

CONNECTING THE CHURCHES OF MACCLESFIELD TEAM MINISTRY

# LINK

APRIL 2020

FREE



Hope in these extraordinary times...

Stories, Poems, Prayers,  
Comic strip, Reflections, Photos,  
Quizzes, Exercise, Notices,  
Listening, Campaigns. Lots more...



THE CHURCH  
OF ENGLAND

# Welcome to Macclesfield Team Ministry

Macclesfield Team Ministry is a family of four churches located in the town and part of the Church of England. We are different communities of people seeking to follow the teachings of Jesus Christ and trying to bring wholeness and healing. This magazine tells some of the stories from the people of these communities.



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Lyme Avenue  
Macclesfield  
SK11 7RS

[facebook.com/stbarnabaschurchmacc/](https://facebook.com/stbarnabaschurchmacc/)



**St Peter's**  
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# Flicker

In anticipation we waited and watched.

7pm. Ours was lit.

Then came the first, and another, and then another.

We sat for a bit and marvelled as the little lights shone in our street through the paleness of the evening.

We waved our candle up and down as one of our neighbours appeared, to wave theirs.

No Whatsapp, No Zoom, No Facebook, No Skype, No words..... but we were profoundly connected.

Candles had been made at Number 16.

Number 55 and 16 had then combined forces to knock, run, and wave.

"Hi, just a candle for you".

Light cannot be explained. Is it a wave, or a particle, or does it even exist if you're not looking?

So many life times are exhausted in its examination.

But yet somehow it pierces, it soothes, it connects.

No explanation needed. The reality is felt.

That evening, as the lights shone simultaneously from our homes, we spoke:

'The Lord bless you and keep you;

The Lord make his face shine on you and be gracious to you;

The Lord turn his face toward you and give you peace.'

Often, we just know it.

Sometimes, we cling on to it like there's nothing else that matters.

But for a moment that evening, we felt it.

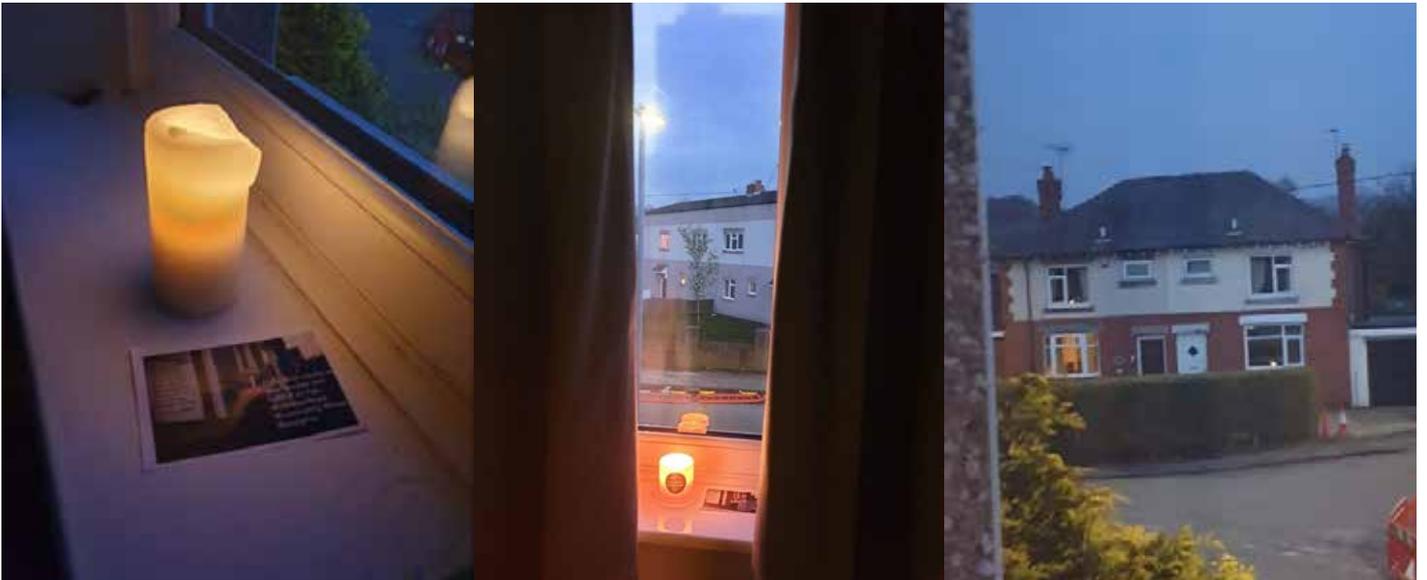
God on our street.

If you dare to take a real moment to look.

No explanation will be needed.

God on our streets, God in our homes, God in our hospitals, God in our shops, God...

