

A newsletter brought to you during Covid-19



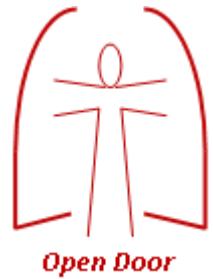
@stmikesmacclesfield



www.stmichaels-macclesfield.org.uk



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Church Together Apart

What does the new lockdown mean for us?



As we go to print with this newsletter we are starting another period of lockdown for four weeks through to 2nd December.

The new rules means that places of worship will be closed, unless they are being used for:

- Funerals
- To broadcast acts of worship
- Individual prayer
- Formal childcare or where part of a school
- Essential voluntary and public services, such as blood donation or food banks
- Other exempted activities such as some support groups

So it appears that our Sunday worship service in church must cease. On Tuesday in a letter to the Prime Minister, faith leaders set out how public worship can play a vital role in supporting social cohesion and mental health and offer "an essential sign of hope". They conclude: "We call on the government to recognise and support this, and enable us to

continue to worship safely, as part of the essential fabric of the nation." Read the full letter [here](#).

As we await a decision from Government on this, we will work on the basis that this coming Sunday 8th November we will hold our worship service at 10am on Zoom alone. The links are on page 2. **There will be no service in church.** We recognise this will be a huge disappointment to those with no online access, but our priority is to keep everyone safe.

Those individuals who have been contacted in recent weeks to lead prayers or readings in the next week or so, please be assured we will be in touch as soon as possible to confirm what is required from you.

We will strive to continue to keep our doors open from 11am to 1pm Monday to Saturday to be available to our community who want to come and pray or just sit and be still in our Chapel, or even just to talk to someone if they are feeling lonely.

We will keep you informed in the coming days and weeks. Stay tuned to the newsletter, website and social media platforms.

Sue Reid

This Sunday's service will be on the lectionary reading themed for the third Sunday before Advent rather than Remembrance Sunday. For those wishing to commemorate this in the absence of a town wide service at the Cenotaph, there are a number of options:



8.10am Sunday Worship a service of Remembrance from the RAF College, Cranwell

10.30am live coverage from the Cenotaph



10.15am Service at Cenotaph in London

1.15pm Songs of Praise

As we go to print we are unsure of the status of the act of remembrance that Martin was planning at 10.55am.



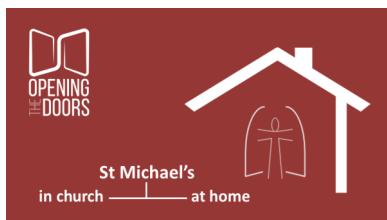
At the going down of the sun
and in the morning,
We will remember them.

O God of truth and justice,
we hold before you those people
who have been injured or who have died in active service.
As we honour their courage and cherish their memory,
may we put our faith in your future;
for you are the source of life, peace and hope,
now and for ever.
Amen.

Join us for Sunday Worship

St Michael's Worship 8th November 2020
Third Sunday Before Advent
& Remembrance Sunday
ONE service this week at 10am: on Zoom

To join by Zoom click
on the image or use
Meeting ID:
939 7279 7379
Password: 01625



Service Leader: Sue Reid
Talk: Barry Langman (3rd Sunday before Advent)
Reading: 1 Thessalonians 4:13-18

Can't join us live either in church or on Zoom?

Watch the recording of our morning worship service on
Zoom at a time to suit you after Sunday lunchtime [here](#)

No Computer? No problem!

You can still join any of these Zoom meetings and services
with your landline phone

If phoning:



Dial **0330 088 5830**.

