



@stmikesmacclesfield



www.stmichaels-macclesfield.org.uk

Holy Communion

Sallie Bancroft

When we share in Holy Communion we gather at a Table. In writing this I am sharing a few of the thoughts that have been percolating in my brain over the last few weeks.

What is a table? This seems like a daft question! A table can be the flat, level board supported by legs at which we sit or stand to eat or work.

When eating, the table is laid ready for people to gather. For work purposes items required are set out ready for use. A table can also be a grid in which information is clearly displayed. We can also bring something 'to the table', not just food or work, but ideas, propositions.

Day to day our Table in church is set; laid out with items having meaning which relay information to help us in our faith.

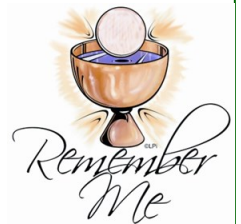
- Cloth – it is laid with a white cloth, usually of fine linen. Being fine, white linen it shows that it is a special place and helps to “show off” the items on it.
- Frontal – this has a design pertaining to the Christian season of the year and is changed accordingly to follow the Church calendar.
- Candles – the two white candles are lit during services representing the purity of Christ and that he is both God and human.
- Cross – the empty cross is the sign of the Christian faith. Christ died on the cross for us but did not stay dead.
- Bible – the Bible is our handbook for living a Christian life.
- At other times there may be flowers (signs of God's creation) or, for example, the Posada (Mary, Joseph and the donkey).



When we gather at the Table, especially for Holy Communion what do we think?

- How do we use the Holy Table?
- What does the information it holds mean to us?
- What do we bring?
- How do we come?
- Do we remember as Jesus requested?
- Do we consider that we have a relationship in sharing with others?

However we are, contented or worried, we are welcome. We can bring our thoughts, concerns and ideas to Jesus, lay them before him and remember all he has done for us. And then receive with open hearts and minds, having Jesus in our lives.



NB We have inherited language and often this Table is referred to as an altar. But we do not call it an altar but The Lord's Table, Holy Table or Communion Table. Jesus died once and for all. There is no requirement for further blood sacrifice. To learn more please read Hebrews 9:1 – 10:18 and 1 Peter 2:24

Magic Voices Concert

Final reminder!
Saturday 19th October
7.30pm at St Michael's

A concert of songs to please all tastes by the amazing 70-strong Magic Voices.

Tickets £5 available on the door, but please book online if possible at <https://bit.ly/47ynNhP>.

All proceeds will go to the St Michael's building fund.

Please support - and bring your friends!



Words of St Francis

“The deeds you do may be the only sermon some persons will hear today”

“Remember that when you leave this earth, you can take with you nothing that you have received -- only what you have given.”

“Start by doing what is necessary, then what is possible, and suddenly you are doing the impossible.”

The Collect for the 21st Sunday after Trinity

Lord of creation,
whose glory is around and within us:
open our eyes to your wonders,
that we may serve you with reverence
and know your peace at our lives' end,
through Jesus Christ our Lord.



For Holy Communion there is a special setting, whether in the church building or for visits made to people in their homes. The Paten and Chalice contain the bread (wafers) and wine which are consecrated (prayed over and given for a special purpose) by the priest. This special meal is for us to share in remembrance of what Jesus did for us, just as he requested. ‘And he (Jesus) took bread, gave thanks and broke it, and gave it to them, saying, “This is my body given for you; do this in remembrance of me.” In the same way, after the supper he

took the cup, saying, “This cup is the new covenant in my blood, which is poured out for you.” Luke 22:19-20

Pilgrimage 2025 The Golden Valley, Herefordshire

22-26 Sept '25

**Expressions of interest
as soon as possible
please!**



Even though our last pilgrimage ended only a couple of weeks ago, we are already planning our pilgrimage for 2025 - a residential this time.

The route takes us through the beautiful Herefordshire countryside within the Diocese of Hereford on the **Golden Valley Pilgrim Way** - see <https://www.abbeydoredeanery.org/gvpw/>

We are planning to do the 3 - 4 day route and, as usual, shorter routes will be available for those who don't want to walk the full distance.

Our accommodation will be in a luxurious property called the *Croft* in a beautiful setting with room for 24 people, an indoor heated swimming pool, sauna, woodburner, games room, over an acre of gardens etc.

There is a well-equipped kitchen in which we will prepare meals and we will eat together.

We will travel by car to and from the start and finish points for each day's walking.

The total cost is likely to be around £300 per person, payable in instalments and this will include accommodation, food and transport.

For more details, please talk to one of us.

