



Cheadle
PARISH

In Touch

June 2026

Parish Fellowship Day

As part of our Pray Rest Grow Together series we're having a Parish Fellowship Day on Sunday 5th July. We will start after the morning services at around 12 noon with a picnic in Brooklyn Crescent Park, this is at the Southern end of Massie Street (SK81DX)

If the weather should be unsuitable for this, we'll picnic in the Upper Room instead.

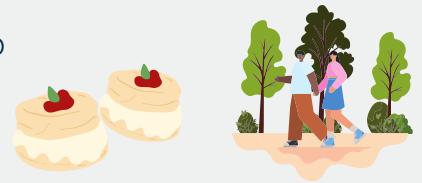
After lunch, we will be organising a game of Cheadle Monopoly and a walk, or if neither of these appeal, then you can relax in the Upper Room.

Our famous Upper Room Café team will be providing a strawberry cream tea from 3.30

We're asking for a donation of £3.50 towards the cost of the afternoon tea

Tea, coffee and squash will be available in the Upper Room.

Please sign up [here](#) on ChurchSuite, or call the office to book a place.



Cheadle PARISH

QUIZ NIGHT

Featuring the (mostly) famous quiz master, **Shell Edmonds!** and a 'Pause for Thought' from our guest speaker.

Saturday, 20th June 2026 - 7pm for a 7.30pm start @ The Upper Room
Form your own team of 6 or sign up solo to be assigned to a team.

Food by Chef Hector - Chicken or Vegetable Curry, Rice and Naan bread
Homemade Burger (or bean burger) Fries & Salad.
Bring your own soft drinks

Sign up on Churchsuite, via the QR code, or call **0161 428 8050**

Tickets cost £11.00 per person

Join a Homegroup!

Following on from our Pray, Rest & Grow Together series, we are encouraging everyone in our congregation to be part of a homegroup. This is for all ages including children.

If you are not yet in a group, or would like to join a different format of group, please fill out the form [here](#) or speak to one of the church leadership team and we will be in touch!

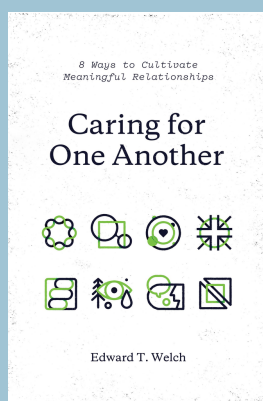


Summer Read

Part of our 'Pray, Rest Grow - Together' series focuses on connecting to one another in times of need. All of us can play our part in supporting each other when we are finding life difficult. To help with this we are encouraging all church members to read 'Caring for one another' by Ed Welch.

This little book gives 8 simple ways in which we can be agents of God's grace in the lives of others when they are experiencing suffering or struggling with something that is causing distress.

Copies will be available to buy at a discount price of £5 in both St Cuthbert's, St Mary's and the Upper Room Cafe. This will be our summer book recommendation, but it is also a brilliant resource for our fellowship and a great way to follow up on the 'Pray, Rest, Grow - Together' teaching series.



Cycle rides

Using quiet, flat Cheshire country lanes, each ride is approximately 25-30 miles (40-50km) in length.

Dates: Saturdays 13th June, 18th July, 12th September, 10th October, 7th November

For more details, contact Jonathan Crossland:
jcrossland1@btinternet.com, 07518041420



Fantasy Football

Congratulations to Paul Johnson who has fought off all competition and won this year's St Mary's & St Cuthbert's fantasy football league.

A tremendous achievement - well done Paul!



Finance Update

Pray, Rest, Grow Together

In the same way that other ministries have been asked to have a clear vision of how they fit into the wider ministry of the parish we have looked at how we view our finances in light of our vision. Linking our finances to prayer transforms our relationship with finances, giving us wisdom, contentment and guiding our actions

Pray

- **Thank God for His generosity**
- **That we reflect God's character as the ultimate giver**
- **That we steward our resources wisely**

By applying biblical principles to our finances - Stewardship, generosity, contentment, joy - we trust in God to bring growth, provision and replace our fear and anxiety with peace

Rest

- **Apply biblical principles**
- **Trust God**

Finances are connected to our spiritual growth through trust, stewardship and generosity

Grow

- **We trust in God's provision and rely on Him not ourselves**
- **We grow in wisdom**
- **Our giving will help God's Kingdom grow**

Jo Davids (PCC Treasurer)

Reflection on Giving

I became a Christian in my teens. In the church I attended everyone was encouraged to take a real part in the life of the church family. This encompassed our time, talents and money.

