

**October & November
2025**

Cheadle Hulme Methodist Church
MAGAZINE



Our Mission

Living With Christ

Living For Christ

Living to Make Christ Known

Address: The Methodist Church,
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Website: www.chmc.org.uk
Circuit website: bramhallwythenshawemethodists.org.uk

Church Office: Closed Monday
Tuesday 12:30 - 3:30pm
Wednesday to Friday 9.00am – 3.30pm

Minister:
Reverend Alistair Jones (Day off Friday)
07782 376945 alistairjones@live.co.uk

Children & Families	Community & Pastoral Worker
Susie Metcalfe	Jackie Sims

Fresh Expressions Missioner	Church Treasurer
Linda Rayner	Maurice Turnpenney

Leadership Team
Dave James, Barbara Clark, Charles Nevin, Gill Smith

Articles for the **December/January** issue of the magazine
need to be submitted to the magazine editor Gill Smith
by Friday 21st November

If you include your personal contact details in your article it
will be assumed that you are giving consent for these to be
included in the paper copy of the magazine which will be in
the public domain.

I don't know whether you remember the music charts of April 2013?

The tune soaring above the others was “Ding, dong, the witch is dead”, as many folk celebrated the death of Margaret Thatcher. While I understood and sympathised with the sentiment held by those who had suffered under her rule, I had to preach against rejoicing in an individual's death.

In the same way people around the world have been rejoicing in the murder of Charlie Kirk, a preacher of hatred. Again, I understand and sympathise with the sentiment, but it is equally un-Christian.

Why? From our worship book:

We confess to God and to you that we have sinned in thought, word and deed; may God have mercy on us.

May God grant you pardon, forgiveness of all your sins, time to amend your life, and the grace and comfort of his Holy Spirit. Amen.

Time to amend our lives is at the heart of confession, for it is only in so doing that we can demonstrate the truth of our repentance. If we refuse to, or are deprived of the opportunity to, undertake such amendment then being put right with God is inhibited.

We can none of us know the state of somebody else's heart and soul. Some 'death-bed conversions' are, undoubtedly, insincere. We can neither know nor presume to know.

Rather, let us spend our energies bringing healing to those lives that have been damaged. Kirk's hatred and rage encompassed many people – women, Jews, Muslims, migrants, civil rights workers, those who performed, and those who had, abortions, liberals, Democrats, the WHO and those who socially distanced during the pandemic, 'prowling Blacks', anyone whose sexuality isn't pure

'hetero', even Rev Dr Martin Luther King Jnr! He was almost indiscriminate in his discrimination!

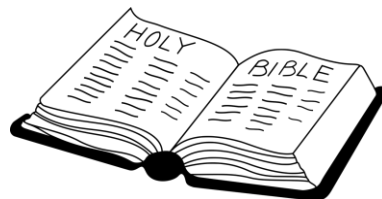
Many have been hurt by him, including some in Cheadle Hulme. Rather than remembering him, let us welcome his victims, and dress their wounds.

With every blessing

Alistair

Home Groups

Home Groups normally meet on the first and third week of the month.



Monday 10:30am in Room 2

Contact: Margaret Parker

Monday 8pm

Contact: Gez Butterworth

Friday 2pm in the Coffee Lounge

Contact: Val Pickwell

Flower Visitors

October – Cheryl Palmer

November – Joanne Scoltock



Join us for Worship



Services will be held in the Sanctuary and will be simultaneously livestreamed on our YouTube channel.

Services in October

Sunday 5th October Harvest Festival

10.30am Morning worship led by Mr Ian Castledine

Sunday 12th October Homelessness Sunday

10.30am Morning worship with Holy Communion
led by Rev Alistair Jones



Sunday 19th October

10.30am Morning worship led by Rev Charles Nevin

Sunday 26th October

10.30am Morning worship led by Mr Malcolm Gunn

6.30pm Evening worship led by Rev Alistair Jones

Services in November

Sunday 2nd November

10.30am Morning Worship led by Mr Dave James

4.30pm Annual Memorial Service led by Rev Alistair Jones

Sunday 9th November Remembrance Sunday

10.30am Morning Worship with Holy Communion
led by Rev Alistair Jones



Sunday 16th November

10:30am Morning Worship led by Local Arrangement

Sunday 23rd November Women against Violence Sunday

10:30am Morning Worship led by Rev Charles Nevin

Sunday 30th November First Sunday in Advent

10.30am Circuit Service at Wilmslow Methodist Church

6.30pm Evening worship Churches Together service
Venue to be confirmed.

