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**September 2024**

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# From the Vicar.....

*"There is a time for everything, and a season for every activity under the heavens..." Ecclesiastes 3:1*

Dear friends,

It's good to be back after my sabbatical rest and thank you to everyone who has taken on additional responsibilities and led worship during this time. Church of England clergy can apply for a sabbatical every 10 years of ordained ministry and having reached my 20<sup>th</sup> year of ordained ministry without a sabbatical, it was indeed a wise decision to submit a proposal asking for study and re-creation time to the Diocese. As the author of Ecclesiastes points out there is a time and season for every activity and even clergy are not immune to 'burn out' or in another sense, the emptying of 'our wells'. I love praying, teaching and sharing with others the impact that following Jesus can have in our lives and I draw strength and inspiration daily from the story of the feeding of the 5,000 in which a small child offers Jesus their packed lunch, a small fish and bread loaves.

Offering what little they had, Jesus accepts their gift, blesses it, breaks it and shares it with the crowd assembled, 5,000 in all. And I just love that part about taking what little we have, I may not be the best singer or the best person to write intercessions or good at welcoming people or reading in church, but I'm going to have a go knowing that Jesus will take whatever I offer and bless it. Which makes me think of a beloved long-standing church member Rosemary Hughes who sadly died in June. Rosemary always sat the front of the church (thank you) and was a keen and competent reader even if she could no

longer stand at the lectern, she was able to share scripture with us from her seat. Her reading was self-assured and while the tempo may have been adagio rather than allegro, she was playing her part in assisting with worship and prompting us to slow it down and take time to actually hear what was being read. A good reminder too for when we pray together corporately during our service, to listen to each other, if you can't hear your neighbour you're probably speaking a bit too loud. Rosemary offered her gift of reading to us and it was blessed, broken and shared.

The other part of the story about the feeding of the 5,000 that gives me hope is that the bits of bread and fish-bones that were picked up afterwards were so numerous that they had baskets and baskets full of waste food.

Knowing the context of that time this would have been put to good use used as a fertiliser to spread on the fields or as animal feed. So even the detritus that which was left over doesn't need to be wasted, it can be put to use, changed, transformed, converted. This may take some re-imagination, it may be that we don't always get it right but we are compelled to, as followers of Jesus to offer what little we have, engage in prayer and see what happens. Left-overs can be used, broken bits don't need to be discarded, just re-purposed, made safe and accepted.

St Paul's doesn't have a vast amount of resources, finances or people, but we must just keep on offering the little that we have in the knowledge it will be blessed, broken and shared.

Yours in faith,  
Becky

Tel: 07584604627

## Prayer for September 2024

Lord, here we are in September – a beautiful month at the end of the summer, but before the autumn has taken hold. A month of excitement and new starts for many, a month when courage is needed for our children and young people.

And Lord we pray for courage, compassion and integrity for our new Prime Minister and our new government. We pray for justice and peace in our country and in the world.

Help us Lord, to know that you are Lord of September; you are Lord and giver of every new month, every new day, every new minute. Help us to put our trust in you for our adventures and for our mundane everyday routines.

You are our generous, loving Father and promise that you will never leave us or forsake us when we trust in you, through Jesus Christ, our Lord and Saviour.

Amen.

*By Daphne Kitching*

## Tuesday Group

Meet every 2<sup>nd</sup> Tuesday of the month  
from 1.30pm—3pm.

Next meetings are:

Tues 10<sup>th</sup> September

Tues 8<sup>th</sup> October

Tues 12<sup>th</sup> November

Tues 10<sup>th</sup> December -  
Christmas Special)

Please talk to Hilary Moore for more information.

# Thanks

Just a brief note to thank people for their messages, cards, phone calls, emails during my very unplanned stay in Wythenshawe Hospital the time spent in there albeit in pain gave me a chance to be with God away from my normal everyday life. Despite being home for a few weeks am still unable to do things I have always taken for granted—I ask that you join me and give thanks for all those working in the health service—then I'm just praying that the doctors will ease the restrictions before too much longer.