As someone who does not feel my talents are leading from the front it is great to be able to support the mission of my church in other ways.

I have always seen giving, in whatever form, as a privilege and as a way of joining in the work and mission of my church family.

Belinda

Restored Lives 2026

We are delighted to share that our most recent Restored Lives course ran from January to March, welcoming 9 guests who were navigating the challenges of separation or divorce.

Over eight weeks, guests took part in structured teaching sessions, small group discussions, and a final celebration evening. We are very encouraged to report that all participants completed feedback forms, and responses were overwhelmingly positive, with most rating the course 9-10 out of 10.

Many guests shared how powerful it was simply to meet others facing similar circumstances and to feel safe sharing their experiences.

Some of the feedback included:

- "Meeting people who are going through similar things each week made such a difference."
- "New tools to cope with the problems life throws at me."
- "I can't remember meeting kinder or more understanding people."
- "I feel hopeful that in time I will be able to reach a point of restoration."

Guests particularly valued . . .

- the welcoming atmosphere,
- the small group discussions, and
- the opportunity for one-to-one conversations when needed.

Alongside the weekly course, we continue to support individuals throughout the year by:

- responding to enquiries,
- meeting informally, and
- organising occasional Walk & Talk gatherings,
- helping people stay connected and supported.

We are deeply grateful to our faithful volunteers who serve each week with kindness, compassion, and generosity. This ministry simply would not be possible without them.

We are also thankful for the opportunity to share our personal faith journey naturally within the course, and for the many conversations that arise as friendships develop.

Prayer Requests:

We would really value your continued prayers:

- For those who attended the recent course
- For ongoing healing and restoration in their lives
- For wisdom as we explore future opportunities, including ongoing opportunities for social contact
- For guidance as we consider how prayer ministry might support future guests
- For our volunteers who serve faithfully each week

Thank you for your continued support and prayers for this ministry.

Mark & Helen Tomlinson - Restored Lives

Christian Hospitality

Christian hospitality is about reflecting the heart of God – it's the practice of welcoming others as Christ welcomes us, with generosity and love.

It is less concerned with impressing people and more concerned with loving them. A simple meal shared with sincerity can be more meaningful than a perfect dinner party. Hospitality doesn't require exceptional cooking or entertaining skills – it requires openness.

Over the last year many of us have joined in Hospitality Sunday and shared fellowship together over a meal and it has been a great opportunity to meet new people across the parish, build relationships and strengthen existing friendships.

However, hospitality isn't limited to the last Sunday of the month! So, we're going to take a break from an organised Hospitality Sunday and encourage each other to practice hospitality as we live out our faith through everyday actions and not just an occasional activity.

As with all things, prayer is a good place to start. Ask God to direct you to people or situations where you can share the love of Jesus. It doesn't have to be complicated – some practical ways may include setting aside one evening each month to invite others for a meal, welcoming newcomers at church, offering practical help to someone who is struggling or making time for others by sharing ordinary daily life with them.

Hospitality can also happen outside the home – it could be meeting someone for coffee or going for a walk together.

Over recent weeks we have set aside time to refresh our vision for small group ministry and encourage the whole church family to take part. Hospitality is integral to this and our vision of pray, rest and grow together.

There are so many ways to encourage each other – the Upper Room Café is a great place to meet, or you could invite others round for coffee after church. If you're planning a walk, picnic or barbecue why not invite someone else to join you? Look out for updates in the monthly 'In Touch' for other activities such as the men's breakfast, ladies' walk, Cheadle Board Room or a monthly cycle ride.

Christian hospitality is so much more than entertaining – it's an expression of God's love and care for one another.

Gill Hooper - Events Oversight Group

Eco Church

We worship a God who loves the Earth he created and calls us to care for it. While it's important to take action together as a church, we also have an individual responsibility to take action in our daily lives so that we tread lightly on the Earth, and use our voices to speak up for nature.

