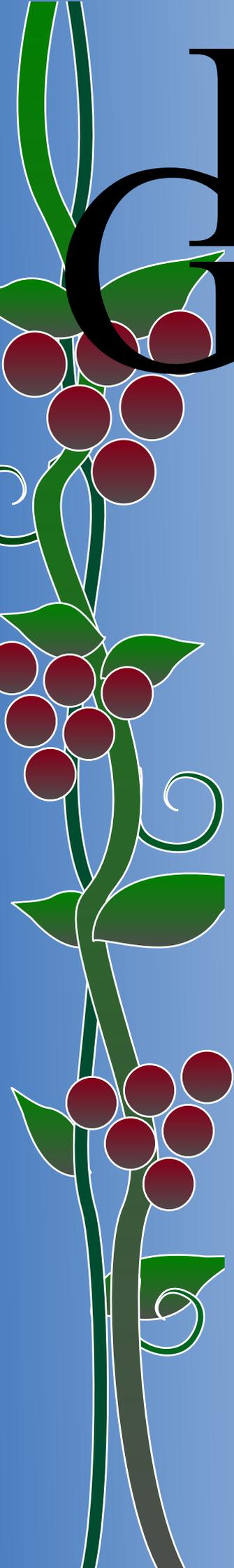


Parish Grapevine

A monthly round-up of
news, views, events
and services at
St George's, Heaviley,
SK2 6NU,
and St Gabriel's, Adwood
in the
Parish of St George, Stockport.
www.stgeorgestockport.org.uk



Who's Who in the Parish of St George, Stockport

Vicar	Rev. Canon Elaine Chegwin Hall <i>vicar@stgeorgestockport.org.uk</i> 456 9382	Junior Choir	James Hibbert 07365 519207 Practise 6.30-7.30 on Thursdays in the vestry; sing on Sundays for 10.15am service.	Choir	James Hibbert 07365 519207 <i>actingdirectorofmusic@gmail.com</i> Practise Thursdays 7.30-9pm in the vestry. Sing on Sundays at 10.15am and 4pm services.
Assistant Curate	Rev. Dr Janine Arnott <i>rev.janinearnott@outlook.com</i> 612 1048	Praise and Play	Lois Kelly 439 9458 For 0-4s and their carers. Meet every Tuesday in term time, 10-11 in church.	Church Cleaners	Meet on 1st Tuesday of every month 9.30-12 noon.
Readers	Peter Hall 456 9382 Rita Waters	St Gabriel's		Church Flowers	Jean Hayden (<i>donations</i>) 483 2367
Churchwardens	Andrew Regan 440 0408 Hazel Jenkins 483 4679	Messy Church	Rev. Canon Elaine Chegwin Hall 456 9382 For children and their parents. Meet occasionally, usually Saturday mornings.	Church Gardeners	Walter Stead 430 2449 Meet on Tuesdays 9.30-12.30.
PCC Secretary	vacant	Uniformed Groups		Coffee Mornings (Weds)	Olwen Smith 483 6548 Wednesdays from 10.30am in the Parish Room.
PCC Treasurer	Andrew Regan 440 0408 <i>treasurer@stgeorgestockport.org.uk</i>	with connections to St George's		Cursillo	Usually meet on last Wednesday of the month. 7.30pm at different venues.
Parish Office	Marion McCall 480 2453	Rainbows	Trisha Brown 07403 353 175 Sue Kirkland 07854 101 918 For girls aged 5-7. Meet Fridays 6.15-7.30pm in the Parish Room.	Handbells	Andy Clark 483 3703 Play for All-Age and Taizé services, plus other special events. Ringers of all ages (with or without experience) always welcome. Rehearsals in church arranged around the ringers' availability.
Magazine Editor	Richard Parr 439 8644	Brownies	Rachel Lockett 775 2755 Voni Walker 07956 674 241 For girls aged 7-10. Meet Thursdays 6.30-8pm in the Parish Room.	Linen Guild	Pat Rigley 487 1999 Maintain the church's linen.
Safeguarding co-ordinator	James Hibbert 07365 519207	Guides		Magazine Editorial Group	Richard Parr 439 8644 Meet monthly to plan future issues.
Website	www.stgeorgestockport.org.uk	Beavers	Bill Frith 439 3232 For boys and girls ages 6 and 7 Meet Fridays 6-7pm at rear of Trinity Methodist Church.	Mothers' Union	Pat Durnall 483 4837 Meet on 2nd Monday of the month in church at 2.15pm.
Webmaster	Peter Hall 456 9382	Cubs	Bill Frith 439 3232 For boys and girls ages 8-10½. Meet Fridays 7.15-8.45pm at rear of Trinity Methodist Church.	Singing Group	James Hibbert 07365 519207 <i>actingdirectorofmusic@gmail.com</i> Sing about once a month at the All-Age Service, with one practice beforehand. All welcome.
St George's Primary School		Scouts	Elizabeth Goodred <i>Elizabeth.goodred@stockportscouts.org.uk</i> For boys and girls ages 10½-14. Meet Wednesdays 7-9pm at rear of Trinity Methodist Church.		
Headteacher	Deborah Grindrod 480 8657	Other Groups and Activities			
St George's		St George's			
Deputy Wardens	John Hardy 01663 764 462 Will Hesson 480 0630	Bell ringers	Anne Mayes 485 6477 Practise Mondays 7.45-9pm. Ring on Sundays 9.45-10.15am. Meet in the tower.		
Verger	Ian Staley 456 3093	Bible Reading Fellowship Notes	Janet Neilson 483 9025 Notes are ordered on request.		
Director of Music	James Hibbert 07365 519207 <i>actingdirectorofmusic@gmail.com</i>	Bible Study Groups	<i>contact the clergy</i> Study groups and courses are arranged from time to time.		
Bookings for Parish Rooms	Parish Office or 480 2453 Judith Swift 483 8681	Chancel Guild			
St Gabriel's					
Secretary	John Sutcliffe 286 2301				
Bookings	Parish Office 480 2453				
Children's Activities					
St George's					
Children's Corner	Available for children (and parents) during services. Equipped with books, crayons and soft toys.				
Sunday Club	Louise Clark 483 3703 For children of nursery and school age. Meet during the 10.15am Parish Communion service most weeks during term time.				

Front cover photo

St George's in early morning
spring sunlight
(photo by Andrew Regan)

Services in May:
see pages 6 and 23

From the Editor:

Dear Readers,

I HAVE VERY mixed emotions as I write what will probably be my final editorial for Grapevine. Margaret and I are planning to move to South West Wales, to be near our daughter, Alison, her partner, Paul and our two granddaughters, Rhian and Seren. They are buying a house in Laugharne, about 17 miles south of Carmarthen, and we are hoping to be very close to them in the tiny village of Llanmiloe. The village is so small that our satnav refuses to believe it exists! It does, however, and is very close to the sea, with beautiful walking country on the doorstep. We are obviously excited about the move, which seems likely to happen at the end of May or the beginning of June. If for any reason it is delayed, then you may have to put up with me for another month!

I started helping Mark Lane with the magazine in 2014, and took over the editing after his sad illness in 2015. Mark was an excellent mentor, and I hope that he approves of the current magazine – I am certain that he will have ensured copies are available in the celestial library!

I would like to pay tribute and say a heartfelt thank you to all the members of the magazine committee, past and present, who have contributed so much to Grapevine. Every one of the team has been important for the magazine's continuation. I must, however, pay special tribute to Andrew Regan, Rosie Stead and Angela Foulkes, whose skill, enterprise, diligence and sheer hard work have made my job both easy and pleasant. I shall miss many people from St George's, but these three have been at the heart of Grapevine – and I do hope will continue to be. Whoever takes over as editor will inherit gold!

I mentioned Laugharne in the opening paragraph. Many of you will know of Laugharne's connection with the

poet Dylan Thomas, who lived (and drank!) there for a number of years. His famous radio play, *Under Milk Wood*, was based quite considerably on the village and its colourful inhabitants. Whether I will come to be regarded as 'Nogood Boyo', or even, possibly, 'good Boyo', remains to be seen!