Memorial Service

The service provides an opportunity to remember loved ones who have died in the recent past at a quiet reflective service.

All are welcome and if you would like to join us in the service to remember a special person in your life or would just like to attend to show the support of this church you would be very welcome.

We acknowledge each person to be remembered by name, so if you are coming to remember someone, please let the church office know, so the name can be included.

Lights refreshments will be available after the service.



This year Harvest food donations will be given to

Chelwood Foodbank Plus

The foodbank had its busiest summer ever and sadly the shelves are looking pretty bare.

The following items are urgently needed:

Tinned meats and tuna, tinned fruit, vegetables, soup, rice pudding, jars of cooking sauces, jam, cereal, long life milk, tea, coffee, biscuits

"Every can, every box, every packet, adds up"

We are also collecting on **Oct 5 (Harvest Sunday)** and **Oct 12 (Homelessness Sunday)**, selected items for the homeless charity:

Wellspring

Wellspring are asking for **men's** waterproof/winter coats, joggers, t shirts, hoodies/fleeces, socks, hats, gloves and trainers.

Please ensure all items are clean and in good condition.

Wellspring are also accepting **women's** clothing, rucksacks and sleeping bags.

There will be a collection tub in the Narthex between Oct 5 and Oct 12

Dates for your diary- forthcoming events

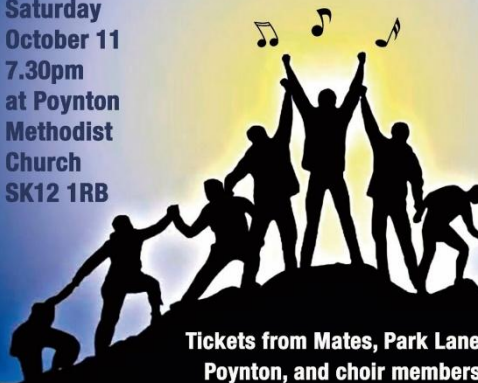
Saturday 11th October Praise Tea

Our next Praise Tea is on Saturday 11th October from 2:30 - 5pm. If you would like to receive an invitation to join us to sing your favourite hymns and enjoy afternoon tea please contact Hazel Crummett by Tuesday 7th October.



Saturday 11th October- Sing for Life Concert in aid of Prostate Cancer at Poynton Methodist Church 7.30pm

SING FOR LIFE GALA CONCERT
TO HELP BEAT PROSTATE CANCER
Poynton Male Voice Choir and friends
Saturday
October 11
7.30pm
at Poynton
Methodist
Church
SK12 1RB



Tickets from Mates, Park Lane
Poynton, and choir members
£15 (£5 for under-16s)
Ticket enquiries to
0161 4564266 or email
secretary.pmvc@gmail.com
www.pmvc.info & on facebook

SUPPORTING
PROSTATE
CANCER UK

Prostate Cancer UK is a registered charity
in England and Wales (1005541) and in
Scotland (SC039332).
Registered company number 02653887

Poynton Male Voice Choir recently put out an appeal for 30 men to join them in a concert in aid of Prostate Cancer.

60 men turned up and are joining in weekly rehearsals including Dave James. Tickets for the concert are selling fast.

Singers have been asked to boost the money raised through sponsorship. Dave has a sponsor form for anyone who would like to make a donation to Prostate Cancer UK.

Wednesday 15th October Link to Hope

We will be packing the shoeboxes for Link to Hope in Room 2 from 9.30am and would welcome volunteers to help. If you have any items for the shoeboxes, please could we have them **by Sunday 11th October**.
Thank you, Lesley and Jacqui



Saturday 1st November Action for Children

Anyone who has an **Action For Children** Collection box/lantern please could you let me have them from **1st November**, either leave in church office or I can collect or you could drop off with me at my home address.

If anyone would like to start collecting I still have a few spare boxes.

Many thanks Marion Haigh

Thursday 13th November African Angels

On 13th November, Chris and Debbie Burnett are giving an illustrated talk to Network regarding their charity 'African Angels.'



