



@stmikesmacclesfield



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## How do you get the peace you need?

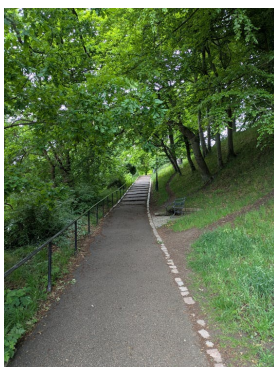


We're at a time of year when many people have a rest from their usual work and routines, perhaps going away on holiday, perhaps having a holiday at home. My sister and I are shortly heading off to Whitby!

Whatever your usual routines are like, whether busy or quiet, whether fulfilling or challenging we all need some stillness and calm and space in which to take some time out in order to recover our balance and recoup our energies; time so that we can reflect on what has happened to us and time to give us the opportunity to recharge our emotional and spiritual batteries. Finding some degree of peace and quiet is a necessary part of maintaining a healthy life in a world which is full of noise and headphones and constant connections.

### So, how do you get the peace you need?

It might be through having a favourite place that you can go to; maybe a favourite holiday destination, or a country walk or a particular view up in the hills. Or maybe it's a quiet corner of your house or garden. Or maybe you find peace through a hobby or activity that you can focus on, and through which the stresses of your everyday life just melt away. I find it quite restful going on the bus into town!



There's a nice little story in chapter 6 of Mark's gospel about Jesus' disciples getting to the point of needing some rest and peace after being sent out in two's to preach repentance to the people. They returned and 'gathered round Jesus' (so the story says) to tell him what they'd been doing. They'd clearly been working extremely hard and the crowds weren't giving them a minute to themselves, not even time to eat. So, Jesus took pity on them and invited them to get into the boat and go across the Sea of Galilee to a quiet place where they could rest for a while.



Those few words, **'the disciples gathered around Jesus'** really speak to me. Here is God come into the world in Jesus, and look at the disciples gathering round him! That's pretty amazing and it seems to sum up something that's really important about the Christian life. The invitation is there for us (any of us) to gather round Jesus too – and by doing that find peace. How do we do that though? We can't literally get into a boat with Jesus and go to a quiet place. I did once get into a boat with a number of others and chug across the Sea of Galilee with the Archdeacon of Chester leading the hymn singing when I was on the diocesan pilgrimage in 2017, but that's not really the same thing!

What we can do however (all of us), is **pray**.

There are probably as many different ways of praying as there are people. You might like to use set prayers or prayer websites or pray in your own words or pray silently. You might like to pray indoors or pray as you're walking outside – and we have some lovely countryside round here. At the heart of any prayer though is that time spent in quietness knowing that you are with Jesus who loves you and says that he will never leave you. Notice as well that the disciples gathered round Jesus as a group. So for us, stepping aside from our everyday concerns and meeting with others to pray and worship together are other ways of finding peace.

*Continued over page*

## Collect for the Sixth Sunday after Trinity

Creator God,  
you made us all in your image:  
may we discern you in all that we see,  
and serve you in all that we do;  
through Jesus Christ our Lord.

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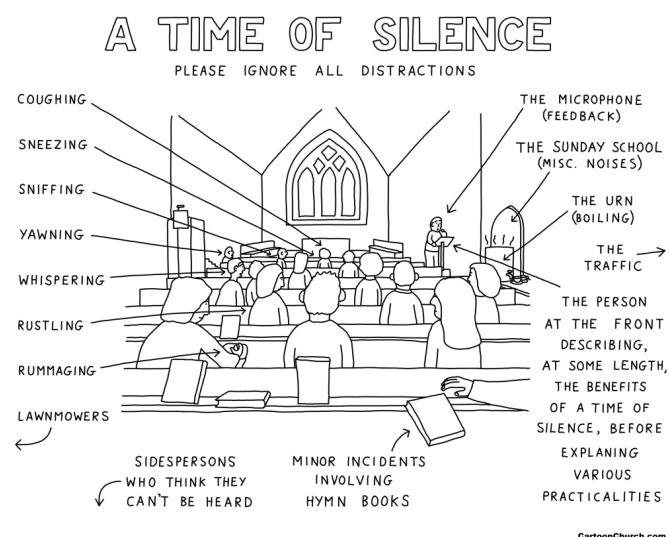
It has to be said, going back to our story that the disciples didn't in fact have long with Jesus for their bit of peace; they just had the time together with him in the boat in fact. As soon as they landed they found that the crowds had beaten them to it. They had run round the lake and were waiting for them. What happened next was that Jesus, having compassion on the people began teaching them. It was late in the day so the disciples had to remind him that the people needed something to eat. Given the remoteness of the spot that was difficult to organise, so Jesus miraculously multiplied all the food there was (5 loaves and 2 fish) so there was enough for everyone, and more than enough in fact. The disciples had to organise the huge crowd, distribute the food and afterwards collect all that was left over. So, although they didn't have a long time to rest, (and indeed this story is a good illustration of how the clamour of life's demands can completely take over for any of us), yet their short time in the boat with Jesus was enough to equip them with the energy they needed for some very hard work indeed as they looked after the crowd.