Paul Spedding paulspedding@gmail.com

Paul Simms paul@lowerbeechfarm.co.uk

Taffy Davies ewldavies@gmail.com

Happy Birthday



Chris organised a long weekend away in Menorca to celebrate Katie's 40th birthday recently. Here are Katie and Sarah on the beach, enjoying a lovely break.

Meanwhile...

Bernice celebrated her birthday closer to home and in a more sedate (but equally wonderful) way, with a tea-party among friends. It wasn't Bernice's 40th.



**Macclesfield
Art Group**

www.macclesfieldartgroup.co.uk

**AUTUMN ART FAIR
18-26 October 2024**



Paintings
2025 Calendar
Cards

**LIBRARY
Jordangate
Macclesfield
SK10 1EE**

Mon, Thurs: 10 am to 7 pm
Tues, Weds: 10 am to 5 pm
Fri: 10 am to 1 pm
Sat 19 Oct: 9 am to 1 pm
Sat 26 Oct: 9 am to 11 am
Sunday: Closed

FUNDRAISING

EVENT IDEA GENERATOR

THE VICAR / YOUTH GROUP / CONGREGATION / CHOIR / FLOWER ARRANGERS

IS/ARE RUNNING / ABSEILING / LIVING IN A TENT / SELLING CAKES / CRAWLING

FOR 100 MILES / 24 HOURS / A MONTH / AS LONG AS IT TAKES / EVER

WHILST WEARING FANCY DRESS / SINGING ALL OF THE HYMNS / TELLING JOKES / JUGGLING / RATTLING A TIN

PLEASE DONATE / SPONSOR / PURCHASE A RAFFLE TICKET / BUY TEA AND A CAKE / STAY AWAY

Scarf Project:

Roll of Honour

Please see below the roll of honour of all who have made scarves for our scarf project.

Just over 270 scarves were received, from 42 named individuals and some nameless helpers.

Special thanks to the prolific knitter:

“Anon” – if you can't see your name in the list you might be covered by this generic nomenclature! Let me know if you would like acknowledging – many scarves were put in the box with no indication of who had created them, but my apologies if your label had come off accidentally (I know some people preferred to remain anon).

I won't be publishing the names of those who contributed the most, but I can say that one person (not known personally to me) knitted 25 and someone from our congregation knitted 21 (well done, Tricia W!). I managed a paltry 18 but my sisters stepped up magnificently and produced 27 between them, despite one living in Surrey and the other in Germany.

Sincere thanks also to those who produced really beautiful scarves: mine were mostly from random leftover balls of wool, and elegant isn't the word one could use to describe my efforts, but some people – including the crocheters among you – made wonderful items of great beauty.

Thank-you all.

Lynne

Anon (a prolific knitter!!)
Anne R.
Angela S.
Bernice J.
Beryl
Beth M.
Cheryl M.
Chris R.
Chris W.
Chris (and Eddie)
Cynthia C.
Debbie A.
Elizabeth
Enid E.
Fran H.
Garrie N.
Grace E.
Hannelore (from Germany)
Hazel H.
Hilary (Norbron)
Judith W.
June E.
Karen T.
Kate P.
Kathleen B.
Laura M.
Linda J.
Lynne (that's me!)
Margaret L.
Mary R.



Penny N.
Rachel M.
Rowena
Ruth (St Oswald's)
Sallie B.
Sandie B.
Sheena S.
St Barnabas - friends
Stephanie (Norbron)
Tina S.
Tricia A.
Tricia W.
Visiting Angels

Currently the money raised stands at about **£7,500** with many more scarves still to sell.

They will be available one last time after a Sunday morning service this coming Sunday (20th) then at the October and November Treacle Markets on a stall just outside church.



On the 'scarf' theme: here's a picture of Paul Dale's scarf hanging jauntily from a gargoyle, where he left it whilst going inside for the service at Eaton Church on our recent pilgrimage.

Art Exhibition

John Staveley

There will be an exhibition of paintings by local artist John Staveley (also a member of our church family), from 28th

October to 8th November, upstairs at Macclesfield Library. It features his local landscapes, town scenes and paintings of historic and legendary stories of Macclesfield and surrounding areas.

One of his paintings is a portrait of Queen Eleanor of Castile who built St. Michael's church.

Do go and have a look!



(Ed. John has painted us an original work to go in this year's Advent Calendar, so do look out for that too!)

Reducing your carbon footprint



The eco-church group would like to share your experiences of investing in energy-saving initiatives or life-style changes. It might be buying an electric car to replace your diesel, giving up eating meat, installing an air-source heat pump, or avoiding flying.

Here is the first contributor: Alan Wootton fitted solar panels and a battery; and improved his loft insulation, in June 2023.

The cost of the solar panels, including inverter and a 5 kWh battery, came to approximately £15,000. The loft insulation was done professionally for £1000; but you might decide to do this yourself. He decided not to fit cavity wall insulation at this stage.