Love to everyone  
Karen



"Finally, we're still waiting for someone from last week's Parent & Toddler Group to come and claim this lost property..."



# Bible Bite

A short story from the Bible

It can be read in the Bible in  
Matthew chapter 20 verses 1-15

Jesus told a story to describe God's kingdom.  
A vineyard owner went to the marketplace  
at dawn to hire workers to pick his grapes.

I'll pay you the normal  
wage for a day's work.



He went out again  
at 9 o'clock ...



and mid-day ...

and 3 o'clock ...

and again with just 1 hour  
to go before sunset.



I'll pay you a fair wage

At the end of the day..



Pay the last workers first.

They were given a  
whole day's wage..



and so were those who  
had worked all day.



You paid them the same  
and we worked all day!



My friend, you agreed to  
work for a day's wage

I want to give those  
who were hired last  
the same as you got.



Can't I do what I want  
with my own money?

Or are you jealous because  
I'm good to others?



Jesus concluded...



So those  
who are  
now last will be  
first, and the first last.





## Mouse Makes

### HARVEST THANKSGIVING

"May the peoples  
\_\_\_\_\_ you, O God!  
May all the peoples praise you!  
The land yields its harvest;  
God, our God blesses us."

*Psalm 67:5-6 NIV*

"God ... has shown kindness by  
giving you rain from heaven  
and crops in their seasons.  
He provides you with  
plenty of \_\_\_\_\_. He fills  
your hearts with joy."

*Acts 14:16-17 NIV*

"Honour the Lord with your wealth  
and the first part of your harvest."

*Proverbs 3:9 ERV*

"Let us fear and respect  
the Lord our God.  
He gives us autumn and  
spring \_\_\_\_\_  
at the right time.  
He makes sure that we  
have the harvest at  
just the right time."

*Jeremiah 5:24 ERV*

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

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NEED • WATER • SUN • SEASON • AUTUMN • SPRING • YIELD • PRODUCE  
FRUIT • GATHER • CROPS • PLENTY • PRAY • GOD • PROVIDE • JOY  
BLESSED • GOODNESS • SHARE

*Find the words from the questions too!*





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heritage open days



Canon Paul Hardingham considers the needs of children.

## Education Sunday

Education Sunday takes place on 8<sup>th</sup> September, as our children return to school after the summer break. It's good opportunity to ask what God thinks of children and how we can reflect this in our schools, churches and families.

*Children are valuable to God:*

*'Then people brought little children to Jesus for him to place his hands on them and pray for them. But the disciples rebuked them. Jesus said, 'Let the little children come to me, and do not hinder them, for the kingdom of heaven belongs to such as these.'* (Matthew 19:13-14).

Jesus' action shows the importance of children to God. In many cultures around the world, children are often abused, exploited or disregarded. God is committed to caring and protecting them and calls us to do the same.

*Children need nurture and guidance:*

*'Train up a child in the way he should go; even when he is old, he will not depart from it.'* (Proverbs 22:6 ESV). Gardeners will often attach plants to a pole or trellis to guide their growth. Children also need solid structure to keep their physical, emotional, social, and spiritual growth on track. We can support them in their growth and development, and we can be a godly example to them.

*Children need discipline:*

*'Discipline your children, and they will give you peace; they will bring you the delights you desire.'* (Proverbs 29:17). This is not easy and requires the fruit of the Spirit: love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control (Galatians 5:22-23). Discipline is a sign of love, reflecting how God deals with us (Hebrews 12:7). In this way, they'll become adults who fulfil all that the Creator wants them to become.

As Jesus said, *'Whoever welcomes one of these little children in my name welcomes me'* (Mark 9:37).

