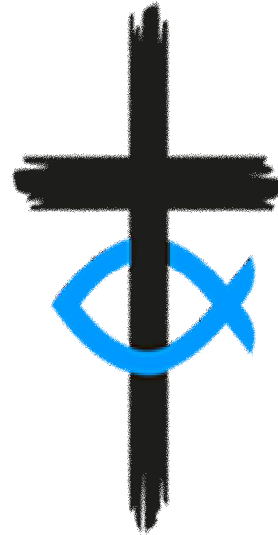


Cheadle Hulme United Reformed Church

CH URC NEWS

65 Swann Lane Cheadle Hulme
STOCKPORT SK8 7HU
www.cheadlehulmeurc.org.uk



The
United
Reformed
Church

Partnership Ministers: Rev Kurauone Mutimwii
Rev Stephanie Atkins

FEBRUARY 2025

Friends,

**'The word is near you; it is in your mouth
and in your heart' – Romans 10:8**

Our winter landscape may still be rather bare and dark at this time of year but there are shoots of new life springing up around the Missional Partnership. Congregations are starting to reflect together on what it means to be church in our communities, and listening for where God is leading us to grow and flourish in the seasons to come.

While this is exciting, we also recognise that it can also feel rather daunting. During Lent the Missional Partnership Ministry Team are creating a discussion group series to help you creatively reflect on your own personal faith and prayer journeys in conversation with Scripture. We will look at our, perfectly normal, fears and doubts about sharing our faith with others, and think together about how we can become more confident and open about what God is doing in our lives and in our churches.

Each of us has been blessed with different gifts and experiences so let us help you to share the Good News in a way that feels authentic as the person God made you.

Details of the times and location of the discussion groups will be available soon and we hope you will join us in regularly praying this prayer from *Leading Your Church Into Growth* in 2025:

God of Mission,
Who alone brings growth to your Church,
Send your Holy Spirit to give,
Vision to our planning,
Wisdom to our actions,
And power to our witness.
Help our churches to grow in numbers,
In spiritual commitment to you,
and in service to our local community,
Through Jesus Christ, our Lord. Amen.

**Rev Stephanie Atkins
– Missional Partnership Minister**

NEWS AROUND THE FELLOWSHIP

Snowdrops and a few early primroses are now visible so perhaps there is promise of better things to come. We hope that the sick or injured amongst us are able to get some benefit from these. We pray especially for those in our congregation who have been unable to join us... Mavis, Reg & Pat, Norman & Rena, Elsie, Mo, Bernice, Andy & Sue and Marjorie.

We were greatly saddened to learn of the passing of Rev Dr Jack McKelvey aged 95yrs on 17 Jan who had supported us and led worship on in-numeral occasions in the past. He was Principal Northern College in the 80s; and Moderator URC General Assembly 90s. After a private family burial there will be a Thanksgiving Service on Monday 10 Feb at 12noon at Cornerstone URC (corner of Parris Wood Road/Fog Lane, Burnage, Manchester, M20 6EE) and followed by a buffet in the Church Hall. We are asked to remember his son and daughter and their families in our prayers.

Services in January were led by Elley Noden, Sandy, Bernie and by our minister Rev Kurauone Mutimwii when we joined in worship at Heald Green, along with Bramhall, on 19 JAN. Thank you all, not forgetting Eric and Alex.

We send best wishes to all those who will be celebrating a birthday or special anniversary in February. We hope you have a very happy time.

The News Team

DATES FOR YOUR DIARY

Fri 7 MAR - World Day of Prayer - Grove Lane Baptist

=====

CTCH

LENT LUNCHES 2025

8 March - URC

15 March - Grove La Baptist

22 March - St Ann's RC

29 March - All Saints Parish

5 April - Friends Meeting

12 April - Methodist

No charge, but donations to Christian Aid are welcome



PARTNERSHIP

Next month, the convenor of the Steering group, Rev Bob Day, is leaving and we will elect a new leader to this vital pivotal role.

Prayer for Altrincham URC... Gracious God, we pray for your guidance at Altrincham United Reformed Church, for the work we are doing to share our faith and further your mission in our local community.

Give us strength and vision to see the opportunities around us and the energy to explore new ideas. Help us to listen to the needs of those we seek to serve, and to use our gifts and talents to your glory. We pray for our Church and Outreach Worker Dave Fraser as he guides us in this work.

We give thanks for the fellowship of the Missional Partnership and the variety of work happening in all our churches to reach out and invite people in.

Amen

SOUP, SWEET & MEET

WED 19 FEBRUARY

Noon ~ 1.30pm

COME REIGN IN ME

Oh God, who made the world so fair,
And formed the earth, the sky, the sea;
Who gave us ears, and eyes, and minds,
To hear, to see, to know all love is Thee.

Oh God, who in the Lord Jesus,
Gave us a light to light our way;
Let our life's lamp be lit by Him
Whose strength will see us safely through
each day.

