Keep in touch with

St Alban's Church

Revd. Marie Flint

Parish Office: 0161 477 0456

(Mon & Fri 9.30-12.30)



SEPTEMBER 2025

To Contact the Church……

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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

Revd Marie and Revd Debbie at Chester Cathedral for Revd Debbie's ordination to the diaconate on 29th June 2025.



Brenda writes-

In June, I went away for 5 days to Newquay, Cornwall. It was on a coach trip that started picking up passengers from Bury at 5.30 in the morning. After various stops in the North West it made its way through the Midlands and by the time we arrived at our destination, the coach was full with over 40 passengers, a very mixed bunch of people.

When we arrived, collected our room keys and headed for the lift to get to our room's people started to speak to one another. Two ladies asked me if I was on my own and when I said yes, they said, 'Oh aren't you brave'. My response was No! If you want to do things you have to make that effort, otherwise you'd just be stuck at home on your own all the time.

Now I know it's easier said than done, and taking that first step isn't easy. I must admit I was very apprehensive the first time I went away on my own and there are still times, 27 years later, when I wonder who I'll be sitting next to on the coach or at the table for each meal. Will people speak to you, include you in their conversation?

We were staying at the Pentire Hotel on the Pentire Headland and when it was time for the evening meal, we had to wait to be allocated a table. The young lady in charge of this job asked the lady in front of me and myself if we were travelling on our own and we would mind being put at a table for 4, with other single travellers sharing. We were also asked if we would we mind if 2 gentlemen joined us, which we didn't. Eventually, a gentleman came and joined us, we introduced ourselves and to our surprise, we realised we all came from Stockport. Norman lives just off Didsbury Road, near St. Martin's Church. Ann lives just off Councillor Lane, and, of course, I live in Offerton.

As time passed and we chatted together, we found out Ann's husband died 2 years ago, Norman's wife suffers from dementia and is in a care home. He visits her 3 times a week, but she doesn't know him and she wouldn't remember that he had told her he was going away for a few days. I told them that Herbert, my husband, had died 27 years ago.

Later in the week, I mentioned that I had to think of something to write for this month's magazine and Norman said, 'write about us'. We got on so well, over breakfast we would discuss our plans for the day, and at the evening meal we would share our experiences of what we'd done. What we had enjoyed or what didn't come up to our expectations. Meeting up with these 3 people, quite by chance, really did make the holiday very enjoyable. Also, the 2 ladies I had spoken to right at the beginning of the holiday asked me to come and sit with them when we were waiting to go in for our evening meal. They said, 'It's alright, we are not talking about anything private'.
I came back from this holiday realising that I had been worrying over some very
small things and there are many much more important things to think about. This is when I remembered the piece about 'The Mayonnaise Jar'.

This is a piece that I had on standby, if I needed it for part of a sermon. I don't know the source, I think it was possibly sent to me by Rev. Anne Furness when we both worked at St. Luke's, Brinnington.

<u>The Mayonnnaise Jar</u>

When things in your life seem almost too much to handle,
When 24 hours in a day is not enough;
Remember the mayonnaise jar and 2 cups of coffee.



A professor stood before his philosophy class
And had some items in front of him.
When the class began, wordlessly,
He picked up a very large and empty mayonnaise jar
And started to fill it with golf balls.
He then asked the students if the jar was full.
They agreed that it was.

The professor then picked up a box of pebbles and poured
It into the jar. He shook the jar lightly.
The pebbles rolled into the open areas between the golf balls.
He then asked the students again if the jar was full.

They agreed it was.

The professor next picked up a box of sand
And poured it into the jar.
Of course, the sand filled up everything else.
He asked once more if the jar was full.
The students responded with a unanimous ‘yes’.

The professor then produced two cups of coffee from under the table
And poured the entire contents into the jar,
Effectively filling the empty space between the sand.
The students laughed.

‘Now, ’ said the professor, as the laughter subsided,
I want you to recognise that this jar represents your life.

The golf balls are the important things – God, family,
Children, health, friends, and favourite passions.
Things that if everything else was lost
And only they remained, your life would still be full.
The pebbles are things that matter like your job, house and car.