Thomas described the area in a number of his poems, including *Over Sir John's Hill*, from where he looks down on 'Crystal harbour vale / where the sea cobbles sail, / and wharves of water where the walls dance and the white cranes stilt.' In *Poem in October*, Thomas lyrically describes an early morning walk he took on his 30th birthday, leaving the 'still sleeping town' and climbing high up over Sir John's Hill and listening to 'A springful of larks in a rolling / Cloud', then looking down 'over the dwindling harbour / and over the sea wet church'. The local tourist board encourages walkers to repeat the walk on their birthday, and I'm looking forward to following suit.

Dylan Thomas's evocation of early morning reminds me of God's words to Job as He responds to Job's complaints and fears. 'Have you ever commanded the morning to appear and caused the dawn to rise in the east?' God's pride in and concern for His creation is summarised for me in the wonderful verse which describes how, 'the morning stars sang together and all the angels shouted for joy'.

May this love of God, and His peace and joy, be with you all, now and in the years to come. And may the love and welcome which Margaret and I have always found in our time in St George's continue to shine out as the wonderful Beacon for Christ which it so clearly is.

God bless!

Richard Parr.

Editor.



What's Where...

P 2	Who's who	formal, and The best place to get	P 19	Puzzles and cartoon	
P 3	Editorial	engaged	P 20	Coventry Cathedral – 60 years on	
P 4	St George's Festival Activities Day to Day	P 10	Earth Day 2022	P 21	War in Ukraine, New work by John Rutter and St Matthias' Day
P 5	Vicar's letter and Lost Sheep	P 12	Encyclopaedias and Found	P 22	Music List
P 6	Parish News and Floodlighting form	P 14	Reading can seriously damage your ignorance and The new Highway Code	P 23	Puzzle solutions, Regular Service times, Packed lunches, Ascension Day Prayer and Make time for your older relatives
P 7	Festival Highlights and Squeaks and Roars and Muddy Paws	P 15	From here to there		
P 8	St George's Gin and Royal support of UK church buildings	P 16	Just-Ice Poynton		
P 9	Recent baptisms of two sets of twins, English is becoming less	P 17	Missa Stopfordiensis and Why a Russian novelist is so popular just now		
		P 18	Children's Page		

St George's Festival 2022 Activities Day to Day



Wednesday 4th May

9.30am	Morning Prayer – <i>all welcome</i>
10am	Wednesday Morning Communion – <i>all welcome</i>
11am	St George's School Collective Worship with visiting sheep from Inspiring Animal Therapy!
12noon	Open to the public
12noon – 4:30pm	Prayer Trail and Labyrinth
6pm	Taizé Service – <i>all welcome</i>

Thursday 5th May

9am – 11:45am	School/Nursery visits
12noon	Open to the public
12noon – 4:30pm	Prayer Trail and Labyrinth
2pm	St George's School choir performance.
4:30pm	Cheshire Community Choir
6pm	Compline – <i>all welcome</i>

Friday 6th May

9am – 11:45am	School/Nursery visits
12noon	Open to the public
12noon – 4:30pm	Prayer Trail and Labyrinth

12:30pm	Card making
1:30pm	Independent Options Choir
2pm	Spinning Demonstration and talk
6pm	Celtic Prayer – <i>all welcome</i>

Saturday 7th May – Family day

10am	Open to the public
10am – 12noon	Messy Church, in the Chapel
12:30pm – 2:30pm	Brooklyn Pottery
12:30pm – 1:30pm	Face Painting
12noon – 1pm	Inspiring Animal Therapy bringing some small animals
3pm – 4pm	Offerton Methodist Choir
6pm	Short act of worship – <i>all welcome</i>
7pm	Sheep Drive in Parish Rooms with Cheese and wine

Sunday 8th May

8am	Holy Communion – <i>all welcome</i>
10:15am	Pet Service – <i>all welcome</i>
12noon	Open to the public
1pm – 3pm	Afternoon tea
4pm	Songs of Praise – <i>all welcome</i>

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Elaine writes:

Jack in the Box
 Jack in the Box
 Andy is trying to undo the locks
 Andy is wondering, goes up and knocks
Knock, knock
 Jack in the box.

A flash back to your childhood if you're someone of a certain age.

This was a little song from Andy Pandy, much beloved of small children and part of the Watch with Mother series on the BBC.

The thing is, it never got old. Andy knew quite well what was in the box, but each time he still seemed to be surprised when up it popped again and there was always joy and delight in seeing that toy reappear anew.

Easter Sunday is behind us, but we revisit the readings, the images and the recollections each and every year. We know the end of the story. We know what happens after the crucifixion and the laying of Jesus in the tomb. We know that Jesus rises again, is seen by those close to him and others and then ascends into heaven after

commissioning his followers to make disciples of all nations.

We know that, but do we engage with it, especially after Easter has been and gone?

Is this something that we need to reconnect with, this sense of surprise that Jesus has risen from the tomb? Do we need to return to the child-like state to revisit the joy when something expected, unexpectedly happens?

It strikes me that it is important to keep that edge to our faith and to allow ourselves to be startled by things that we think we ought to know about. We need to make time to revel in that luxury of simply being present in a familiar Bible passage without any need to analyse, to discuss it. We should step into the words of Scripture and wait patiently on what God is saying to us and be prepared to be surprised and to respond with joy.

Read Luke 24 slowly and prayerfully, engaging with the text as if you were actually there at the time. Ask God to show you things that you might have never noticed before because your senses have been dulled and the words have simply become narrative to read through, without encounter. Have a sense of expectation that things will be revealed to you afresh and await the unexpectedly expected.

Every blessing
 Elaine.

Lost Sheep

In their Friday-evening session in church last week, the Rainbows were thinking about lost sheep, in preparation for St George's 125th Anniversary Festival this month.



Parish News Roundup

Holy Baptism

3rd Apr Jaxon Hargreaves and Stanley Hargreaves (twins)

Holy Matrimony

9th Apr Lucy Isabella Johnson and Christopher James Hardman

Funerals

13th Apr Walter George Smith: service at St George's and committal at Mill Lane Cemetery

20th Apr Carl Thompson: service at St George's and committal at Stockport Crematorium

Communion Flowers were sponsored as follows:

27th Mar in memory of Olga Jones

3rd Apr from Peter Pilbeam, in loving memory of Margaret Pilbeam

from Kathleen Heaword, in loving memory of Bertha Heaword

from Mike and José Westwood, in memory of Edith Holehouse

Parish News Roundup

10th Apr to celebrate the wedding of Lucy Johnson and Christopher Hardman

17th Apr from Hazel Jenkins, in loving memory of Harry and Vera James

Floodlighting was sponsored as follows:

17th Apr from Stuart and Jane Roughley, to celebrate their 40th wedding anniversary

Mothers' Union

Please note that we will **NOT** be having a meeting on Monday May 9th.

The church will be very busy clearing up after the 125th Anniversary Festival, which we are all looking forward to.

Our next meeting will be on **Monday June 13th**, when we will celebrate the **Queens' Platinum Jubilee**.

Message Board

We are very sorry that two members of the Grapevine Committee have not been at all well recently. We hope

Parish News Roundup

that Rosie Stead and Pamela Ferguson are soon feeling very much better. We send our love to them both.

Deanery Ascension Day Service

This service will take place in St George's Church on Thursday 26th May at 7.30pm

Choral Evensong

Our service of choral evensong takes place on the last Sunday of the month, which this month will be on Sunday 29th May at 4pm.

Baptisms, Banns and Marriage bookings:

Please contact the vicar:

Telephone: 0161 456 9382

or email:

vicar@stgeorgestockport.org.uk

June 2022

Grapevine magazine dates:

Deadline copy date: **Fri 20th May**

Committee meeting: via email

St George's floodlighting – sponsorship request form

(Please return to Andrew Regan, 153 Acre Lane, Cheadle Hulme, Cheadle, SK8 7PB).

