Keep in touch with

St Alban's Church

Revd. Marie Flint

Parish Office: 0161 477 0456

(Mon & Fri 9.30-12.30)



October 2026

To Contact the Church……

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	Tony Renshaw	
Treasurer	David Haslam	
Secretary	Janet Renshaw	
Reader	Brenda Baxendale	
Safeguarding	Jen Sadler	
	safeguarding@stalbanofferton.org.uk	

You can find lots of information about the church and its activities on our Parish Website:
www.stalbanofferton.org.uk

Find us on Facebook, Instagram, X and
www.achurchnearyou.com

Upcoming Special Services/Events

All Saints Day – Sunday 1st November 10.30am – all age parade service led by Kipling cubs.

Commemoration of the Faithful departed – Sunday 1st November 4pm - service of Holy Communion to remember the faithful departed.

Remembrance Sunday – Sunday 8th November 10.30am

Safeguarding Sunday – Sunday 15th November 10.30am

Scout and Guide Christmas Fair – 21st November

Christmas Fair – Saturday 28th November 11.00 – 3.00pm– donations of children's soft toys and children's tombola prizes, and any other donations for raffle/tombola appreciated.

Marie Writes –

This month we have 2 special services where we are invited to consider our giving. The first is our Harvest Festival Celebration on 4th October at 10.30am where the Rainbows will be helping to lead our All Age Parade service. It will bring the season of Creationtide into focus as we thank God for God's great provision – for the food and water we have and for the people who allow us to receive these gifts, but it is also a time to thank God for all the good things that God gives us. Harvest Festival invites us to consider our response to God's generosity and as we pray for people who don't have access to food and clean water we consider how we might be generous to others. There's an opportunity to bring a donation of food or money to help others in Stockport who have less than ourselves, but we are also invited to think about how we might be generous during the rest of the year. For example, we might consider making a regular donation to Stockport Foodbank through our collection box in the entrance to church, or we might think about offering some of our time or money to a local charity that supports people in food poverty.



The other opportunity to reflect on our response to God's generosity will be on Sunday 18th October at 10.30am where we will be marking Generosity Sunday. Sometimes called 'Stewardship Sunday' or 'Giving Sunday' this service invites us particularly to consider our giving to church. Are we able to increase our monthly giving a little this

year? Do we think that God is calling us to volunteer our time and talents to church, or locally? There are plenty of volunteering opportunities in church where we can use our gifts – from maintenance, gardening, admin, finance, cleaning, children's and young people's ministry to pastoral support, preparing refreshments, fundraising and prayer.

Our giving and our generosity is an act of love. We love because we are loved by God. We are generous to others because God is generous to us, summed up in the words of 1 John 3:16-18:

"This is how we know what love is: Jesus Christ laid down his life for us. And we ought to lay down our lives for our brothers and sisters. If anyone has material possessions and sees a brother or sister in need but has no pity on them, how can the love of God be in that person? Dear children, let us not
love with words or speech but with actions and in truth."

So, as we are invited this month to prayerfully consider our generosity and acts of love with actions and in truth, you might like to use this prayer from the Church of Scotland:

Rev'd Marie

4 of our church family confirm their faith



Congratulations to Olivia, Leo, Stuart and David who were confirmed in a special service led by the Bishop of Stockport, Bishop Sam at St Alban's on 9th September, and to David on his baptism by Bishop Sam. In a joyful service that included the 4 candidates making a public declaration of their commitment to Jesus Christ and the laying on of hands and anointing with Holy oil, the Bishop prayed for the Holy Spirit to strengthen them.



The confirmation service marks a time of spiritual maturity, where, particularly for those who are baptised as infants, candidates make their own declarations before God. We were pleased to hear from Stuart who gave testimony as to how God has worked in his own life and his journey to becoming a

Christian. And, of course, we enjoyed tea and cake afterwards to help celebrate. Thank you to everyone who helped make the service so wonderful. May God bless you richly Olivia, Leo, Stuart and David as you seek to live out your Christian lives.