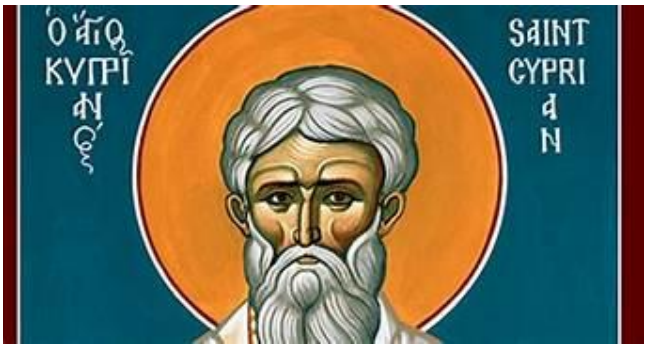
The sand is everything else –
The small stuff.

‘If you put the sand into the jar first, ‘he continued,
‘there is no room for the pebbles or the golf balls.
The same goes for life.
If you spend all your time and energy on the small stuff,
You will never have room for the things that are important to you.
So..
Pay attention to the things that are critical to your happiness.
Play with your children.
Take time to get medical checkups.
Take your spouse out to dinner.

There will always be time
To clean the house and fix the dripping tap
‘Take care of the golf balls first-
The things that really matter.
Set your priorities. The rest is just sand’
One of the students raised her hand
And inquired what the coffee represented.
The professor smiled.
‘I’m glad you asked’.
It just goes to show that no matter how full your life may seem,
There’s always room for a couple of cups of coffee with a friend’

Please share this with other ‘Golf Balls’
I just did…Have a blessed day everyone.

15th September – St Cyprian



Cyprian is the saint for anyone who has given up a successful career in order to serve God in a difficult Christian ministry.

For, before he became a Christian, Cyprian 'had it all'. He was a renowned Orator of Carthage, teaching rhetoric and advocacy. But then, in AD 245, when he was in his mid 40s, Cyprian became a Christian, and it turned his career – and life – upside down. For Cyprian's new commitment to Christ was absolute. He renounced his secular position as an Orator and renounced his inheritance as a landowner, giving the money to the Church in Carthage. He was ordained a priest, and became a student of Tertullian, the great African Christian scholar. Only three years later he was consecrated Bishop of Carthage, in AD 248. As Bishop, Cyprian cared for the poor, and his character, way of life and preaching were outstanding.

Unfortunately, Cyprian had become Bishop at a time of great hardship for the church. In 250 Emperor Decius led a great persecution, and its aftermath caused problems for the church leaders of North Africa. For by 251, some of the Carthage Christians had caved in, and offered sacrifices to the pagan idols. Others had bought certificates saying that they had done so. But now these 'lapsed' Christians were 'repentant' and wanted to be readmitted to the church in Carthage.

So, Cyprian had to decide if and how to readmit these believers. The decision was a difficult one, and he disagreed with the priest Novatius, who wanted to admit them straight back into the Church, without making any requirement of penance of them.

Another argument then erupted, when Cyprian disagreed with Bishop Stephen of Rome, over the validity of baptism if it had been administered by schismatics or heretics. Cyprian rejected its validity and demanded rebaptism; Stephen accepted it. These two disagreements were to colour the whole of Cyprian's difficult time as bishop. His desire to have a unified church was equalled only by his passion to preserve the purity of the church.

Gradually, Cyprian united the Church in Carthage behind him. And by the time of Valerian's persecution in 257, the African church was not only standing up against the Church in Rome in some theological matters, but also standing with the regional government, which was beginning to seek freedom from the overbearing influence of the emperor.

Valerian's persecution led to Cyprian's martyrdom that same year of 257. An imperial order stated that all bishops had to participate in pagan ceremonies. Cyprian refused. After a year of exile, he returned to Carthage, was rearrested and subsequently beheaded.

But even after his death, the African Church was unwavering in her faith in the face of persecution.





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

Messy Church - July







July activities included floating fish, apple wedges, Rosh Hashanah, disciple compass, a colour me rainbow, pipe cleaner challenge, fruit smoothie and a floating ball.