Land & Nature – This month we are encouraged to take part in citizen science or a local nature event. Citizen science is a way for ordinary people to get involved in scientific research or data collection. There are many projects to choose from and it's easy to make a contribution. Invite others to get involved with you too. Here are some projects that you could help with:

Search your local beach with a shore survey:

<http://wildlifetrusts.org/shoresearch>

Spend ten minutes counting pollinators: <http://ukpoms.org.uk/>

Do a Bee Walk: <http://beewalk.org.uk/>

Join Great Big Green Week (6-14 June):

<http://greatbiggreenweek.com/>

Lifestyle – This month our focus is on our carbon footprint. Everything we do has a carbon footprint – the buildings we heat, the food we share, the clothes we wear. Knowing the impact of what we are doing as a church can help start conversations about what is an appropriate level of resource use or what reasonable steps we might take to reduce our impact.

As a parish we measure this for our church buildings each year using the *Church of England Energy Footprint tool* and the *360°carbon tool from Climate Stewards*.

There are a number of free carbon footprint calculators available for individuals and households such as the [WWW Carbon Footprint Calculator](#) and [Climate Stewards 360° carbon tool](#). This will form an important baseline measure, the first time you complete it. By calculating your carbon footprint each year you can make comparisons and see progress on your carbon reduction.



Restored Lives: 'Supporting One Another Through Divorce'

Promote • Prepare • Pray

From time to time, members of our church family walk through the painful experience of separation or divorce, either themselves or with family or friends. This can be an incredibly difficult and lonely season, and as a church community we want to respond with compassion, wisdom, and sensitivity. Many people want to help but are unsure how. Using the same principles, we use when preparing for and running the Restored Lives course, here are some simple ways we can support those going through divorce.

PROMOTE — Create a Culture of Compassion

We can help create a church culture where people feel safe, not judged.

- Practical ways to do this:
 - Be welcoming and kind, even if you don't know what to say
 - Avoid gossip or speculation
 - Speak respectfully about both people involved
 - Remember that divorce often carries deep grief, shame, and confusion
 - Keep inviting them to social activities so they feel included, whilst also remaining sensitive to signs that they might need some space

Sometimes the most powerful message we can give is:

"You are still valued and belong here."

PREPARE — Respond with Sensitivity

Many people worry about saying the wrong thing. What matters most is listening well and responding with care.

- Helpful ways to respond:
 - Listen without rushing to give advice
 - Allow people to share at their own pace
 - Avoid taking sides or making assumptions
 - Resist offering quick solutions
 - Be patient—healing takes time
- Things to avoid saying:
 - "Everything happens for a reason."
 - "You'll be fine."
 - "At least..." statements
 - Giving legal or relationship advice (signpost & leave to professionals)
- Often, simple words such as:
 - "I'm really sorry you're going through this" means more than long explanations.

PRAY — Support Through Prayer

Prayer is one of the most powerful ways we can support those walking through separation or divorce.

- Ways to pray:
 - For peace during uncertainty
 - For wisdom in decision-making
 - For healing from emotional pain
 - For children and extended families affected
 - For hope and restoration
- If you feel able, you might also gently ask:
 - "Would you like me to pray for you?"



A Final Encouragement:

Divorce is often described as one of life's most stressful and painful experiences. Many people carry unseen grief while trying to rebuild their lives. As a church family, we have the opportunity to reflect the love of Christ by showing kindness, patience, and compassion. Even small gestures, a kind word, a listening ear, or a simple prayer, can make a lasting difference.

If you or someone you know would benefit from support, we are available to listen, encourage, and signpost to further help where needed.

Mark & Helen Tomlinson - Restored Lives restoredlives@cheadle.org.uk, 07940 567046

PRG Together - Midweek sessions

On 6 May, my wife Mieke and I attended the first "Pray, Rest & Grow" session focusing on Home Groups. The evening explored what the Bible says about studying the Bible together in small groups.

For us, it was a good opportunity to revisit something that had been part of both our upbringings, having grown up attending young people's home groups. Although we have tried joining home groups a couple of times since joining St Cuthbert's, work and family life have often made it difficult to commit consistently. With the children now a little older, this six-week series felt like a good opportunity to give it another go.

The evening was informal, with everyone sitting in small groups around tables. We began with a couple of songs before George led us through a number of biblical principles and passages relating to small group ministry, interspersed with opportunities to discuss questions together around our tables and hear how others approach home groups and studying the Bible. As well as an opportunity to learn some more from the bible it was also good to get to know some more people from the wider parish and discuss the different ways others study the Bible. We also spent some time praying together in our table groups.

