'Serving God and the community'

From a Vicar....

Jesus saw a man named Matthew sitting at the tax collector's booth. 'Follow me,' He told him, and Matthew got up and followed Him. (Matthew 9:9).

This month we remember Matthew's call as one of Jesus' 12 apostles. It consisted of a simple invitation, 'Follow me', and an immediately response. The resulting meal at Matthew's house also helps us to understand the challenge of his call.

Jesus' welcome:

At the dinner many tax collectors and sinners came and ate with Him and His disciples. (10). Jesus welcomed each person unconditionally, in a way that most Jews would not! In the same way, Jesus welcomes us and shows us how we should welcome others. Our welcome cannot be conditional, expecting people to be like us or to behave as we expect.

Jesus' challenge:

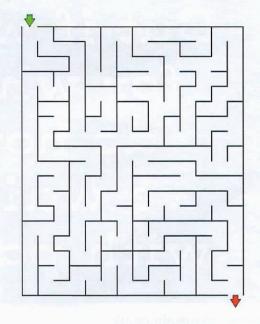
When the Pharisees saw this, they asked His disciples, 'Why does your teacher eat with tax collectors and sinners?' (11). The Pharisees were upset and avoided sinners, because they believed only the pure and untainted could have access to God.



However, Jesus reminded them that they were witnessing God's love in action: 'It is not the healthy who need a doctor, but those who are ill.' (12). When God is at work in the lives of those we don't expect, we need to let Him open our hearts to embrace and encourage what He is doing.

Jesus' compassion:

But go and learn what this means: 'I desire mercy, not sacrifice.' For I have not come to call the righteous, but sinners. (13). The Pharisees were so committed to keeping the law, that they had forgotten God's heart of compassion. Our religious practice is meaningless without love and mercy towards others. In what ways can we express love towards others, especially those outside the community of faith?





New safeguarding practice review policy approved

A new comprehensive policy on <u>safeguarding practice reviews</u> has been approved by General Synod. This was the first safeguarding code of practice to come to General Synod since the new Code of Practice Measure was approved in 2021.

Introducing the new policy, Bishop Joanne Grenfell, the Church of England's lead safeguarding bishop, said: "The vital, underlying aim...is understanding the past as a means of strengthening preventative work for the future."

Bishop Joanne outlined the different processes that exist in respect of safeguarding, so that people are clear what to expect from each, stressing "learning lessons," is about taking a step back to try to understand why the events happened in the way they did; answering the "why" question enables organisation to learn and improvements that will keep people safe in the future

Tuesday Group

Welcome back everyone: I hope you enjoyed your summer break and are ready for autumn!

On 12th September we will be welcoming Catrina Walker-Jones who will be talking about Long Term Care Planning, issues that can be particularly challenging for families.

She will also explain about the importance of having a Will and a power of Attorney for both Health and Financial Affairs and will give an overview on Inheritance Tax.

Please arrive in the church hall no earlier than 1.15 pm.

Diana



"Er... vicar – does the church have a position on the donation of GM vegetables for the Harvest Festival?"

300

A short story from the Bible

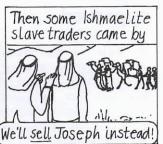
It can be read in the Bible in Genesis chs. 37:1-36,39:1-20 Jacob had 12 sons but his favourite was Joseph, his beloved Rachel's son. He even gave him special clothes to wear...



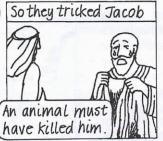




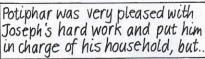










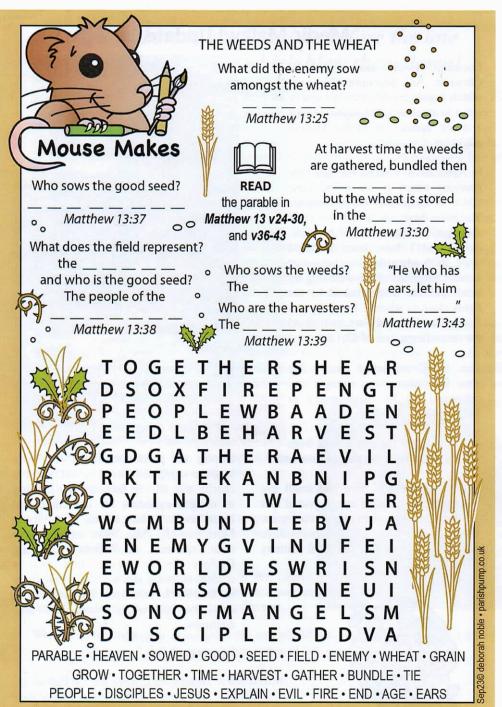






Potiphar's wife made up bad stories about Joseph.





