shrivelling.

Bake 50-60 minutes

Warm honey or syrup, brush and drizzle over apples

Serve hot with cream or thick natural yoghurt for pudding or cold for a tea-time cake. You may of course prefer custard. Whatever your choice this is an Apple Cake to enjoy.

*Our thanks to former members of the Friog and Fairbourne Women's Institute – long since closed regretfully - but I am sure they would wish to share some of their favourite recipes with you if they could.*





## Online 'Talking Jesus' course FREE during the Covid-19 lockdown

HOPE Together has made the hugely popular Talking Jesus course available, rent free, to watch online during the Covid-19 crisis.

Roy Crowne, executive director of HOPE Together, said: 'We have had lots of requests during the Covid-19 lockdown to make the Talking Jesus course available online. There seems to be an increased interest from non-Christians in spiritual issues. People are searching for hope. We want to help equip Christians to tell their story and to talk about the hope we have because of Jesus.'

The Talking Jesus course includes six video-based teaching sessions with inspirational testimonies. To access the course free until end of August visit: [www.hopetogether.org.uk/talkingjesus](http://www.hopetogether.org.uk/talkingjesus)

## Good-bye to the Covid Frontline

29<sup>th</sup> May:

You may be wondering about the result of my coronavirus test. Well, I was tested last Wednesday, and on Bank Holiday Monday a lady rang me up, confirmed my details, and said "Well, I am sorry to have to inform you..." (by this time my heart was at a standstill) "... that your test was invalid!" So I had to go back again and have a swab hoover around the inside of my sinuses, but now it's Thursday evening, and I still haven't heard, and it's time to write my blog.

It doesn't matter much now, anyway, because I retired today. Thankfully, the weather was beautiful, and so we were able to have a socially distanced gathering in a courtyard, though only a tenth of the people were there that I'd have liked to be there. But instead I did a tour of the hospital and saw a lot of my colleagues, and words and gestures had to stand in for hugs and handshakes, but it was all very nice, anyway. Then I took Carol my wife out for a meal. OK, it was only in the hospital canteen but that's all there is at the moment! As I got home this evening the last of the eight o'clock claps was taking place, strange that the last one is on my retirement day.

My retirement gift was a lovely globe... I've always wanted a globe, I love just gazing at all the exotic places that I've never been able to visit and now I still can't, despite being retired! But I can still gaze at them on a globe.

My colleague who tested positive made a speedy recovery and is back at work already. Three others tested positive but they are all right as ninepence. What a strange, capricious thing this coronavirus is! Some patients suffer a long, drawn out, suffocating death while other people barely know that they've had it. I expect that the boffins understand this but I'm not sure that I do.

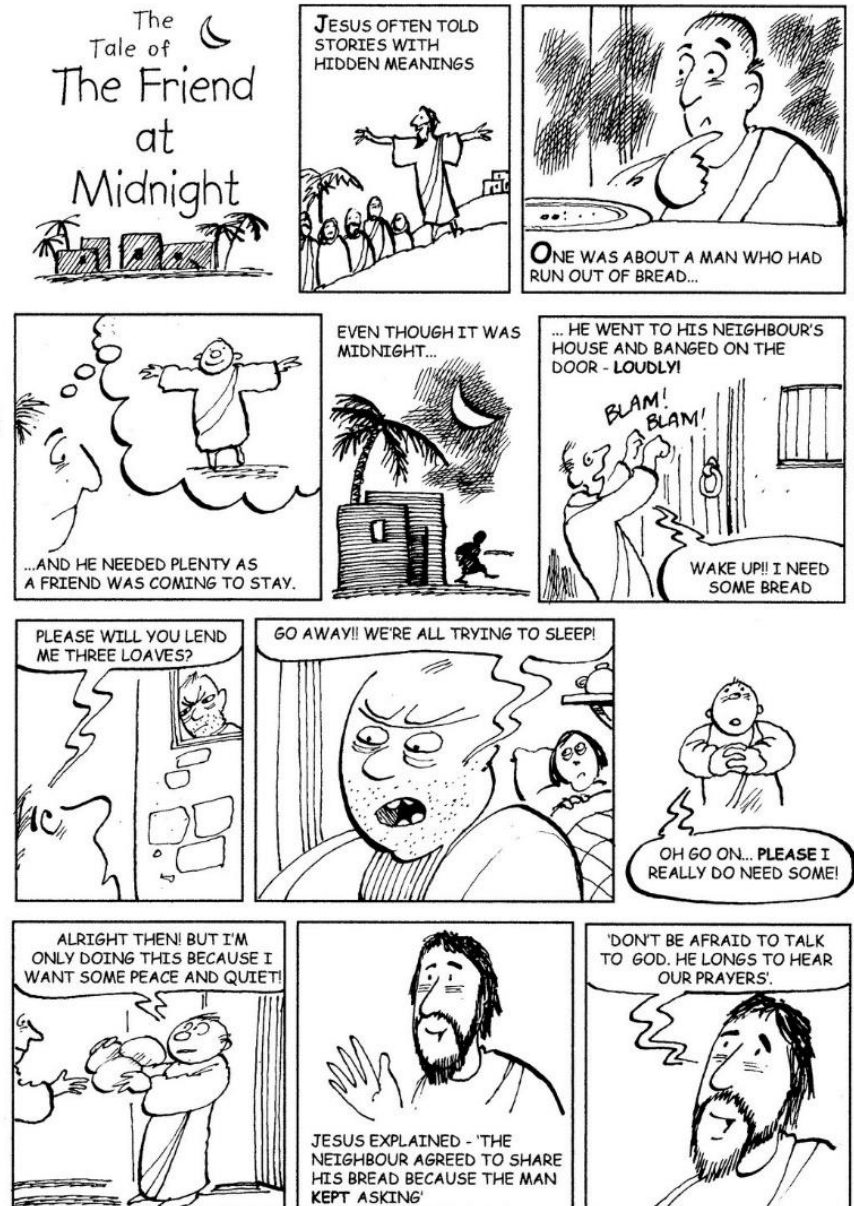
What I do understand is how glad and thankful I am that I've made it to retirement and that all my staff so far are safe and well.