### Prayer for School children

*Dear Lord Jesus. Thank you so much for all the precious children in this world. We know they mean so much to you. We pray you would help us do all we can to protect and give them the start in life they deserve. Lord we bring to you all of the wonderful work being done to release children from poverty, and we pray that you would bless every pair of hands that works for you. Increase and bless their efforts in Jesus name, Amen.*





# Walking is a great way to exercise

You may be young or old, working endless hours, or retired. But there is one exercise you can still undertake almost anywhere, for however long or short a time: walking.

According to health specialists, the simple act of walking “ticks so many boxes – improving our brain, mental and musculoskeletal fitness, as well as our physical fitness.”

Here are five reasons why:

## **Walking raises your heart rate and makes you breathe faster.**

It gives you the benefit of a moderate aerobic workout – without the stress on your joints. As for your blood sugar levels, consider this: after a meal your blood sugar level rises and your pancreas releases insulin to bring it down. But even a five-minute walk can help by blunting the spike in blood sugar. Try and keep your pace brisk – aim for 100 to 130 steps a minute.

## **Walking improves your bone density**

Walking briskly engages the muscles along the back side of your body – the glutes, hamstrings and calves. They in turn put a bit of pull on your bones, which stimulates your bones to produce osteoblasts, which improves your bone density and reduces your risk of osteoporosis.

## **Walking improves your mood**

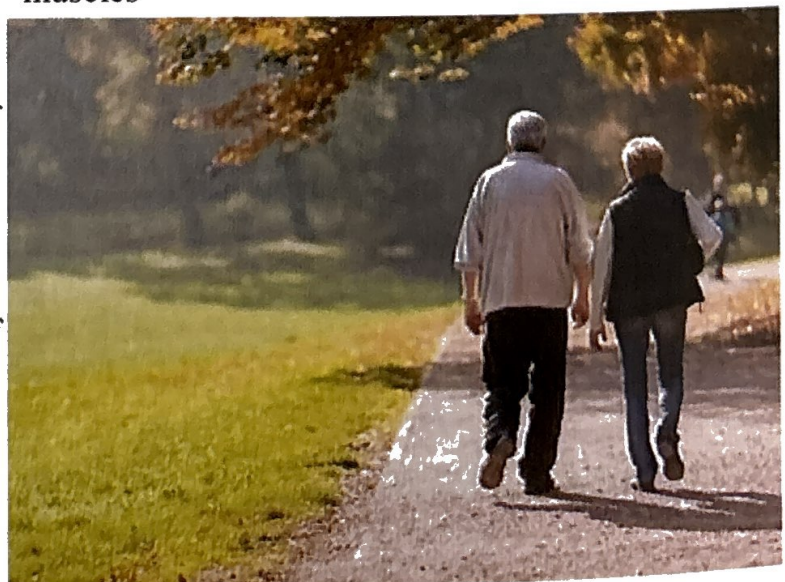
It stimulates your parasympathetic nervous system (nerves that relax the body during stress) and stimulates your amygdala (that part of you which controls your emotions). And if you can walk near water (rivers, coast, in the rain) you get exposed to negative ions in the air. These electrically charged molecules are excellent for your mental health.

## **Walking helps your brain**

You will sleep better, and your brain will be in better shape for memory and cognition. Walking also stimulates creative thinking – studies have found walking is a great time for problem-solving.

## **Walking helps your body shape**

An instant way to look younger is to stand tall. So walk with your head up, shoulders back, and lengthen your back, to stand up straighter. And with firmer muscles, your overall body shape will improve, which in turn will boost your confidence!



## Back to school

This month more than 10.7 million children will be going back to school. That means that millions of households across the country are now busy preparing for the big day.

Regular bedtime routines are back, packed lunches are planned, uniforms are washed and ready to go.

Some parents find it helpful to take children to the park for a good walk, or to go for rides on bikes or scooters in the final days of summer. The exercise will relieve stress, and help the children settle better at night.

