



In Touch

with Cheadle Parish Church

The Baptism of
Christ

New Lockdown guidance for Church attendance

HM Government

NHS

CORONAVIRUS TIER 4

STAY AT HOME

[gov.uk/coronavirus](https://www.gov.uk/coronavirus)

Around 1 in 3 people with Covid-19 have no symptoms
so will be spreading the virus without realising. We must all
take action to protect each other and our hospital capacity.

In light of the latest lockdown we have carefully considered whether we should continue to allow a limited congregation in church for our services.

Having reviewed the situation and the risk assessment, and taking into account the effects of the new variant of the virus, we believe that it is safe to continue to do so.

Here is a link to the current official guidance from the Church of England:
<https://www.churchofengland.org/sites/default/files/2021-01/COVID%2019%20Permitted%20Activities%20v%203.0.pdf>

However, it is vital that we continue to rigorously observe all the safety procedures and guidelines.

In order to minimise the risk to everyone, particularly our volunteers and staff this means;

- **Never** attending if you suspect you may have symptoms or have had a **positive** test for CV-19

- **Please** try to arrive with time to spare for the service (approximately 15 minutes) so that you can wait to be seated if necessary and still **maintain suitable social distancing**.
- **Always wear a mask**, you may wear a visor as well, but you **must** wear a mask to ensure your mouth and nose is covered.
- Always use the **hand gel** available at the entrance to church
- **Do not** move around while in the building except to get to and from your seat
- Follow all directions given by the service leaders and assistants
- **Please do not linger after the service and socialise inside or outside the building**

We would however suggest that if you can access the services at home then that is the preferred option.

All these actions are important for everyone's safety, but it is imperative that we are seen to be doing the right thing as an organisation. **Thank you**

New Alpha Course



The next course will start in January on **Tuesday 19th January— 7.45pm for 8pm start.**

The meetings will be on Zoom with the hope that we can move into the building if and when that is possible.

The course runs for 10 weeks with an extra Saturday event on 27th February for Holy Spirit Day—more information will be supplied in due course.

Please let people know about this course. The last course was very popular. Bookings will open on [ChurchSuite](#) but if you would like to reserve a place or receive more information when it is available please email liz.woods@cheadle.org.uk

Soundbites



This wonderful series has restarted and can be found via the website homepage or through [YouTube](#)

If you go to our YouTube channel—'st marys cheadle' you can view all our services from Christmas (and before), all our advent calendars, Psalms and a whole lot more. If you are in need of some comfort and inspiration why not have a look ?

PARISH OFFICE HOURS

Please note that the Parish office is still operational but 'virtually' in staff homes. We will try to have telephones answered and emails replied between 9am–3pm. Messages and emails outside office hours will be answered the next working day. If your message is urgent please follow the instructions on the answerphone.



Dial in to services

To listen to the service live on a Sunday morning at 10.30, please phone one of these



numbers; **0203 481 5240** or **0131 460 1196** or **0203 051 2874** or **0203 4815237** You will then be asked to enter the Meeting ID number which is: **962 1869 3957**, followed by the passcode : **621107**.

The call will be charged at your normal rate for a national call. If people are able to set up access from a mobile phone the following numbers, once programmed in will automatically connect you to the stream;

+442034815240,,96218693957#

Or +441314601196,,96218693957#

any help setting this up, please call *Jon Drayton* on the office number 0161 428 8050 or his mobile 07973 134815 a phone line.

Upper Room Café

The café remains shut throughout lockdown. Please remember the staff, volunteers and customers in your prayers.

The café has proved to be a valuable, safe space for people to meet when possible.

The Handy Ladies used the Kitchen to prepare Christmas dinners for around 200 people and, although they have moved back to St Cuthberts may be using the facilities again for a different project. Please don't hesitate to contact them if you have any time or cash to spare to support them.

Thank you

Women's Nutrition and Wellbeing Event



We are planning another women's zoom event for **Saturday 23rd January from 8.30am - 9.30am**

For full details see pages 6&7

Gill Hooper will be speaking about our health and nutrition and offering some great advice and tips.