It was a really positive start to the series, looking forward to the next ones. If you have been considering coming along, it is not too late to join one of the upcoming sessions.

Ian Howard

Events in St Mary's Church

You may be aware that St Mary's church is now open every day of the week whenever possible. This has proved popular as many are interested in the history and heritage of the church. We are keen to use this beautiful resource to engage with the people around us who don't come to our worship services, so we're hosting more activities in the building that will attract our local community.

This includes the Agatha Christie themed 'In Conversation' event that was organised by Cheadle Civic Society recently as well hiring it out for a candlelit concert in July. We hope to arrange a classical concert and possibly an arts festival later in the year amongst other things, the Christmas Market will take place on the first Saturday of December as usual.

Darren Flannery, who is the Local Authority District Centre Manager, supports us both practically and financially for things like the Christmas Market and Comedy Night with John Archer. We're working with him to engage with the Cheadle Village Task Force, especially with regard to Project Sanctuary. We believe the church should be the centre of the local community and we want people, especially those who don't currently worship here, to feel the same. Please pray for this aspect of our ministry and if you would like to know more or discuss things, please speak to me, George or Stan.

Jon Drayton, Operations Manager

Faith in Kids Webinar



Faith in Kids have recently shared a webinar on youtube on the topic Helping Every Child's Mental Wellbeing. In this webinar, Dr David McKie starts with the building blocks of mental wellbeing to help us understand the simplest steps to help our children cope with the everyday struggles they experience. He considers the distinctive tools we have as Christians so that we can celebrate all of our emotions and know where to take our unwanted thoughts.

They have also launched some new resources "Looking to God: Mental Wellbeing in the Psalms."

Follow the link below to watch the video and find out more

<https://www.youtube.com/watch?v=l6g9X3OV8aU>

Café Shift Supervisor Vacancy

We are looking to recruit someone to join our fantastic café team.

Your role will be to help manage the Upper Room Café during its opening hours and to develop its part in the ministry of Cheadle Parish Church.

The ideal candidate will be imaginative and be able to work flexibly. Experience of working in a café or hospitality environment will be a benefit, and it will be important to be able to manage a shift and work as part of a team of staff and volunteers. The successful applicant must be supportive of the church's Christian ethos.

Hours: 13pw over 2 shifts, including most Saturdays (there is flexibility on the second day shift)

Closing date: 9am Friday 26th June

For an application pack please contact:
The Upper Room Café or the Church Office

upperroomcafe@cheadle.org.uk

churchoffice@cheadle.org.uk

0161 428 8050



BIBLE HANDLING COURSE

Unlock the Word. Transform Your Life.

GET THE RIGHT TOOLS TO UNDERSTAND GOD'S WORD AND SEE IT COME ALIVE IN YOUR EVERYDAY LIFE.

INTERACTIVE
Learn together in a fun and engaging way.

PRACTICAL
Simple tools you can use every day.

INSIGHTFUL
Discover fresh perspectives and deeper meaning.

APPLY
See how God's Word makes a difference in real life.

THREE DATES – ONE TRANSFORMATIVE JOURNEY

THURSDAY
11TH
JUNE

THURSDAY
25TH
JUNE

THURSDAY
2ND
JULY

7.15 PM – 9.15 PM

All are welcome – whether you're new to the Bible or have been reading it for years!

UNDERSTAND IT BETTER. *Love it deeper.* LIVE IT OUT.
THE RIGHT TOOLS. A WHOLE NEW PERSPECTIVE. LIFE-CHANGING APPLICATION.



Here is the link to book:

<https://stmarysheadle.churchsuite.com/events/gcnudsb>

CAFE NEWS

JUNE 2026



Cheadle's Church & Community Cafe

FOOTBALL



WORLD CUP

JUNE 15TH - 20TH



FISH & CHIPS

JUNE 22ND - 27TH



KOREAN CHICKEN & RICE

JUNE 29TH - 4TH



CROQUE MONSIEUR

JULY 6TH - 11TH



EMPANADA

JULY 13TH - 18TH



GYOZA



PASTEL DE NATA



TIRAMISU



BLACKFOREST CUPCAKE



BAKLAVA

THE UPPER ROOM CAFE
OFF MASSIE STREET WEST CAR PARK
CHEADLE SK8 1BP
UPPERRROOMCAFE@CHEADLE.ORG.UK



In June...