For younger, perhaps anxious children, hugs are also very important. For all children, it is good to get them into the habit of feeling gratitude towards God for the positive things that happen in their daily lives, and for all the things that they already have.

While it is normal to feel a bit anxious before going back to school, there are things that parents can do to help. Praying with their children and reading a bit of a child's story Bible to them each night will encourage their faith and remind them that they don't have to face the ups and downs of school life all on their own.



**Harvest Festival  
Sunday October 6<sup>th</sup>**

**Mustard  
Tree**

Will be celebrated on Sunday October 6<sup>th</sup>  
at the morning Holy Communion service.

This is a week earlier than usual due to  
the Manchester Half Marathon road  
closures on Sunday October 13<sup>th</sup>. We will  
still be having morning service, however,  
your may be affected getting to church.

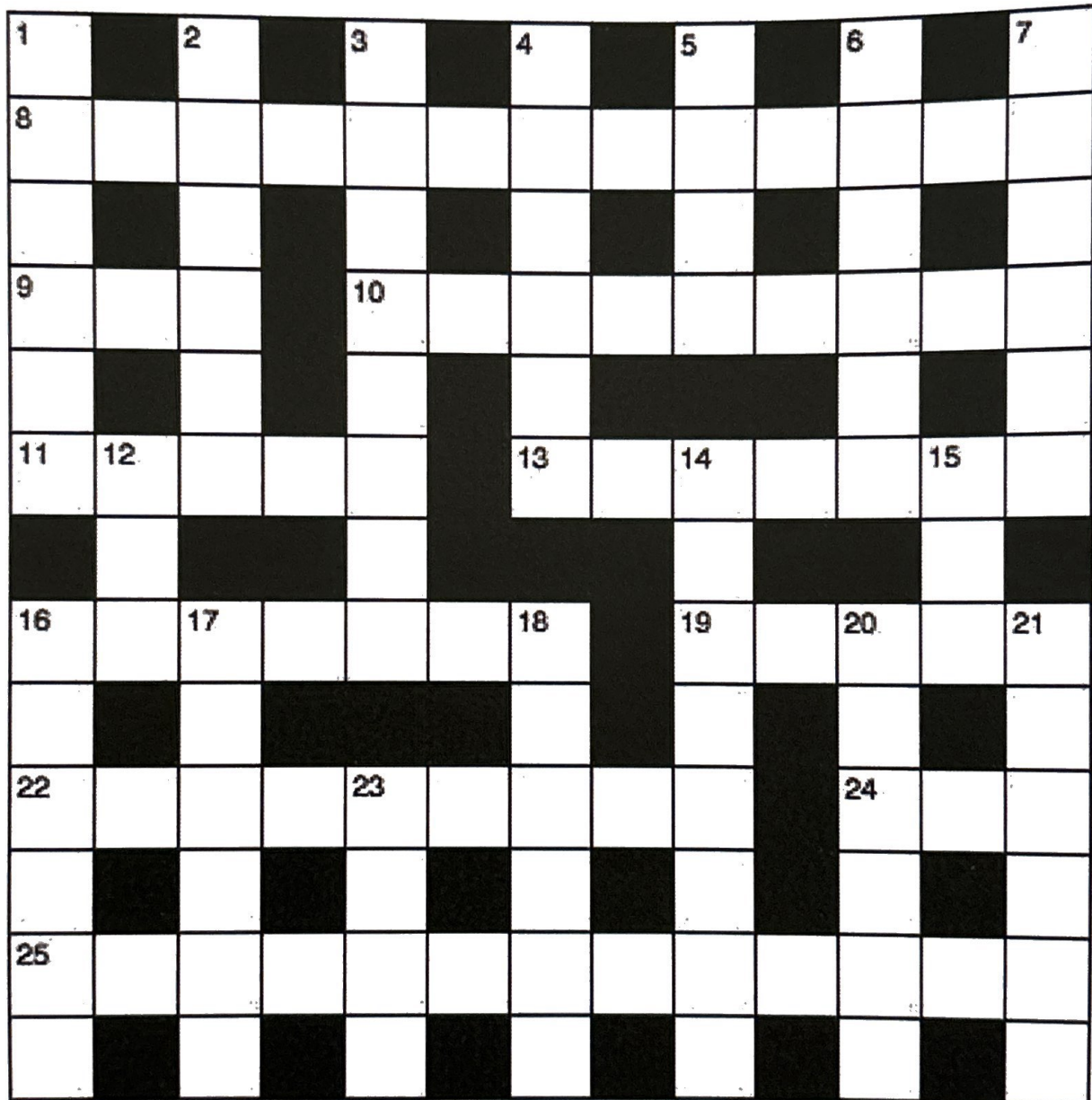
***Please don't forget to bring donations for  
the food-bank to the service on Oct.. 6<sup>th</sup>  
Items need to be in date- Tea, Coffee,  
Squash, Cereal, Sugar, Biscuits, Rice,  
Pasta, Long-life Milk, Custard, Jam,  
Washing powder, Toiletries, Tins-  
Vegetables, Soup, Ham, Tuna, Rice  
pudding & fruit..***