Find the words from the questions too!

Medic Malawi Update

Looking at the stories on the Christian Aid literature this year which highlights Malawi, a country close to my heart, I thought perhaps a quick update on Medic Malawi might be of interest.

In April 2016, I asked Barbara (our previous vicar) if we might raise £250 to help the charity Medic Malawi deal with acute food shortages following failed harvests. David and I have been involved since 2000 when the foundations of a small Anglican clinic were dug by hand and the bricks baked in the fields close to where I lived. By the Harvest service 2016 we had raised the magnificent sum of £7,126!

This small, wonderful charity has gone from strength to strength and celebrated its 20th Anniversary in 2021.

It treats 15,000 patients a year from an area three times the size of Cornwall.

Over 5,000 patients have had small eye operations, 35 children are supported in a small orphanage nearby where they grow their own food, and 18 classrooms have been built to refurbish the local primary schools.





During the pandemic, funds for basic hygiene equipment were raised and the charity was able to facilitate the refilling of oxygen cylinders for the clinic and local hospital, thus saving many lives. More recently, clean water supplies have been restored at Nzama following Cyclone Freddy where there was a cholera outbreak and help has been given in the South following Tropical Storm Ana. The vital work in remote clinics also continues.

Anne Allen

Apologies to Anne for not including this article in the first edition of the July/August magazine.

Canon Paul Hardingham continues his series on the spiritual disciplines that help us to grow and deepen our faith.

Spiritual Disciplines — Service

'Now that I, your Lord and Teacher, have washed your feet, you also should wash one another's feet. I have set you an example that you should do as I have done for you.' (John 13: 14-15).

We are all familiar with those requests for more to 'serve on a team' at church, whether the coffee rota or with the children. However, these can hinder our understanding of the spiritual discipline of service.

The discipline of service involves learning from Jesus' example, when He washed the disciples' feet. Like His disciples, we are all called to take the place of a servant and be willing to serve those around us. Richard Foster in 'Celebration Discipline' contrasts 'self-righteous service', human effort wanting to impress others and be rewarded, with service', which is rooted in relationship with Jesus and delights in the service itself

In his book, Richard Foster highlights the value of small, everyday sacrificial acts of service which flow from the place of being a servant: 'service is not a list of things to do, though in it we discover things to do. It is not a code of ethics, but a way of living.' He goes on to highlight a number of acts of service, including: hiddenness (working behind the scenes); small acts of service; guarding the reputation of others; being willing to be served ourselves; practising hospitality; listening and bearing the burdens of each other. We need to pray for wisdom and discernment, so that we know when to say 'yes' and 'no' to serving. If we say 'yes' too much we can easily find ourselves becoming bitter or burned out!

Why not make it your prayer each morning: 'Lord Jesus, if it would please You, bring me someone today who I can serve?'

Ways of keeping your home smelling fresh

Diffusing essential oils into our homes is nothing new – the ancient Greeks used reeds dipped in essential oils in both their homes and temples. And diffusing essential oils like lavender, eucalyptus or rose is still popular today, helping us to relax and feel tranquil.

If you would like to 'have a go', there are three basic types of diffusers to choose from.

Reed diffusers, often rattan or bamboo, sit in a small well of fragrance, which works its way up and evaporates at the top, dispersing fragrance into the air.

Electric diffusers heat a blend of the oil and water, which then evaporates into the room.

Nebulising diffusers, which use high pressure to force a stream of air through the essential oil, in order to create a mist.

Whichever you choose, be very careful if you have pets in your house. Many essential oils are highly toxic for them. You might wish to 'google' whatever scent you have in mind, to make sure that it won't badly affect your dog or cat.