Here is the link to the meeting : <https://us02web.zoom.us/j/85430000810?pwd=RytwTVViS3hpSVVEcWhXdUFMU3pvUT09>

Or go to www.zoom.us

Meeting id: 854 3000 0810 & Passcode: 116520

If you have any queries please contact Trish Wells or call the office on 0161 428 8050

Prayer for the Persecuted Church

We have been praying monthly in our group for the persecuted church using resources from Open Doors.

I have felt recently that we need to pray more frequently for them at this time of increased difficulty due to the pandemic.

We are now going to pray fortnightly on Zoom 730 to 830 on Tuesday evenings. Please join us if you can the next meeting will be on January 12th.

Contact Sue Southgate on sue.southgate@uwclub.net

Fortnightly Noticesheet

With lockdown back in place and not a lot happening we will be going back to a fortnightly noticesheet from next week.

We will review it regularly and if we have sufficient news we will revert back to weekly.

If you have anything that you would like included please do not hesitate to contact Liz in the office—0161 428 8050

Thank you

CONGRATULATIONS !

Huge congratulations from all the church family to **George and Ruth Jowett** on their Diamond Wedding Anniversary on Thursday 7th January.

They were married in 1961 at St Mary's Parish Church in Thirk—what a stunning couple !!



Hossein Khalifehadi

Some of you will know of Hossein who was using the Upper Room to meet with some members of the Fasi community for Christian worship, bible study and teaching.

Sadly, Hossein fell ill with corona virus before Christmas and did not recover.

Please hold his wife Gail and his friends and family in your prayers as they deal with this sad loss.



PRAYER

Time to Pray app



Time to Pray presents everything you need for Prayer During the Day, with variations according to the day of the week and the season of the Church's year.

The app is compatible with smartphones and tablets (iPhone/iPad iOS 9.0+ and Android 5.1.1+).

You can use Prayer During the Day on its own, as your sole act of prayer and praise, or you can use it alongside Night Prayer – also provided here – in a pattern of prayer at the beginning and end of the day.

Access Prayer During the Day, together with full text of psalms and short readings from Common Worship: Time to Pray.

Follow a simple pattern of daily prayer that varies according to the season and day of the week.

Access Night Prayer, together with guidance on sustaining a pattern of regular prayer.

Time to Pray is completely free to use.

A prayer for those who mourn

O God, who brought us to birth, and in whose arms we die, in our grief and shock contain and comfort us;

embrace us with your love, give us hope in our confusion and grace to let go into new life; through Jesus Christ. **Amen.**

Father, you know our hearts and share our sorrows.

We are hurt by our parting from those whom we loved: when we are angry at the loss we have sustained, when we long for words of comfort, yet find them hard to hear, turn our grief to truer living, our affliction to firmer hope in Jesus Christ our Lord. **Amen.**

Gracious God, surround us and all who mourn this day with your continuing compassion. Do not let grief overwhelm your children, or turn them against you. When grief seems never-ending, take them one step at a time along your road of death and resurrection in Jesus Christ our Lord. **Amen.**

For The Bereaved

Please pray for everyone who is mourning the loss of a loved one

The Collect

The Baptism of Christ

Eternal Father, who at the baptism of Jesus revealed him to be your Son, anointing him with the Holy Spirit: grant to us, who are born again by water and the Spirit, that we may be faithful to our calling as your adopted children; through Jesus Christ your Son our Lord, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. Amen.

Also for your prayers ...

Rose Betts

Sean Clegg

Tom Harper

Derek Johnson

Sheila Jones

Aileen & Tom Latham - ongoing health issues

Sean McCausland - ongoing care

Alma Mealand—ongoing care

Christine Mo—undergoing treatment

Peggy Mountford - ongoing care

Mary Robertson

Andrew Smith - ongoing care

Sylvia Tomlinson—ongoing health issues

The line – which is available 24 hours a day on **0800 804 8044** – has been set up particularly with those unable to join online church services during the period of restrictions in mind.