6th - Live Piano Music 11-2
12th - Career Corner
16th - Visiting Angels Drop in
13th - Cheadle Boardroom
15th - World Cup Specials Start
20th - Quiz Night

Further ahead...

6th -10th July - Strawberry
Cream Tea

Strawberry Cream Tea

Scone
(sultana, cherry or plain)
Clotted Cream
Strawberry Jam
&
Strawberries **£6.50**

Tea
(Breakfast, Earl Grey, Very Berry,
Peppermint or Lemon & Ginger)
or Filter Coffee

Monday 6th - Friday 10th
July
Served between 9am - 2pm

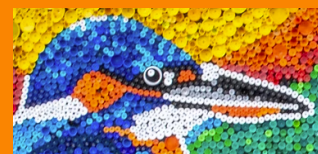
Next to Massie Street West
Car Park, Cheadle SK8 1BP



plasticshed.org

Plastic Shed

We are a bottle top collection point for Plastic Shed. A social enterprise making mural art for the community in Stockport. Do collect your bottle tops and drop them off!



Volunteer Voice



Susan

'It's a friendly and fun place to volunteer. You make friends and the food is excellent'

Dates for June

Saturday 6th - Hard of Hearing Support Group, 11am in the Upper Room

Tuesday 9th - Mission Partners Prayer Meeting, 8pm at Trish Wells' house

Thursday 11th - Bible Handling Course starts, 7.15pm in the Upper Room

Saturday 13th - Cheadle Board Room, 9.30am in the Upper Room

Monday 15th - PCC meeting, 8pm at the Upper Room

Wednesday 17th - The Big Read, 7.30pm at St Cuthbert's

Thursday 18th - Prayer for our country and the world, 7.30pm at the Southgate's house

Saturday 20th - In Stitches, 9am at St Cuthbert's

Saturday 20th - Cheadle Parish Quiz Night, 7.30pm in the Upper Room

Tuesday 23rd - Open Doors Prayer meeting, 7.30pm at the Southgate's house

Friday 26th - Wedding of Will Ashworth and Sarah Benford, 1pm at St Mary's Church

Saturday 27th - Ladies Breakfast, 8.30am in the Upper Room

Dates for July

Wednesday 1st July - Monthly Prayer Meeting, 8pm in the Upper Room

Saturday 4th - Hard of Hearing Support Group, 11am in the Upper Room

Sunday 5th July - Parish Fellowship Day

Saturday 11th - Cheadle Board Room, 9.30am in the Upper Room

Monday 13th - PCC meeting, 8pm in the Upper Room

Tuesday 14th - Mission Partners Prayer Meeting, 8pm at Trish Wells' house

Wednesday 15th - The Big Read, 7.45pm at St Cuthbert's

Thursday 16th - Prayer for our country and the world, 7.30pm at the Southgate's house

Saturday 18th - Men's Breakfast, 8am

Saturday 18th - In Stitches, 9am at St Cuthbert's

Saturday 18th - Wedding of Jake Wilson and Libby Webb, 1pm at St Mary's Church

Tuesday 28th - Open Doors Prayer meeting, 7.30pm at the Southgate's house



Greenstock 2026

Stockport's only 'Green' Community Fun Day is back!

On Saturday, 27th June we'll be back in the glorious Woodbank Park, at Woodbank Community Food Hub, from 11am-4pm.

Come along for a jam-packed day filled with fun, tasty food, music, and sunshine. There will be lots of stalls and activities such as making bug-hotels, seed planting, climate conversations, nature connection activities, games, and much more.

All activities, food, and drink will be provided for free, including tasty cakes. Everyone is welcome!

Greenstock is all about celebrating Stockport's communities and environment. It is organised by Stockport's Green Network, which is open to all residents and community groups who are interested in climate and nature action.



Mission Partners

This month we will be focussing on the work of OMF - both congregations have been supporting the work of Paul and Grace Robinson who are now based in Manchester after many years service in Cambodia. Paul will be on sabbatical this month so we will ask you to pray for Irene McMahon who is the organisations UK Director, she along with her husband Wilson served in the Philippines for many years so they both have first hand knowledge of what it is like to serve on the mission field. Having moved to Manchester after a spell of being Director for Ireland they are now both busy setting up the new headquarters team based on Oxford Road. They do attend St Mary's when other commitments allow so do watch out for them and introduce yourselves. Irene will be speaking at the Parish prayer meeting on Wednesday July 1st at 8.00pm in the Upper Room so do come along and find out more.