When prompted, enter the **Meeting ID**
from any of these boxes **followed by #**

[For Sunday's service: 939 7279 7379]

When prompted, enter **#**



Email any [prayer requests](#) here:

Based on this week's lectionary readings:

Resources for adults and families: click [here](#)
Resources for children: click [here](#)

(or printed with your hard copy newsletter)

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Wednesday Morning Discussion

11.00am to 12 noon

Join Zoom meeting [here](#)

Meeting ID: 326 496 3258

Passcode: 01625



*Apologies to those who had problems entering last
week. Please use the link here from now on. Tricia*



Monday House Group:

When? 7.30pm til 9pm Monday evenings

Join Zoom Meeting [here](#)

Meeting ID: 910 4838 5228

Password: 01625

We've recently been looking at Paul's letters to the Christians in Corinth, but there's also the preliminary chat/pastoral catch-up and prayer together. Join us, or for more information contact Martin [by email](#) or 01625 426110

Thursday Homegroup

We meet via Zoom at 7.30pm. We are holding discussions of our respective faith journeys but will soon be moving on to discussing paintings that depict some of the parables. All are welcome to join for Bible Study, prayer and fellowship, including by phone. Please contact David Mayers by [email](#) or phone 01625 420716 or 07963 802659.

Contemplative Prayer

9.10am to 9.40am Savage Chapel every Friday.

Giving to the work and
worship of St Michael's

Click here to donate towards our church's
ministry



Mission Statistics for 2019

Each year we complete a survey by the Church of England. Included in the information we supply are the number of baptisms, weddings and funerals we conduct, the number of people who attend worship services throughout Sundays in October and through Advent and Christmas time, along with data about fresh expressions of church and social action projects. The 2019 findings have just been published and are based on returns from around 14,000 of the 16,000 Church of England churches and relate to activities during the calendar year 2019.

The total Worshipping Community of churches across the Church of England in 2019 was 1.11 million people, of whom 20% were aged under 18, 47% were aged 18-69, and 33% were aged 70 or over. The figures show that parishes were already running or supporting 35,000 social action projects before the pandemic, serving communities across the country from lunch clubs for older people to parent and toddler groups and food banks. More than 4,000 parent/carer toddler groups are run or supported by Church of England churches, while more than 5,000 churches run or support lunch clubs, coffee mornings or similar hospitality for older people.

The figures show the extent of church support for people living in food poverty with nearly 8,000 food banks run or supported by Church of England churches. Nearly 60% of churches are involved in food bank provision while nearly one in three reported either running, hosting or supporting a parent/toddler group. Other figures showed 2,700 churches involved in community cafes, 2,400 in night shelters and 2,300 in holiday or breakfast clubs. Read the full report [here](#).



Our weekly Toddler Group is pleased to be able to give church £900.00. We are so looking forward to the time when we can restart our weekly sessions with our families, babies and toddlers. We really are missing them.

Thank you to all our parents, grandparents, babies and toddlers who have made this possible and to the fantastic volunteers who run the Toddler Group: Ruth, Alexa, Catherine Norma and Alan. This is a generous donation to church. Thank you.



May we be strong.

STRONG ENOUGH TO LAY OUR
WEAKNESSES BEFORE HIM.

May we be brave.

BRAVE ENOUGH TO SUBMIT
OUR WILL TO HIS.

May we be confident.

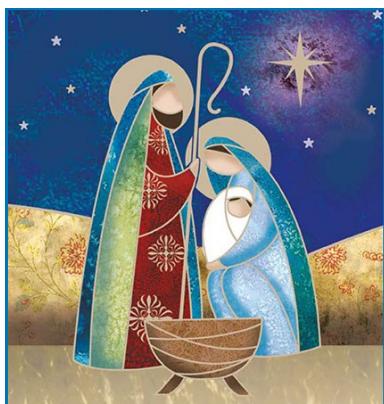
CONFIDENT ENOUGH TO MEET THE LORD
ON OUR KNEES IN HUMBLE PRAYER.

What a difference a day makes: 24 little hours

I can feel a song coming on...

I can't believe that so much of what went to print in last week's newsletter is no longer correct. Ed

Sadly due to the lockdown rules introduced since last week's newsletter went to print, the dates I gave you for the Music @ Mike's concerts can no longer go ahead. The concert on 3rd December may still be possible subject to Government rules.



Christmas
Cards

The
Children's
Society

Sadly the Charity Card shop , held in the Library has now been forced to close following the latest Covid 19 restrictions.