~ Jonathan Aiken



## Storyteller Bibles presented to local schools

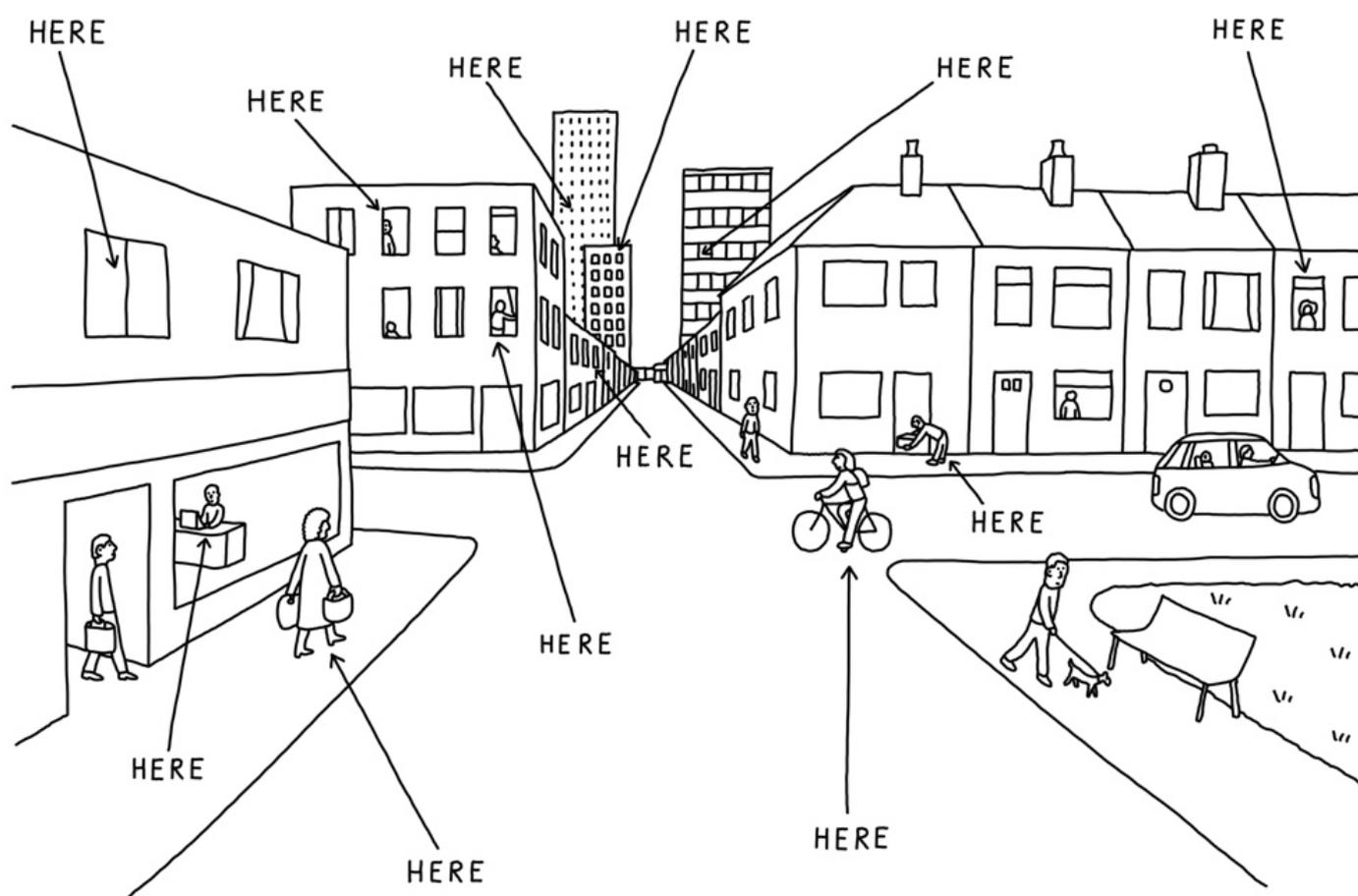
For Christmas 2019 our friends at St George's Street Baptist Church chose Open the Book as their charity instead of giving each other Christmas cards. We received a cheque for £150 and thanks to Emily at the Hope Centre finding us a good deal, we had just enough money to buy 15 copies of the Lion Storyteller Bible, one for each school we visit. Above you can see Hollinhey, Ivy Bank and Christ the King receiving their Bibles. The Lion Storyteller Bible is written by Bob Hartmann and when presenting Bible stories to the children, we all use this version. It is very child friendly and ideal for any doting grandparent



wanting to present their grandchild with something special. Sadly we have had to cut our visits short this term. On the positive side it gives us all time to reflect on whether volunteering for Open the Book is something we feel called to do. Another team would enable us to visit all schools in the Macclesfield District come September. Please pray for all our children this Eastertide, that they will be cared for and kept safe while there is no school.

~ Dot Phillips

# WHERE THE CHURCH IS



CartoonChurch.com

Amidst the panic and sadness that is happening within the world at the current time, I have found myself more connected to my Church family and God more than ever.

Doing Church differently has opened more opportunities for me to challenge myself spiritually.

With our fantastic Church family jumping into action and holding online prayer every morning and teachings I have been able to access more of the Church than ever!

I can listen and watch recordings whilst cooking or running a bath for the Children.

We have started new traditions in

our house of watching Jenny Eades' night time stories and sharing the peace as a family every night.

Our family that we see every Sunday that we might not speak to all the time have picked up the phone to call each other to see how we all are.

I want to say a massive Thank you to all those who have entered into the challenge of providing Church in a new way. You are amazing. It has made a difference to many i'm sure and being Church is now more important than ever.