African Angels run an independent school in Chintsa, East African Cape in South Africa. It is a high quality primary education facility for some of the regions poorest children. African Angels believes that the most effective way to drive positive change in South Africa is to ensure children receive a good quality and continuous education starting in pre school. All are welcome to join us at 2pm on 13th November in the coffee lounge.

Sunday 16th November Christian Aid Sponsored Swim



If you are able, please sponsor one of our swimmers,
see Hazel or Gill

Sunday December 7th Toy Service

Would you like to put a smile on the face of a vulnerable child this Christmas?



We will be collecting toys and other items for

Stockport Without Abuse

(the Women's Refuge in Stockport). We will have details of what they need nearer the time, and will put

this in the notices. Last year they requested new toys and craft supplies for children aged 3-15 years old. Women's gifts of dressing gowns, slippers, toiletries and towels or small kitchen items like mugs.



We can also support **Action for Children**, our Methodist charity, by donating to their 'Secret Santa' appeal.

<https://www.actionforchildren.org.uk/support-us/secret-santa/>

You could give a vulnerable child their own bed and a warm duvet, a hot meal, or a Christmas present.

Regular Events at Church

MONDAY

Memory Lane 2:00 – 4:00pm

Meets the second and fourth Monday of the month for those with dementia and their carers Contact: Jackie Sims

Knit, Craft and Natter 7-9pm

Meets first Monday of the month Contact: Jackie Sims

Take Time Together 8:00pm

Meets the **second** and **fourth** Monday of the month via Zoom-
contact church office for the link

TUESDAY

CAMEO 10:30am – 2:15pm Contact: Val Pickwell

Chelwood Foodbank Collection 11:00 am – 12 noon

In the Church car park. Contact: Linda Rayner

Reflective Worship 7:00 - 7:30pm in Room 2

Contact: Pat James

MATCH (Men AT Cheadle Hulme) 7:30 – 9:00pm

A meeting for men every 4th Tuesday on Zoom.

Contact: Ian Porter

WEDNESDAY

Toddler Breakfast Monthly 9:45am 15th Oct & 19th Nov
Toddlers- 10:30 – 11:45am in term time Contact: Jackie Sims

THURSDAY

Baby Chat – 9:30 – 10:45am & 11:00 – 12:15 in term time

Contact: Jackie Sims

Network 2pm Contact: Margaret Pattie

2nd Oct – Cuppa and Chat

9th Oct- Pat James South Africa Adventure

16th Oct -AGM at 11am then lunch at John Millington

23rd Oct- Peter Crummett- Old Manchester

30th Oct- Andrew Mason- Chocolate Bingo

6th Nov – Cuppa and Chat

13th Nov- Chris and Debbie Burnett - Africa Angels

20th Nov- Brenda Mason - Quiz

27th Nov – Jenny Rothwell

FRIDAY

Wobblers 10:30 – 11:45am Contact: Jackie Sims

Church Family

Congratulations

Congratulations to Dilys and Maurice Turnpenney who recently celebrated their Diamond Wedding Anniversary.



Dilys and Maurice write

"We were married on 7th August 1965 at St John's Methodist Church in Cheadle Heath.

Our 60th wedding anniversary was on a week day when the two of us went out for a lovely meal at a restaurant in Bramhall.

On the Saturday there was a celebration at our daughter's home with our three children and close family. We had a relaxing time together and eleven of us enjoyed a delicious Italian style meal prepared and served by a chef. There was lots of laughter as well as a special anniversary cake."



In our prayers

Our thoughts and prayers are with those who are going through challenging times and those coping with tests, treatments, illnesses or bereavement.



Bereavements

We were sorry to hear of the deaths of Kieran Metcalfe, Cath Armstrong, Liz Parkinson and Kathryn Taylor.

Kieran passed away on 29th July and his Thanksgiving Service was held at church on 19th August and led by Rev Mark Hammond. We send our love to Susie, Ben and Toby. There will be a tribute to Kieran in our next magazine.

Cath died on 31st July. Her funeral, led by Rev Alistair Jones, was held at church on Friday 29th August. Our thoughts are with Pam, Stuart, Susan and all Cath's family as they mourn for Cath and also Robert.