The house heating is almost entirely by gas: a boiler with radiators and a gas fire in the living room. The gas is not used for anything else. The living room thermostat is set moderately high to 21 C, and bedroom radiators have separate thermostats set to about 15 C. During the summer for about 3 months he turns off the gas, and uses the electric immersion heater for domestic hot water.

Many thanks Alan for this very detailed and useful analysis.

We think the financial savings – 56% reduction in energy bills – speak for themselves; although you do need the cash to invest upfront. On top of this is the satisfaction of reducing his consumption of gas, marginally, and electricity, massively – and therefore also reducing his own carbon footprint. A small but significant contribution to slowing the rate of climate change.

Bungalow: footprint excluding garage: approximately 90 sq m
 Roof pitch 32°, faces 28° E of S.
 Solar panels fitted June 2023: rated maximum 8 kW.
 Maximum allowed export: 5 kW.
 Battery storage rated 5 kWh.
 Loft insulation increased to 300 mm.

	June 2022 –June 2023	June 2023 –June 2024	Saving	Saving %
Electricity: kWh	3023	690	2333	77%
Electricity: £	£924	£349	£575	62%
Elec Export: kWh	0	3587		
Elec Export: £	£0	£430		
Elec total: kWh	3023	-2897	5920	195%
Elec total: £	£924	-£81	£1005	108%
Gas: kWh	19009	15476	3533	18%
Gas: £	£1240	£1030	£210	17%
Total: £	£2164	£949	£1215	56%

Prices calculated at June 2024 prices:

	£/kWh	£/day
Electricity	0.2466	0.4912
Export	0.12	0
Gas	0.0596	0.2956

Music@Mike's

Forthcoming Concerts



Saturday 19th October - "Always a Teaspoon" (Ollie Gibson, Adam Small and Tim Sparks) playing indie, folk and rock.

Thursday 24th October - Adrienne Spilsbury (violin) and Julian Davis (piano)

Friday 1st November - Johanna Leung (clarinet) and Sonix Duo (clarinet and bassoon)

Concerts begin at 1.15 and last around 45 minutes

Entry is free with voluntary donations in aid of the East Cheshire Hospice and St Michael's.

The Angel at my Table café is open for refreshments before and after.

The Book of Ruth

Sunday October 20th

Holy Trinity Hurdsfield

7.00pm (doors open at 6:30 pm)

This is a performance by, and in support of, PRESS RED, a charity which raises awareness of, and provides resources for action against violence and abuse towards women and girls.



Harvest flowers



For those who were unable to be at one of the services last Sunday, our Harvest and Thanksgiving Sunday, here is a collage of some of the wonderful displays in church.

Our sincere thanks to all on the Floral Ministry Team. Your creative gifts are greatly appreciated.

The Assisted Dying Bill 2024



Proposals to give terminally ill people in England and Wales the right to choose to end their life are to be introduced in the House of Commons this month.

The bill is expected to be formally introduced on 16 October, with a debate and initial vote likely to take place later this year. It would have to be approved by MPs and peers before it becomes law.

The details have not been finalised but the bill is likely to be similar to the Assisted Dying for Terminally Ill Adults Bill which has been introduced in the House of Lords, by former Labour Justice Secretary Lord Falconer. The bill would allow terminally ill adults with six months or fewer to live to get medical help to end their own lives. Their choice would also need to be approved by two doctors and the high court. Lord Falconer said his bill would apply only to people "mentally able to make the decision".

But Dr Lucy Thomas, a palliative care and public health doctor, said assisted dying was a last resort that courts, rather than doctors, were better placed to judge. She believes that doctors should never be put in a position where they might feel obliged to assist someone in taking their own life, while accepting that no doctor would be forced to take such decisions

The UK's highest-ranking Catholic bishop has urged churchgoers to lobby their MPs to oppose proposed changes in the law around, warning people: "be careful what you wish for". In a letter to be read out in the churches of his diocese, Cardinal Vincent Nichols said the proposed changes risk bringing about "a slow change from a duty to care to a duty to kill" for medical professionals.

Many people are concerned about the impact of pressure, perceived or real, from their families on terminally ill patients to opt for assisted dying.

This is a hugely complex issue, but one on which our MP Tim Roca will be voting in the near future. He is our representative, and I hope he will reflect the views of the majority of his constituents. But who is he listening to?

It is estimated that two thirds of the adult population of the UK believes that assisted dying should be legalised during this parliament.

It's clearly a moral and ethical issue as well as a medical and scientific one; should we be having a discussion about it at St Michael's?