God Bless

~ Emily Gunnion



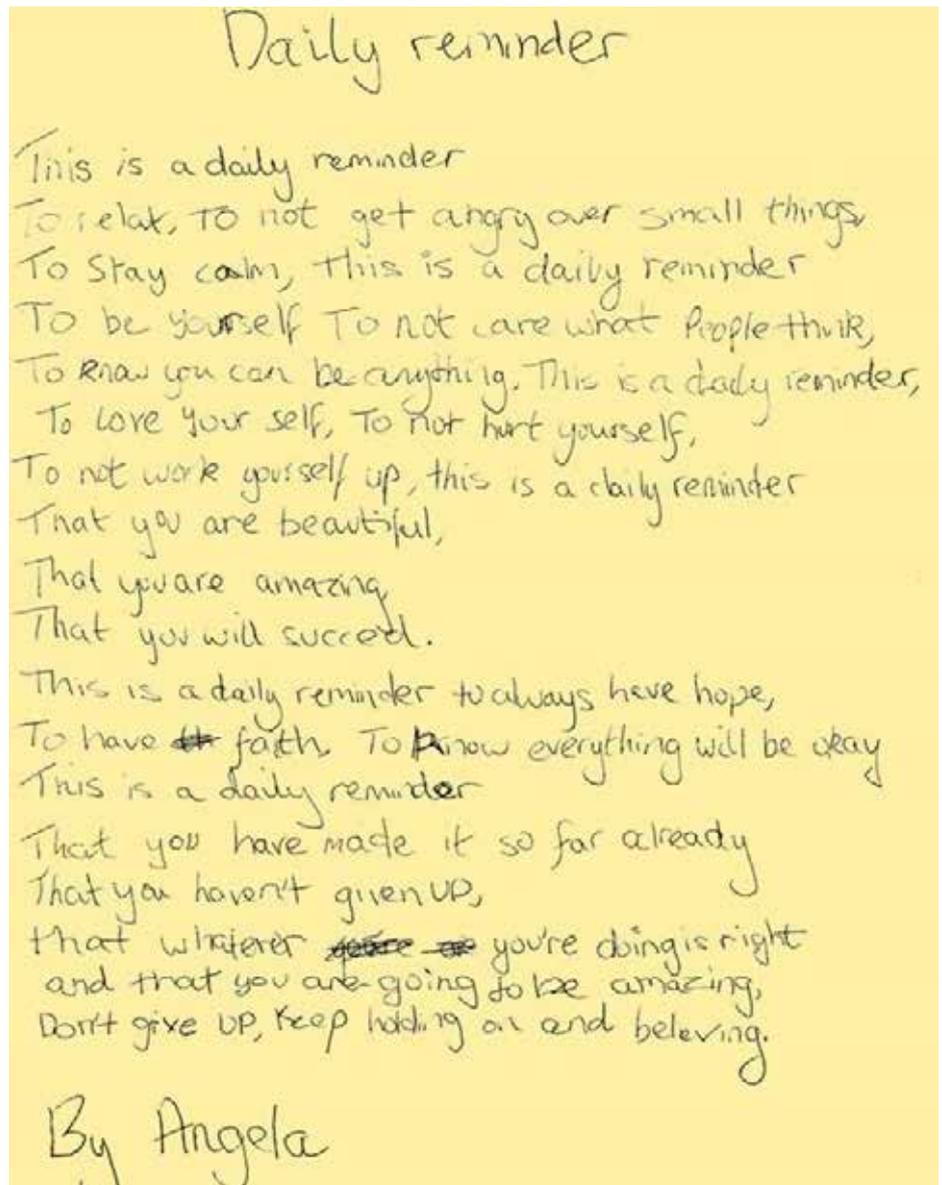
## Hope and Aid Direct

Following on from a screening of Ei Weiwei's film about refugees "Human Flow" at St Peter's last year we invited a trustee from Hope and Aid Direct to speak about their work and people from various churches contributed to aid that was taken to Greece last October. Since then the crisis has deepened and some local organisations set up to help the refugees have experienced arson attacks. Action by the EU to resolve the situation is long overdue.

A petition 'Europe Must Act Now for the Immediate Decongestion of the Aegean Islands' can be found here:

<https://www.change.org/p/as-covid-19-spreads-europe-must-act-now-for-the-immediate-decongestion-of-the-aegean-islands>

~ Natalie Abbott, St Peter's



"I wandered lonely as a cloud  
 that floats on high o'er vales  
 and hills, when all at once I  
 saw a crowd, a host, of golden  
 daffodils; beside the lake,  
 beneath the trees, fluttering  
 and dancing in the breeze."

- WILLIAM WORDSWORTH



New Church Office recruits!

## Don't want to see chlorinated chicken and arsenic laced food in our shops?

Join the campaign to resist a trade deal with Trump that risks watering down regulations on food and animal welfare, opens the NHS and other public services up to US corporations, gives more power to corporate courts and undermines our commitments on climate change.

Sign Global Justice Now's petition here: <https://act.globaljustice.org.uk/no-toxic-trade-deal-trump>



## A Thought...

And the people stayed home,  
And read books, and listened,  
and rested, and exercised,  
and made art, and played games,  
and learned new ways of being,  
and were still.  
And listened more deeply.

Some meditated, some prayed,  
Some danced,  
Some met their shadows.

And the people began to think  
differently. And the people healed.  
And in the absence of people

living in ignorant, dangerous, mindless  
and heartless ways, the earth  
began to heal.

And when the danger passed,  
and the people joined together again,  
they grieved their losses, and made  
different, new choices, and dreamed  
new images, and created new  
ways to live and heal the earth fully,  
as they had been healed.

*Kitty O'Meara*

# Cabin fever

No tellin' how long coronavirus will keep me confined at home,  
 Since the gov'nar insists I wash my hands and ceased to roam,  
 It has upset my routine since its genesis in place called Wuhan  
 But it will give me time to do things around here that don't need doin'

I really need to remove last fall's leaves that accrued in the gutter'  
 And t'would be a perfect time to clear the attic of it's clutter  
 There are piles of books in my library that I've put off readin'  
 And the flower bed in the garden need a thorough weedin'

The windows need washin' to clear the winter's grime.  
 And I need to repair the clock that's gradually losin' time  
 And since Spring has arrived the lawn sure needs fertilizin'  
 And to get rid of Winter's flab I need to get exercisin'

But hold on! This list of chores seems too much like work!  
 Some day I'll tackle these chores but right now I'll opt to shirk  
 So think I'll just take it easy and compose a poem today  
 But for the life of me I can't think of a word to say!!



## Can you name the films represented in these emoji's?



# Wild swimming

Birds flying high, you know how I feel  
Sun in the sky, you know how I feel  
Breeze driftin' on by, you know how I feel

It's a new dawn  
It's a new day  
It's a new life for me yeah

It's a new dawn, it's a new day, it's a new life for me  
Ooh  
And I'm feeling good

Fish in the sea, you know how I feel  
River running free, you know how I feel  
Blossom on the tree, you know how I feel

It's a new dawn  
It's a new day  
It's a new life  
For me  
And I'm feeling good

Dragonfly out in the sun you know what I mean, don't you know  
Butterflies all havin' fun, you know what I mean  
Sleep in peace when day is done, that's what I mean  
And this old world, is a new world  
And a bold world for me

Stars when you shine, you know how I feel  
Scent of the pine, you know how I feel  
Oh freedom is mine  
And I know how I feel

It's a new dawn  
It's a new day  
It's a new life  
For me

And I'm feeling good

I couldn't write better words than Miss Simone. She is one of my heroes, both a maverick and a talent. And this is how wild swimming makes me feel ... Good!. In 2018 I went to Camas with the young people from Cre8 and committed to the Ironman Challenge, to wade into what are effectively the waters of the North Atlantic Ocean up to the neck each morning at 8am. I stuck at it. One day I actually swam a few strokes. Another day as part of a walking trip to Market Beach I went in the freezing water for 20 minutes with just the girls. We felt free and brilliant and brave.

On returning to Macclesfield a group of female friends encouraged and coaxed me to carry on with wild swimming; even when I doubted myself, when I thought I wasn't good enough or if I thought I was too tired. They all spurred me on – one was my coach for how to breathe, one puts my socks on for me, different people came and joined the group. I've bought special socks, gloves and a bobble hat. For my 50th birthday I received a dry-robe. My goal formed as I was drawn in further to my new hobby. Fifty wild swims in my 50th

year. Currently I'm on about number 20.

The joy of being with like-minded people is fantastic. The peace, the freezing cold water on your limbs, the feeling of being pricked by a million needles then the peace the calm and the joy of feeling light and free is wonderful – and I feel I can do anything once I've done a swim in the morning.