Be kind to your Knees

Osteoarthritis is the main cause of knee pain in people over 50. Here are some tips that may help: Be aware of the several major groups of muscles that support your knees. They include the quadriceps at the side and front of your thighs, the hamstrings at the back, and your calf muscles. If you can give these muscles regular exercise that keeps them strong, they will help protect your knees. Be aware that your knees *like and need* to move. Using them less is one of the worst things you can do, because it only weakens them. If you have bad osteoarthritis, then ask your doctor for alternative ways of exercising them, instead of walking. Be aware that knees do better when you lose weight. Just losing one kg of body weight will bring down the compressive force on your knees by as much as 4kg with each step. That will help preserve your knee cartilage.

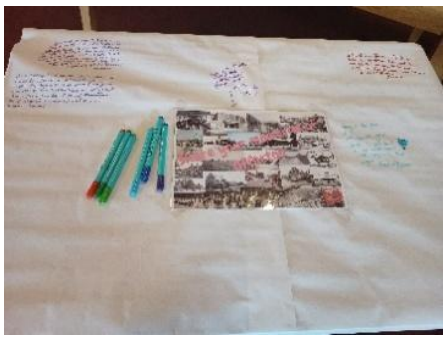


It seems that doctors disagree over the value of taking supplements such as glucosamine or turmeric, but they say that if you find they work for you, then certainly keep taking them.

Heritage Open Day 19th September 2026



The Church was open to visitors all day on Saturday 19th September for the Heritage Open Day 2026. It was great to welcome visitors who came and have a look at our church history displays and our special display of baptisms over the years. The Church was decorated beautifully with artwork from Fairway school and Banks Lane Infants school as well as Squirrels, Guides and Rainbows. Thanks to everyone who contributed and to everyone who helped make the day a great success.




















PRAYER STATION
THE PEBBLE POOL




MESSY CHURCH

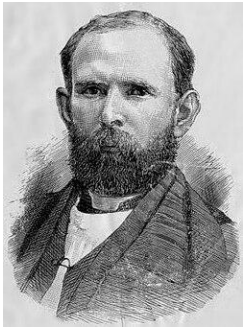








29th October – James Hannington – Bishop and martyr in Uganda



James Hannington could have had a most comfortable and respectable life, safe in the peaceful English county of Sussex. Born in Hurstpierpoint in 1847, he'd worked in business and the army before theological study at Oxford and two curacies. Then he was appointed minister of St George's Chapel in Hurstpierpoint in 1875. Still only 27, Hannington had it made for life.

But something had happened to Hannington during his first curacy at Martinhoe in Devon. His cultural Christianity had been transformed by an intense conversion experience to the risen Christ, and with it, his hunger for spreading the Gospel had grown.

In 1882, he was disturbed and challenged to hear news of the deaths of several missionaries who had been serving in Buganda (now a part of Uganda). After prayer, Hannington decided that taking the gospel to Buganda-Uganda was the true calling of God on his life, and so he applied to the Church Missionary Society, and was sent out.

Arriving on the coast of East Africa, Hannington began the long trek inland to Buganda, but was overcome by dysentery and fever. The CMS recalled him before he died, and it was not until two years later, in 1884, that they allowed him to go back, this time as Bishop of the newly created Diocese of Eastern Equatorial Africa. Hannington was a great success. A colleague at the time wrote: "He was beloved by every missionary. There was never a bishop who could be so firm, and at the same time, so kind and considerate."

Then came July 1885, and Hannington decided to venture into Buganda. He'd heard that the new Kabaka, Mwanga, had been persecuting the Christians, and wanted to encourage his flock there. Disregarding the danger, he set out with a small party from the diocese. But as Hannington's party approached the Kabaka's home village, they were stopped by a local chief. Mwanga sent word that they should all be killed, and so Hannington and his group were speared to death on 29thOctober 1885.

Hannington was the most high-profile Christian martyr in Uganda until Idi Amin killed Archbishop Janani Luwum in Kampala in 1977.

The Robin's funeral



Whilst walking along the pavement in front of his church, a minister heard the intoning of a prayer that nearly made his collar wilt.