David Mayers

For Reflection

'Lord, grant that I may always desire more than I can accomplish.' (*Michelangelo*)

'I dwell in possibility.' (*Emily Dickinson*)

'Tell me, what is it you plan to do with your one wild and precious life?' (*Mary Oliver*)

Thank-you

Our sincere thanks to Chris (Wellavize) who has re-planted the containers outside the west door with lovely fastigate hornbeam trees underplanted with bedding plants and bulbs (for the spring).

They look lovely.



Cranmer Awards for Young People at Chester Cathedral

THE CRANMER AWARDS

Young people aged 11 – 18 from the Diocese are invited to take part in this year's Archbishop Cranmer Awards for the Diocese of Chester.

The competition is one in which young people are invited to read aloud short sections from the Book of Common Prayer.

The aims of the competition are to introduce young people to the beautiful devotional language of the Prayer Book and to encourage the skills of reading aloud with fluency, enjoyment, expression and confidence.

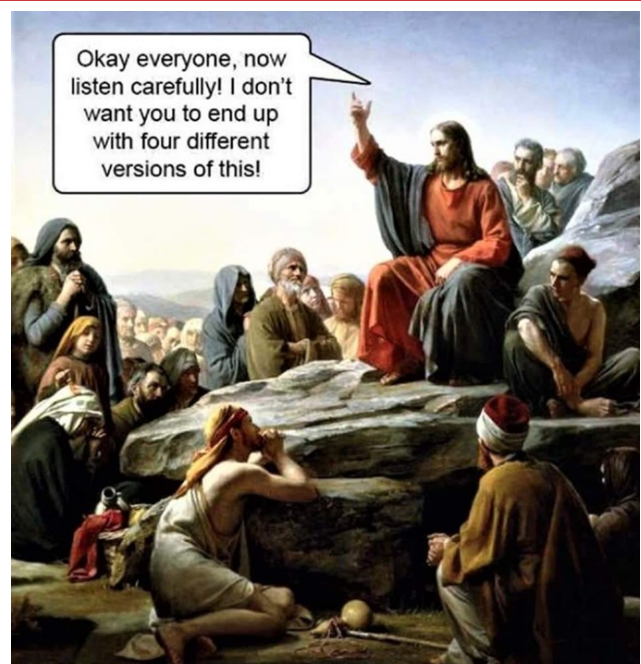
The young people compete in two age groups, and the winner of each group is invited to represent Chester at the National Final, held early in 2025.

Full details of the competition can be found at: <https://www.pbs.org.uk/cranmer/>

As in previous years there will be a distinguished panel of judges for the local heat, including Clare Hayward, MBE, High Sheriff of Cheshire.

The competition for the Diocese of Chester will be held Chester Cathedral during the afternoon of Saturday, 30th November

For further details on how to enter please contact local co-ordinator Nigel Pearson at: nandlpearson@ntlworld.com



Join us for *Worship*



Sunday 20th October 2024

21st Sunday after Trinity

10.00am Family Communion

Service Leader & Speaker: Revd Martin Stephens

Bible Reading: Job 38.1-7,(34-41)

4.00pm Remembering Service

Service Leader: Revd Martin Stephens

Speaker: LLM Lynne Spedding

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

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

Start the Week ...

... Every Monday from 7.30 am in church
Morning Prayer at 8.30 am in church and also on Face-
book

<https://www.facebook.com/stmikesmacclesfield>

Wednesday Morning Prayer Group

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

Next taking place on Wednesday 30th October

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

24th October: Holy Communion

31st October: 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

Compline/Night Prayer

Every Friday

Topic: Night Prayer | Time: 8.30 pm Join
Zoom Meeting;

[https://us04web.zoom.us/j/75676947476?
pwd=R2twT2pQbTFzUGR5bk1reDZoVXdaZz09](https://us04web.zoom.us/j/75676947476?pwd=R2twT2pQbTFzUGR5bk1reDZoVXdaZz09)

Meeting ID: 756 7694 7476

Passcode: 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

How to contact
the office...



Phone: Landline: 01625 421984

Email addresses:

- **Isobel** clergypa@maccteam.org.uk for ministry issues
- **Elaine** office@stmichaels-macclesfield.org.uk for bookings and building matters
- **Bulletin/Newsletter** stmikesnotices@gmail.com
- **Printing** 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
9.00-3.00; and Thursday & Friday 9.00 - 1.00**

Contemplative Prayer

Every **Friday at 9:20am in the Savage Chapel** lasting
half an hour. An opportunity for quiet prayer usually
followed by coffee/tea and a chat.



SCAN ME

**Donating to St
Michael's**

has become easier!

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



Email any prayer requests [here](#)

(your request will be circulated confidentially
to a limited group of people who will pray for
you)