Across

- 8 Where the Ark of the Covenant was kept for 20 years (1 Samuel 7:1) (7,6)
- 9 One of the parts of the body on which blood and oil were put in the ritual cleansing from infectious skin diseases (Leviticus 14:14–17) (3)
- 10 Uncomfortable (3,2,4) 11 'Yet I have loved Jacob, but Esau I have '(Malachi 1:3) (5)
- 13 Where Paul said farewell to the elders of the church in Ephesus (Acts 20:17) (7)
- 16 'Jesus bent down and to write on the ground with his finger' (John 8:6) (7)
- 19 Prophet from Moresheth (Jeremiah 26:18) (5)
- 22 Comes between Exodus and Numbers (9)
- 24 and 2 Down 'Then Elkanah went home to Ramah, but the boy ministered before the Lord under the '(1 Samuel 2:11) (3,6)
- 25 There was no room for them in the inn (Luke 2:7) (4,3,6)

Down

- 1 Rough drawing (2 Kings 16:10) (6)
- 2 See 24 Across
- Underground literature (including Christian books) circulated in the Soviet Union
 (8)
- 4 Lo, mash (anag.) (6)
- 5 The Bible's shortest verse: 'Jesus ' (John 11:35) (4)
- 6 'Can a mother forget the baby at her and have no compassion on the child she has borne?' (Isaiah 49:15) (6)
- 7 Can be seen in a dying fire (Psalm 102:3) (6)
- 12 'Send me, therefore, a man... experienced in the of engraving, to work in Judah and Jerusalem' (2 Chronicles 2:7) (3)
- 14 Second city of Cyprus (8)
- 15 United Nations Association (1,1,1)
- One of the women who first heard that Jesus had risen from the dead (Mark 16:1) (6)
- 17 Braved (anag.) (6)
- 18 of Evangelism, outreach initiative in the 1990s (6)
- 20 'Woe to those who are wise in their own eyes and in their own sight' (Isaiah 5:21) (6)
- 21 'Neither nor depth... will be able to separate us from the love of God' (Romans 8:39) (6)
- 23 What Jesus shed in 5 Down (4)

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Prayer for September 2023

Dear Father in heaven.

September is a time of change, a change of season, changes in many areas of our lives as a new term begins and new opportunities present themselves. It can be a time of challenge and uncertainty for many of us as well as excitement.

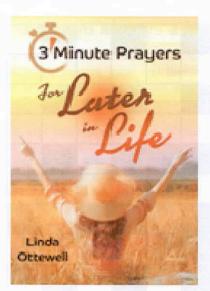
Thank you Lord, that You never change, Your promises never change, Your Holy-Spirit inspired Word never changes. You are constant and rock-solid, always.

Help us to remember that You make all things new when we put our trust in Jesus, You give us new life and new ways of understanding, but help us also to remember that You never contradict Your revealed self. Help us always to check out our thinking with what You say in Your Word. Help us to be faithful to You as we take each step forward, each new day.

In Jesus name, Amen

By Daphne Kitching





3 Minute Prayer for Later in Life By various authors, Kevin Mayhew, £6.99

These are searching, uplifting and encouraging prayers, each with an accompanying Bible reference; an honest expression of daily faith and life, addressing insecurity, fears for the future, retirement, health, changing role and status.

They speak of a surprising God who hasn't finished with us because of a few grey hairs and wrinkles. There's no retirement home with God, simply different plans and new ways of being, always plenty in store. Abundant living certainly doesn't grind to a halt in later years and 'on the scrapheap' will never feature in God's vocabulary.

So, dismiss the notion that it's all downhill from here. We are all beautiful in God's sight, accepted, loved totally and unconditionally, and He delights in us.

God can use everything we give Him

The story is told of a man in charge of building a great church, who was pestered by an apprentice who wanted to design the glass for one of the windows. Finally, he agreed that the apprentice should be given one very small window. BUT — the apprentice would have to provide all the materials himself.

Undaunted, the apprentice carefully swept up all the stray bits of coloured glass that had been discarded and set to work. Slowly, and with great care, he pieced together a window of rare beauty. When the church was finally opened, many people stopped to stare in wonder at his small, but so beautiful, iridescent window.

Our lives can be like that - no matter how small we may feel, or that we have only scraps to offer to God, He can still help us use every bit of time and energy and love we do have, to build a life that is beautiful, and which will reflect the glory of God to others.