Name Phone no

Date of evening requested £20 or £..... donation enclosed (Please make cheques payable to St George's Stockport PCC)

Reason for request (if appropriate)

If you are a taxpayer and would like the church to reclaim the tax on your donation please also complete the following Gift Aid declaration:

I want to Gift Aid my donation of £..... to St George's Church, Stockport. I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax in the current tax year than the amount of Gift Aid claimed on all my donations it is my responsibility to pay any difference.

Title..... First name or initial(s).....Surname.....

Home address:.....

Post Code

Signature.....

Date



25th Anniversary

The Lord is My Shepherd

Arts and Community Festival



St. George's Church, Buxton
Road, Stockport, SK2 6NU

4th-8th May 2022

Wednesday 4th-Saturday 7th 12-6pm

Sunday 8th 12-4pm

Refreshments available



Festival Highlights

Wednesday 4th May

Time t.b.c. Photographic Competition Presentation
6:00pm Taizé Service - music, prayer, meditation

Thursday 5th May

2:00pm St George's School Choir
4:30pm Cheshire Community Choir
6:00pm Compline - evening prayer

Friday 6th May

1:30pm Independent Options Choir.
2:00pm Spinning demonstration and talk.
6:00pm Celtic Prayer - quiet meditation

Saturday 7th May – Family day

10:00-12:00 Messy Church
12:00-1:00pm Inspiring Animal Therapy
12:30-1:30pm Face Painting
12:30-2:30pm Brooklyn Pottery paint a sheep
3:00-4:00pm Offerton Methodist Choir
6:00pm Compline - evening prayer
7:00pm Sheep Drive



Sunday 8th May

10:15am Pet Service
1:00-3:00pm Afternoon tea
4:00pm Songs of Praise



Squeaks and Roars and Muddy Paws

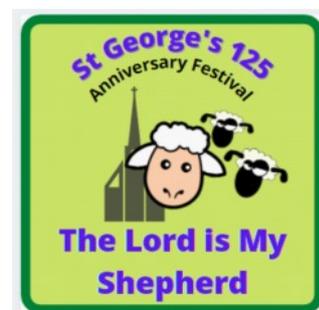
We would love to invite you to our Pet service on Sunday 8th May 2022 at 10.15am. We will be welcoming the Reverend Vet, Revd Dr Jenny McKay, to speak to us and we welcome you and your wonderful animals to join us.

To help our service run smoothly, can we please ask you to observe the following requests:

We welcome all animals but if your animal is especially large, can you please let us know by contacting vicar@stgeorgestockport.org.uk by **no later** than Friday 29th April so we can make appropriate arrangements.

- All dogs to wear collars or harnesses which can't be slipped, and a lead to be attached.
- Following advice from our vet, we ask that bitches in season are not brought to this service please.
- No young puppies or kittens unless they have had their vaccinations please.
- All animals (apart from dogs and larger animals as previously arranged) to remain in secure cages, carrying baskets or tanks.
- Please kindly bring bags for dog waste with you and be prepared to dispose of them appropriately after the service.

- Please aim to be seated by 10.05 am
- Please be guided by the stewards as to where to be seated as there will be sections for dogs, cats, small furrries, and reptiles.



- I'm afraid we aren't able to have poultry on the premises as there are currently restrictions in place due to the ongoing avian influenza outbreaks.
- Please be guided by the stewards as you leave the church as we want to ensure everyone gets out safely without any undue stress to the animals.
- Hand gel, soap and water, disinfectant, paper towels and absorbent pads will be available.
- Please **do not** bring animals who are unwell. Whilst we will have a vet (or two) on the premises, they will respond to emergencies only and general advice needs to be sought from your own veterinary practitioner. The vet's decision will be final as we want to ensure the health of all of the other animals who will be joining us.

We look forward to seeing you.

Elaine

St George's Gin

AS I'M SURE you know we are having a St George's Gin to celebrate our 125th Anniversary. The gin is one of the range from Stockport Gin and is being labelled with a very special label exclusively for us.



To be able to sell the gin within church and/or the Parish Rooms we have had to apply for Temporary Event Notices from Stockport SMBC, for each of the occasions that we want to put it on sale. The first of these will be the Drumroots workshop which will have happened by the time you are reading this, but the next time will be for the duration of the Festival 4th – 8th May. Whenever the Festival is open, the gin will be for sale and so if you have pre-ordered a bottle then this would be an ideal time to collect it.

If however you're not around then, please don't worry as we have future occasions when it will be on sale including the Heritage weekend in September and of the course the Christmas Tree Festival, just in time for you to get started on the Christmas present list!

If you do have a problem in collecting your order then do please have a word with myself, Sue Burt or Lois Kelly.

Hazel Jenkins

With grateful thanks for royal support for the UK's church buildings

AS THE QUEEN'S Platinum Jubilee celebrations approach, The National Churches Trust has issued a 'Royal Proclamation' to thank her for her patronage of the Trust for nearly 70 years.

Her Majesty Queen Elizabeth has been the Patron of the National Churches Trust since 1953, when the Historic Churches Preservation Trust, its predecessor charity, was founded. In that time, it has supported over 12,000 churches with grants and loans in excess of £100 million.

To mark Queen Elizabeth's support for its work, the Trust has now produced a special Royal Proclamation which thanks her for her patronage.

Luke March, Chairman of the National Churches Trust said: "As one of the first charities to be honoured with the patronage of Queen Elizabeth, we are very grateful to have had her support continuously throughout her reign.

"Our origins date back to the early 1950s when the condition of parish churches was in a perilous state, due to the almost total cessation of maintenance and repair during the Second World War.

"After almost 70 years of our work, challenges still remain, but we are determined to ensure that churches continue to be at the heart of communities throughout the UK and that their magnificent heritage is safeguarded for future generations. Since 1953 we have helped keep many thousands of churches open, being used and in good repair, confident in the steadfast support of Queen Elizabeth."

In a message to mark the Trust's 60th anniversary in 2013, Queen Elizabeth wrote: "Since the foundation of the Historic Churches Preservation Trust in 1953, I have seen the excellent work you have undertaken to support historic church buildings in this country."

More details about the work of The National Churches Trust and the range of support it provides can be found at www.nationalchurchestrust.org

The National Churches Trust's Royal Proclamation is also available to download on the National Churches Trust's website www.nationalchurchestrust.org/TheQueen.

Recent baptisms of two sets of twins at St George's



A FABULOUS PHOTO of the first set of our four sets of twins to be baptised this year – very unusual.

This is Abby and Shaun with Oscar and Evelyn Pink-Kane and big sister Sienna.



HERE WE HAVE the second set of our four sets of twins scheduled to be baptised this year. This is Jaxon and Stanley Hargreaves with parents Joe and Bethany and big sister Lottie. The service took place on Sunday 3rd April.

English is becoming, like, less formal stuff, maybe, okay?

IN THE BIGGEST ever study of its kind, researchers from Lancaster University looked at 100 million words to analyse trends. One expert says: “The most striking thing we found is how informal language has become. There has been a systematic shift towards more informal vocabulary and grammar.”

Some examples include a steep decline in the use of modal verbs such as ‘shall’, ‘must’ and ‘may’, while the use of Mr and Mrs is down by up to 57 percent. Instead, first names are used more and more often, even in formal letters.

Split infinitives are on the rise, and ‘shorthands’ such as ‘omg’ (oh my God), ‘tbh’ to be honest and ‘defo’ are used so much that they are now common parlance.

Could apostrophes become a thing of the past? In the last three decades alone, their use has declined by eight percent.

On the other hand, the word ‘amazing’ has increased in use five-fold – from 16.6 times per million to 88.6 times per million, while the use of ‘maybe’ has almost tripled, from 89.3 to 236.1 parts per million.

‘IN’ words on the street now include: A bit, amazing, ‘cos, focus groups, fame, global, internet, just, like, maybe, me, net, ok, online, phone, really, stuff, website

‘OUT’ words include: Authority, church, employment, may, which, whom, Mr, Mrs, must, shall, telephone, unemployment, upon, usually.

Where is the best place to get engaged?