Children's Society Cards will still be available online or through me. I can deliver a brochure to you. You can see the range of cards online [here](#)
Best wishes

Jenny Wild
420352



The Gospel According to Chip & Kez



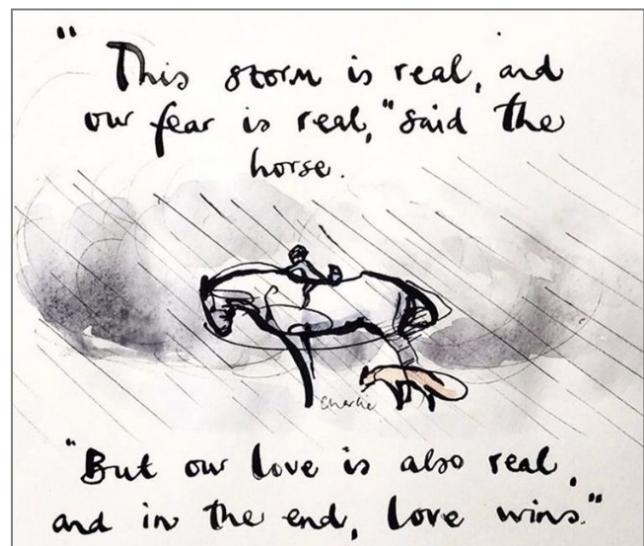
We are looking to adapt the traditional Christmas Eve Crib Service to make it practical and safe. As an alternative we are looking to share the Nativity Story in church on screen in the form of five or six separate little videos generated by our church members using the storytelling style. So, please do let us know if you would be prepared to take on one of the Nativity parts and produce a little video using whatever figures and props you may have at hand. Please do get in touch if you think you can help or would like to discuss further. Many thanks!



Heike & Judith

E: heike.werner@talktalk.net E: judithwhit@hotmail.co.uk

0800 804 8044
DailyHOPE
A free phone line of hymns,
reflections and prayers



Professional Telephone Listening Service
The Hope Centre
Registered Charity 1140845
0300 3034 566
Open Every day
READY TO LISTEN!

Living. Living. Serving. Sharing.

**yes we're
OPEN!**

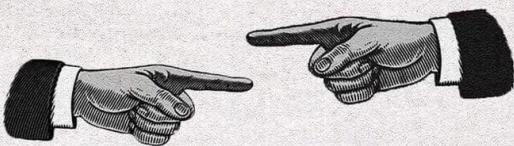
WHEN YOU NEED TO ASK FOR HELP BUT DON'T KNOW WHAT TO SAY:

- TODAY HASN'T BEEN A GOOD DAY FOR ME. CAN I TELL YOU ABOUT IT?
- I'M FEELING OVERWHELMED AT THE MOMENT AND NEED A MATE. ARE YOU ABOUT?
- I'M STRUGGLING AT THE MOMENT. CAN I SPEAK TO YOU ABOUT IT?
- I'M NOT IN A GOOD PLACE RIGHT NOW. ARE YOU FREE FOR A CHAT?

DOM & INK



Monday to Saturday
11am to 1pm
OPEN
for private prayer



That's not my Job!

This is a story about four people named Everybody, Somebody, Anybody and Nobody. There was an important job to do and Everybody was asked to do it. Everybody was sure Somebody would do it. Anybody could have done it, but Nobody did it. Somebody got angry because it was Everybody's job. Everybody thought Anybody would do it, but Nobody realized that Everybody wouldn't do it. It ended up that Everybody blamed Somebody when Nobody did what Anybody could have done.

The Computer Swallowed Grandma

The computer swallowed grandma.
Yes, honestly its true!
She pressed 'control' and 'enter'
And disappeared from view.
It devoured her completely,
The thought just makes me squirm.
She must have caught a virus
Or been eaten by a worm.
I've searched through the recycle bin
And files of every kind;
I've even used the Internet,
But nothing did I find.
In desperation, I asked Jeeves
My searches to refine.
The reply from him was negative,
Not a thing was found 'online.'
'So, if inside your 'Inbox,'
My Grandma you should see,
Please 'Copy,' 'Scan' and 'Paste' her
In an email back to me.