I take my leave of the Covid frontline now. I have some holiday, during which I will not be travelling along the Danube on a river cruise as planned, but we might sit in the caravan on the drive for a few days anyway.

Thank you all for following my little story and for your messages of support.

It's not over yet, of course, and may not be for months, so do keep vigilant and look after yourselves. But from me, for now, thank you, and good-bye.

Nigel Beeton



## For Sudoku fans...

		6	9					7
			8				2	5
		1		2		9		
								4
2			5		1			9
7								
		5		9		6		
8	3				5			
9					4	8		

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## Honey : Deuteronomy 26:9 NLT

**He brought us to this place and gave us this land flowing with milk and honey!**



Personally I couldn't stick honey for years until a friend kept bees on some railway embankment (well no they were in a field I think - owners permission granted of course) near Huddersfield. I was fascinated when honeycombs would appear in his kitchen straight from the hives and after making rather a "sticky mess" - I thought - thick golden liquid flowed into nice clean jars - a label placed upon it and there you were - it was ready to eat. I suppose the taste of honey does depends where the bees have been - lets see we have Acacia, Altalfa, Blackbury, Blueberry, Clover, Sage, Lavender... Welsh, Scottish and David's (well no more he doesn't keep bees these days however there are over 100 members of the Huddersfield and District Bee Keeping Association) but it gave me a taste for honey - in tea/coffee instead of sugar, not necessarily directly on toast initially, but I've certainly cooked with it (savory or sweet dishes) for years. We made mead one year (in David's kitchen) but that's another story.

We're using honey in some of our recipes from Wales, but I don't expect anyone to rush out looking for Welsh honey, just a good quality one will do nicely - but what is so good about it - a food from the Bible.

It's a thick, sweet syrup made by honey bees loaded with healthy plant compounds and has been linked to several health benefits, There is however some controversy surrounding which type of honey is best - raw or regular.

The difference being, well basically, that raw honey is as it exists in

the bee hive – made by extracting honey from the honeycombs from the hive, extracting it and pouring over a mesh or nylon cloth to separate the honey from impurities like beeswax and dead bees – who wants to find one of those on their toast. Once strained, raw honey is bottled and ready to be enjoyed.

On the other hand, the production of regular honey involves several more steps before it is bottled, such as pasteurization and filtration. The first of these processes destroys the yeast found in the honey by applying heat and helps extend the shelf life also making it smoother. The second further removes impurities like debris and air bubbles so that the honey stays as a clear liquid for longer. Some commercial honey is further processed to refine it even further, but that could also remove some of the beneficial nutrients honey normally contains.

Then there is “Organic Honey” – when the flowers that the bees use to produce the honey have not been treated with chemicals – nothing to do with the production process. A hive can produce organic honey, but the extracted honey can be heated, filtered and processed – and not therefore always raw honey.