PROPOSING MARRIAGE to someone these days needs more preparation than you might expect. Forget about just going down on bended knee and hoping for the best. Instead, you need to think location, location, location.

A recent survey found that a fifth of Gen Z and Millennial young people say they would be far more likely to accept a proposal while in an exotic place. Popular choices range from sunset beaches in Greece, whale watching in Iceland, and helicopter rides in the Grand Canyon.

Earth Day 2022

EARTH DAY 2022 is on Friday, 22nd April. Did you know? No? Neither did anyone in our family or circle of friends. 2022 for us at St George's is significant as being the church's 125th Anniversary, and Friday, 22nd April, is the day nearly 40 of us are going to try our hand at African drumming, which could prove memorable! But Earth Day?

The first surprise was to hear that this would be Earth Day's 52nd birthday, and the second was to read that it had a global following of millions. Searching online for illustration of this resulted in a world map in which the UK was studded thickly with markers of several colours, which was puzzling until, on a separate page, there was a

As so often seen, it was the idealism of youth that inspired determination to fight for a better world. Earth Day owes its existence and early spread to American students; sorry to say, 50 years later, the USA remains one of the highest contributors to pollution and climate change. In Europe we have seen the power of a single young voice, that of Greta Thunberg, to motivate schoolchildren, a sorry contrast with COP26 and an atmosphere reeking of nimbyism! (As a Briton, I was sad to hear African delegations' complaints of being unable to afford to hire discussion rooms, as well as that old chestnut, being expected to manage all meetings using English!)



key showing that the markers related to a whole variety of organisations actively interested in environmental issues. A historical map made it clear that Earth Day began in the USA and followed the massive efforts of Santa Barbara, California, to clear the devastating oil spill it suffered in 1969, and the national support engendered.

Each year has had its own watchword/statement of intent: last year's was "Restore our Earth", and 2022's is "Invest in our planet". The website leads directly to organisations such as Twinkl (for educational materials) Cool Earth (rainforests) ActionAid (centred on women and girls) and Greenfinder (a shopping channel recommending eco-friendly choices.) Every one ends with a request for you to sign in/support/enrol/donate to worthy causes inextricably linked to the commercial world.

If there is any safe place to hang our hopes for the future of our planet, it is likely to be the Scouting movement in all its applications. Badges, like stepping stones along the way, reflect the common human need for "outward and visible signs". Tasks and skills, mastered within games and competitions, are carefully matched to a child's development: in terms of the environment, Rainbows concentrate on recycling, Brownies on reducing waste, while Guides are into upcycling. Older Guides and Scouts must look to have an influence on the community. Our thanks are due to every group!



Angela Foulkes

The environmental conservation badge



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Encyclopaedias

SORTING OUT BOOKS for the local fete, a parishioner came across some well-worn and dusty illustrated encyclopaedias, treasured from his childhood. Unwilling to part with them, he put them on a shelf in the garage where his small grandchildren found them and spent many happy hours looking at the pictures. These books, however, caused him great embarrassment the day the minister came to visit. One of his grandchildren suddenly said: "Grandad, can we go look at those dirty books you keep in the garage?"

Found

On the church noticeboard: Contact lens found in church. See vicar. If you can.

Jean is always up for a spin on the dancefloor

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Reading can seriously damage your ignorance

The ability to speak several languages is an asset, but the ability to keep your mouth shut in any language is priceless.

Be decisive. Right or wrong, make a decision. The road is paved with flat squirrels who couldn't make a decision.

Happiness is not having to set the alarm clock.

Getting another set of teeth would be much more useful at 60 than at age 6.

Drinking 42 cups of coffee at one sitting will kill you with a caffeine overdose, please stop at 41.

The starting pay is \$40,000. Later it can go up to \$80,000. Great, I'll start later.

Trust science. Studies show that if your parents didn't have children there's a high probability you won't either.

If you're not called crazy when you start something new, then you're not thinking big enough.

Only in math problems can you buy 60 cantaloupes and no one asks what the hell is wrong with you?

I'm 85 and my body is full of aches and pains.
Well, I'm 85 and I feel like a newborn baby. Really?
Yep, no teeth, no hair, and I just wet my pants.

When the pool re-opens, due to social distancing rules, there will be no water in lanes 1, 3, and 5.

Tip: Save business cards of people you don't like. If you ever hit a parked car accidentally, just write, Sorry on the back and leave it on the windshield.

When I get a headache, I take two aspirin and keep away from children just like the bottle says.

Just once, I want the username and password prompt to say, "Close enough".

Becoming an adult is the dumbest thing I've ever done.

Life is like a helicopter. I don't know how to operate either one.

Did you hear about the restaurant on the moon? Great food, but no atmosphere.

If you see me talking to myself just move along. I'm self-employed, and we're having a meeting.

Your call is very important to us. Please enjoy this 40-minute flute solo.

I envy people who grow old gracefully. They age like a fine wine. I'm aging like milk. Getting sour and chunky.

Does anyone else have a plastic bag full of plastic bags, or is it just me?

I hate it when I can't figure out how to operate the iPad and my tech support person is asleep. She's five and it's past her bedtime.

Today's three-year-olds can switch on laptops and open their favorite apps. When I was three, I ate mud.

Tip for a successful marriage: Don't ask your wife when dinner will be ready while she's mowing the lawn.

So, you drive across town to a gym to walk on a treadmill?

Contributed by Peter Pilbeam

Out and about on the roads? Remember the NEW Highway Code

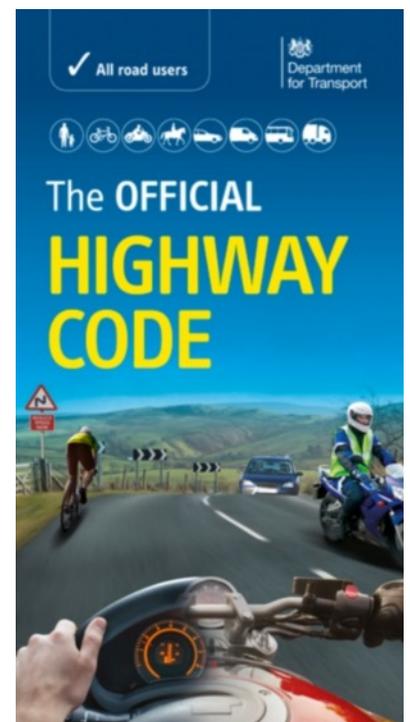
WHEN DID YOU last read the Highway Code? Various 'fundamental' changes were recently made which will surely affect you.

For example, there is a new hierarchy of road users, where drivers now have new responsibilities to watch out for people who are walking, cycling, or riding a horse.

Another example is that cyclists are now advised to cycle in the *centre* of lanes in slower-moving traffic.

Finally, do you even know how best to open your car door? According to the Highway Code, you should use your hand on the opposite side to the door you are opening; for example, use your left hand to open a door on your right-hand side. This will make you turn your head to look over your shoulder. You are then more likely to avoid causing injury to cyclists or motorcyclists passing you on the road, or to people on the pavement.

Read all about the new rules at: <https://www.gov.uk/guidance/the-highway-code>



From here to there

HAVE YOU ANY memories of being lost? Not just feeling unsure of where you are, but being really concerned, fearful maybe?

I can recall an incident in the old-style Woolworth's store in Stockport when I was very young. In those days the counters were arranged in squares, and quite high, which, for a toddler, cut out the view of the surroundings. Suddenly, I couldn't see my mother, and had no idea where she was, where to go, what to do. In fact she was only a few feet away, round the corner of the counter, and quickly responded to my wailing. Many years later the moment is still embedded in my memory.

Another occasion was on a youth hostelling holiday in Norway with university friends. We were touring in a small minibus, and one day a group of us decided to hike across the mountain ridge between two fjords. Two of our colleagues ferried us in the bus to the start point, and arranged to pick us up early evening at our destination hamlet some miles away.

