

St.Mary, Alderley



Parish Magazine

March 2024

From Nathan

breathe in....breathe out...

I've lost count of the people I've spoken to who have said 'thank goodness January is nearly over'.

It's a terrible thing to wish time away, but I know what they mean. For me, 2023 ended with a bad cold, and then a chest infection at New Year. I'll be glad to see the back of this month! However, one wonderful thing which has happened in the damp dark days of January is that I've started my new job. You may not know but I'm part time at St Mary's, so have now begun a new adventure as CEO of a health charity which provides mindfulness and meditation to anyone who has chronic pain, anxiety or depression as an alternative (or complimentary) source of help to medication.

Did you know that you can train your brain to see and experience pain and discomfort in a different way through meditation and being 'in the moment'? I'm just learning about all the ways in which being mindful can change our perspective on our own lives, the world around us and even the people around us.

So, instead of trying to cope with 'business as usual' as the year started, I decided to try and experience each day in a different way, being grateful for the little things, being happy with small movements of progress and glimmers of light rather than trying to plough on regardless of how I've felt over the last few weeks. More 'being' perhaps, and rather less 'doing'.

If you're an ideas person and want to get stuff done, this can be hard, but it is possible. It doesn't mean that we sit back and do nothing, but that we allow things to develop organically, trusting that we will find a way forward, or be shown a way forward.

If you see life from a Christian perspective like me, then you'll know God is in that process. However, we have to sometimes be still and quiet in order to be able to listen and hear

Church Registers

15th January: Thanksgiving - Elizabeth Fairhurst

NETHER ALDERLEY 200 CLUB **Latest draw winners**

1 st prize	Malcom Bell
2 nd prize	Maureen Woolley
3 rd prize	David Mogg

FLOWER ROTA

(continued)

This time of year can be hard. We've spent all our money on Christmas, the weather can be unforgiving and it's hard to get out and about, but we know it won't last. We can already see snowdrops popping up and signs of new life all around us if we look hard enough. This might not be enough to raise our spirits entirely, but whatever it is which seems to be dragging us down will pass and the light will come.

However your year began, with energy, joy and productivity or with a box of tissues and a lemsip, know that this will be a year of change for us all. We have the opportunity to reach out, step out and try something new, experience the world in a different way and share light, peace and joy. We can experience each day as a new and wonderful blessing. Whatever we decide to, St Mary's will be here for you if you want to share this new year with us.

Oasis Easter Appeal

While it seems only yesterday that I thanked you for your kind donations to Oasis for Christmas, Easter is early this year and so - here I am again!

I would be most grateful for any food items you can provide for the people of Gorton, Manchester, who attend Oasis each day. Food parcels are given out by the Emergency Support team daily, and also some little treats like Easter eggs are welcomed. It has been a hard winter so far, both financially and weather wise, and Easter always brings hope with spring around the corner. Please give what you can.

Thanking you in advance,

Lesley Marsh
22.1.24

EASTER FLOWERS

If you wish to make a donation towards the cost of the Easter Flowers in Church in memory of loved ones, donation envelopes are available in Church or if you contact me I will either send or deliver to you a donation envelope. Please write the name or names of those to be remembered on the back of the envelope.

An appropriate box for donation envelopes will be just inside the entrance to Church or I am happy to collect your donation or you can send it to me.

A list of loved ones to be remembered will be in Church over Easter and published in the magazine.

Cheques to be made payable to ' Alderley Church Flower Fund '

So many thanks for your support in the past

Michael Penlington 01625 530084 / 07720 050159

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RECTOR of ALDERLEY
REV CANON NATHAN JARVIS

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WEBSITES

www.alderleychurch.co.uk

Mark Wilkinson (web@alderleychurch.co.uk)

www.stmarysaldерley.com (our heritage)

Jenny Youatt (info@stmarysaldерley.com)

facebook—St.Mary's Church, Nether Alderley

MARCH SUNDAY SERVICES

3rd Eucharist

10th Mothering Sunday

17th Family Eucharist

24th Palm Sunday :- family friendly

29th Good Friday **6.30pm**

31st Easter—family friendly with Easter Egg Hunt

7/4 Eucharist

all services at 9.45 except those shown

Church Warden & Lay Chairman –PCC

Mr Ken Wilkinson

email: ken@alderleychurch.co.uk

Hon PCC Secretary:

Mr P Kershaw

email: pccsecretary@alderleychurch.co.uk

Hon Treasurer:

Mr Will Ablett

email: treasurer@alderleychurch.co.uk

Envelope & Gift Aid Scheme Administrator:

Mr Donald Henderson *email: envelopes@alderleychurch.co.uk*

Electoral Roll Officer

Mrs L Kershaw

email:electoralroll@alderleychurch.co.uk

Archivist

Mrs Jenny Youatt

email: info@stmarys alderley.com

Organist:

St. Mary's is currently without a regular organist. The Church is grateful to the many organists who have been playing service by service since August 2017

The Church Choir:**Church Flower Rota**

Mrs Avril Lamond

email: avrillamond@btinternet.com

Mr Michael Penlington (Festivals)

email: michael.penlington574@btinternet.com

Captain of the Tower: *(Practice 7.30pm Tuesdays)*

Mr Peter Robinson

email: peterfiona@hotmail.co.uk

Prayer Book Society Representative

Mrs Anne Dodd

Parish Hall Bookings

David Fairbotham

07951 888896

bookings.naparishhall@gmail.com

Parish Hall Costs:

£20 per hour - minimum 2 hours

Burial Board: *(Clerk)*

07717 244 537

email: clerk.napc@gmail.com

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