*"All good gifts around us are sent from  
heav'n above.  
We thank you, God, we thank you, God,  
for all your love."*





# Crossword



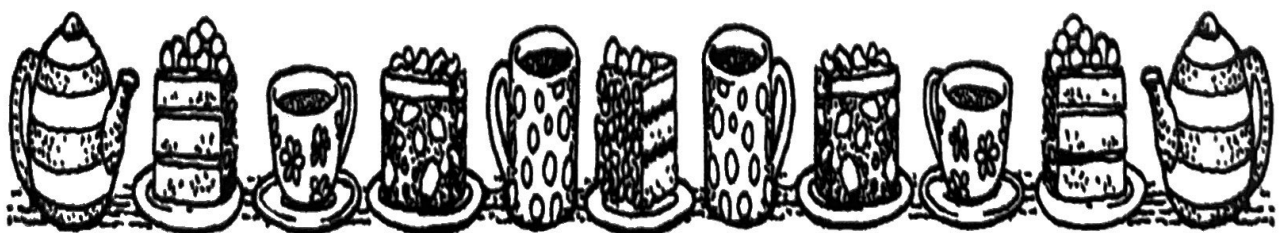


## Across

- 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  
 3 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)  
 16 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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**STOP PRESS!!!** Microsoft have now removed support for all Windows XP systems, which could affect the security of your software. If you are using XP, do give me a call for FREE & independent advice.

*"Your service is very good, it is good to know someone is available to help & understands we are not all experts."*  
G Singer, Sale

*"It has been a pleasure dealing with you & the service I have received is second to none."*  
Vivian, Sale



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## Who's Who?

**Members of the Parochial Church Council (not mentioned on the back page)**

|               |          |
|---------------|----------|
| Diana Kelly   | 973-4578 |
| Paula Hughes  | 973-5121 |
| Joyce Green   | 973-0396 |
| Eileen Craven | 283-7668 |
| Jean Law      | 962-6761 |

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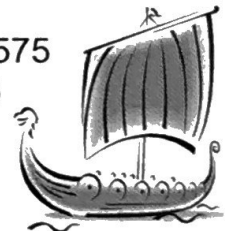
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# September 2024