We had a map, and several experienced hikers in our team, and set off confidently on the steep climb up the ridge, enjoying the magnificent views. It was only when we got to the top that we found that the ongoing terrain didn't match our map! We seemed to have two possible routes to follow, but neither had a clear line to our pick up point. No mobile phones in those days, or buildings or phone boxes in the mountainous countryside! If we chose wrongly, we faced the prospect of a night on that mountain ridge. If we went back, we would have no means of transport back to the Youth Hostel. Eventually we agreed on a route, and after a much more strenuous trek than we had anticipated, we arrived at our pick-up point. It was a sobering, and memorable experience, and we never satisfactorily resolved why the map didn't seem to be correct, although one suggestion was that it was for use by skiers and not walkers.

The moral of this story is – be sure your navigational guides are fit for your specific purpose!

There are people who dread seeing the sign 'Diversion' on the road. You follow the first couple of signs – and then nothing! Should you press on in hope, trusting another sign will turn up soon? Or should you retrace your steps to find a familiar place from which to devise an alternative route?

Worse still is when suddenly a motorway is closed off, all the traffic advised to leave at the next exit, but no indication at all as to where to go. Satnavs are invaluable in such situations, until, perhaps you come upon a sign saying 'Don't follow satnav'. The locals know why, but visitors are really left in limbo.

Usually, such experiences of getting lost are relatively short lived. Someone eventually turns up who can help – be it a parent or grown up, a person familiar with the location, or just having access to a reliable map.

But when the storms of life assail us, there are times when we can experience the feeling of being lost; of being deeply affected, personally, or perhaps because of the impact of events on people we hold dear. It is often occasioned by matters over which we have little or no control. The Covid epidemic and the war in Ukraine are particular examples of this.

It is at such times people will turn to God – for hope, guidance and support.

But are they – or we, for that matter – able to find him? Do we have the equivalent of maps, guidebook or a satnav, or people around us to show us the way?

As followers of Christ, we believe that God cares for each and every one of us. But do we keep our spiritual maps, our means of making contact, up to date, both for our own sakes and so that we can be of help to others who may feel lost?

If God is our guide and map-maker, our 'cartographer' so to speak, we need to have done our preparations to keep ourselves in touch in a rapidly changing world. We do have a guide book – the Bible. And there are key extracts which are good reference points – Jesus' teaching of the Lord's Prayer, Moses setting out the Ten Commandments, the Christian creeds, which spell out the essence of what we believe.

At the time leading up to Good Friday, we were reminded of the trauma experienced by the disciples at Jesus' arrest, trial and execution. All they thought they were achieving with him seemed to have fallen apart. They truly felt they were lost. But Christ's resurrection opened their eyes to his true nature, to the true meaning of his teaching, and to the knowledge that with God, all things are possible.

They still had much to learn, but in the Gospel accounts, and the other New Testament writings, they record how they came out of the experience of feeling lost, and ventured forth in faith.

They put their trust in Jesus, remembering the words Jesus said to Zacchaeus, the tax collector, "The Son of Man came to seek and save what was lost".

So, as we move on from Easter, let us renew our trust in him. Perhaps it is a time when we should ask ourselves, "What is our hoped-for destination in life, and the life hereafter? Where are we now? How do we find the right way from here to there?" We have the guidebook, and Jesus as our guide.

Let our resolution be to endeavour to seek him more earnestly, to follow his teaching faithfully and joyfully, so that the lost, be it ourselves or others, may be found.

Walter Stead

Just-Ice Poynton

'I FIRST HEARD about **Just-Ice** a couple of years ago,' says Jo. 'Some friends told me they knew the charity supports victims of modern slavery – and makes ice-cream in Derby!' At first the two things didn't seem to fit but Jo found she couldn't forget about these slaves, so she decided to visit Gavin and Sally Murray's café in Derby with one of the ministers from her church, St George's Poynton, and find out more.



Just-Ice, she discovered, supports survivors of modern slavery, by providing sympathetic employment and training. It's estimated that worldwide there are 40 million slaves; in UK 136,000. Victims are put to forced labour or held in domestic servitude, often sexually exploited, completely controlled and exploited by others. The founders, Gavin and Sally, already had a hobby of making artisan ice-cream and felt passionately about the traumatic lives of modern slaves. They put the two things together and set up a **social enterprise selling their ice cream**. It's gone well so they looked for independent regional partners. This is where Jo came in.

But could this work in Poynton? With the support of their church and the Diocese of Chester Jo, her husband, Paul, and a group of trustees plus volunteers got charitable status for **Just-Ice Poynton** in October 2020 and began an Events Service: private weddings, church parties, School or Sports 'Dos' etc. 'We had our first delivery of ice-cream in May 2021,' says Jo, 'and it's stored in a special freezer. Gavin drove it up from Derby where one



of the victims who is now fully rehabilitated and works for him at the Derby café, came out of furlough to make our ice-cream. She used Fairtrade ingredients, apples sourced from Gavin's garden, blackberries picked locally and milk and cream from Peak District Dairies.' Everyone has to be trained in Food Hygiene standards, and the volunteers get special 'scoop and serve' training!

'We began with our trike called "Harriet" complete with a big parasol if it rains, mini freezer and six containers of mixed ice-creams, just waiting to be enjoyed.' 'We named the trike after Harriet Tubman, a former slave in Maryland, USA, in the 1850s. She escaped to freedom but after a while she made 11 trips back to the plantation where she'd been held and managed to rescue over 70 slaves. The journeys were arduous, including swimming through rivers, but Harriet was an anti-slavery activist and a formidable woman.'



In October 2021 the ice-cream café on semi-pedestrianised Park Lane in Poynton was opened and now provides a safe space for training three survivors of modern slavery, offering them community, routine and the chance to learn new skills as well as build their confidence and resilience. The café is also used as a community outreach, hosting drop-in coffee mornings to help tackle loneliness and isolation and other events. 'We're rolling **Just-Ice Poynton** out,' says Jo, 'so we can do what we can in our little way to make the world a bit of a fairer place. We want to show what God's justice and love is and that we believe in it.'



Look out for the café if you're in Poynton this summer (or even Harriet the trike when you're out and about) and know that the profit from every ice-cream you buy helps someone who's been trafficked into a better life.

www.just-icepoynton.org Facebook.com/Just-Ice-Poynton

Missa Stopfordiensis

THE PRESENCE in the present music list of *Missa Stopfordiensis* reminded me that it is now ten years since it was composed. It has been sung from time to time over the years, but usually in the seasons of Advent and Lent when the Gloria doesn't form part of the Communion service. There has been a practical reason for this, which I will attempt to explain below.

A passage in the Gloria contains words that are also in the Agnus Dei, "...Lamb of God, you take away the sins of the world: have mercy on us;" I felt it would provide a musical cross-reference if these words were set to the same portion of melody in both the Gloria and the Agnus Dei. I couldn't claim this as an original idea since it is used in the very beautiful *Chichester Mass* by Richard Lloyd, composed in 1992. It sets the Latin text and is for unaccompanied voices in four parts. Being for the cathedral choir, the composer wasn't constrained by the need to keep the music suitable for congregational participation.

In *Missa Stopfordiensis* my intention was for the Gloria to be basically joyful in mood, and it is set at exactly twice the tempo of the Agnus Dei. This enabled me to incorporate the music from the Agnus Dei at the same tempo in the Gloria by doubling the note values (it probably sounds complicated already!) It seemed entirely logical to me, but did present some problems. It was essential for the Gloria to be sung at the correct speed, otherwise the "Agnus Dei" music would be too slow. However, this resulted in the Gloria moving perhaps a little too quickly for comfort. Besides this, the apparent sudden slowing of the tempo was not easy, even for the choir, and picking up the original tempo again at "You are seated at

the right hand of the Father ..." proved equally problematic, even though the same basic pulse remained throughout. On the occasions it was sung I couldn't help wondering if there was a way in which it could be made easier.