Apparently, his five-year-old son and his playmates had found a dead Robin. Feeling that a proper burial should be performed, they had secured a small box and cotton wool. They dug a hole and made ready for the disposal of the deceased. The minister's son was chosen to say the appropriate prayers and with sonorous dignity he intoned his version of what he thought his father always said 'Glory be unto the faaaather, and unto the sonnn, and into the hole he gooooes.

Activities in our Parish Hall

Monday – 7pm Badminton

Wednesday -6pm – Union Pilot Group

Wednesday - 8pm Fencing

Thursday – 6.30pm Yoga

Saturday – 10.30am Karate

Sunday – 11.00am Greater Manchester community group

Winter bowling from 2.30pm (practice Tuesday and Friday evenings)

Hall Ceiling redecoration

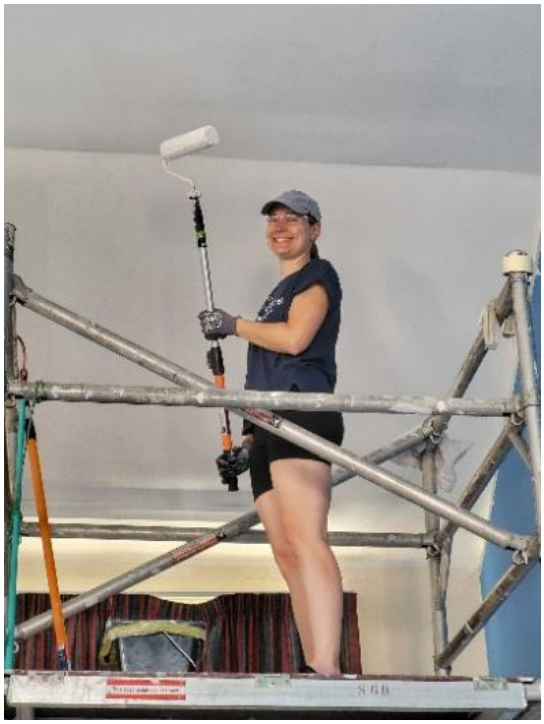




Many thanks to all those who took time out to team up for our hall ceiling redecoration project, with particular thanks to Tony, and Andy our roofer who assembled our scaffolding.

David Griffiths





Messy Church - September















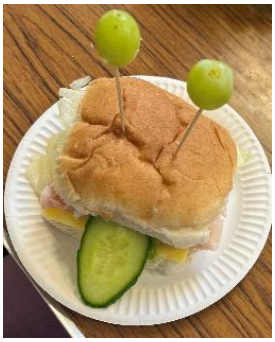






















OCTOBER 2026

International E-Waste Day 14th October 2026

International E-Waste Day raises the profile of the global e-waste issue and encourages everyone to recycle e-waste, no matter how small.
It also promotes the correct treatment of electrical and electronic equipment to enable reuse, refurbishment and recycling.
This year the focus is on **FAST TECH**. Fast Tech describes the expanding universe of low-cost electrical and electronic items that consumers purchase, often on impulse, and discard without a second thought. Think earphones bought at the airport, fancy charging cables, USB adapters, LED string lights, mini fans, single use vapes, toys and other type of gadgets.



So they ask us to recognise that every small device with a plug, cable or a battery, no matter how little or inexpensive, is e-waste at the end of its life and requires proper treatment. Do not chuck it in the bin. Instead **return it**: bring fast tech items to official collection points, in-store take-back locations, or dedicated e-waste drop-off sites. **Read more at** https://weee-forum.org/iewd-about

National Reuse Day UK 18th October 2026



National Reuse Day is an awareness day created to encourage us all to reuse items instead of throwing them away. Created by Freegle, to promote helping all of us reuse our unwanted items.

How Freegle works is that you list an item that you have but want to give away on their website, someone from your local community sees your ad and contacts you. You give the item to them. It's a win-win situation - you dispose of your unwanted item, someone else can use it for free!

www.reducereuserecycle.co.uk/greenarticles/national_reuse_day.php

You can also give your unwanted items free to Charity Shops, or Facebook Thrift sites such as Offerton Thrift or Hazel Grove Thrift.