Over the past few weeks, life has changed, it's a new dawn, I did my last wild swim on the Monday before lockdown. I had been feeling stressed and conflicted, were we doing the right thing carrying on with the Cre8 project, could we do it? Did we have the strength to continue – and I really needed that last swim. We often creep very early in the morning to our swimming spot, we swim for about ten minutes, we get warm, we have a hot drink from our flasks and we leave no trace. Each time as I enter the water my heart races as I think I can't do it. But once I'm in the water my stress is gone and I thank God for the freedom that he gives us through his light.

~ Ameera Fletcher



## Lost in wonder

At a time of reflection on our mission and fiscal direction could this be an opportunity to open up to more fundamental and searching questions? Is this an opportunity to more than just re-jig 'what we already do' with a bit more of this, a bit less of that and all at a different time of day?

We are all familiar with the well worn saying that 'the church is not just the building but the building plus the people'. This definition served the church well at a time when it moved from a privileged position as a social convention to take on more socially active role. Doubtless this has led us to become a more welcoming church in ways too numerous to mention. Nevertheless the question remains 'are we fulfilling our identity as 'the church' ?

As the model for an answer to this question we might well consider the example of the early church that we find in the Acts of the Apostles. Through this lens it would certainly become apparent the the 'building plus the people' definition would not suffice. The only one line definition of the early church would have to be 'the people plus the Holy Spirit'. We are all so familiar with this that it needs no further qualification, even so where does it leave the church of the twenty first century and in particular St. Michael's and our team?

It is evident that the whole canon of our liturgy and teaching is embedded with the doctrine of the Holy Spirit. We know all about him, but this raises the question is it appropriate that the Holy Spirit should be embedded; that 'wind that blows wherever it will', that 'wild goose' of the Celtic church? What if this were let-loose in our ancient stones? What if our experience went beyond just knowing 'about him' how

would we respond, what would we do? Why are we always so pre-occupied with what 'we do' ?

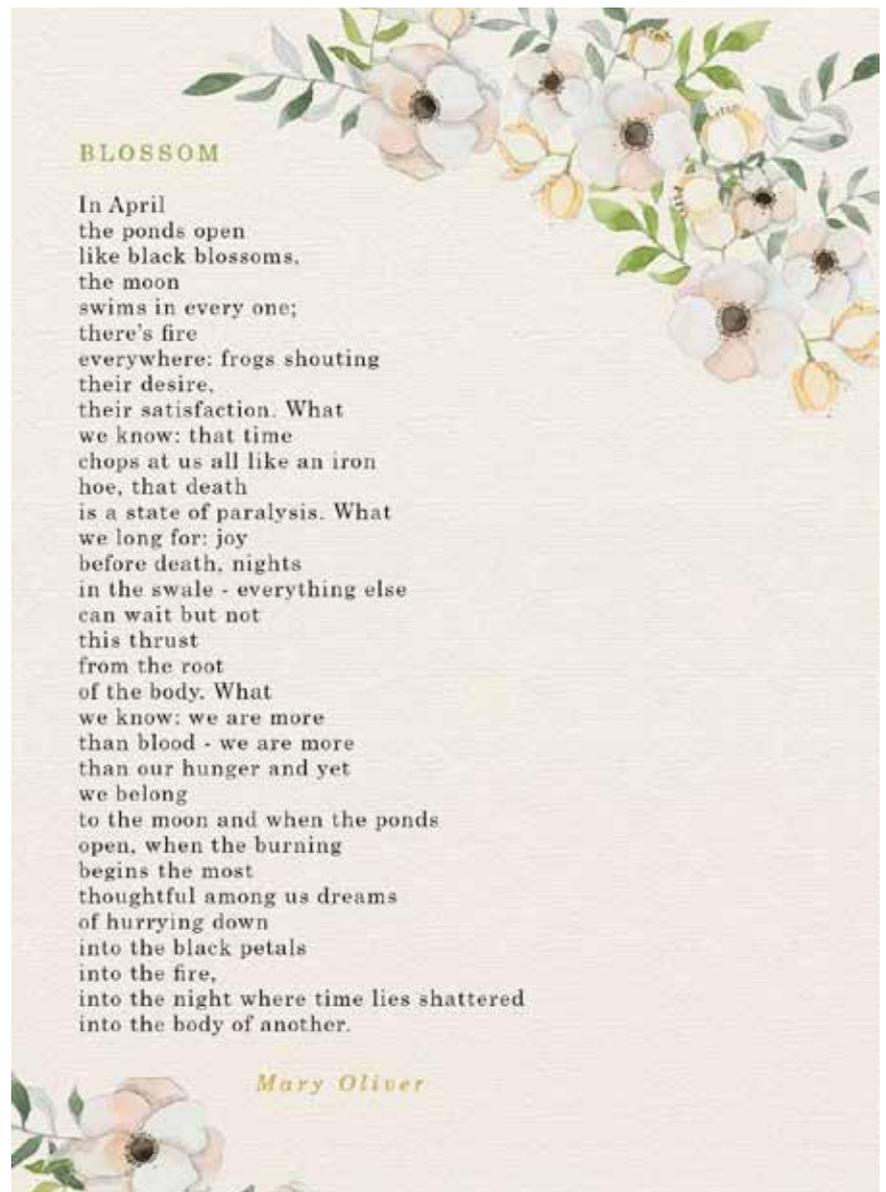
Here is a place of fear, will the 'doors of the temple' be shaken, will the curtain of our 'holy of holies' be torn from top bottom to top, will our 'alabaster jar' be broken? But it is here that the still small voice says 'your future belongs with me, your task is simple, in every breath, on every wall proclaim Jesus Lord of All'.

If in a time of uncertainty and challenge our church were to pause

in our straining over what to do and call its people to an act of worship and thanksgiving and the Holy Spirit's presence, would we see a renewal and re-ordering such as we have never seen? Then could we offer the stranger more than a teacake or even a bed for the night but with us lost in a vision, a vision that takes us beyond our concerns.