We heard of the deaths of two former members, Liz Parkinson who died suddenly on 28th July and Kathryn Taylor on 9th August. We remember their families in our prayers.

Liz was a vibrant member of our congregation for many years, a keen member of the Sunday morning Reflect discussion group. Liz served our church as a Worship Leader sharing her thoughtful prayers and edited our church magazine. More recently Liz found her spiritual home at the Unitarian Chapel in Altrincham. She was a generous supporter of the foodbank and used her sewing skills to make bags for hospital scrubs during Lock-down.

Kathryn was a member of our church, with her husband Colin, for many years. They enlivened our services with their dramatic presentations, whenever the preacher asked them. Kathryn organised the Prayer Chain and kept us up to date with prayer requests. Recently Kathryn moved to live in Romiley and at her funeral, held at Romiley Methodist Church, we discovered she was an expert scrabble player and wrote poems for every family occasion.

Cath Armstrong

Cath, a modest and very private person, was loved by all her family and friends and is remembered both for her hospitality, cheerfulness and kindness.

Cath wrote her own eulogy and this is how she wished to be remembered.

Cath grew up in a small village near Saltburn, on the north east coast, where her parents were members of the local Methodist church. Cath became a church member at 15 and played the piano for the Sunday School and at some church services where she met Don, a visiting local preacher.



Don was also leader of the youth club at Saltburn Methodist Church, Cath helped out and they became good friends. Don and Cath married in 1955 at Guisborough Methodist church, before moving to Cheadle Hulme with their young baby, Pamela, in late 1956, where later Stuart, Robert and Susan were born.

Cath joined the Young Wives group, played the piano for the Primary department of the Sunday School and over the years held many positions at church including Cradle Roll Secretary, Easter Offerings Secretary, Women's Fellowship President, MHA rep and a flower visitor.

Cath was a member of the WI, a keen bridge player and a member of Woodford Bridge Club. She was volunteer for the WRVS for over 20 years.

Cath was very proud of all her children and grandchildren whom she said have all been very caring towards her.

Let's talk about.....

Recent articles and surveys have shown that many young people are searching for meaning and purpose in their lives. They seek a spirituality that helps discover their real selves and offers hope and direction for the future. Why is it then that Christianity in the UK fails to speak to many? Church congregations are declining and those who attend are in the later stages of life. How might we prayerfully and practically address this problem?

One issue may be that the Church seems out of touch with the issues of the day and is far more comfortable in addressing the questions it **can** answer rather than grappling with the more immediate and controversial issues of the day. The Gospel is Good News for all times, and we must allow it to speak to the burning issues of our time. We must be brave enough to tackle the tough questions and seek to explore how our faith can add light and hope. We must be prepared to accept that we do not know all the answers but at the same time show how faith can provide help in grappling with the hard issues.

On the 19th of October we have a Local Arrangement Sunday, and I would like to use this to explore this dilemma with you. To try to answer the question *'How do we meet and engage with women and men who are seeking for meaning but don't know where to look'?*

I intend that we meet in the Coffee Lounge and treat it very much like a Cafe Church where we will worship, discuss and hopefully have fun.

Part of our time will be spent playing the Methodist game '*Conversations against mundanity.*' This is a card game to help facilitate and develop meaningful conversations. You can engage as much or as little as you wish, it is just a set of conversation starters over a range of subject areas. From this I would like to hear about how it went and what were the good and bad points – **not** what you discussed but how the process went.

Following that, I would like to talk about how we might provide an opportunity for the curious in our community to meet with us and explore these tough questions. We need to get this right before we offer invitations and I would like a small group of volunteers to meet with me over the next few weeks or months to talk about how it might work.

I hope you will join me in this journey and if you cannot be directly involved at least hold it in your prayers.

Charles Nevin

Church Magazine

In the last magazine the Leadership team asked for feedback on the magazine.

We received a small number of replies. We noted everyone was happy with the format of the magazine, frequency and content and the option to read online or as a paper copy. Everyone confirmed they find the information of services and forthcoming events useful, feedback on church events that have taken place, details of charity and campaigns to support and 'jottings' from Church Council.

People also say they enjoy reading about happy family events, appreciate tributes to church members, book reviews and many commented they find the minister's letter inspiring. One or two suggestions of additions we could include in the magazine have been welcomed.

Thank you.