Jesus said, **'Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid'** (John14: 27).

When we spend time quietly with Jesus that peace, offered to us as a gift, comes to rest within us to sustain us throughout the journeys we each make through this life.

**Vivien**



## Could you be a First Aider?



In order to ensure that we have First Aid cover when the church is open (for services as well as "Open Church") we have a group of named people who have current First Aid training. This provides immediate help before the emergency services arrive (if they are needed).

We have arranged to run a First Aid Course at St Michaels Church on **Wednesday 17<sup>th</sup> September** (full day). There are spaces for 12 candidates, and we'd like to fill them.

The training and qualification is valuable at any time – at home, at work or out and about. There will be no charge, but the expectation is that participants make themselves available when in the church building, and, in particular, for a few hours on a Treacle Market Sunday at least once per year.

Please contact the office to book a place.

*...and if you already have a First Aid certificate and are not on our list, please let us know!*

## Visiting Organist

**Sunday 27th July, 10:00am**

This Sunday we have a visiting organist—Neil Chaffey coming to play the organ for our service. (see attached for his bio)



Neil was appointed as organist and choirmaster in January 1961 when the priest was Rev. Tom Clark and Assistant Director at the King's School under the Headmaster T.T. Shaw. He is playing the organ here to celebrate his 88th birthday!

**Happy Birthday Neil, we look forward to you joining us!**



## Emergency Evacuation Practice

In order to comply with our legal obligations under the Fire Regulations, we have to carry out a Fire Evacuation practice. We intend to do this at the end of our Sunday service within the next few weeks. It will be announced at the beginning of the service that we intend to carry it out on that day.



At the end of the service, the Fire Alarm will be activated to show everyone what it sounds like. Everyone will then be asked to leave in an orderly fashion via one of the available exits. Anyone with mobility issues will be assisted if required by one of the Wardens and Welcomers. Refreshments will then be available as normal once the Evacuation is complete.

Steve Bradbury (Health and Safety Adviser)

## Do you need to hire a space?

- Meeting rooms with various facilities & sizes to meet your needs
- Our large, beautiful Worship Area for concerts and presentations with giant screen & AV system

Contact the office to tour the spaces and find out costs.

Tel: 01625 421984

Email Elaine: [bookings@stmichaels-macclesfield.org.uk](mailto:bookings@stmichaels-macclesfield.org.uk)

St Michael & All Angels Church, Market Place, Macclesfield, SK10 1DY

## Eco-tip

Have your groceries delivered.

Home delivery is like the public transport of groceries. Instead of having 20 odd cars make their way to the supermarket – one van drives around delivering to everyone in the area (and many supermarkets are upgrading to an electric fleet, too).

Additionally, it means you're less likely to impulse buy which can help to reduce any waste food. Or even better, shop at Scoop and Scales and have your shopping delivered by e-cargo bike.



## Swifts over St. Michael's

There have been many sightings during the last month or so, and some birds have flown very near to our nest -boxes (almost "banging"). We hope that young (3 year-old) swifts will return next year to nest in the boxes behind the trefoil windows in the tower.



## Foodie Friday

Angel  
at my Table

Foodie Friday takes place on the first Friday of each month at 6.30pm. - a 3-course meal using surplus food, with guests contributing on a 'pay-as-you-feel' basis (a price is suggested).

Profits from the meal go towards providing free meals for more vulnerable members of our community during the week.