***Lost in wonder love and praise.***

~ Peter Bradley



# Professional Telephone Listening Service

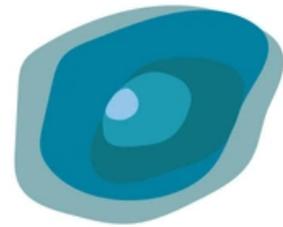
The Hope Centre  
Registered Charity 1140845

**07958181927**

**10am - 4pm every day**



**READY TO  
LISTEN!**



## 2020 Exercise Routine

I'm sure most of you will know that I had a hip resurfacing operation in July last year and had golf as an incentive to do my designated exercises rigidly so I could get back to playing as quickly as possible. Then I had a car accident in November which took me back to Day 1 (i.e. July) with my exercise regime. In fact it wasn't until January before I could think of exercising with any degree of certainty. My difference in physical ability through lack of exercise for just two months (December & January) was frightening!

Now into April and abiding "lock down" due to Coronavirus, I've noticed on television various programmes promoting exercises you can do at home, most of which are either Pilates or Yoga based to give your muscles more flexibility to compensate for spending more time sitting down.

Having trained initially as a PE teacher but now in the twilight of my career having had a desk job for most of it, I have always kept a principle of "a healthy body fosters a healthy mind"! Throughout, I have used exercise either in the Gym (closed), Golf (closed) running (bad heart) walking (now only once a day) etc. to keep fit.

I therefore put to you all a series of exercises mainly based on 20 years of doing Pilates that can be done at home. They cover most of the muscles in your body in about 25 minutes. I find doing them just before or just after breakfast is best for me, but a regular time is important to incentivise your mind.

**Group of Exercises 1 – With the use of a back of a high chair to keep your balance. Feet and body parallel to the chair, arms outstretched hold the top. Do each exercise initially 10 times.**

- Swing left leg 90 degrees out to the left keeping foot parallel to the body (heel out). Repeat then with the right leg as far as you can go.

- Lift left knee up to 90 degrees then lower before repeating with the right leg.
- Move to the left of the chair – hold with the right hand. Continually swing the left leg as though kicking a football (I wish) forwards and then back as far as you can manage & repeat with the other leg.
- Parallel with the chair, up on your toes as high as you can go then lower back down.
- Squat down only as far as is comfortable.

**Group of Exercises 2 – Standing parallel – feet in line with your hips hands by your side – use a mirror to help if you can. Again do each exercise 10 times after removing the chair for space.**

- Step out one pace to the left then squat. Back up and place the foot back parallel 6 inches from the right. Repeat with the right foot and then the left again.
- Keep the lower half of the body, including the hips still. Hold both hands in line with your shoulders and twist as far behind as you can, first to the left, then to the right and repeat.
- Hold both hands outstretched parallel with the shoulders, palms up. Both arms together, draw an imaginary 12 inch circle in the air. (Don't forget to stretch outwards)
- Draw 10 more circles with the palms facing upwards.
- With a neutral posture, arms by your side, think of a clock. Rock your head slowly to three and then nine o'clock, followed by 2 – 7 and 10 to 5 o'clock.

**Group of Exercises 3 – Lay down on the floor body facing the ceiling– I use a pillow for comfort under my bottom.**

**Legs parallel, arms by your side (There is not a problem if you want to use another pillow under the head). Again, do each exercise ten times.**

- Lift the straight left leg off the floor and count to 10 then SLOWLY lower it down. Then do the same with the right leg.
- Run the hands from the hip down to your thighs. Again, only do as far as is comfortable.
- Pull the legs up to a knee angle of 90 degrees – feet still parallel hands flat on the floor. Rock the knees to the left keeping the hips flat on the floor, then rock them to the right & repeat
- Turn over and put the knees under your body until they touch the chest. Stretch the arms out (parallel) head down and then reach forward before pulling back to the starting position
- An exercise to finish for the back called the "cat and dog". Crouch up to a position that you are on "all fours" (knees under the hips / arms under the shoulders). Lift your back to curve upwards then drop it to curve downwards.

**Finally, as you get up, first rock onto your toes and then walk your hands to them before sliding them up your body to a standing position. This is my favourite exercise for my back pains!**

***Above all – Have fun and do them to enjoy!***

***~ David Smith***

## Continuing St Michael's 9.30 Storytelling Service from Home. All Welcome!

Dear Friends,

Hello there! Last Sunday morning I woke up actually remembering what day it was without having to look at my phone to check!

I then checked my watch and remembered that it was the first day of British Summer Time and the sun was still shining and for once we didn't have to worry about trying to get to church for 9.30 with the missing hour!!! In fact we hardly noticed it at all this year.

At this very odd time in our lives, where normal lives have been thrown into very different living, I have been reflecting on the many times in my life where 'Normal life' stopped and a NEW NORMAL began: some amazing, some terrifying, some horrific - when our children came into our lives; when my Dad got Parkinsons and progressively needed caring for; when my Mum died suddenly; there are many more.....but these were the most significant.

This is another time where a New Normal life is developing. For now the New Normal is to stay at home, help each other at a distance and to support our amazing volunteers, be a volunteer where it is safe and possible; front line, and behind the scenes, workers by staying at home and praying for them.

Whilst we can't get to church or meet together, I thought it would be a great if we could all still have the 9.30 storytelling service at home and I plan to keep sending the weekly story out to everyone each week with a list in advance of what props you'll need the following week.

It may be fun trying to find or make suitable props for the story (out of Playmobile, Lego, cereal packets or

whatever you have in your recycling, or objects around the house), or draw 2D props cut outs, like in our Parable stories.

One of you can narrate the story (or probably the children will just read the story once, and very annoyingly remember it, when it takes us shall we say, several attempts?!)

Or you could act it out.

Maybe you have a cross at home for prayer time afterwards, or maybe you can make one, or have a prayer stick.

This week's story is A Woman Anoints Jesus for Burial. Items you will need are:



- House back drop - just a wall with side wings to help it stand up!
- Table
- 15 people (12 disciples, Jesus, the woman & Simon)
- A small platter for the table
- Jug or container for the oil (no actual oil needed!)

If you wish to you can video your family storytelling and upload it to the St Michael's Facebook page.

And spoiler alert - next week you'll need a Tomb - get creative!

If you haven't already had an email, check your spam or I may just not have your email; and if you are from another church or member of the community just reading The Link, please send me a note to [judithwhit@hotmail.co.uk](mailto:judithwhit@hotmail.co.uk) and I'll add you to by email listing.

If you have never seen a Storytelling service, please look one up on YouTube "Godly Play". They are

mostly American storytellers on there but it's the same story and figures that we use in church.

Stay well adapting to our New Normal lives and shout out if you get unwell and need help.

Get storytelling!