Though I had considered this for some time, the solution came to me only recently in one of those "light bulb" moments! Slow the overall tempo of the Gloria just sufficiently to make it more comfortable and, rather than slowing the tempo at "... you take away the sin of the world ...", continue this little section at the same speed, thus enabling the tempo to be kept constant throughout the entire Gloria – problem solved!?! The same portion of melody is still sung in both the Gloria and the Agnus Dei, so the musical cross-reference has been retained, even though the tempo is not the same, which is perhaps a little more subtle. Having made the necessary amendments to the score, I showed it to James Hibbert and explained what I had done. He was immediately enthusiastic, as he had likewise been all too aware of the problems caused by the tempo change in the original. It has been tried by the choir in this revised form and, to my relief, works much more satisfactorily. As a result, *Missa Stopfordiensis*, including the Gloria, will hopefully be reintroduced to the music list quite soon. It will be good to be able to sing the setting in its entirety, and I hope the congregation will also find it easier to sing. In a note included in the score I wrote about the music, "the melodic and harmonic language is intended to express the words of the various sections of the office in a direct and recognisably traditional idiom: an act of worship and of faith."

Andrew Mayes

Why a Russian novelist is so popular just now

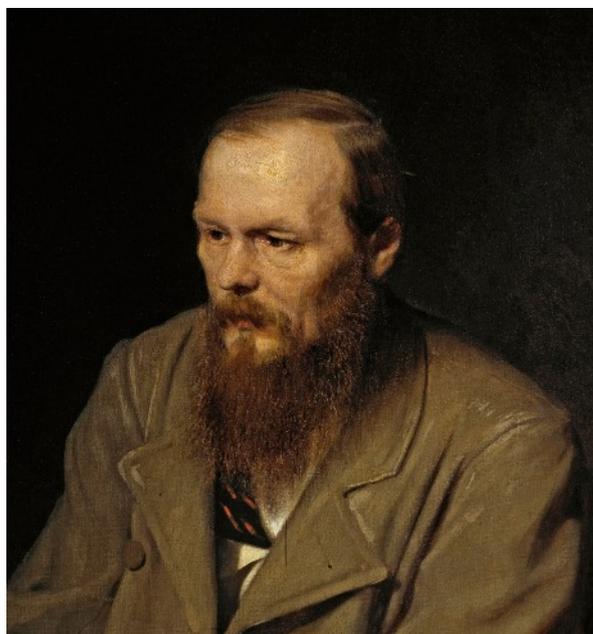
FYODOR DOSTOEVSKY once wrote of the "pleasure of despair", and it seems that many pessimistic modern readers agree with him.

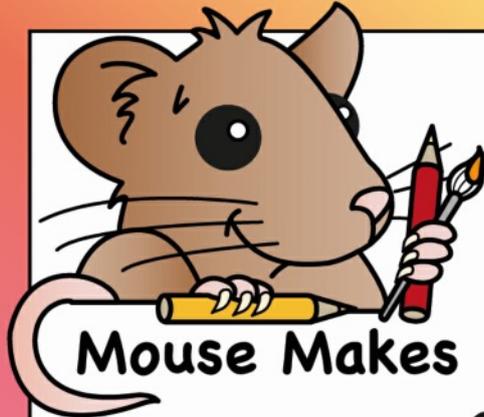
Whatever the reason, sales of the Russian author's brand of 'gloom and nihilism' has become the fastest growing market for Penguin Classics, with sales of *Crime and Punishment* and *Notes from the Underground* quadrupling. Dostoevsky has moved from 40th on the list of bestselling classics authors to number four. His sales have increased by 177 per cent since 2016.

As one literary expert explains, "The appeal is that Dostoevsky's view of human nature seems more apparent now: we're irrational, egotistic, and self-destructive.... Our perverse impulses are at the heart of civilisation.

"Readers of his novels would not be surprised by global affairs of the last several years. These are all Dostoevskian. There is now an abiding fear that there are no foundations, no ultimate sense of truth or justice, and this is something we're grappling with these days."

Dostoevsky was born in 1821, the son of a nobleman who was later murdered, probably by his servants. Dostoevsky suffered epilepsy, gambling addiction, Siberian exile, and a mock execution when he was 28.





Mouse Makes

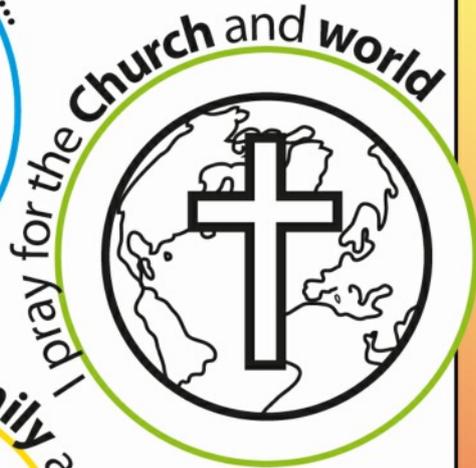
"Give thanks to the Lord for He is good, His love endures forever"
Psalm 136:1



Jesus said,
"This, then, is how you should pray:
Our



_____ in _____ hallowed be your _____ your _____



_____ come, your _____ be done, on _____ as it is in _____ Give us this day our daily _____ And _____



"Never stop praying."
1 Thessalonians 5:17

_____ us our _____, as we also have forgiven our debtors. And _____ us not into temptation, but _____ us from the _____ one."



"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God."
Philippians 4:6

Read Matthew 6:9-13 to fill in the words.

Sudoku puzzle: easy

	3	7	1	8		4		
2				9	3	7		
5			2			6		
	5		8		6		2	
8		2	5		4	3		6
	7		9		2		5	
		3			8			9
		5	4	2				3
		4		5	1	2	6	

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Sudoku puzzle: intermediate

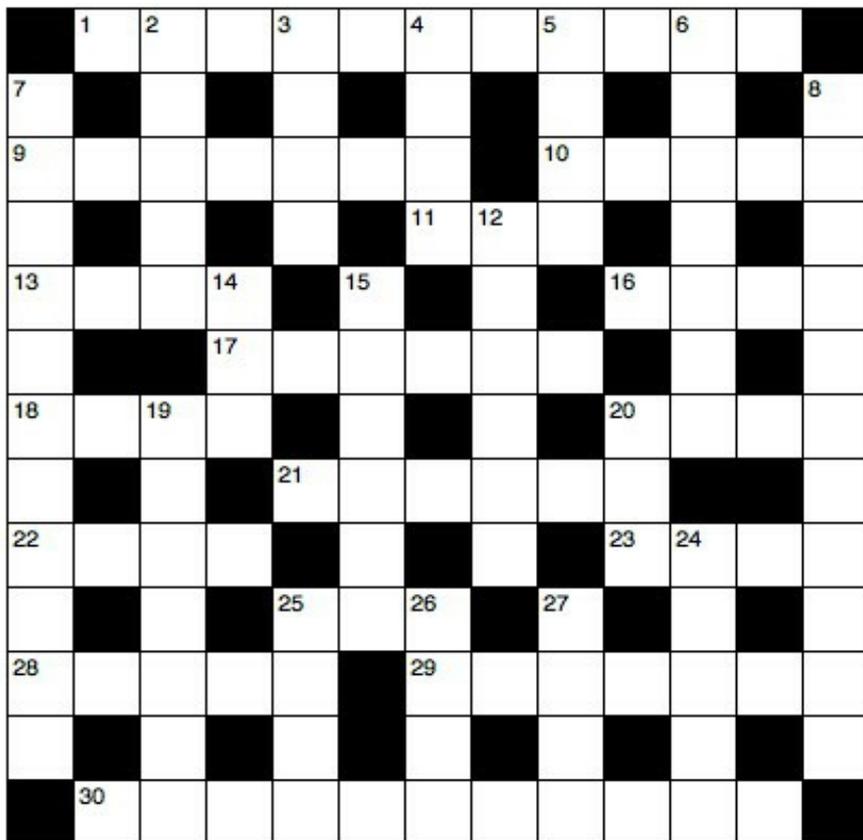
	2				1	4		6
9					3	8		
				4				3
	6		2					
	5							4
					9			7
6				2				
		3	9					1
8		1	5					9

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(Answers to all puzzles are on p. 23)