The August Reflective Walk

It was a beautiful morning with clear blue sky and a gentle breeze – perfect for walking - as a very small, select group set off from the church carpark for a slow, reflective walk to Bramhall Park.



We started with words of wisdom about slowing down and shedding the busyness – from Pooh Bear - and then read a number of Bible verses, about the joy of God's Creation. We grasped the opportunity to 'Be still and know that I am God' (Psalm 46) and our opening prayer was from Celtic Daily Prayer Book 2, which started: *God of creation, we meet you here in colour and scent, texture and pattern, the humble perfection of all that grows...*



We walked slowly - intentionally noting the way the light played with the trees in the breeze as we wandered off the path to explore an old bridge, gateposts, steps and the ever-present river.

We admired the acorns, the hawthorn berries seedheads and even a heron, and chatted about the joy of slowing down for just a few hours. When we came to a fork in the path, we read the poem by Robert Frost '*The Road Not Taken*'.



Sitting in the park with teas and coffee, we chatted about what we'd seen.



Our walk ended with a Reflection from Climate Justice Summit, which starts: *Treat the earth well...*

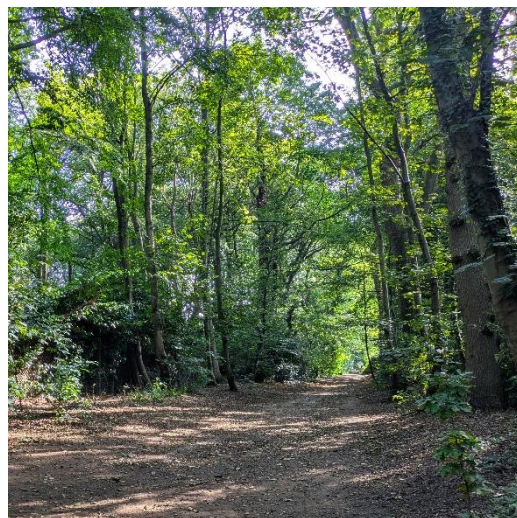
It took more than 4 hours (including coffee) and covered just 3 miles – and we all felt the benefit of being out in God's

Creation for a morning.

NEXT REFLECTIVE WALK will be Saturday 4th October. We'll leave the church carpark at 9.30am and travel to Poynton Pool for another slow and thoughtful walk of around 3 miles with a coffee break at a café.

Do let me know if you're joining the walk – so that I bring enough hand-outs.

Linda



Books, Books, Books!

The book swop cupboard in the Narthex is full of some great titles. A number of people attending groups in the hall during the week have been using the book swop, borrowing and returning books. Do have a look

Bits and Bobs from around the Circuit!



Usually, Summer involves at least some time to draw breath and reflect but this year has been a busy one!

We were saddened to say goodbye to the Warnocks – you might enjoy their blog to see how they are getting along with their plan for sustainable sailing at:

<https://www.sustainablesailing.net/author/dave/>

Our deacon Debs Brazier has moved into the Wythenshawe manse with her husband – and has impressed everyone with her gentle manner but high energy. As a Circuit we are keen to emphasise that Wythenshawe no longer has a presbyter, but it most definitely has a minister! Also taking up the reins is Tom Allan, the new café and site manager at St Andrews. Please watch out for more detailed introductions to the new folk in the Circuit newsletters.

The 'SK9' churches (Wilmslow, Styal, St Mary's Handforth) are working towards becoming 'one church on multiple sites'. The aim is to share expertise and manpower for business matters and much else, whilst each site retains its own character. Joint services have proved popular, and the congregations seem keen to move towards this change.

It is unusual for a presbyter to offer an extension to remain in a circuit after only one year of service, but this was the situation for Alistair this year, as his original stationing was limited, at his own request, to two years.

Following very positive congregational consultations at his three churches and affirmation from the Circuit Stewards, the Circuit meeting accepted the recommendation for Rev Alistair Jones to remain with us for an extension of three years (*subject to confirmation by Methodist Conference 2026*) We are delighted and I believe Alistair is pleased to have the opportunity to continue his ministry in this circuit.

You may have noticed from the service information elsewhere in the magazine, **that a quarterly Circuit service is to be established – the first such service is planned for Advent Sunday at Wilmslow Methodist Church.** Initially these services will be held at churches like ours which have facilities for joining online (Bramhall, CHMC and Wilmslow all livestream services). Of course, it will be lovely to worship together in person as a circuit but please check your notices nearer the date to discover how you can access the service from home, if travelling is challenging.