Judith Whittingham

I'm sure I'm not alone when I admit to feelings of anxiety during this crisis we now find ourselves living through. Anxiety is a normal response to the uncertainties we are facing. It's how we deal with it.

Several nights ago I awoke in the early hours feeling really tense and unable to go back to sleep.

I turned to the bible app on my phone, found the days reading under the title Peace in an Anxious and Fearful World!!! I was amazed, shouldn't have been but I was.

Message- Phillipians 4:6 Do not worry or fret. Instead of worrying pray. Let petitions and praises shape your worries into prayers, letting God know your concerns. Before you know it a sense of Gods's wholeness, everything coming together for good, will come and settle you down. It's wonderful when Christ displaces worry at the centre of your life.

Psalms 56 :3 When I'm afraid I put my trust in God.

Peter 5:7 Cast all your anxieties on Him because He cares for you.

Thessalonians 3:16 Now may the Lord of Peace himself give you peace at all times in every way.

Timothy 1:7 God gave us a spirit not of fear, but of power, love and self control.

People in the bible weren't immune to fear and anxiety. It may have been different things and circumstances than in our world today.

God is there for us in times of worry. He wants to help us deal with our worries and concerns.

~ Jenny Wild



Painting rainbows for passersby to spot!

## PANDEMIC

What if you thought of it as the Jews consider the Sabbath—the most sacred of times?  
Cease from travel.  
Cease from buying and selling.  
Give up, just for now,  
on trying to make the world different than it is.  
Sing. Pray. Touch only those to whom you commit your life.  
Centre down.

And when your body has become still,  
reach out with your heart.  
Know that we are connected  
in ways that are terrifying and beautiful.  
(You could hardly deny it now.)  
Know that our lives  
are in one another's hands.  
(Surely, that has come clear.)  
Do not reach out your hands.  
Reach out your heart.  
Reach out your words.  
Reach out all the tendrils  
of compassion that move, invisibly,  
where we cannot touch.

Promise this world your love—  
for better or for worse,  
in sickness and in health,  
so long as we all shall live.

— Lynn Ungar, 11 March 2020



D I N G B A T S Q U I Z

example - HAHELPND = HELP IN HAND

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## From our Team Rector...

The other week Catherine and I made a long journey, at short notice, to pick up our daughter from Newcastle-upon-Tyne. At other times we might have made an occasion of it – perhaps staying overnight, or visiting family or friends en route. But not this time. And not again for .. who knows when?

An image helpful to many Christians is of being people on a journey, a journey towards God and towards our eternal home with Jesus. As with any journey, there may be detours and wrong turnings, but we still head towards our destination.

It's an image that permeates the Old Testament, as Moses led the Israelites from slavery in Egypt to the promised land, and about which the prophets say a great deal when the People of God find themselves dislocated and in exile, away from their proper home.

As we experience and cope with – and hopefully learn and grow from – this time of enforced isolation and dislocation, it's making many of us think about what is it we seek to be about. Whether as individuals or as church communities, where are we heading?

There's an irony (or 'God-incidence'?) that, at St Michael's 'Salt & Light' vision day on 29th February, we were asking 'What would St Michael's look like without the building?' Well now we're all finding out!

We know that 'church' is not the building but us – people who worship and follow Jesus! Our four churches are discovering what's important and what's the essence of being a Christian community. Our churches are on journeys of discovery!

We will experience difficulties and detours in our current journey. Already stresses are affecting us and may test our resilience and the strength of our

relationships. However, may you also benefit from being able to journey more closely with God.

We know that 'to retreat' can mean to flee (from battle). However it also has the connotation of taking refuge or hiding away, usually in a spiritual sense, for a deeper walk with God. In this time enforced retreat within our homes and with our households, may you nevertheless continue in your Christian journey.

When the time comes that we can emerge and meet together in person once more, I wonder how far we will all have travelled?



My encouragements have been being aware of the church family looking out for one another. Some of this has been informal, as friends have made contact, and some has been making use of the structures we already had in place or have fairly quickly implemented.

Many people have been in touch, simply to say how appreciative they are of the efforts we have been making, to provide them with resources for worship and phone calls or emails for contact.

*One person, committing to phoning a number of local church contacts, although not necessarily knowing them by name or by sight, reported:*

*"[They] were so delighted to hear the message from St Michael's ..*

*I had some lovely conversations with young mums who told me of their concerns about infirm parents who lived away and were feeling so anxious about their well-being. They shared some stories about their children and we had some good laughs too!*

*Another gentleman was so grateful to the Church, saying the call came just when he needed it as he is a widower and was worried and wanted to talk."*

~ Rev Martin Stephens

## Wild Lent ~ Into the wilderness

Although we can't meet together for our Wild Lent activities, we are still following the programme and sharing our stories and journey of connecting to God through the Wild as we move through Lent towards Easter. We share photos, stories, struggles, poems, inspiring things - all connected to our experiences of wild. Here's a reflection from the wonderful Tricia that was shared with our group; Into the wilderness...

Today I made something rather beautiful. I like it anyway! Our Wild Lent group had plans to go into the woods and make a giant nest to lie in. We can't do that so, after watching the birds in my garden busily making their own nests I decided to try to make one of my own. Of course, its not big enough to lie in but if I were a tiny person I think I would love to cuddle up in here with my friends and