Oh God, whose Spirit gave us birth,
And holds all life secure, e'en mine;
Take all I am, and all I have,
Bless and redeem them for they both are Thine.

Oh God the Father, God the Son,
And God the Spirit, Three in One;
Blessed be Thy name, come reign in me,
And in me let Thy will be done.

By Sam Doubtfire

A MONTH WITHOUT PLASTIC

From university halls of chicken-devouring rugby players, to tight budget gap-year students, I have lived in several different households with numerous occupants, each with differing values toward waste and recycling. I have definitely noticed how general habits can be influenced by the people you live with and how it can be frustrating living with people who do not care for it as you do. Growing up, I was lucky enough to be in a household where recycling was encouraged. The people you live with play a great role in the mindset that you take regarding the waste and recycling habits you fall into.

Being a Christian in a conservation role over the last few years, I have been challenged by what it means to exercise care for creation. For me, this has come in a number of ways: trying to eat less meat, using public transport more and being more intentional with prayer and Bible reading.

Members, friends & neighbours

FILM MATINEE

Sat 22 FEB ~2.30pm

With such intentions in mind, I participated in three plastic-free months (February, July and September) over 2019 to see how much I could personally reduce my waste and discover how (un)comfortable it would be. Of these three months, only one of them was truly plastic free. From this experience, a useful proviso to such a challenge is appreciating that it takes time to determine what you can and cannot buy and where to detect that rogue plastic lining in a 'cardboard' coffee cup.

My main tip for attempting a plastic free month (or Lent perhaps) would be to spend some time before the chosen period researching options: where is the nearest whole-food shop, are there any farmers markets, how much tinned food can my fragile carrier bag support? and so on. Research your options and it will make it less likely that you face frustrations or make a mistake.

One unforeseen challenge I faced was actually when popping out to buy a quick lunch or snack. I had expected my week shop to be the hardest task, but having intention and planning time to buy

specific items made it easier to get right. Snacks on the other hand were very tricky. Whilst fruit and vegetables are easy enough to buy loose, it was really hard to find a packaging free, balanced snack or lunch conveniently without overspending, or having to trek across 6 different deli's, bakeries and whole-foods shops, to do so.

My other challenge (and learning point) came in chocolate form: as it turns out it is very hard to buy in snack size paper packaging, the 'smallest' paper wrapped bars often coming in behemoth 100g portions. Having a minor chocolate addiction meant purchasing provisions in Picnic form was not an option. This helped me to appreciate finer quality and likely higher welfare/trade standard chocolate at lesser intervals. All good things!

Perhaps my main take-away (!) from my experience was learning to compromise. Going forward, I have realised quite how much I have been unwilling to compromise, or adapt to less convenient options in the past. Whilst such changes will be hard to face, it is important to remember the positive overall effect that it will have. Pay a bit extra to buy better quality vegetables from markets, spend more time planning where to shop and find people around you who can encourage you, or discourage you from buying that unnecessarily wrapped chocolate bar.

*by Tom G,
2 yrs Conservation Officer ~Adventure Plus,
A Rocha UK Partner in Action.*

IN PRAISE OF THE HUMBLE EGG

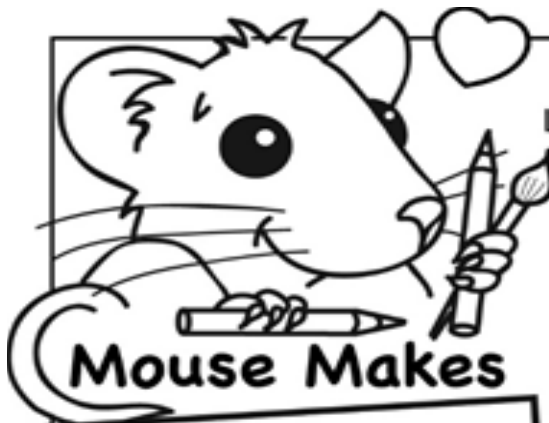
We love eggs. On average, we eat at least two of them each week, which makes eggs one of Britain's most popular foods.

Eggs are exceptionally good for you – high in protein, containing all the essential amino acids, rich in the vitamins B, D and A, a source of healthy fats and **choline**. (~see later)

Eggs are also filling, and with 7.5g of protein in less than 80 calories per egg, there are few other foods that can match them for so much protein per gram. Furthermore, they are inexpensive and they are easy to cook, in several different ways!

Experts recommend eating 1 or 2 eggs a **day**. Choose a low-fat way of cooking them by boiling or poaching. Frying them in butter is a bit better than frying them in olive oil. Finally free-range eggs generally contain more vitamin D.

Parish Pump



Mouse Makes

"Love is

_____ love is _____
 It does not, _____
 it does not _____
 it is not _____
 it does not _____

others, it is not self - _____
 it is not easily _____

it keeps no record of _____

Love delights in _____
 it always _____

from 1 Corinthians 13:4-7

The steadfast **love** of the Lord never _____;
 His _____ never come to an end;
 they are new every _____

Lamentations 3:20-23

I pray... you will understand...
 the greatness of Christ's **love**,
 how _____
 and how _____
 and how _____
 that **love** is.