Author unknown

My Story by Toby Gaddum



MY STORY Toby Gaddum, of Harry Gaddum silk merchants and specialists in tweeds

"God had to take me to a place where effectively I was absolutely at the bottom of the pit..."

Some of you at St Michael's may remember Toby Gaddum, son of Cllr Hilda Gaddum. Toby used to come to St Michael's. His testimony has recently been filmed for Christian TV. It is an inspiring story to hear whether you know Toby or not. Click on the image to watch it (28 mins).

Toby Gaddum led a full-on life until ill health and eventually kidney failure brought all activities to a halt. His brother, Ben, had an exact biological match and gladly donated one of his kidneys to Toby. It was at this lowest point that Toby realised that his relationship with Jesus had for some time been negligible and he recommitted his life to God. An amazing story, well worth watching.

Donations to AV Project

Don't forget if you'd like to donate towards the AV project as described by Rachel in a recent newsletter, please contact Mike, our Treasurer for more details.

These pictures show a mock up of what the new AV screens would look like in church to help you visualise what we're aiming for.



Measure your carbon footprint

The eco-church group and sustainability strategy group would like everyone to have an idea of how much carbon dioxide they are responsible for releasing into the atmosphere. Once we know, we hope that we might be inspired to try to reduce it.

There are several websites available, but we are recommending and going to use the World Wide Fund for Nature (WWF) version [here](#). When you have done it make a note of the result, and please share it and your response to the group by emailing [David Mayers](#).



Like all these measures, this website gives a fairly crude measure of our carbon footprint – but it does allow us to consider which changes to our lifestyles might make the biggest difference. It's worth remembering that if we are to avoid exceeding the capacity of the planet to absorb carbon dioxide (or equivalent other greenhouse gases) back into the oceans, wetlands or vegetation the average released per person needs to be only around 3 tonnes.

If you haven't got access to a computer but would really like to find out your carbon footprint, perhaps you could phone another church member and they could ask you the questions over the phone and complete it online for you and give you your result.

David Mayers



Cooking apples anyone?

The Bramley apple tree in our garden keeps growing and producing far more apples than we can use. If you would like some, email [David](#) or [Rachel](#) or call 420716.

Delivery can be arranged.



Rachel's Dorset Apple Cake

This old family recipe, collected by Rachel from her Grandma in Sherborne, is a great way of using cooking apples. And it's very simple. One of our favourites! Apologies for the imperial units, it was written down about 50 years ago!

- 8oz self raising flour
- 3oz butter
- 4oz caster sugar
- ½ level tsp mixed spice
- 1 standard egg
- 1lb cooking apples
- Demerara sugar

Rub butter into flour; stir in spice and sugar. Peel and core apples, cut into ½ inch chunks. Mix together, bind with beaten egg. Place in a greased and lined 8 inch tin, sprinkle demerara over the top and bake in the centre of the oven at 170 degrees.



David Mayers

Ed: I was lucky enough to have a delivery of apples from the Mayers and made two apple crumbles: one was vegan for Katy and without knowing it at the time I made it on World Vegan Day - does that get me extra brownie points on my carbon footprint questionnaire I wonder...?!! The apples were delicious. Thank you Rachel and David.

How are you adjusting to the 'new normal'?

"Your surge capacity is depleted: It's why you feel awful"

This phrase has been well used since March, but it's easier said than done, isn't it? How do you adjust to an ever changing situation when the new normal is indefinite uncertainty?

As we embark on a second lockdown, here is some advice extracted from an article by Tara Haelle called "Your surge capacity is depleted - it's why you feel awful". It certainly resonated with me and I think it will with you too.

We shouldn't underestimate how difficult it is living with uncertainty. We must recognise that it is completely normal to feel stressed, exhausted, depleted of energy as we navigate the highs and lows of this pandemic.

We are dealing with a loss of a way of life, of the ability to meet up with friends and extended family. It's also a loss of trust in our government; the loss of our freedom to move about in our daily life as we used to. And the loss of a good education, or the overall educational experience we're used to, given school closures, modified openings and virtual schooling. It's the loss of rituals like weddings, graduations, funerals, birthdays and even the lesser rituals such as going to the gym, or meeting friends in coffee shops.