Aimee










Rainbow Colors of Me







SEPTEMBER 2025 Newsletter

Did you find any of these on the seashore Or did you find something else.






If you did why not bring them to church to show us or email a photo and let us know where you found them - call it Shells for Eco Church. stalbanofferton@gmail.com

Season of Creation 1st September – 4th October

The Season of Creation gets all churches together in a celebration of prayer and action for creation. This year's theme is **PEACE WITH CREATION** and will call for action, justice and hope in response to the impact of climate change and ecology loss**.**



PEACE WITH CREATION
SEASON OF CREATION 2025

It aims to redress destructive human behaviour that is causing a "war on creation".

The season starts with a day of prayer for Creation and ends with the fast of St Fransis of Assisi, the patron saint of ecology.

The Season of Creation is a time to renew our relationship with our Creator and all creation through celebration, conversion, and commitment together. We will join with our sisters and brothers in the ecumenical family in prayer and action for our common home.

The hope is that Creation will find peace by restoring justice. There is still hope and the expectation for a peaceful Earth. To hope does not mean to stand still and be quiet, but to act, pray, change and reconcile creation and the Creator in unity, repentance, and solidarity. The symbol for 2025 is the Garden of Peace, is characterised by a dove carrying an olive branch and bringing life to the Garden of Peace (https://jointhedotstogether.org/)

What action can we take to make positive steps during the Season of Creation and beyond.

Oh, I can't be bothered, it won't make a difference, there's no such thing as climate change – Eco Church begs to differ – open your eyes, look around, the earth is warming up, we have caused this by polluting our earth with plastics and rubbish. **WE** need to do something about it. If we all do something, then that will make an impact. Small steps can lead to bigger gains.



At church we already recycle via the green, blue and brown bins.

We collect the plastic with the green logo for taking back to large supermarkets, batteries, spectacles (for the Lions Club), used stamps (for the RNLI), and we resell our unwanted books.

From September we will also be collecting your unwanted/unloved, clean bras - see why by checking out www.againstbreatcancer.org.uk/recycling/bra-recycling

We can all recycle at home, check your council recycling leaflet to see what can be recycled, or check out www.stockport.gov.uk/what-you-can-put-in-your-bins

Pick up the rubbish in your street and garden – make sure you recycle it if possible.



When you go into Stockport take your empty tablet blister packs to **Boots** in Merseyway OR **Superdrug** (near the Plaza)



At **B&Q** you can recycle light bulbs and fluorescent tubes, small electrical items such as toasters, kettles and hairdryers as well as your old plant pots and seed trays. Check their website for info https://www.diy.com/services/weee. If you go to buy an electrical item to replace a broken one take your old broken one with you and they will recycle it for you.

Remember if you change one thing a week to help the environment you will make a difference. Tell your family and your friends to join in too. That will make an even bigger impact – go on give it a go.

Check out Eco Tips for some ideas on how to reduce our waste one step at a time.

SEPTEMBER 2025



Take it one day/week at a time – slowly, slowly catchy monkey – taking small deliberate steps to reduce your waste over time.
We 'chuck' stuff away without thinking – a lifelong habit for most of us – breaking this habit will not be easy. We need to think – can we reuse this item, donate it, recycle it before we throw it away.

The 5 Rs (Bea Johnson – zero waste pioneer)

Refuse – say no to plastic-wrapped fresh food
Reduce – do you need more clothes, more makeup, or a bottled drink.
Reuse – can you reuse, repair or upcycle the item
Recycle – recycle as much packaging as you can. Donate unwanted clothes and furniture to charity
Rot - Treat yourself to a composter - Compost all food craps and greenery from the garden, then put it back into the soil as lovely compost.
It's not practical to go rushing out to change everything to zero waste items. Pace your lifestyle replacements and try to buy zero waste alternative when you need to.