There are plans to take a larger group of young people to 3Generate this year – I believe around ten. This Methodist festival-style event can be life and faith affirming for our young people. Please pray for the young people and their leaders over the first weekend in October.

Pam Howie
Senior Circuit Steward

Mission in Britain Fund



Every year we, as a church, give away 10% of the money that is given to church in the weekly collection. Where does this money go? A large part of it goes to the work of the Methodist church which is organised at a National level. **The Mission in Britain Fund** enables us to fulfil that part of The Methodist Way of Life which says that 'We will practice hospitality and generosity' and 'We will help people in our communities and beyond'.

The Mission in Britain Fund supports, **New Places for New People** projects through allocating funds to districts and circuits. The projects are varied, and include- Bread and Belief, for students in **Birmingham**, where 'We participate in God's creative process by turning simple ingredients into tasty loaves. The natural pauses in bread baking give us time to talk to each other, and to God in prayer.' Follow this link for more information:
<https://www.methodist.org.uk/for-churches/evangelism-growth/new-places-for-new-people/>

Another project is Chapel in the Wilderness, in **South Wales** where 'This community will provide new opportunities for people to connect or reconnect with God, in English and in Welsh. '

Our own Circuit has benefitted from the Mission in Britain Fund. We received funding to start Bitesize church on the Colshaw estate, which has now been running for 2 years.

Here's how Bitesize is promoted via Facebook:-

CALLING COLSHAW

It's Bitesize church this Sunday.

Free brunch, good company, art and craft, games, plus a short message.

We'd love it if you'd join us.

Adults and accompanied children of all ages welcome.

And it's not just on a Sunday.

A recent prayer request said, "We celebrate all that has taken place since Bitesize Church started - for the many prayers building strong foundations, for the team who give their time and energy, for those who have attended and for lives positively impacted."

As we think of "Jesus The Way" on 14th September, we pray for open hearts and a clear message to enable people to respond to what God is saying.

Bitesize Plus has already started back after a summer break, gathering local Christians to study the bible and pray together. We pray for the group to grow and that many will meet together to encourage each other.

The Mission in Britain Fund also still supports Methodist Action on Poverty and Justice projects.

Here's one example, Full Time Community Outreach Worker, Priory Place:

Priory Place is the town centre Methodist Church for Doncaster (population 300,000). Whilst the church remains active in its social outreach to those loitering in town because they have nowhere else to be, the majority of our congregation are past retirement age. We have reflected hard and deep over the last year on whether we should continue as a church and in what form. We have emerged united in the belief that we are still called to minister and bring good news to the town centre population, 10,000 of whom pass our door each day, and that to do so effectively we will need to make radical changes to our programme of worship and other activities. Our plan for renewal is centred around outreach, nurture and in-reach. Early signs since we started making changes have been encouraging, but we need a community outreach worker if we are to fulfil our missional potential and meet the pressing needs of the people around us. Grant Awarded: £50,000 (December 2018) Pat James



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THIS MARK**
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Supported by
Unison Stockport

FAIR TRADE & ECO CHRISTMAS FAIR

Saturday 15th November 2025

10.30am - 3pm

Stockport Guildhall

169 Wellington Road South SK1 3UA

Stalls with a choice of Fair Trade, sustainable
and environmentally friendly gifts and foods
from around the world

Free Admission

Music from Manchester Community Choir,
children's activities, raffle, refreshments and
homemade cakes

Free car parking behind the hall

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FESTIVE SEASON**



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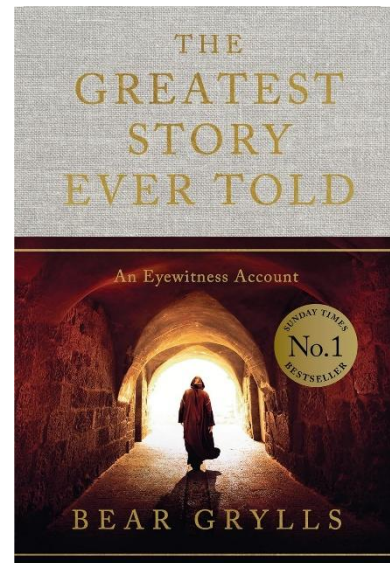


The Greatest Story Ever Told, An Eyewitness Account By Bear Grylls

This is a gripping and compelling read, which tells the familiar story of the life of Jesus in an unfamiliar way.