Water Night UK 24th October 2026



Water Night is lead by water-saving charity Waterwise.

Could you go a night without running water?

Water Night started in Australia, it now a nationwide moment to pause, reflect, and experience firsthand how much we reply on water all day every day.

In the UK we are asked to turn off our taps, and not to use water for 5 hours, to rethink our water use. Highlighting the importance of protecting this most precious of resources.

Take a personal pledge not to use any water between 5pm and 10pm on Saturday 24th October. Give it a go and rethink your water usage.

https://waterwise.org.uk/campaign/water-night-2026/

OCTOBER 2026

Autumn is upon us. For most practical purposes, **autumn 2026 starts on September 1st** (meteorological) and **September 22nd** (astronomical).

Here are some ECO tips for this Autumn…….



Leave the Leaves - a thin layer of leaves across your lawn will nourish your soil. You could rake a larger pile into a corner to provide a great habitat for insects or distribute leaves evenly around the bases of trees and flower beds which allows the leaves to act as insulation for your plants during the chillier months to come. Falling leaves play a vital role in the natural life cycles of plants and soil.

Likewise, leaving seed heads on flowers that have gone over will provide food for birds over the winter.
It can be really tempting to tidy up the garden ahead of the winter but leaving parts un-pruned and untidy is important for wildlife and biodiversity. You could also consider composting as another eco-friendly option.



Shop sustainably for more layers - Are your jumpers wearing out? Have your children or grandchildren suddenly outgrown their winter coats? Are your winter boots leaking? Make sweater weather even cosier by incorporating sustainable fashion practices into your wardrobe choices. Rediscovering what we already have, embracing second-hand gems, and supporting eco-conscious brands is a step in the right direction. So, as you bundle up in your favourite seasonal attire, remember that you're not only staying warm but also contributing to a more sustainable and stylish world.
It's the perfect time to hit the charity shops or to shop online for second hand clothes.

Shop locally and seasonally buy and cook with seasonal foods - Autumn brings warming, hearty foods into season – Choosing autumnal produce ensures better flavour, higher nutrient content, and support for local farmers. Seasonal vegetables and fruits are often

more affordable and environmentally friendly, as they require less transportation and energy for growth

Autumn is the peak season for **apples and pears**, which are widely grown across British orchards and ideal for crumbles, pies, and fresh eating. **Blackberries** also ripen in late summer and early autumn, perfect for jams and desserts.

Autumn vegetables are typically hearty and root-based, including:

Root vegetables: Carrots, parsnips, swedes, turnips, and celeriac, which are excellent for roasting, soups, and stews

Brassicas: Cabbage, Brussels sprouts, kale, and leeks, providing robust flavours for warming dishes

Squash and pumpkins: These add sweetness and texture to soups, curries, and roasted vegetable dishes



Other vegetables: Beetroot, spring greens, and onions are also in season, offering versatility for salads, sides, and baking. Make your dinner plate even more sustainable by batch cooking. Not only does batch cooking make best use of your oven or stove while it's on, but it can also stop you reaching for plastic-wrapped convenience foods another time.

Get ready for an eco-friendly Halloween



Get ready to have a hauntingly green Halloween! Embrace eco-friendly practices this spooky season.

Consider DIY costumes using recycled materials or clothing from your closet, reducing the demand for store-bought costumes. Opt for sustainable decorations like biodegradable or reusable options and choose LED lights for a more energy-efficient ambiance.



Make sure to use your pumpkins after caving them. On average 60% of shoppers throw their pumpkins away after carving them. Try saving the flesh for a delicious pumpkin soup or roast the seeds for a moreish autumn snack.

www.goodenergy.co.uk https://all-green.co.uk

Which milk do you buy?



Once upon a time there was just milk. Now our supermarket shelves are packed with dairy (whole, semi-skimmed, fat-free) and plant-based alternatives: oat, almond, soya, coconut, and pea.