Cheaper in the long term tips

- Try swapping cling film for beeswax wraps.
- Use face flannels and ditch the wipes/cotton wool.
- Buy a reusable cup and take it with you to get coffee/tea – you may even get a discount.
- Buy a water bottle – most places now give free water refills.
- Decide on a menu for the week, write out a shopping list of what you will need. Take a photo of your fridge/freezer before going shopping you can check it whilst shopping. All ideas to keep costs down and reduce waste. Don't forget your reusable bags as well.
- Consider having your milk delivered – the glass bottles are used up to 50 times before being recycled. Go to www.findmeamilkman.net to find your local milkman.
- Use paper straws or better still ask do you need a straw.

Going waste free doesn't happen overnight but we must persevere and do it one step at a time one day/week/month at a time. Everyone's waste free journey is different and will take time but in the end every reduction in rubbish is worthwhile. (C Jones – How to go Waste Free)

In praise of Olive Oil



Olive oil is surprisingly good for you. It has been found to be able to ward off chronic disease and to boost your brain health. So, when those ancient Greeks praised it as an aid to staying young and healthy, it seems they were right.

While the Mediterranean diet can include up to four tablespoons of olive oil per day, a recent study at Harvard has found that even just half a tablespoon of olive oil per day helps protects your heart and brain from disease. It may even slash your risk of Parkinson's or Alzheimer's by 29 per cent, and cancer by 17 per cent.

Olive oil is packed with monounsaturated fats, and even has anti-inflammatory properties, which have been compared to Ibuprofen. The best way to eat it? Add it as a dressing to your salads. Frying with it can degrade some of its properties.

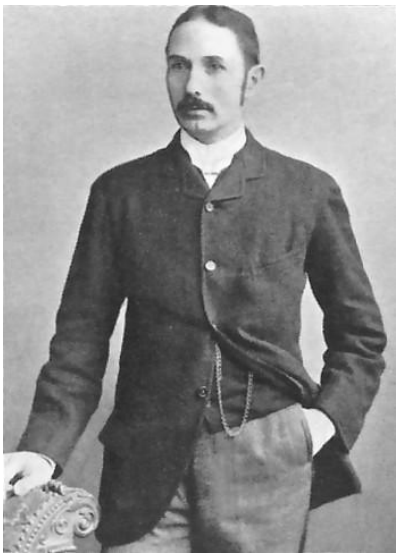
Church Notices that didn't come out quite right…

This evening at 7pm there will be a hymn-sing in the park across from the church. Bring a blanket and come prepared to sin.

The ladies of the church have cast off clothing of every kind. They may be seen in the church hall on Friday afternoon.

The Scouts are saving aluminium cans, bottles and other items to be recycled. All proceeds will be used to cripple children.

The vicar who won Wimbledon



Ninety years ago, on 21st August 1935, John Hartley, the British tennis player, died. He was the only clergyman ever to win Wimbledon and was World Number One in both 1879 and 1880 – winning Wimbledon both years.

The Revd John Thorneycroft Hartley was born in 1849 in Wolverhampton and was well connected: his parents were both from Staffordshire industrial business families, and he married Alice Lascelles Murray, daughter of the 4th Earl of Mansfield and a granddaughter of Henry Lascelles, 3rd Earl of Harewood. They had no children.

He won the 1879 Gentlemen's Singles title against Irish champion Vere St Leger Goold in three sets on 15thJuly, retaining his title the following year. But in attempting the hat-trick in 1881 he lost the shortest ever men's final, 0-6, 1-6, 1-6, in 37 minutes. He was said to have been ill at the time.

Hartley had become a priest in 1873. He was firstly curate of Christ Church, Southwark, and then became vicar of Burneston, a village in North Yorkshire, from 1874 to 1919. In 1891 he became Rural Dean of East Catterick, and later he was Honorary Canon of Ripon Cathedral.

As an amateur, he received no cash for his Wimbledon wins, and in the course of his first finals win he caught a train to Yorkshire so that he could do his duty and take his services at Burneston on the Sunday. Not only that, but he stayed with a dying parishioner until he passed away on the Monday – the day of the semi-finals. A rain delay helped him to get back to London in time.

At the Golden Jubilee Championships in 1926 he received a silver medal from Queen Mary as one of 34 surviving champions.