Crossword



Across

- 1 Overpowered (Deuteronomy 11:4) (11)
- 9 'The — are mantled with corn' (Psalm 65:13) (7)
- 10 'Each man—a sword to his side' (Exodus 32:27) (5)
- 11 On the death of Jesus the curtain in the temple was torn from— to bottom (Matthew 27:51) (3)
- 13 Stagger (Isaiah 28:7) (4)
- 16 'Anyone, then, who knows the good he ought— and doesn't do it, sins' (James 4:17) (2, 2)
- 17 Stir up or provoke (Acts 13:50) (6)
- 18 Burden (Luke 11:46) (4)
- 20 'As far as the east is from the—, so far has he removed our transgressions from us' (Psalm 103:12) (4)
- 21 Sign (Luke 23:38) (6)
- 22 'After that, Jesus poured water into a basin and began to— his disciples' feet' (John 13:5) (4)
- 23 The nature of the seven ears of corn which swallowed up the good ears in Pharaoh's dream (Genesis 41:23) (4)
- 25 Has (anag.) (3)
- 28 'This is the account of Shem, Ham and Japheth, — sons' (Genesis 10:1) (5)
- 29 'I will... make them drunk, so that they... sleep for— and— awake' (Jeremiah 51:39) (4, 3)
- 30 Paul said of him, 'he often refreshes me and is not ashamed of my chains' (2 Timothy 1:16) (11)

Down

- 2 Worth (Matthew 13:46) (5)
- 3 'A bruised — he will not break' (Matthew 12:20) (4)
- 4 'Suddenly a great company of the heavenly — appeared with the angel' (Luke 2:13) (4)
- 5 Slip (anag.) (4)
- 6 'Take an awl and push it through his — into the door, and he will become your servant for life' (Deuteronomy 15:17) (3, 4)
- 7 Bountiful (2 Corinthians 8:2) (11)
- 8 'Therefore, as we have —, let us do good to all people' (Galatians 6:10) (11)
- 12 Acquire (2 Timothy 2:10) (6)
- 14 Container cover (Numbers 19:15) (3)
- 15 'He... became obedient to death, even death on — —!' (Philippians 2:8) (1, 5)
- 19 Refrain (1 Peter 2:11) (7)
- 20 'She began to — his feet with her tears' (Luke 7:38) (3)
- 24 One who worships Brahma, Vishnu or Shiva (5)
- 25 'Give to everyone who — you' (Luke 6:30) (4)
- 26 'I lift up my eyes to the hills; where does my — come from?' (Psalm 121:1) (4)
- 27 One of those whom the Lord said would be taken from Jerusalem and Judah as judgment on them (Isaiah 3:2) (4)

Coventry Cathedral – 60 years on

SIXTY YEARS AGO, on 25th May 1962, the new Coventry Cathedral was consecrated. The previous one had been destroyed by German bombing during World War Two. The Queen laid the foundation stone in 1956, and she was present for the consecration.

On the night of 14th November 1940, the old cathedral – together with much of the centre of Coventry – was devastated by incendiary bombs, but the decision to rebuild it was taken the next morning. The provost, Richard Howard, wanted to do so as a sign of faith, trust and hope, rather than as an act of defiance.

This rejection of bitterness and hatred led to the cathedral's Ministry of Peace and Reconciliation, which continues to give spiritual and practical support in areas of conflict. It is symbolised now by the Cross of Nails, made from three nails found in the roof truss of the old cathedral and set in the centre of the altar cross.

The place now called Coventry Cathedral, on the site of a Benedictine monastery, is in fact two buildings – a

joining of the old and the new. The older building, still hallowed ground, was originally a parish church, and then given cathedral status in 1918. Its 295ft (90m) spire, containing 181 stone steps, is the third highest in England, behind Salisbury and Norwich.

The 'new' cathedral was an inspiration to many celebrated artists, most of them yet to become famous. Among those commissioned by the architect, Sir Basil Spence, were Graham Sutherland (iconic Christ in Glory tapestry), John Piper (baptistry window), Ralph Beyer, John Hutton, Elisabeth Frink and Jacob Epstein, who created the striking sculpture of St Michael defeating Lucifer.

The famous Charred Cross was created when the cathedral stonemason, Jock Forbes, saw two wooden beams lying in the shape of a cross after the bombing and tied them together.

Tim Lenton



Members of St George's in front of the Charred Cross at Coventry Cathedral, on the occasion of collecting an award for *Grapevine* magazine in 2018

An extract from The Coventry Prayer – “A rule of life for the earthing of heaven”

“I rise today by the grace of God and commit myself to walking in your ways.

Today, I pray...for the community of the Cross of Nails, for areas of conflict and trauma, for perpetrators of violence and for those who suffer, and for peace and reconciliation amongst all peoples.”

War in Ukraine:

Diocese in Europe and USPG launch Ukraine emergency appeal

THE CHURCH OF ENGLAND Diocese in Europe and USPG, the mission agency, have launched an emergency appeal to get aid to people in desperate need because of the invasion of Ukraine.

Funds raised by the appeal will support Christian charities and churches carrying out humanitarian work both in Ukraine and responding to the arrival of refugees in neighbouring countries.

Partners on the ground are providing food, medicine, shelter, care for children and people internally displaced in Ukraine. With refugees they are supplying care at the border and beyond, including attention to those from Africa and Asia as well as Ukrainians who are fleeing the war.

The appeal is for urgent help NOW, but the work will go on for many months.

The Church of England's Bishop in Europe, the Rt Revd Robert Innes says: "War is horrible. It injures, destroys, and kills in an often indiscriminate and uncontrollable way. And now, we face war in Europe.

"The people of our little church, Christ Church Kyiv, find themselves in the midst of this crisis. They are typical of so many others.

"Some have fled the city whilst others are still there, praying for their safety and for peace as they shelter as best they can. These people are our brothers and sisters. Those still in Ukraine and those who have fled need our help."

USPG's General Secretary, the Revd Duncan Dormor, adds: "Our hearts and prayers go out to the people of Ukraine. We have launched this appeal in partnership with the Diocese in Europe to stand in solidarity with the people of Ukraine and support church responses to the current crisis."

To donate to the Ukraine emergency appeal, visit <https://ukraine-emergency-appeal.raisely.com>



John Rutter pens new work after Ukraine invasion

John Rutter, the composer, has written a new choral work in response to the invasion of Ukraine.

Funds raised from 'A Prayer for Ukraine', are going to the Disasters Emergency Committee's Ukraine appeal.

Rutter explained: "How can a composer respond to a global tragedy? I suppose by writing music. Like everybody I have been shocked and dismayed by the events of recent days.

"The first thing I wanted to do was write music that would respond in my own way. I went to a late-night service in my old college chapel where they sang a setting of a lovely Ukrainian prayer, so having encountered the Ukrainian text, on Thursday I wrote my own music. I hope the meaning of the text will resonate in people's hearts."

The words of the piece, which are originally in Ukrainian, translate into English as: "Good Lord protect the Ukraine. Give her strength, courage, faith, and hope. Amen."

He added: "I hope it speaks in terms which reach out to the Ukrainian people in their hour of need."

The score is available for free by submitting this form: <https://bit.ly/RequestAUkrainianPrayer>. You are welcome to duplicate the score for the sole use of your own choir. You may like to make a donation to a Ukrainian relief charity, perhaps equivalent to the approximate cost of the copies had you purchased them. If you wish, you are free to make an audio or video recording of the piece without a special licence to do so.

Listen to the new work at: <https://www.youtube.com/watch?v=2bx4QFxfW2s>

Holy Days: 15th May – Matthias the Apostle, called by lots

HAVE YOU EVER happened to be in the right place at the right time, with certain qualifications, and suddenly realise that God is singling you out for a special task? If so, Matthias is a good patron saint for you!

In Acts 1 (15 – 26) the apostles had a task to do: Judas had betrayed Jesus and died, and so a new apostle needed to be chosen. He had to have been a follower of Christ from the Baptism to the Ascension, and also a witness of the Resurrection in order to qualify. In the

event, the choice fell to one of two: Joseph Barsabas and Matthias.