|   |               |          |                                 |
|---|---------------|----------|---------------------------------|
| 1 <sup>st</sup>                             | Sunday        | 10.00am  | Parish Eucharist                |
| 14 <sup>th</sup>                            | After Trinity | 6.00pm   | Taize Evening Prayer            |
| 4 <sup>th</sup>                             | Wednesday     | 10.00am  | Communion Service (CW)          |
| 6 <sup>th</sup>                             | Friday        | 1.30pm   | Community Choir                 |
| 8 <sup>th</sup>                             | Sunday        | 10.00am  | All Age Worship                 |
| 15 <sup>th</sup>                            | After Trinity | 6.00pm   | Holy Communion                  |
| <b>Deadline for the October Parish News</b> |               |          |                                 |
| 10 <sup>th</sup>                            | Tuesday       | 9.30am   | Babes & Tots reopens            |
| 11 <sup>th</sup>                            | Wednesday     | 10.00am  | Communion Service (BCP)         |
|   |               | 7.45pm   | PCC Meeting                     |
| 13 <sup>th</sup>                            | Friday        | 1.30pm   | Community Choir                 |
| 14 <sup>th</sup>                            | Saturday      | 11am-4pm | <b>Heritage Open Day</b>        |
| 15 <sup>th</sup>                            | Sunday        | 10.00am  | Parish Eucharist                |
| 16 <sup>th</sup>                            | After Trinity | 10.45am  | Battle of Britain Commemoration |
|   |               |          | Sale Town Hall                  |
|   |               | 6.00pm   | Evening Prayer                  |
| 17 <sup>th</sup>                            | Tuesday       | 9.30am   | Babes & Tots                    |
| 18 <sup>th</sup>                            | Wednesday     | 10.00am  | Communion Service (BCP)         |
| 20 <sup>th</sup>                            | Friday        | 1.30pm   | Community Choir                 |
| 22 <sup>nd</sup>                            | Sunday        | 10.00am  | Parish Eucharist                |
| 17 <sup>th</sup>                            | After Trinity | 3.00pm   | Forest Church                   |
|   |               | 6.00pm   | Evening Prayer                  |
| 24 <sup>th</sup>                            | Tuesday       | 9.30am   | Babes & Tots                    |
| 25 <sup>th</sup>                            | Wednesday     | 10.00am  | Communion Service (BCP)         |
| 27 <sup>th</sup>                            | Friday        | 1.30pm   | Community Choir                 |
| 29 <sup>th</sup>                            | Sunday        | 10.00am  | Parish Eucharist                |
| 18 <sup>th</sup>                            | After Trinity | 6.00pm   | Evening Prayer                  |





## Next Month — October



|                 |           |         |                                 |
|-----------------|-----------|---------|---------------------------------|
| 1 <sup>st</sup> | Tuesday   | 9.30am  | Babes & Tots                    |
| 2 <sup>nd</sup> | Wednesday | 10.00am | Communion Service (CW)          |
| 4 <sup>th</sup> | Friday    | 1.30pm  | Community Choir                 |
| 6 <sup>th</sup> | Sunday    | 10.00am | <b>Harvest Parish Eucharist</b> |
|                 |           | 6.00pm  | Taize Style Evening Prayer      |

Watch out for the road closures on 13<sup>th</sup> October for the Marathon.

*Please check the weekly pew sheets for any service changes that may occur.  
Don't forget—email any articles for the Parish News to the Parish Office email address—*

***officestpaulsale@gmail.com***

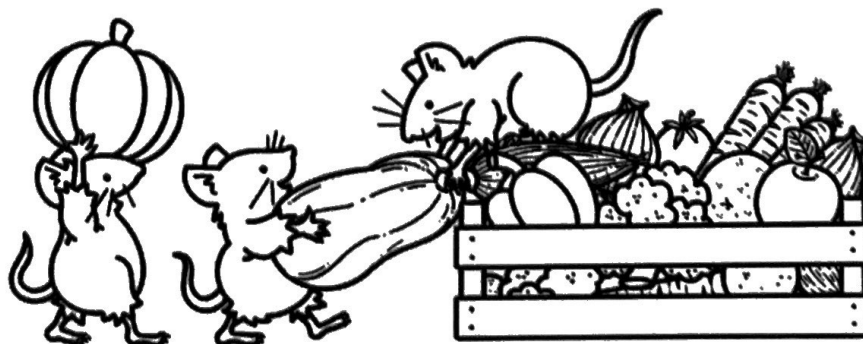
## How having faith in God can help you here on earth

Anglicans are more likely to say that they are satisfied with their lives, and many older churchgoers say that they never feel lonely.