These are all things we are attached to and are fond of and many of them are gone right now, or about to disappear once more. It's not a death, but it is a loss. What we used to have has been taken away from us.

Just as painful are losses that may result from the intersection of the pandemic and the already tense political divide in our country, particularly since Brexit. For many people issues related to Covid have become the last straw in ending relationships; whether it's a family member refusing to wear a mask, a friend promoting the latest conspiracy theory, or a co-worker insisting Covid deaths are exaggerated. These losses elicit the same experience of grief as death - denial, anger, bargaining, depression and acceptance. We are in uncharted territory. And we work our way through the pandemic as best we can.

What can we do?

- **Accept that life is different right now:** that acceptance doesn't mean giving up though. It simply means not resisting or fighting reality, so your energy is used on other more pleasurable things.
- **Expect less of yourself:** give yourself permission to expect less of yourself and replenish more. We are learning more about ourselves in this pandemic: where we get our energy from; what kind of down time we need; what makes us get out of bed in the morning.
- **Recognise the loss:** we are living our lives without the support of so many systems that have partly or fully broken down, be that schools, hospitals, churches, family support or other systems that we relied on. We're grieving multiple losses while managing the ongoing impact of the uncertainty. This is burnout and causes malaise. But there are other emotions too: disappointment, anger, sadness, exhaustion, stress, fear, anxiety and no-one functions at their best with all that going on.
- **Recognise the different aspects of grief and loss:** these stages are not linear. Denial, anger, bargaining, depression and acceptance are all major concepts in facing loss. Plenty

"Winter is coming, Pooh"

said Piglet,

"Do you think we'll all
still have to stay indoors?"



Pooh sighed...

"Yes," he said wearily.
"Let's just do as we're told
one final time."

At least we have each other
and four toilet rolls."

of people are in denial: denying the virus exists; that masks are effective; the number of deaths are as high as reported. Anger is evident everywhere: anger at those in denial; anger at the race demonstrations; anger at those not social distancing, or not wearing masks. The bargaining is mostly with the scientists as we hope they will find a vaccine quickly. But acceptance is harder. Perhaps acceptance means simply saying "we're going to have a good time in spite of this" and there have been silver linings that help with this acceptance. There is also acceptance that we can't change the situation right now. There are terrible things happening right now but there are also good things coming out of the pandemic. So if you can't change the situation: change your perception.

- **Look for activities new and old that you love to do:** focus on self care activities: a warm bath, a walk in the beautiful countryside surrounding us, a natter with friend on the phone, praying in church. Many of our normal self care rituals may not be available in lockdown, so we have to be creative and find new ones: as was evidenced in the last lockdown people took to their gardens, house projects, played games online with people the other side of the world, getting through that pile of books we promised ourselves we'd read when we had more time.
- **Focus on maintaining and strengthening important relationships:** social support, and remaining connected to people, is so important. That includes helping others.
- **Begin building your resilience bank account:** build into your life regular practices that promote resilience and provide a fall back when life gets tough. Focus on sleep, nutrition, exercise, self compassion, gratitude, connection and saying NO. Be gentle on yourself and find laughter and joy.

Above all, continue reading to the next page and find joy and laughter. And remember God's got this. Trust in him.

Sue



She said she wanted a spice rack for the kitchen. I said, 'Well, if that's what you want; what you really, really want.'



New set of Emojis for 2020 unveiled!



Step 1: Go to drive-thru

Step 2: Say "I'm sorry, I'm legally blind, can you read the menu options to me"

Step 3: See how long they'll read until realizing you can't drive if you're legally blind



An easy mistake to make >>>



SUFFOLKGAZETTE.COM
Man disappointed after ordering 34-year-old escort online



Asking for a friend....!

Loving tescos enthusiasm.
Where do they think we're going??



Them: "Hey I saw you today and you didn't say hi"

Me:



IRISH POST

I hope however you are feeling today: good or bad, sad or happy, there is something here to help you smile.