So you take your pick – supermarkets have various to choose from, health food shops, on-line or look for a local beekeeper.

Formed in 1969 the Stockport Branch (SBKA) of the Cheshire Bee Keeping Association has been educating beekeepers and the public of Stockport and surrounding areas about bees for quite a long time. With over 200 members from as far as Macclesfield, Buxton and Glosop, the branch provides an annual programme of meetings and events – but not at the moment of course.

I remember the training Apairy located at the Dialstone Centre when



**Olives: Deuteronomy 8:8 NLT:**

**“It is a land of wheat and barley; of grapevines, fig trees, and pomegranates; of olive oil and honey.”**

Forget for now the wheat and barley, grapevines, fig trees and pomegranates and think Olives. I do enjoy an olive (black or green) pitted of course and sometimes stuffed. I did go off them for awhile after my friend Maureen and I would have a “greek salad” (from the staff restaurant where else) day after day for weeks. Why I have no idea – clearly we liked it so much - it isn't as if there wasn't a load of other things to select our lunch from.

Olive oil was plentiful in Bible times, with olive trees which continued to bear fruit even into old age. Quite fond of it myself and always have some to hand in the kitchen – some infused with garlic, basil, lemon or chilli. I do have an olive tree in a pot on the patio but nothing as beautiful as those big old trees where real olives come from.

Now I guess we have been told that Olive Oil is a good oil for us to use, it is a major component of the Mediterranean diet, rich in antioxidants. The main fat it contains is monounsaturated fatty acids which experts consider a healthful fat – if there is such a thing BUT two tablespoons contains 240 calories – something to think about when pouring on the salad dressing. Like many other things maybe best to limit how much we use for a truly healthier diet and equally like many other things aim to buy a good quality brand. Extra virgin olive oil is the “healthiest” containing natural chemical compounds known as phenols or polyphenols that do provide a host of health benefits but it all depends what you like to use - since you are the one buying it! SMH

**Mouse Makes**

“May the *grace* of the Lord **JESUS** Christ and the *love* of **GOD** and the *fellowship* of the **HOLY SPIRIT** be with you all.”  
2 Corinthians 13:13

Can you find all the names of the Trinity in this 3 in 1 word search?

**GOD - THE FATHER**

C R E A T O R  
J O N E L H O L Y  
E A I L M G N O A  
H S A V I O U R H  
O J M A G D I D W  
V U O N H I G H E  
A D F A T H E R H  
H G I M Y K I N G  
E T E R N A L

**GOD - THE SON**

M E S S I A H  
S J M O S T T A L  
C E M N V W R B A  
H S A V I O U R M  
R U N O N R T E B  
I S U B E D H A W  
S H E P H E R D A  
T A L I G H T A Y  
L O R D O O R

**GOD - THE SPIRIT**

S P I R I T E  
W I T N E S S T T  
C O M F O R T E R  
P T H E L P E R I  
O T R U T H A N N  
W I S D O M C A I  
E B R E A T H L T  
R I G U I D E E Y  
T H O L Y R D

LORD • GOD  
JEHOVAH • I AM  
YAHWEH •  
HOLY • ONE  
SAVIOUR • KING  
ETERNAL  
ALMIGHTY  
CREATOR • JUDGE  
FATHER • ON HIGH

JESUS • CHRIST  
SAVIOUR • LORD  
EMMANUEL  
SHEPHERD  
LAMB  
WAY • SON  
DOOR • LIGHT  
BREAD • WORD  
MESSIAH • VINE

HOLY • SPIRIT • COMFORTER • TEACHER • GUIDE  
HELPER • TRUTH • POWER • WISDOM • BREATH • ETERNAL

*Hiding in one of the puzzles is the word 'TRINITY', can you find it?*

out there taking training sessions or attending meetings for work or on an evening for my pottery classes Those hives had to move when the centre closed and the building demolished to make way for the new housing estate – but pleased to know that they only moved as far as Woodbank Park.

Is anyone within our readership a bee keeper? – We’d be interested in hearing your story.