The next Foodie Friday will be **Friday 1st August**. Contact the church office to book, 01625 421984.

## Season of Creation

1st September—4th October

The Churches of HOPE in North East Cheshire invite you to join us in this period of reflection and action to cherish and protect our environment.

Eco festival, calendar of events coming soon!



## Music@Mike's

Thursday 24th July 1.15pm

Our final concert of the summer season features a duo from Cheshire Chamber Collective: Nicola Bright on violin and Julian Davis on piano.

Entry is free; donations to St Michael's and the Hospice are welcomed.

The Angel at my Table café will be open for light refreshments.

Join us for *Worship*



### Sunday Worship

27th July 2025

#### The Sixth Sunday after Trinity

10:00am: Church Family Worship

**Celebrant & Speaker:** Mike Strutt  
**Bible reading:** Colossians 2:6-15,(16-19)

Please use the link below to stream this  
(and previous services) on YouTube

<https://www.youtube.com/@stmikesmacclesfield>

### Start the Week

Every Monday from 7.30am in church  
Morning Prayer at 8.30 am in church and also on Facebook  
<https://www.facebook.com/stmikesmacclesfield>

### Wednesday Morning Prayer Group

Alternate Wednesdays at 10:30 am in the Savage Chapel  
lasting 30-40 minutes.

**Next Meeting: Wednesday 6th August**

### Thursday Morning Worship 10:30am (35-40 mins)

Our midweek services follow the order from  
the Book of Common Prayer (traditional language) and  
alternate between Morning Prayer and Holy Communion

**31st July: Holy Communion**  
**7th August: Morning Prayer**

### Thursday Homegroup

Meeting for Bible study and prayer –  
morning and evening groups  
Please contact Eve & David Budgett (431606)  
or David Mayers (420716) for more information



### Contemplative Prayer

Friday mornings from 9.20-9.50.  
An opportunity for quiet prayer followed by a cuppa and chat.

### Compline/Night Prayer

Every Friday

Topic: Night Prayer | Time: 8.30 pm  
Join Zoom Meeting; <https://us04web.zoom.us/j/75676947476?pwd=R2twT2pQbTFzUGR5bk1reDZ0VXdaZz09>  
**Meeting ID: 756 7694 7476 Passcode: compline**



**Compline**

## Share your Photos with St Mike's Church Family



If you have any photographs of recent activities you have been involved in which you would like including in the weekly bulletin/newsletter or in the Church Family News slot in Sunday services, please use this number to WhatsApp them to the relevant people:

**+44 7579 820265**

You can, of course, also email pictures and text to [stmikesnotices@gmail.com](mailto:stmikesnotices@gmail.com)

## How to contact the office...



**Phone:** Landline: 01625 421984

**Email addresses:**

- **Isobel** [clergypa@maccteam.org.uk](mailto:clergypa@maccteam.org.uk) for ministry issues
- **Elaine** [bookings@stmichaels-macclesfield.org.uk](mailto:bookings@stmichaels-macclesfield.org.uk) for bookings and building matters
- **Bulletin/Newsletter** [stmikesnotices@gmail.com](mailto:stmikesnotices@gmail.com)
- **Printing** [maccteamprinting@gmail.com](mailto:maccteamprinting@gmail.com)
- **Safeguarding** see box below

**Postal Address:** The Office, St Michael's Church, Market Place, Macclesfield, SK10 1DY

Elaine's office hours are *usually* Monday, Tuesday and Thursday 9:30am – 1:30 pm

Isobel's Office hours are *usually* Monday & Wednesday 9.00-2.45; and Thursday 9.00 - 1.00 & Friday 8.30 - 1.00

## Safeguarding Contact Information



If you have any safeguarding concerns, please contact the St Michael's Safeguarding Officer, Katie Wilcock:

**Phone:** 07435 568 729

**Email:** [safeguarding@stmichaels-macclesfield.org.uk](mailto:safeguarding@stmichaels-macclesfield.org.uk)



SCAN ME

## Donating to St Michael's is easy!

Scan this QR Code or use the **contactless donation** point in the Welcome Area



## Email any prayer requests to:

[prayer@stmichaels-macclesfield.org.uk](mailto:prayer@stmichaels-macclesfield.org.uk)

Your request will be circulated confidentially to a limited group of people who will pray for you.