A free phone line of hymns, reflections and prayers



Persecuted Church:

Brunei

Brunei is a very small country with an absolute monarchy; there are 439,000 people living there. Christians in Brunei number just over 55,000, and they make up 13 per cent of the population.

The Sultan of Brunei is seen as the protector and defender of Islam. As a result of his influence, policies that favour Islam over other religions are legally executed and enforced by all government officers. In April 2019, Sharia (Islamic law) was fully implemented in the country. While currently unsure of how this will affect them, many believers are very worried about what this will mean for them and for the church.

The introduction of Islamic laws affects the whole of society, Christians included. Non-traditional Christian communities cannot be registered as churches; they must register as companies, societies or family centres. As such, they are treated as secular organisations and are required to submit their financial and operational reports to the government every year. The sultan has the power to close any existing church at any time. Despite this fearful atmosphere, there are believers who continue to seek opportunities to share the gospel.

Conversion from Islam is illegal, and believers from Muslim backgrounds come under intense pressure to return to their original faith.

Please keep praying for your brothers and sisters in Brunei. Your gifts and prayers make an enormous difference to those following Jesus no matter the cost. Open Doors raises prayer support from worldwide Christians for believers and churches in Brunei and for the Sultan and his government officials.

Monthly Prayer Meeting

Why not join us for prayer at the St Mary's monthly prayer meeting.

Please come along at **8.00pm on Wednesday 3rd February 2021 via Zoom.**

If you don't have internet access, you can call in from a mobile phone or landline.

To join the Zoom prayer meeting;

<https://us02web.zoom.us/j/7860701560>

Meeting ID: 786 070 1560

One tap mobile,

+441314601196,,7860701560#

+442030512874,,7860701560#

Dial from mobile phone or landline

+44 131 460 1196 +44 203 051 2874

+44 203 481 5237 +44 203 481 5240

Meeting ID: 786 070 1560



Women's Ministry



Happy New year! 2021 was supposed to be better than 2020. Although it has not got off to a very good start, we are in a better position than Paul as he wrote Philippians, where in chapter 4 verse 4 he says: **"Rejoice in the Lord always. I will say it again: rejoice."** We may be advised to stay at home; and some of us have been told to shield yet again. But we are not actually prisoners and we are not chained to a Roman guard. Note that Paul says "rejoice in the Lord," not rejoice in your circumstances. Our circumstances are difficult and uncertain, but God is certain: he does not change, no matter what is going on in our lives or how we are feeling about it.

The theme of rejoicing is a constant in Philippians. Paul is joyful and exhorts his readers in Philippi, and us, to be joyful. But if Paul has to advise us to be joyful, that suggests that it does not come easily or naturally to us. It is necessary for us to work at it. Sometimes we have to struggle to find that inner joy and peace, but we should strive to do so: to look beyond our personal circumstances to our future glory with Christ. Jesus went to the cross because he knew what joy would result from that – the reconciliation of men and women to God and God to men and women.

Recipe

Eating a healthy diet doesn't mean that you can't still enjoy occasional treats! This recipe is great for using up some of the Christmas leftovers - each year I buy a panettone which usually ends up in this pudding! It works equally well with croissants or brioche (just sprinkle over 25g of sultanas at the end of step 4). Looking further ahead, you could also use leftover hot cross buns!

PANETTONE BUTTER PUDDING

Serves 6

- ◆ 25g butter, melted
- ◆ 250g panettone, sliced (about 8 slices)
- ◆ 3 large eggs, beaten with a fork
- ◆ 50g caster sugar
- ◆ 300ml double cream
- ◆ 150ml milk (semi skimmed or full fat)
- ◆ ½ teaspoon vanilla extract
- ◆ 1 tbsp demerara sugar

This is all good, but sometimes we do have to work at it and encourage one another to do the same. We need to persevere and follow Jesus. If we focus on Jesus rather than ourselves, we will be given the strength and courage to keep going.

Hebrews chapter 12 verses 1 -3:

Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, 2 fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God. 3 Consider him who endured such opposition from sinners, so that you will not grow weary and lose heart.