A recent survey for the Belonging Forum, which supports dialogue between faiths, has found that there is a strong association between belonging to a faith group and having greater well-being and health.

The survey found that religious people have higher levels of 'social connectedness' and friendships than the general population. They are more likely to speak with their neighbours regularly, and to have on average more friends than non-religious people do.

It seems that faith communities can play an important role in providing a sense of belonging and purpose in the UK.



## St. Paul's Parish Directory

|   |                                      |   |                               |
|---|--------------------------------------|---|-------------------------------|
| Churchwardens:  | Yvonne Stevenson                     | * | 07946 644214                  |
|   | Vacant                               |   |                               |
| Pastoral Workers:   | Yvonne Kerridge                      | * | 962-4066                      |
|   | Karen Salisbury                      | * | 283-8309                      |
| Treasurer to the PCC:   | Joe Blaney                           |   | treasurerstpaulsale@gmail.com |
| Secretary to the PCC:   | Karen Salisbury                      | * |                               |
| Director of Music:  | Anne Allen                           | * | 01925-763103                  |
| Assistant Organists:  | Kevin Drury                          |   | 962-7963                      |
|   | Donald Brooks                        |   |                               |
| Safeguarding Officer  | Fiona Vaughn-Thomas                  | * | 07787526659                   |
| Parish Giving Officer   | Brian Kerridge                       | * | 962-4066                      |
| Electoral Roll Officer:   | Yvonne Stevenson                     | * | 283-1065                      |
| Parish News Editor:   | Karen Salisbury                      | * |                               |
| Bible Reading Fellowship:   | Rachel Lee                           | * | 973-1282                      |
| Men's Society:  | Rodney Hadwen                        |   |                               |
| Women's Tuesday Group:  | Hilary Moore                         | * | 969-1831                      |
| St. Paul's Babes & Tots   | Rachel Lee                           |   | 973-1282                      |
| Tower Warden:   | Ian Moore                            |   | 0787-670-6834                 |
| Christian Aid:  | Anita Evans                          |   | 973-4679                      |
| Children's Society Rep:   | Sheila Clarke                        |   | 962-4678                      |
| Church Hall Bookings:   | Contact via the Parish Office        |   |                               |
| 4 <sup>th</sup> Sale Central (St. Paul's) Rainbows, Brownies & Guides | Vicky Williams                       |   | 07986 525898                  |
| <b>Vicar:</b>   | Rev. Becky Mathew                    |   | 07584604627                   |
| Associate Ministers:  | Rev. Dr Lisa Redfern (Forest Church) |   |                               |
|   | Rev. Dr Margaret Jones               |   | 973-7790                      |
|   | Rev. Shemil Mathew                   |   | 217-8795                      |

**Parish Office (Unmanned)**

**962-0082**

**Parish Office e-mail**

**officestpaulsale@gmail.com**

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

### Parish Organisations affiliated to St Paul's

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

|                 |               |  |
|-----------------|---------------|--|
| <b>Tuesday</b>  | 9.30am-11am   | St. Paul's Babes & Tots (school term time)             |
|                 | 1.15pm        | Women's Tuesday Group (2 <sup>nd</sup> of every month) |
|                 | 6.15pm        | 4 <sup>th</sup> Sale Central (St. Paul's) Brownies     |
|                 | 7.30pm        | 4 <sup>th</sup> Sale Central (St. Paul's) Guides       |
| <b>Thursday</b> |               | Men's Society  |
| <b>Friday</b>   | 1.30pm-2.30pm | Community Choir (school term time)                     |
|                 | 5.30pm        | 2 <sup>nd</sup> Sale Central Rainbows                  |