Reflected Faith Series : pews and chairs

Most of us think of pews as having been installed at the same time the church building was built, with occasional upgrades over time. But that's not the case.

Originally church floors consisted of little more than stone flags or beaten earth on which grasses or rushes were lain as a renewable winter covering for cleanliness and insulation. Each year, in late summer, the old and rotten rushes were cleared out and new ones taken to the churches in carts. There are still a number of English towns, in particular in the north of England, that celebrate 'Rush-bearing' each year.

The people stood for all the services. However, it was recognised that the infirm and elderly needed support, and stone benches - often backless – were placed by the walls for them. It was not until the Protestant Reformation in the 1500s that wooden pews were introduced for everyone to be able to be seated.

Naturally, people being people, there were pews and then there were *pews*!

Society was organised in classes or hierarchies and the richer and more important folk had the best seats near the front so they could hear what the priest was saying and watch the service.

One's place to sit was arranged by your place in Society, so the poorer and least important were at the back.

Sermons alone could be lengthy; two hours was not unusual, and if you could pay for privacy to doze off and some form of personal heating for winters, then clearly that made sense.

This month

Have a look at the seating in a church near you. Are all the chairs or pews the same? Are some more elaborately decorated or larger? Is there a difference between the pews in the nave for the congregation and those for the choir and different again in the sanctuary? Does any of this reflect your faith?



Are you always a bit late - for everything?

Is this you? - late for work, late for friends, nearly missing trains and flights, late for lunch dates, late for dinner dates, and late for just about everything else.

If you are habitually late for almost everything, is it an actual mental condition?

When a recent TikTok video called it 'time blindness', that struck a chord – the video has been viewed nearly five million times.

But some psychologists doubt you can just claim being late 'a mental condition'. Instead, they say that a major factor is our childhood experiences of lateness - whether we have since tried to mimic our parent's behaviour about punctuality, or rebel against it.

Certainly, once we have got into the habit of acting in a certain way, we tend to do it long-term, unless we make a really conscious effort to change ourselves.

One common reason for lateness is overoptimism. If we are a bit too positive about our abilities, we may assume that we can leave at the last minute and still get somewhere else in time. We don't factor in any possible problems along the way. Whereas pessimists always imagine there will be problems with the journey, and so give themselves more time.



Compassion for those in poverty – CAP Sunday 15th October

'Compassion in action'. That is the theme for this year's Christians Against Poverty (CAP) Sunday, which is next month, on 15th October.

Churches play a vital role in helping people coping with UK poverty, and CAP says that it wants to help them "do more of that!" It says: "Whether you've partnered with us for years, or are new to the CAP family, we'd love to help you and your church run a Sunday service focused on UK poverty and compassion in action. For more details of how you can help, please visit: https://capuk.org

Meanwhile, the 35,000 people who use a network of church-run food pantries in the UK are saving up to £1,000 a year on

groceries, according to research from Church Action on Poverty. The network estimates that users are saving about £21 a week. Pantries were visited about 226,000 times last year, and helped up to 90,000 people.

Improved finances are not the only benefit. The pantries are bringing communities together, helping to reduce isolation, and improving nutrition intake.

The chief executive of Church Action on Poverty, Niall Cooper, warns that despite many pantries now having to spend significant sums on food to top up their stocks, 'Your Local Pantry' now hopes to open a further 125 pantries by the end of 2025.

Teddy Bear Parachute Jump

This turned out to be a lovely fun day for everyone who attended especially the bears who gained their bearavery certificates—well done to our Tower climbers Louise and especially to Thomas who did the trip up the Tower six times—totally amazing feat! One trip up in stages is enough for most of us—if we manage that much!

Thanks go the Vicky and her Guides/Brownies/Rainbows for their crafts and to all the volunteers who helped on the day.

We had a brief visit from Sale Fire Station who helped rescue some bears who wanted to stay on the lower roof but then Squishy really wanted to stay up on the high roof—we think he must have been enjoying the view! But following an appeal on social media he was assisted down a few days later by the wonderful Barkers Exterior Cleaners.



Have you checked out the YouTube video about this by Paul from Wickedacorn

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All trees withstand the last gale before the one which blew them down!

St Paul's has several mature trees within its grounds which need attention from time to time.