Cycle of Prayer

This month we pray for our sisters and brothers in Christ across Stockport Deanery and we pray for people living in Pakistan, India
and other countries where changing weather patterns cause devastating flooding.



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!

Prayer grows in Popularity



Well over three million people have now used the Church of England's Daily Prayer podcast and app, which offers Morning and Evening Prayer in audio form.

Launched during the pandemic, the service has seen over 12 million downloads, with thousands tuning in each day. Blending scripture, music, and reflection, it reflects a wider resurgence of interest in regular prayer and spiritual rhythm, showing that ancient words continue to find new life in modern formats.

Activities in St. Alban's hall

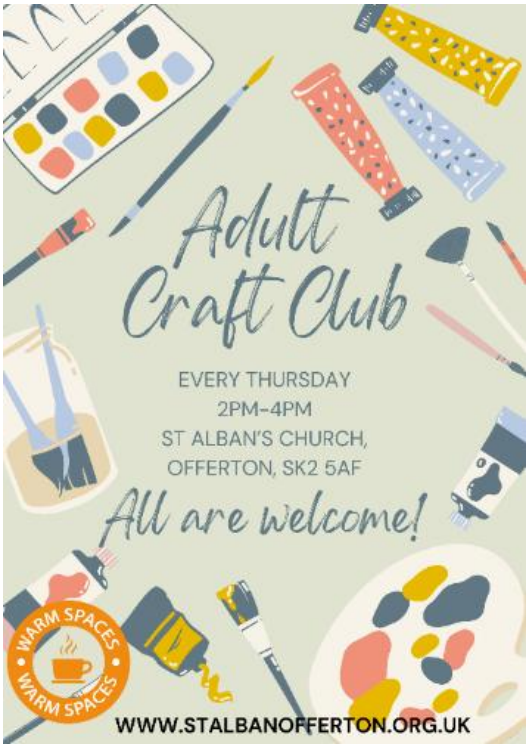
We have several activities that now use our hall in addition to its being hired for parties at weekends. As well as our regular bowling group there is a classroom, pre-school sports group, a Union pilot group, badminton, fencing, yoga and karate and a sensory star's baby group is joining us this month

The Apple Rhyme



Apples ripe and apples red,
Grow they high above my head.
Alack-a-day! For I am small
And apple-trees are mostly tall;
Dreary me! But what is sadder,
Nobody can find a ladder!

From a poem by Madeline Nightingale

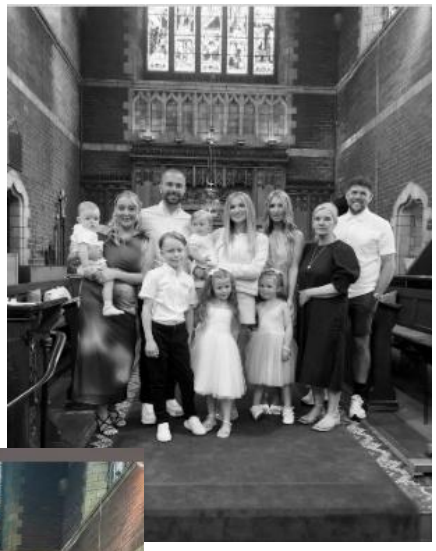


Welcome

We welcome into our church family Cassian Kazungo Andeke who was baptised on 28th June 2025 .

Also Forest Carl Speight who was baptised on 27th July 2025







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	Holy Communion Book of Common Prayer (1st Sunday only)
10.30am	Holy Communion (children's club 3rd Sunday)

Tuesday

10.30am	Praise & Play (term time)

Wednesday

10.30am	Healing Service- (1st Wednesday)
10.30am	Holy Communion – (2nd, 3rd & 4th Wed)
1 -3pm	Bereavement Café (1st Wednesday only)

Thursday

2-4pm	Adult Craft Club
5.30pm	Evening Prayer
6.30-8.30pm	Youth Music Group (term time)

Saturday

10am-12pm	Gardening club (1st Saturday of month)
3.30pm-5.30pm	Messy Church (1st Saturday of month)