Baking instructions:

1. Heat oven to 180C, gas 4.
2. Generously grease a large ovenproof dish with the melted butter.
3. Mix the eggs, sugar, cream, milk and vanilla extract together in a large bowl or jug.
4. Cut each slice of panettone into 4 pieces and arrange in overlapping slices in the baking dish - there should be sufficient for two layers.
5. Pour the egg mixture over the panettone and leave to stand for about 1 hour if possible



Women's Nutrition & Wellbeing event, Gill Hooper Saturday 23rd January 9am on Zoom



A new year is a time for resolutions and setting goals for the year ahead. After the year we have just left behind, we are probably approaching 2021 with many different emotions and plans to make changes in the coming year, especially as we enter another national lockdown. Most resolutions usually involve a lifestyle change; maybe to lose weight, take more exercise, read more books or start a new hobby.

At the start of this year I invite you to think about changes you could make to your lifestyle and wellbeing – not just for January and February or in lockdown, but for a life time. As a Registered Nutritionist my job is to promote good nutrition and hydration. It's not just about knowing the right foods and nutrients to eat, it's also about having a healthy lifestyle, which includes our physical and mental wellbeing.

I am passionate about healthy ageing and ageing well. This may sound like something to only think about as we get older, but it is important at any age. Like it or not – we are all ageing!

Psalm 139 tells us that we are "*fearfully and wonderfully made*". I never cease to be amazed about how our bodies work, especially from a nutritional point of view. Too much or too little of a particular nutrient can make a huge difference to our bodies (for instance, too much sodium leading to high blood pressure). God created us and I believe we have a responsibility to care for our bodies, physically, mentally and spiritually.

Please join us for our Zoom meeting on 23rd January at 9am when I will share some practical advice on healthy eating and we will talk about ways to improve our physical, mental and spiritual wellbeing.

Zoom meeting details:

[https://us02web.zoom.us/j/85430000810?](https://us02web.zoom.us/j/85430000810?pwd=RytwTVViS3hpSVVEcWhXdUFMU3pvUT09)

[pwd=RytwTVViS3hpSVVEcWhXdUFMU3pvUT09](https://us02web.zoom.us/j/85430000810?pwd=RytwTVViS3hpSVVEcWhXdUFMU3pvUT09)

Or **www.zoom.us** and use – Meeting ID: 854 3000 0810 & Passcode: 116520



Prayer Points

- Give thanks for the many people who watched and listened to the services over the Christmas period. Pray that people from our community might be touched by the Holy Spirit to find out more and perhaps sign up for the Alpha course
- Pray that we will persevere through this difficult time and keep to the restrictions despite the frustrations we experience
- Pray for Rob, Stan, Ian and Mike and others in leadership in our church. Pray that they will have the stamina to keep going and words of encouragement to share with the congregations
- Pray for those facing uncertainty of whatever sort as we head into 2021
- Pray for those who have been bereaved, that they will find comfort in God's love at this time
- Pray for our children as their education is disrupted yet again. Pray particularly for those who would have been taking GCSEs and A-levels and that the system of assessment that replaces the exams might be fair

God bless, Trish Wells – Women's Discipleship Worker

Being Holy!

This week, from several directions, it has seemed that the Spirit of God has put on my heart the theme of our holiness. It was the refrain of one of this week's Psalms, Psalm 99 "Exalt the Lord our God and worship at his footstool; he is holy!". Indeed in Isaiah 6:3 underlines it: "Holy, holy, holy is the Lord Almighty", which is still being sung in heaven's throne room (Rev 4:8). It was, in previous generations, the distinguishing mark of evangelicals, even when sometimes it got a bit distorted to look like it was all about rules for what you shouldn't do – like 'don't smoke, 'don't get drunk', etc. Yet Robert Murray McCheyne expressed it in his famous quote about Christian Ministry: "The greatest need of my people is my personal holiness."