What's different is that these chapters are told through the eyes and with the insights of those who knew him best:

- Mary the mother of Jesus,
- Thomas the sceptic,
- Simon Peter the fisherman,
- John the friend
- and finally, Mary of Magdala.



Let me offer you a peep into the narrative.

Mary/ Miriam

After the birth of Jeshua/Jesus and the visit to Jerusalem when Simon and Anna in turn acknowledged the baby, Mary says, *'Even though it had been terrifying, it had been exhilarating, and hours later I was still shaking. But I kept wondering why none of the priests had taken any notice of us. Why was it only a hunched, old woman and a wild-eyed man who recognised Yeshua?And then there were the words about the sword that would one day pierce my heart. That was the part that scared me most. Because I felt it was true.'*

We continue to view the events in the life of Jesus through Mary's experience as the little family flee to Egypt and later return to Nazareth, as they lose him in Jerusalem aged 12, up to his baptism at 30 and the 40 long days of waiting for him and worrying as Jesus disappears into the wilderness. As a mother I realised the agony she was enduring – and was later to endure.

Thomas/Ta'om

We pick up the story at the wedding where Jesus turns water into wine. Thomas couldn't quite believe what he had seen - and tasted! But something about Jesus made Thomas accompany Jesus and the disciples to Jerusalem, just as an observer, you understand. Thomas observed the turning over of the money-lenders' tables, the secret visit of Nicodemus, the effect of the encounter with the Samaritan woman at the well, and he listened intently to the claims Jesus made about himself, until he was convinced. He reflected later about, *'how it all started with that one gulp of wine at the wedding. Back then, I'd been curious but cautious. And I stayed that way for the first year that I followed Yeshua around. On the edge, observing, questioning. Only taking small sips. It was different now. I wanted in.'*

Simon/Shimon

Simon, or Peter as he became known, was one of the earliest disciples to be called by Jesus to leave his livelihood and follow. He says, *'Consider my story. And be understanding of my mistakes. I'm human. I'm a fisherman. I live with failure in my trade. And at times, I got it very wrong.'* And as we know, he certainly did, several times! After Simon amazed them all by walking on water until he lost confidence and began to drown, he says, *'something happened between Yeshua and me out on that lake, I just didn't understand what. I now know it's what he would describe as 'faith'. But unless you've ever taken that step into the great unknown, it is impossible to explain.'* Simon Peter's story ends where Mary Magdala pours expensive oil over the feet of Jesus, and Peter realises that this is embalming oil, a hint of what is to come.

John/Yohanan

John picks up the story on what we know as Palm Sunday with the triumphal procession into Jerusalem with Jesus

riding on a donkey. And despite the evident popularity of Jesus, John, *'had a hunch that things could turn ugly at any moment.'* He takes us through Holy Week, day by day with great insight and detail, 70 pages of it! On the Monday when Jesus saw the moneylenders exploiting the poor, *'Yeshua went wild. He was completely enraged, throwing over the merchants' tables, scattering coins all over the floor...This fight, this rage, was real. And part of me loved seeing him like this. He seemed more like a prophet from the old days...because his people deserved better.'* On the Friday John writes, *'I'd seen the Master raise Elazar from the dead and I'd witnessed the heavens open. I'd seen him walk on water and calm the storm. Surely, if he wanted to walk free, no soldier on earth could hold him? Yet he chooses this?'* And at the end, John quotes the Roman soldier, *'Truly, this man was the Son of God.'*

Finally, **Mary/Miriam of Magdala**

She starts with, *'Even today, if I close my eyes, I can remember the first time I met Yeshua. I was only 19.'* Mary was a troubled young woman who describes herself as struggling daily with panic, fear and shame. When Yeshua came to her village, he spoke to her gently and suddenly her fear and panic melted away. She says, *'It was as if when he spoke my name, it was waking something within me that had been buried for years, and I was free!'* And she spent the remainder of her life transformed and devoted to Jesus. The book ends as Jesus ascends to heaven and Mary says, *'It was time. Time to depart. Time to begin.'*

And so begins the exciting story of the beginnings of the Church to which we are privileged to belong 2,000 years later. I commend this book to you. I have only given a taster of its insights but I think that if you were to read it, you would be as gripped and engaged as I have been. You are welcome to borrow my copy.