Lots were drawn, and Matthias was chosen. How confident he must have felt in his calling: what encouragement that would be when the going got rough in later years! Matthias is thought to have ministered in Cappadocia and even Ethiopia. His emblem is usually an axe or halberd, regarded as the instrument of his martyrdom. His supposed relics were translated from Jerusalem to Rome by the empress Helena.



ST. GEORGE'S CHURCH, STOCKPORT MUSIC LIST – MAY 2022

Sunday 1st May – The Third Sunday of Easter	
10:15am – St. George's Service	
Setting:	Mass of St. Thomas – Thorne
Hymns:	627 Ye servants of God, your Master proclaim, 467 How sweet the name of Jesus sounds 468 I danced in the morning... 527 New songs of celebration render
Anthem:	Draw us in the spirit's tether – Friedell
No Evening Service	

Sunday 8th May – The Fourth Sunday of Easter (Good Shepherd Sunday)	
10:15am – All-age Festival Service	
See Order of Service for details	
4:00pm – Festival Evening Service	
Hymns:	594 The Lord's my Shepherd, I'll not want; 589 The King of love my Shepherd is SP283 I will sing the wondrous story 534 O for a thousand tongues to sing
Psalm:	100
Anthem:	The Lord is my shepherd – Goodall
Dismissal:	The Lincoln Setting – Archer

Sunday 15th May – The Fifth Sunday of Easter	
10:15am – St. George's Service	
Setting:	A Mass for Worth Abbey – Greening
Hymns:	516 Love divine, all loves excelling 505 Lord Jesus Christ, you have come to us, 305 I come with joy, a child of God, 503 Lord, dismiss us with thy blessing,
Anthem:	If ye love me – Tallis
No Evening Service	

Sunday 22nd May – The Sixth Sunday of Easter	
10:15am – St. George's Service	
Setting:	Missa Stopfordiensis – Mayes
Hymns:	600 Thou art the way: by thee alone 449 God of mercy, God of grace, 445 God moves in a mysterious way 148 Jesus lives! Thy terrors now...
Anthem:	God be in my head – Rutter
No Evening Service	

Thursday 26th May – Ascension Day	
7:30pm – Deanery Ascension Day Service	
Setting:	The Canterbury Service – Barker
Hymns:	167 Hail the day that sees him rise, 558 Praise to the Lord, the Almighty,... 172 The head that once was crowned with thorns... 14 Glory to thee, my God, this night
Anthem:	Glorious and powerful God – Wood

Sunday 29th May – Sunday after Ascension	
10:15am – St. George's Service	
Setting:	Mass of St. Thomas – Thorne
Hymns:	167 Hail the day that sees him rise, 546 O worship the King, all glorious above; 278 Alleluia, sing to Jesus! 626 Ye holy angels bright,
Anthem:	King of all ages – Isom
4:00pm – Choral Evensong	
Hymns:	409 Come, ye faithful, raise the anthem, 563 Rejoice! The Lord is king, 527 New songs of celebration render
Responses:	Rose
Psalm:	68(*)
Canticles:	Evening Service in F – Ireland
Anthem:	Mighty, glorious is God the Father – J.S. Bach

Puzzle solutions

Easy Sudoku solution:

6	3	7	1	8	5	4	9	2
2	4	8	6	9	3	7	1	5
5	1	9	2	4	7	6	3	8
3	5	1	8	7	6	9	2	4
8	9	2	5	1	4	3	7	6
4	7	6	9	3	2	8	5	1
1	2	3	7	6	8	5	4	9
7	6	5	4	2	9	1	8	3
9	8	4	3	5	1	2	6	7

Intermediate Sudoku solution:

3	2	7	8	9	1	4	5	6
9	1	4	6	5	3	8	2	7
5	8	6	7	4	2	9	1	3
4	6	9	2	7	5	1	3	8
7	5	2	3	1	8	6	4	9
1	3	8	4	6	9	2	7	5
6	9	5	1	2	7	3	8	4
2	7	3	9	8	4	5	6	1
8	4	1	5	3	6	7	9	2

Crossword solution:

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

Packed lunches are back in style

WITH FOOD PRICES soaring, who needs a bought sandwich or salad? They can cost nearly £8 a day from LEON or Pret or other food outlets. Instead, it seems we are investing in plastic food containers (John Lewis reports sales are up 64 per cent on last year) and taking our own lunches to work.

As one cookery blogger explains, "You can't reduce your council tax, but you can make little savings on everyday meals, which add up to a significant difference."

"It's 'cool' these days to take a packed lunch to the office," says Suzanne Mulholland, author of *The Batch Lady: Shop Once. Cook Once. Eat Well All Week*. "Being organised and prepared is seen as a good thing."

As for coffee, consider this: buying a £3 cappuccino every day adds up to £1,095 a year. Far cheaper to fill a flask at home.

Make time for your older relatives

MANY OF OUR older people are lonely. They lost touch with their families during the pandemic, and it seems that they have still not caught up again.

A recent survey by Age UK found that as many as 27 percent of people aged 60 and over admit that they speak less to their families now, and 24 per cent of older people say they feel less close to their relatives than before the pandemic.

Regular Services at St George's

Services in church, with congregation:

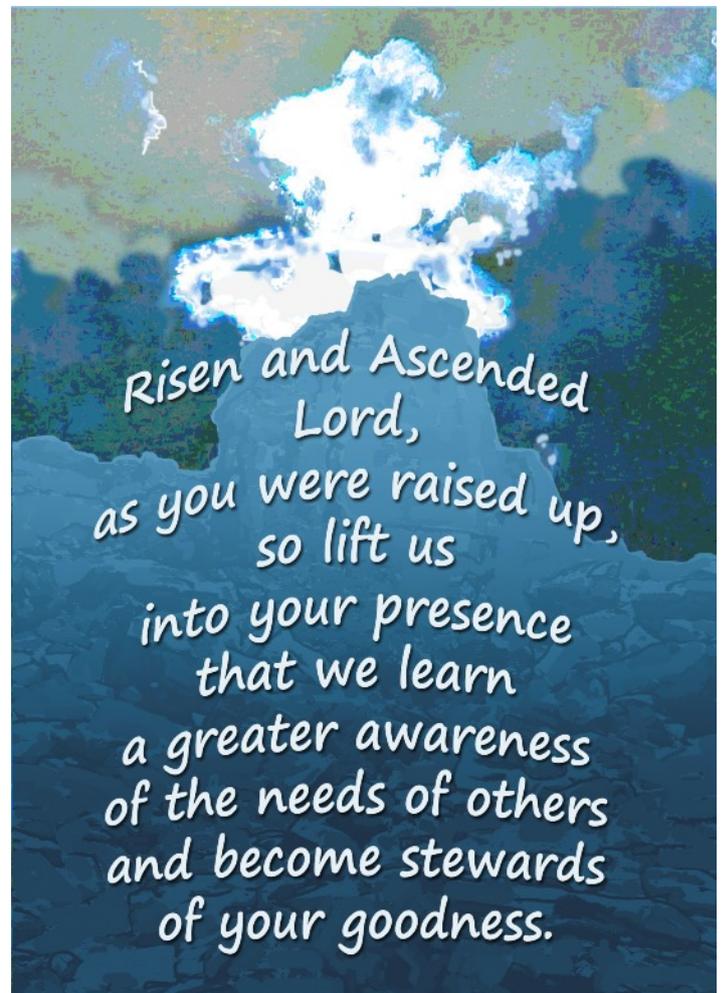
Sundays: 8am Holy Communion (BCP)
10.15am Parish Communion (also live streamed)
4pm Choral Evensong (last Sunday of the month, also live streamed)

Wednesdays: 9.30am Morning Prayer (also live streamed)
10am Holy Communion (BCP)

Services which are live streamed only:

Mondays to Fridays: 9.30am Morning Prayer (also in church on Wednesdays)

The church will also be open for individual private prayer in the chapel on Wednesdays and Sundays from 11am to 12 noon



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