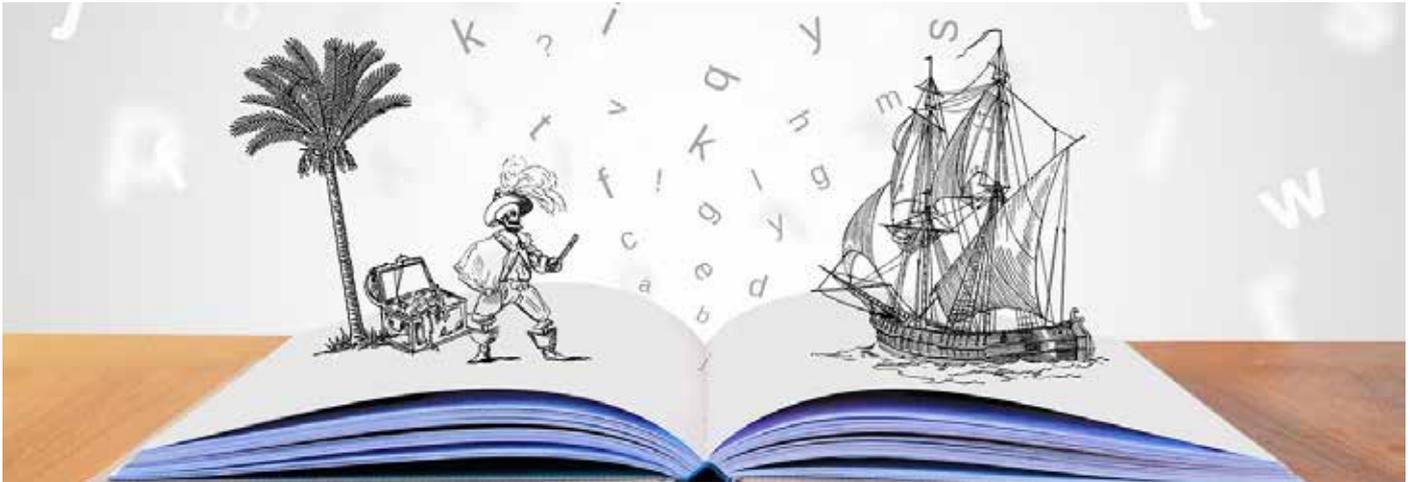
talk about our lives. I imagined living in the hedgerow in the secret places between the branches, hopping out to chat to the neighbours and find food. The reflection is about recognising what I am instinctively good at and what my special skill is. Rachel Summers asks us to consider - How is my unique nature woven in and around that of others to create something stronger and more beautiful? That's really tough at the moment when we are in isolation... alone. But maybe this time will produce something amazing.

Lord, help me to cherish and value those things which I can do and can do well. Show me where best to use my talents with others to create something strong and beautiful in your kingdom. Amen.

~ Tricia Atherton



## Well-being and stories



I spent 15 years of my professional life visiting schools and telling stories to children. It wasn't entertainment, it was a well-being project called Celebrating Strengths. I was training teachers in how to tell stories and how to look after their own well-being and that of their pupils. I was fortunate enough to publish books and resources on the subject and to travel to Australia, New Zealand and Denmark to run workshops.

In these strange times I am telling stories again. But this time I haven't had to drive or fly anywhere to do it. I am sitting in my little study in front of my computer screen which live-streams to my Facebook page Well-being in Education for teachers and students and parents. The simplest way to find it is to search on Facebook for @Jennystorytelling or access it through a browser if you don't use Facebook.

I am doing it live weekday evenings at 6pm (though next week, Holy Week, I shall do them at lunch time instead). The videos can then be watched at any time on the page. Each evening I include a different story and a 'well-being thought' for the grown-ups. Partly I am doing this, let's be honest, because I like telling stories and because I miss the children from St Peter's toddler group, Peas in a Pod

(closed, like the church, until further notice). And partly it's to offer a tiny bit of help and support to families at a strange and stressful time.

So, what kind of things am I talking about? Well, first and foremost it's the need for the grown-ups in the room to look after themselves first, and that goes for all of us, parents or not. To help others – which we are all, Christians or not, called to do - you have to understand how to care for yourself, to do the things you need to do to stay cheerful – most of the time – and to give yourself permission to feel less than cheerful at other times!

Then it's to acknowledge the reality of the situation – that it's not ideal and not the time to try to be the perfect parent or the perfect home educator – or the perfect neighbour/spouse/friend either, come to that. We're not called to be perfect, just to do our best. And parents, in particular, shouldn't even TRY to be perfect – children don't need perfect parents. They just need 'good enough' parents, who try and are human and fail and get it wrong and aren't afraid to admit that and apologise when it happens.

So, one 'well-being thought' to end on. At the end of each day look back and find WWW – what went well? Perhaps you heard bird song? Or saw

families going for a walk together? Perhaps you baked a cake or the children baked a cake? If you're alone, perhaps you had a phone call with a friend or loved one? Find that one – or more – good thing and give thanks/be thankful for it. That's not to say that the difficult things in the day aren't real too. They are and, from a Christian perspective, God is as present in those as in the lovely things. The important thing is to be aware of both – God in the light and God in the darkness. And seeing God in the light – WWW – helps us find God in the darkness and God in each other, too.

Oh and I'm an Alexander technique teacher too and there are going to be videos (there's one there now) on using Alexander work for gentle movement and well-being at Well-being and the Alexander technique @JennyAlexanderteacher or [www.jennyfoxeades.co.uk](http://www.jennyfoxeades.co.uk)

Stay safe everyone. God bless.

~ Jenny Eades, St Peter's

# Ethiopia

In February we visited Ethiopia with Bishop John Hayden (who started his ministry at Christ Church here in Macclesfield in the early 1960's) and 10 Christian friends. We have been fortunate to be with him on other holidays/pilgrimages. Traveling through Turkey in the footsteps of Saint Paul & Saint John, Egypt & Jordan where perhaps the highlight was climbing Mount Sinai, the Holy Land following in Jesus' footsteps, Greece & Cyprus with it's Christian history.

John had lived & worked in Tanzania so was familiar with Africa but this was a very different experience for most of us.

Ethiopia is a very Christian country, 65% Ethiopian orthodox so a thought. In Acts ch. 8:26-40 the disciple Philip meets an Ethiopian eunuch reading & trying to understand who the prophet Isaiah was talking about, Philip talked to him about Jesus & the eunuch was baptised. Is this where Christianity started in Ethiopia?

*Here are some of the highlights of our 9 day visit...*

Our adventure started in Addis Abada then flying to Bahia Dar on the shore of Lake Tana. We drove to the Blue Nile Falls through villages with smiley people waving to us but so much poverty, sailed on Lake Tana and visited one of the many monasteries with it's beautiful painted walls, saw a family of hippos.

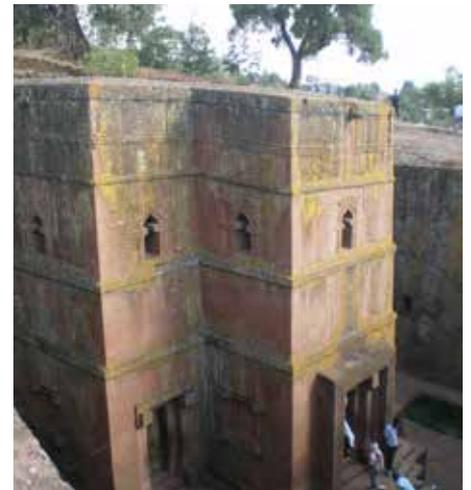


The following day we drove to Gondar through lovely countryside. When we stopped on route a group of children greeted us asking for pens (which often happened when we stopped we were prepared). We were invited to visit one of the houses. The lady was so proud of her house a stick frame covered with mud & straw & plastic sheeting roof. They have

so little but seem happy and we have so much, very humbling. Gondar was The Royal Capital of Ethiopia where we visited castles & churches.