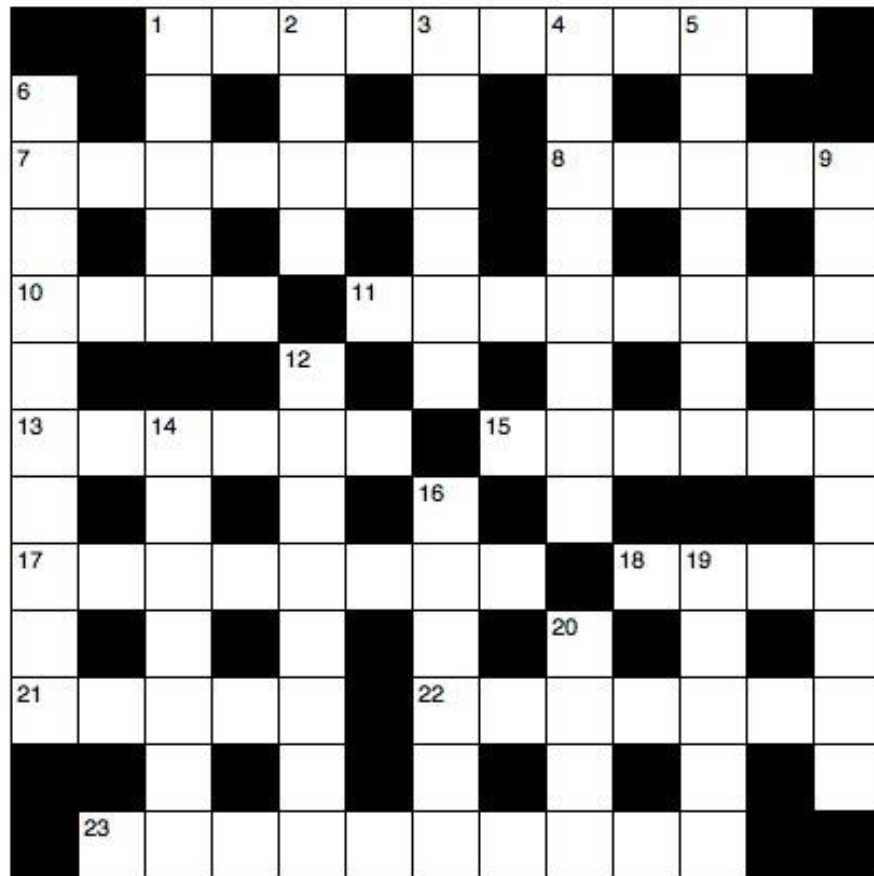
Speaking of those buzzy little creatures there have been several crawling around my garden of late – really large ones. I’d quite like to know what type they are and why during the hot weather when I opened the door was it is necessary to go on bee patrol there were so many of them. Somewhere I suspect a nest - but these are mainly crawling along slowly not flying around. Is it a



Bumble Bee – is it a Carpenter Bee – pity now I didn’t take a little more notice. Is there a nest maybe (plenty of places for one at ground level) or are they drilling their way into some fascia board somewhere – I’ve yet to find out!

SMH

## CROSSWORD



### Across

- 1 Evil (Genesis 6:5) (10)  
 7 Musician called for by Elisha when he met the kings of Israel, Judah and Edom (2 Kings 3:15) (7)  
 8 The request that led to the institution of the Lord's Prayer: 'Lord, — us to pray' (Luke 11:1) (5)

- 10 'We are hard pressed on every—'(2Corinthians4:8)(4)  
 11 Fraud (2Corinthians6:8)(8)  
 13 'His troops advance in force;they build a siege ramp against me and — around my tent' (Job 19:12) (6)  
 15 Where Rachel hid Laban's household gods when he searched his daughter's tent (Genesis 31:34) (6)  
 17 'Now about spiritual gifts,brothers,I do not want you to be—' (1 Corinthians 12:1) (8)  
 18 Nomadic dwelling(Genesis26:25)(4)  
 21 'As for man,his days are like—,he flourishes like a flower of the field' (Psalm 103:15) (5)  
 22 Or I live (anag.)(7)  
 23 Those guilty of 1 Across(Romans13:4)(10)

### Down

- 1 'God so loved the — that he gave his one and only Son' (John 3:16) (5)  
 2 'Away in a manger, no — for a bed' (4)  
 3 Mob ten (anag.) (6)  
 4 'Each — group made its own gods in several towns where they settled' (2 Kings 17:29) (8)  
 5 Began (Luke 9:46) (7)  
 6 Speaking very softly (John 7:32) (10)  
 9 Workers Ruth joined when she arrived in Bethlehem with her mother-in-law Naomi (Ruth 2:3) (10)  
 12 Put in jail(Acts22:19)(8)  
 14 Aceturn(anag.)(7)  
 16 Discharge(Acts21:3)(6)  
 19 'All these—come from inside and make a man "unclean"' (Mark 7:23) (5)  
 20 'Let us rejoice and be glad and — him glory!(Revelation19:7)(4)