Margaret Parker

Eco- tips for October

Cooking

Cooking economically almost always means releasing the lowest amount of carbon so it's a win for your finances and the planet.

1. To cook vegetables, the microwave is great for small quantities but if you prefer to use the hob: **just** cover the vegetables with water and consider combining two vegetables in one pot eg potatoes and carrots. Always cover pans with lids to reduce heat loss and create less need for the extractor fan. Consider cooking extra vegetables in a steamer over the pan.

Boiling water in the kettle and adding to vegetables is always more energy efficient than bringing to a boil from cold on the hob, but only saves *money* on electric hobs.

2. An air fryer is simply a small fan oven. It saves money to cook eg a couple of chicken breasts to go with boiled or microwaved vegetables but it may cost more than your oven if you have to run it twice for your meal (single chamber model).
3. At the risk of stating the obvious: Batch cooking is clearly a game changer in terms of cooking costs and energy efficiency and saves precious time. To avoid repeated meals, change the seasoning (the mince in today's cottage pie is the base for tomorrow's chilli and Friday's curry!) but you may prefer to freeze meal size portions. Reduce energy use by defrosting in the fridge and re-heating in the microwave.
4. Microwaves are often the most efficient way to cook because you only heat the food and not the air around, but you may not relish the taste of food cooked this way unless you have model with additional cooking elements. Microwaves are (almost) always the most efficient way to re-heat any food.
5. Roasting is expensive because of the high oven temperature but roasting your vegetables alongside your meat is always a tasty compromise especially if you include a pudding!

Eco- tips for November

Keeping warm

When your boiler heats your house, it is like filling a leaky bottle with water from the tap. At first, the water fills that bottle – this is like your house warming up. After a while, you can turn the tap down until only a trickle is needed to supply the water leaking out of the bottle - you need to continually replace the heat leaking out of your warm house and less leaky means less heat is needed!

Costly Ideas – Building projects

1. Is your loft well insulated?

In 1982 the government recommended 100mm (4 inches) of e.g. fibre glass insulation. In 2006 that almost trebled to 270mm (10.5 inches).

If you currently have no loft insulation, you would save £230* a year and if installation costs about £1000*, the savings would pay for the installation within five years.

But is it worth increasing your insulation thickness? The Energy Saving Trust says you save about £20* a year by increasing existing insulation thickness so if a typical installation costs £750*, it will take a long time to reap the rewards (38 years) but you could bask in the glow of knowing you have reduced your contribution to global warming!

2. Do you have cavity wall insulation?

If your house was built after 1920, there is good chance it has cavity walls which can be filled with insulation – though houses built after 1995 will already be insulated. The savings per year are about £240* with the cost of installation at £2700*. After eleven years, your savings should have paid for your installation costs and most find their home feels cosier.

Where did I get my estimates? Go to

<https://energysavingtrust.org.uk/> Choose 'Energy at Home' then 'Reduce heat loss in your home'.

Note * indicates for a 3-bed semi-detached home.

The Energy Saving Trust also have advice on applying for grants to reduce installation costs.

Clearly, **you would need to consult a reputable local contractor** for more accurate figures, and you must factor in the stress of having any work done in considering what is worth doing.

Cheaper ideas

I have talked about draft proofing, using well insulated curtains and backing radiators on external walls with foil before but:

Is your hot water tank insulation at least 80mm (three inches) thick? Save £20 a year at a cost of £22 (B and Q price) for a new jacket.

Consider insulating pipes in the attic to reduce the chance of them freezing and reduce heat loss.

If you are replacing floor coverings, consider how you might improve your floor insulation e.g. thicker underlay under carpet, solid insulation under laminate or wood floors.

James 1:5

If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you.

Prayer: Dear Lord, we seek Your guidance for sustainable practices and solutions. Help us to find new ways to reduce our environmental impact and to live in harmony with nature. May our efforts be fruitful and lead to a healthier planet for future generations. Amen.

Pam Howie