In reality, holiness is wholly positive thing. It is the joy of having pure water to drink rather than something that is muddy and contaminated. It is seeing life as though it were in a 'new shiny and fresh out of the packaging' stage rather than the 'slight grubby bashed-about damaged-by-life' stage. But supremely holiness is the way the Bible expresses the calling a purpose of a Christian. It is being set apart for God, reflecting his character in an ongoing transformation of our lives (2 Cor.3:13 – "We, who...reflect His glory, are being transformed into his likeness with ever-increasing glory!"), so that we can transmit the good news of Christ ("Live such good deeds among the pagans that,... they may see your good deeds and glorify God on the day he visits us 1 Peter 2:12).

So how does holiness shape who we are? It is about separation or difference from a world in rebellion against God.

We separate our time for God – we express holiness by giving time to Him – a day a week in rest and worship, a quiet time each day for prayer and listening to His Word. In a world rushed in its time, holiness is honouring time with God.

We separate our activity for God – we express holiness by consciously dedicating our energy for his honour – whether through serving others in a church context, but also through consciously shaping our work or leisure for his honour, using time to encourage others or express God's love, rather than only seeking our own pleasure and entertainment.

We separate our values for God - we express holiness by upholding God's standards publicly, not just in our behaviour, but in what we say about them to others – and nowhere is that going to be more tested this year than in the area of sexual ethics.

We separate our ambitions for God – we express holiness by seeking an eternal and future perspective – what will last of what we have built with our lives, as Paul reflects in 1 Cor3:10-15.

It is because through the grace of God and by Jesus' death for us we are already a 'holy priesthood' that the apostle Peter can sum up our Christian life with this call: 1 Peter 1:15: "Just as he who called you is holy, so be holy in all you do!"

And if I had space, I'd end by pointing to an old hymn by William D. Longstaff, which merits some rediscovery – look it up!: "**Take time to be holy, speak oft with thy Lord; Abide in Him always, and feed on His Word. Make friends of God's children, help those who are weak, Forgetting in nothing His blessing to seek.**" (see next column for the full version!)

Yours in Christ, Rob



St.Mary's On-Line

All live meetings via WWW.ZOOM.US

Soundbites & Mid-Week services via
www.youtube.co.uk

Links for services on our website—
www.cheadle.org.uk

Sun 10th January – 10.30am On-Line and in church **St Mary's Cheadle Sunday worship**
<https://cheadle.org.uk/youtube> or <https://cheadle.org.uk/facebook>

St Cuthbert's 10.30am service can also be viewed from Youtube: search 'st cuthbert's cheadle'

Sun 10th January – 6.00pm Evening Service Online and in church. To book please go to <https://stmarysheadle.churchsuite.co.uk/events/utzjs0o> or call the office.

4th Tuesday each month—Open Doors monthly prayer meeting. Please email Sue Southgate—sue.southgate@uwclub.net for details of the Zoom meeting or contact the church office .
Go to www.cheadle.org.uk for links to all these events and for more information—or please call the office

- 1. Take time to be holy, speak oft with thy Lord; Abide in Him always, and feed on His Word. Make friends of God's children, help those who are weak, Forgetting in nothing His blessing to seek.**
- 2. Take time to be holy, the world rushes on; Spend much time in secret, with Jesus alone. By looking to Jesus, like Him thou shalt be; Thy friends in thy conduct His likeness shall see.**
- 3. Take time to be holy, let Him be thy Guide; And run not before Him, whatever betide. In joy or in sorrow, still follow the Lord, And, looking to Jesus, still trust in His Word.**
- 4. Take time to be holy, be calm in thy soul, Each thought and each motive beneath His control. Thus led by His Spirit to fountains of love, Thou soon shalt be fitted for service above**

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	Associate (St.Cuths)	Mike Newman	428 5212	mike@stcuthberts.org	
	Curate	Ian Chidlow	428 8050	ian.chidlow@cheadle.org.uk	
CHILDREN & YOUTH	Youth Worker	James Johnson	428 8050	james.johnson@cheadle.org.uk	Church Office, The Upper Room, 11 Wilmslow Road, Cheadle, SK8 1DW
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