We then flew to Lalibela with its amazing underground rock-hewn churches probably 12th century and still in use today.



Our next flight was to Axum with ancient monoliths and St. Mary's church where legend has it is the sanctuary of the Ark of the Covenant.



We then flew back to Addis Abada and a city tour, such a busy city so many people and different living conditions, so much traffic, like a car park at times. We visited the interesting national museum with

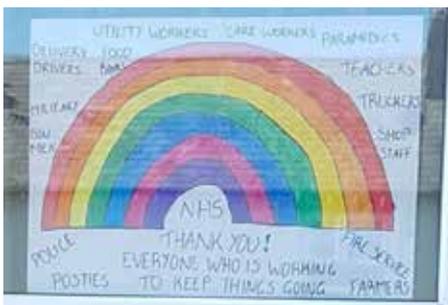
Lucy the oldest hominid fossil.

Our last 2 days we had trips out north & south of the city with it's interesting countryside visiting a monastery, museum, the Blue Nile gorge and a market selling everything you could imagine.



What an amazing experience, it was a real adventure. It's such an amazing country, the people, countryside, wild life, history (world heritage sites). They have so little and we have so much even at this troubled time!

~ Phil and Margaret Marsh, All Saints



Rainbows in windows and thankyou to all our key workers



## An update from Cre8

Dear All,

As you may have seen on our social media pages over the last two weeks we are re-adjusting and re-assessing risk daily to ensure we can deliver our services in different ways.

Last week we stopped all face to face work. This includes Learning Plus, Youthwork, Music, and Cre8 Facilities - however with our staff working from home to deliver distance youthwork (get together's via Skype, daily online challenges on social media #cre8challenge), and keep in contact through our programmes of activities which will be shaped over the coming weeks and months. I am also drafting new projects and applying for emergency funding that we can do even with the current restrictions - I'll be in touch as necessary.

Project Grow is continuing led by Katy and myself. We have food and we are delivering, albeit with a very much reduced team, with social distancing and appropriate hygiene methods. Please please do get in touch via email (emma.thomas@cre8macclesfield.org) or on facebook (Cre8 Project Grow - Grocery) if you need food. We can deliver across Macclesfield. This week we managed just over 80 households and we hope to reach another 100 by the end of next week.

I felt it important to get this key message out, The House and The Building are now closed and accessed only by Katy or myself. Please bear with us, things may change but we will use Facebook, email, zoom, flying pigeon and whatever we can to keep you updated. Our email newsletter go out regularly. You can sign up by emailing hello@cre8macclesfield.org.

I appreciate each and every one of you, our work is incredible, our community is strong, we will continue to care for each other.

Thank you for your support. If you need to call me please do, if you need support contact us on social media or get a friend or family member to. Our youth projects and music project leads are still working from home and I am sure will update you with the latest initiative to keep us all connected.

God Bless and stay safe - Ameera

Hampers of food and flowers delivered to all different households across Macclesfield. All surplus and would have been going to waste

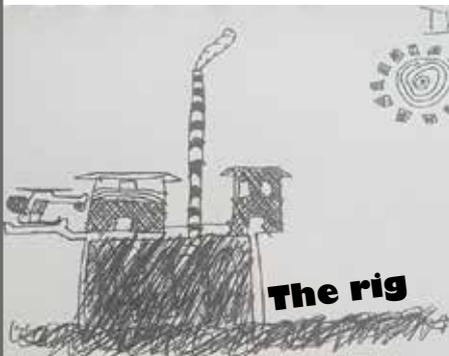


# Sharkdog and Tacorgi!

It was a normal day in Macclesfield, which was submerged in the north sea, but only four corners still remaining the four quadrants of the town.

Nigel heard a really loud crunch, so he got on his scuba gear and put his shark disguise on.

As a shark he swam elegantly towards the crooked, badly damaged oil rig.



As he got closer he realised his arch nemesis Meowcecles had taken over.

“OOH Noooo!” gargled Nigel “I can’t believe he captured TNTina!”

He took another breath from his oxygen tank.... “I need to stop him”.

So he swam home and dialled his phone

“Hello Bowser the Tacorgi speaking” happily spoke Bowser.



“Hey Bowser I need some help with your super rainbow farts to take down Meowcecles”, spoke Nigel “Will you help me?”

“Yeah sure man, where should I meet you?” Bowser asked enthusiastically.

“Meet me round the back of quadrant three and we can gear up as sharks, I have two suits one for you and one for me and I have



a spare scuba tank and we can fill them up at my sector of quadrant three”

“Ok I’ll be there in an hour” He agreed.

“Ok see you there” Nigel said.

An hour later Bowser met Nigel at the back of quadrant three and got their disguises on and filled up their oxygen tanks and got ready to leave.

But Bowser hadn’t had any beans,



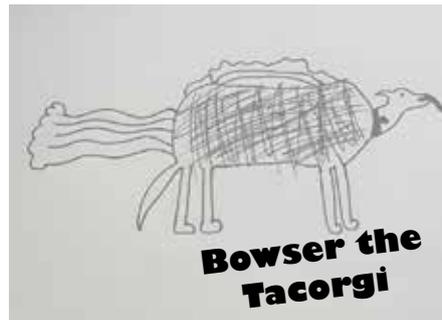
so he didn’t have any fart power.

“Wait Nigel I’ve not had any beans I’m all empty of fart power!” exclaimed Bowser.

“Oh No” Nigel shouted and then said “Its lucky I brought a tub full of cold beans... is that OK or not?”

“Yeah that’ll do, can you pass me a spoon please?” Bowser asked.

So Nigel got out his plastic spoon and Bowser ate the beans quite rapidly.



“OK”, he said with a mouthful of beans “jump on an underwater jet propeller and we will be off”.

“Yeah lets go!” woofed an excited Nigel.

The nerves grew bigger in the both of them.

“Hey Bowser I’m feeling kind of nervous about this”, nervously spoke Nigel.

“Same here” agreed his friend.

**... to be continued...**

~ Earnie age 11.