Ephesians 3:18-19

God is **love**.
 whoever _____
 in **love** _____
 in God, and God _____
 in them.

1 John 4:16

Give _____
 to the Lord, for He is _____
 his steadfast **love**
 endures _____

Psalms 136:1

HOW DOES GOD LOVE ME?

God sent me a saviour:
 He sent His one and only Son into the world so that we might have eternal life through Him.
 1 John 4:9

God gave me His spirit:
 He has given you the Holy Spirit to fill our hearts with His **love**.
 Romans 5:5

God called me His child:
 See what great **love** the Father has for us that He would call us His children.
 1 John 1:3

DID YOU KNOW?

Jesus told us to:
LOVE the Lord your God with all your **heart**, all your **soul** and with all your **mind**.
 Matthew 22:37

LOVE your neighbour the same as you **love** yourself.
 Matthew 22:39

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

GOD • LOVE
 PATIENT • KIND
 GRACIOUS • PEACE
 JUST • TRUTHFUL
 TRUSTING • LOYAL
 HOPEFUL
 PERSEVERES
 ENDURES
 HUMBLE
 SELFLESS
 PROTECTS • DEFENDS

PLEASE NOTE

In the Foyer there is a Property Defects book (and an Accident book) where details can be recorded that may require attention.

Bernie

SERVICES

Elders' wish to keep everyone safe, so please stay home if you are unwell. You may wear masks (perhaps for singing). Also, understand our plans may change with little notice. We may sometimes have a speaker and sometimes a simple in-house led service. Video conferencing continues and Leaders or readers may Zoom in or speak in church.

Duties are performed by a small team on a rota. Please check the board for changes.

Date	2 FEB	9 FEB	16 FEB	23 FEB
Service	Morning Worship	Morning Worship	Morning Worship	Morning Communion
Time	10.30am	10.30am	10.30am	10.30am
Leader	Chris Whitehead	Rev Stephanie Atkins	In House	Rev Kurauone Mutimwii
Elder Duty	B Stevens	A Stevens	D Phillips	P Oliver/B Stevens
Door	G Elsdon	J Hodson	P Grieve	M Smith
Reader				
Flowers	Silk	H Elsdon	Silk	Silk
Coffee	B Stevens	H Elsdon	A Stevens	S Smith
Notes			RACIAL JUSTICE SUNDAY	HOLY COMMUNION

LECTIONARY for FEBRUARY 2025

2 FEB:

Jeremiah 1.4-10; Psalm 71.1-6; 1 Corinthians 13.1-13; Luke 4.21-30

9 FEB:

Isaiah 6.1-8,(9-13); Psalm 138; 1 Corinthians 15.1-11; Luke 5.1-11

16 FEB:

Jeremiah 17.5-10; Psalm 1; 1 Corinthians 15.12-20; Luke 6.17-26

23 FEB:

Genesis 2:4b-9-end; Psalm 65; Revelation 4; Luke 8:22-25

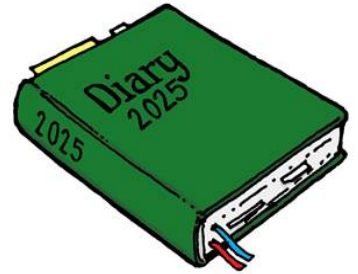


VISIT

The new vicar was doing the rounds to meet his parishioners. At one house where he knocked, a woman inside called out: "Is that you, Angel?"

The vicar hesitated and then called back: "No, but I'm from the same department."

CALENDAR



To the best of the Editor's knowledge, unless you know better...

FEBRUARY 2025

Sat 01 10-11.30am COFFEE MORNING in aid of The Leprosy Mission

Mon 03

Tues 04

Wed 05

Thu 06

7.30pm MP Steering Group - Zoom

Fri 07

2pm Choir rehearsal

Mon 10

Tues 11

Wed 12

7pm Elders' meeting - Church

Thu 13

7.30pm Worship Group meeting

Fri 14

2 pm Choir rehearsal

Mon 17

Tues 18

Wed 19

12 ~ 2pm Soup, Sweet & Meet

Thu 20

Fri 21

2 pm Choir rehearsal

Sat 22

2.30pm **FILM MATINEE**

Mon 24

Tues 25

Wed 26

Thu 27

Fri 28

2 pm Choir rehearsal

NEVER HEARD OF CHOLINE? (~in eggs, fish etc)

Choline supplements are said to reduce cholesterol, control mood swings, and protect the liver from alcohol damage. They also may lower blood pressure, boost memory, and treat Alzheimer's disease. Choline may also enhance athletic performance and help prevent neural tube defects in pregnancy. What's NOT to like..... (except the pregnancy bit! ED) ~Google search

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