Which is the best? The amount of protein, sugars, fat and vitamins in each vary a great deal. No wonder that, according to Mintel's UK recent market report, nearly half of us struggle to decide. Here are some facts to consider:

According to nutritionists, the best all-rounder is semi-skimmed cow's milk. This is because dairy milk contains all nine essential amino acids and has the most protein.

Or, if you are dairy-free, try fortified soya milk or pea drinks for reasonable levels of protein.

As for the others, they vary in nutrients, but:

Oat milk is popular but contains very little protein.
Almond milk is popular and low in calories, but again, has very little protein.
Coconut milk has hardly any protein at all.
Rice milk has almost zero protein.

Miscellaneous observations on daily life

It's weird being the same age as old people.



I like to make a shopping list. I like to guess what's in it when I get to the store and discover I left it at home.

Cycle of Prayer

This month we pray for our Ecumenical brothers and sisters in Offerton and we pray that the UK would use its global influence to turn climate pledge into action.



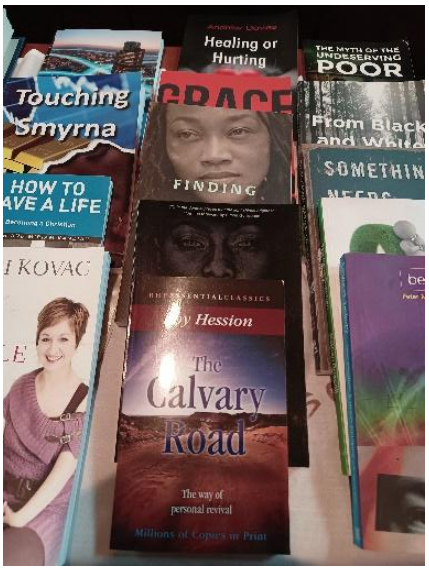
Thursdays 6.30pm - 8.30pm

St. Alban's Church
1A Salcombe Rd, Offerton SK2 5AG

All abilities music activities & learning, age 11-16

All enquiries please e-mail
stockportmusicproject@gmail.com





Did you know that there is a good selection of Christian books to borrow at the back of church? Please help yourself and just return it when you've finished with it. We'd love to hear what you think of them too, so we'd welcome any short reviews of any of the books for inclusion in this magazine. Please email stalbanofferton@gmail.com with your reviews. Happy reading!

Back to School

editor: Nigel Beeton writes *It's miserable when the summer holidays end and we must get back into the old routine, but it's also the dawn of a new term, new opportunities, new friends, new horizons. And – enjoy those six-week long breaks while you can!*



The summer days of leisure
Give way to autumn cool;
Our mood is hard to measure
As we go back to school.

The table that was bearing
The fizzy pop and snacks
The surface is now caring
For books and packed lunch packs.

It's sad when times of easy rest
Give way to daily grind;
The bright side, when we're feeling stressed
Can be quite hard to find!

But we can't live forever
On a beach of golden sand;
It wouldn't be so clever
To live our lives unplanned!

A new phase is beginning
New scope of things to learn,
New ways we can be winning
New corners we can turn!

When school days are behind us
And faded, like a ghost –
The summertime will find us
With two weeks hols at most!

Welcome



We welcome into our family

Freddie Allen Reynolds

who was baptised on 30th August 2026





Chester Diocese News

If you have access to a computer you may want to catch up on the latest news by logging on to

www.chesteranglican.org

St Albans Church is a vibrant and active Church of England Parish Church in Stockport

We welcome visitors of all faiths and of no faith.

Our services are as inclusive as possible, and all are welcome to join the church family for services and events.

Regular Services and Events at St Alban's

Sunday

9.00am Said Holy Communion with traditional language (1st Sunday only)

10.30am Sung Holy Communion for all the family (children's club 3rd Sunday)

Tuesday

10.30am Praise & Play (term time)

Wednesday

1-3pm Knit & Natter

Thursday

2-4pm Adult Craft Club (1st Thursday of month)

5.30pm Evening Prayer at St Alban's

6.30-8.30pm Youth Music Group (term time)

Saturday

10am-12pm Gardening club (1st Saturday of month)

3.30-5.30pm Messy Church (1st Saturday of month)