Pray - Rest - Grow Together

We are currently in the middle of a six week series of Sunday sermons and midweek sessions looking at the importance of Home Groups. At the time of writing of this article, we have, so far, looked at important elements of homegroup ministry - Connecting the Bible to our lives, Connecting to God in prayer and Connecting to each other in the love of Christ, with more to come.

But as we continue with the series – a good question to ask is why this series is so important? Or, to put it another way - Why do Home Groups Matter?

To begin to answer that question, we need to realise that we were never meant to follow Jesus anonymously. Christian faith is deeply personal, but it is never private. When Jesus calls us to himself, he also calls us into a family. We become brothers and sisters in Christ, members of one body, people who belong not only to God but also to one another.

That is a wonderful gift. But in a larger church family, it can also be a real challenge. Sunday worship is central to our life together. We gather to hear God's Word, sing his praise, pray, share communion, and be reminded that we are part of something far bigger than ourselves. But it is not always easy on a Sunday to have deeper conversations, to share honestly, to pray personally, or to notice when someone is quietly struggling.

That is why home groups matter.

The New Testament repeatedly describes the Christian life with "one another" words. We are told to "consider one another in order to provoke love and good works" (Hebrews 10:24) and to "carry one another's burdens" (Galatians 6:2). Those things rarely happen by accident. They need space, time, trust. They need relationships where we can be known, encouraged, challenged, and prayed for. As our church vision puts it, home groups provide the space for "praying, resting and growing together."

A home group is not simply another meeting in a busy week. Nor is it only a Bible study, as important as Bible study is.

At its best, a home group is a small community of ordinary Christians learning to bring God's Word into ordinary life: our worries, decisions, disappointments, temptations, joys, questions, and hopes.

In a home group, we learn to pray together. Not only polished prayers, but honest prayers. Prayers for family, work, health, faith, mission, and perseverance.

We learn to rest together. Not by pretending life is easy, but by remembering that we are held by Christ, and that we do not have to carry our burdens alone.

And we learn to grow together. Growth in Christ is not simply about gaining more knowledge, though knowing God's Word matters deeply. It is about becoming more like Jesus, step by step, with others walking alongside us.

Of course, joining a group can feel daunting. We may wonder whether we will fit in, whether we know enough, whether we will be expected to speak, or whether we have enough time. But a home group does not need to be perfect to be precious. It is simply a small group of imperfect people learning to follow a perfect Saviour together.

So perhaps the question is not only, "Can I fit another meeting into my week?" Perhaps the deeper question is, "Who is helping me follow Jesus – and whom might God use me to encourage?" Because we were never meant to follow Jesus anonymously. We pray, rest, and grow best when we do it together.

So, may I set out a challenge as we finish our series:

For those who are not yet part of a homegroup – could you dip the toe in the water – give it a try – see how it feels? Elsewhere in this month's InTouch you will find ways of getting started.

And if you are already part of a homegroup – is there someone you know who isn't part of a group? Why not chat to them about it, about why you find it so valuable? And then encourage them to make contact with the team taking this initiative forward?

Why not give it a go?



Rev Stan Tomalin
Associate Minister (St Mary's)

Contact Information

GENERAL ENQUIRIES: Church Office, The Upper Room, 11 Wilmslow Road, Cheadle, SK8 1DW
churchoffice@cheadle.org.uk 0161 428 8050 (Open weekdays 9am-3pm)

Rector	George Crowder	0161 428 8050	george.crowder@cheadle.org.uk
Associate Minister	Stan Tomalin	0161 964 0854	stan.tomalin@cheadle.org.uk
Associate (St Cuth's)	Ian Chidlow	07475 004360	minister@stcuthberts.org
C.O.W.	Mark Tomlinson	07940 567046	mark.tomlinson@cheadle.org.uk
Youth Worker	Amy Killingbeck	07375 709477	amy.killingbeck@cheadle.org.uk
Operations	Jon Drayton	07973 134815	operations@cheadle.org.uk
Finance	Jo Davids	0161 912 5355	jo.davids@cheadle.org.uk
Admin/Assist. to Rector	Maddy Prescott	0161 428 8050	maddy.prescott@cheadle.org.uk
Upper Room Cafe		0161 912 5352	upperroomcafe@cheadle.org.uk