A blue and white logo

Description automatically generated

**August 2025**

**‘Don’t stress the small things’**

I was recently in Sainsbury’s (other supermarkets are available) minding my own business when I suddenly heard shouting and screaming. It wasn’t’ from a small child but from a mother; ‘why are you so dirty? You’ve only been outside the house for three seconds! I’m so ashamed of you, you’re filthy! I’m so embarrassed, what will people think?’

I felt her pain. Our two boys, especially one of them who will remain nameless, would be covered in mud, food and drink *before* we even left the house. We used to worry about such things, but soon gave up. He was happy digging for worms and using his sleeve as a napkin (don’t tell him I’ve written this) and if folk thought we were bad parents, then that was their problem.

I went over to her and tried to be kind and assure her they looked fine. She started crying. Her shouting was about so much more. Feeling inadequate, as if you’re not doing things right seem to be part of the territory as a parent. It’s something I’ve got used to. After a few words, I assured her she was doing a great job and that having grotty children showed others that they were having a good life, exploring the world around them, being curious.

Remember, even the parents of Jesus were not perfect. There was the time they were travelling with friends and got carried away chatting and laughing and actually lost Jesus. Not for a few minutes but for three days! His mum was frantic.

It strikes me that there are many parents right now, who feel just the same as this stressed out mum in the supermarket.

The holidays are upon us, and the anxiety levels get even higher. Many parents are just about coping.

*What am I going to feed them today?*

*How can I keep them entertained AND do my work?*

*When does term begin again?!*

I feel your pain!

However, I think I’ve found a way to cope, and even to enjoy the chaos. Deal with the things which are important, make sure they are fed and watered, but don’t worry too much about the laundry, or the need to hoover the hallway or even sort out the pile of shoes near the door (my particular favourite). Essentially, *don’t sweat the small stuff*.

We are all doing our best, and most parents (unless they are the most yummiest of mummy’s) feel the same. There is never enough time, energy or will to meet our own personal (and often unrealistic) expectations. Maybe let a few things slip?

There are worse things than messy rooms and crumpled clothes and being a bit behind on house work is not the end of the world. Your kids will still love you, and you might find a moment to relax and kick back a little.

For all parents out there, I wish you peace and calm during the next few weeks, creativity to entertain the little ones, and a few moments of rest and relaxation for you. Ignore the laundry and put your feet up, that t-shirt will do another day….

**Rev Nathan Jarvis**

.

**Church news**

Many of you will know that our great friend Ken was suffering, sadly he died in Hospital on 12th July, which leaves a hole in all our lives, particularly St Marys Church. Ken was truly dedicated to St Marys and like me was a huge fan of cars and motorsport, I know he will be truly missed. Ken’s funeral takes place at St Marys at 11.30am, followed by a committal at Birches Crematorium at 1pm.

A huge thank you to Will, Debs, Stephen, Bertie & Monty and Paul Robinson for a great morning’s work at the church in June.  Don tells me it was a very worthwhile and enjoyable 2 hours and the results are there for everyone to see.  However, there is more to be done! Don will be running a further working party on **Saturday 30th August** when he will be exposing more gravestones and generally tidying the churchyard.  Please come along if you can & speak to Don for more details.

We have finally been granted permission to replace the boiler in the Church! We are planning the installation before the end of August, to ensure we have heating over the winter. The replacement boiler will be hung on the wall in the Choir Vestry, so no more trips into the basement for relights etc. We are making progress with the Faculty for the Servery, the Architect is currently drawing up proposals to be presented to the Diocese.

We have had to move the date of Harvest to **Sunday 12th October**. We will have a list at the back of the Church and a Hot Pot lunch will follow **the service, which starts at 11am** – please make a note.

**Diary dates**

Sunday **3rd August** 9.45am Common Worship Eucharist - **Nathan**

Sunday **10th August** 9.45amALL AGE SERVICE – **Nathan**

Tuesday **12th August** 10am **Coffee at the De Trafford Arms, Alderley – All welcome**

Saturday **16th August** - **Walking group** led by Don

*Saturday 16th August, we have 2 weddings; Ellie & Toby at 12.30pm and Cressy & Josh at 3.30pm*

Sunday **17th August** 9.45am Eucharist – **Nathan**

Sunday **24th August** 9.45am BCP - **Linda**

Sunday **31st August** 9.45am Eucharist**– Nathan**

Remember, if you need to check what’s on at the Church, go to the website, *what’s on/Rota* or use this link: <https://www.alderleychurch.co.uk/rota/>

**200 club winners:**

1. **Lesley Kershaw 2. Roger Swales 3. Peter Bean**