Every couple of years the PCC arranges for the trees to be inspected by an arboriculturist free of charge.

The last inspection drew attention to a mature lime tree in the south east corner of the church grounds. This tree had a long standing cavity at the base, probably caused by bonfire damage many years ago as can be seen in the first photograph. One could easily reach inside the cavity up to the elbow without reaching the end.

Our arboriculturist could not say that the tree was safe, but neither could he say that it was in

imminent danger of collapse. However, due to the extent of the cavity the tree's stability was questionable. If the tree were to fail at this defect point it could easily have reached the regularly used footpaths nearby. The opinion of the professional was that it would be prudent to fell the tree at the earliest opportunity.

This matter caused the meeting of the July 2023 PCC some consternation but with reluctance, the PCC took the informed decision to have the suspect lime tree removed. The overriding consideration was that public safety must take priority.

The Archdeacon's approval to this course of action was subsequently granted and the tree was felled on 3rd August 2023.

Pieces of the trunk have been left in the church grounds and the second photograph shows a section through the trunk where the scar and cavity was.



We will never know how many gales the tree would have withstood, or not, but we can rest in the knowledge that the responsible course of action has been taken.

A replacement tree will be planted in due course.

Brian Kerridge

How not to be a Grumpy Old Man (or Woman)

Marvel. Marvel every time you see a child learning to walk and speak at the same time. Share in their delight. Wonder at the dawn of each new season: sunshine and shadows, falling leaves, frost, sudden new growth. You are still alive to take it all in. That's an unexpected bonus.

Appreciate. Have a look around your living room and concentrate on items designed for your comfort and entertainment, which your forbears never had. Think of someone you don't like; now ponder a couple of their good points. Try to desire their welfare more than their downfall.

Forgive. (That's a condition for being forgiven). You may have to do it over and over again for the same person. Unearth grudges which have been lying under the surface. Are they worth preserving that much? Think of the damage they are doing you.

Married or Single? **Don't envy.** The grass on the other side of the street isn't greener, it's just different. Count your blessings - some will be uniquely yours. Be concerned for the welfare of someone whose circumstances are unlike yours.

Deal with disappointment. If you have become grumpy it's probably caused by a deep-down dissatisfaction with yourself. Stop raking over past failures. Each morning when you wake up, say with the Psalmist, "This is the day the Lord has made; let us rejoice and be glad in it."

Change. No, it isn't too late. It will only be too late to change when you are in a coffin. In the meantime, there's still room for manoeuvre. Remember John Henry Newman's words, "To live is to change, and to be perfect is to have changed often."





PAULA JAMES
HCPC REGISTERED

Who's Who? Members of the Parochial Church Council (not mentioned on the back page)

Diana Kelly 973-4578 Carole Shakeshaft 969-6319 Paula Hughes 973-5121 Joyce Green 973-0396 Eileen Craven 283-7668 Jean Law 962-6761

Fiona Vaughan-Thomas Amanda Pearson

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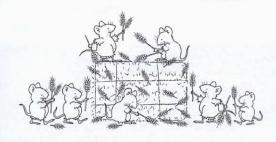
September 2023

Don't forget—email any articles for the Parish News to the Parish Office email address—salestpaul@aol.com

New Pattern of Worship begins this month

3 rd	Sunday	10.00am	Parish Eucharist
		6.00pm	Taize Style Evening Prayer
5 th	Tuesday	9.30am	Babes & Tots
6 th	Wednesday	10.00am	Communion Service
8 th	Friday	1.30pm	Community Choir
10 th	Sunday	10.00am	All Age Worship
		6.00pm	Communion Service
			Deadline for the October Parish News
12 th	Tuesday	9.30am	Babes & Tots
		1.15pm	Tuesday Group
13 th	Wednesday	10.00am	Communion Service
		7.45pm	PCC Meeting
15 th	Friday	1.30pm	Community Choir
17 th	Sunday	10.00am	Parish Eucharist
		6.00pm	Evening Prayer
19 th	Tuesday	9.30am	Babes & Tots
20 th	Wednesday	10.00am	Communion Service
22 nd	Friday	1.30pm	Community Choir
23 rd	Saturday	12.00noon	Wedding
24 th	Sunday	10.00am	Parish Eucharist
		3.00pm	Forest Church
		6.00pm	Evening Prayer
26 th	Tuesday	9.30am	Babes & Tots
27 th	Wednesday	10.00am	Communion Service
29 th	Friday	1.30pm	Community Choir





The Secret of Living

The secret of living
Is learning to pray –
It's asking our Father
For strength for the day!

It's trusting completely That His boundless grace Will overcome care And each problem we face!

It's walking by Faith Every mile that we plod And knowing our prayers Bring us closer to God.

Anon

A grain of sand at a time

This autumn, do you feel overwhelmed with all the things that you need to get done?

Then think of your life as an hourglass. There are thousands of grains of sand in the top of the hourglass; and they all pass slowly and evenly through the narrow neck in the middle.

We are like that hourglass. When we start in the morning, there are hundreds of tasks which we feel that we must accomplish that day. But if we do not take them one at a time, and let them pass through the day slowly and evenly, as do the grains of sand passing through the narrow neck of the hour glass, then we are bound to break our own fragile physical and mental structure. Do not attempt more than God designed you to do.

Next Month—



1 st	Sunday	10.00am	Parish Eucharist
		6.00pm	Taize Style Evening Prayer
4 th	Tuesday	9.30am	Babes & Tots
5 th	Wednesday	10.00am	Communion Service
7 th	Friday	1.30pm	Community Choir
9 th	Sunday	10.00am	All Age Worship
		6.00pm	Communion Service

Please check the weekly pew sheets for any service changes that may occur.

St. Paul's Parish Directory

Churchwardens:	Yvonne Stevenson	*	07946 644214		
Charchwardens.	Vacant		07940 044214		
Reader:	Michael Riley	*	969-2795		
the state of the s		*			
Pastoral Workers:	Yvonne Kerridge	*	962-4066		
	Karen Salisbury	*	283-8309		
Treasurer to the PCC:	Vacant (Contact the Pari	sh Office)			
Secretary to the PCC:	Karen Salisbury	*	283-8309		
Director of Music:	Anne Allen	*	01925-763103		
Assistant Organists:	John Clisset		962-2096		
	Kevin Drury		962-7963		
	Donald Brooks				
Safeguarding Officer	Carole Shakeshaft	*	969-6319		
Parish Giving Officer	Brian Kerridge	*	962-4066		
Electoral Roll Officer:	Yvonne Stevenson	*	283-1065		
Parish News Editor:	Karen Salisbury	*	283-8309		
Bible Reading Fellowship:	Rachel Lee	*	973-1282		
Men's Society:	Michael Riley	*	969-2795		
Women's Tuesday Group:	Hilary Moore	*	969-1831		
St. Paul's Babes & Tots	Rachel Lee	*	973-1282		
Tower Warden:	lan Moore		0787-670-6834		
Christian Aid:	Anita Evans		973-4679		
Children's Society Rep:	Sheila Clarke	Sheila Clarke			
Church Hall Bookings:	Contact via the Parish Office				
4 th Sale Central (St. Paul's) Rain	bows, Brownies & Guides				

Vicky Williams 07986 525898

Vicar: Revd. Becky Mathew 217-8795 / 07584 604627

Email: revbmathewstpaulsale@gmail.com

revbmathewstpaulsale@gmail.com

Associate Ministers: Revd. Dr Lisa Redfern (Forest Church)

Revd. Dr Margaret Jones * 973-7790 Revd. Shemil Mathew 217-8795

Parish Office

962-0082

Parish Office e-mail

salestpaul@aol.com

Names above marked with * are members of the Parochial Church Council. Please note that Vicar Becky is part-time and her working hours are flexible so she might not be able to reply or respond immediately to your calls and emails.

Parish Organisations affiliated to St Paul's

The following groups meet in St Paul's Church Hall unless otherwise stated.

Tuesday 9.30am-11am St. Paul's Babes & Tots (school term time) 1.15pm Women's Tuesday Group (2nd of every month) 4th Sale Central (St. Paul's) Brownies 6.15pm 7.30pm 4th Sale Central (St. Paul's) Guides Thursday 7.30pm Chorister Training and Choir Practice 8.00pm Men's Society (last of every month Sept to May but not Dec) Friday 1.30pm-2.30pm Community Choir (school term time) 5.30pm 4th Sale Central (St Paul's) Rainbows