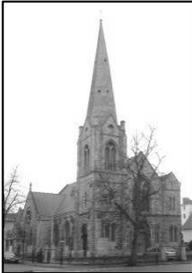


Cheltenham United Reformed Church



In Touch

March 2020



*'Through Faith,
Fellowship and Care
We Affirm that Jesus Is Lord'*

CHELTENHAM UNITED REFORMED CHURCH

www.urch.org.uk

Minister	Vacancy	
Lay Preachers	Bob Alger	
	Julie Jefferies	
Vicar, St Christopher's	Rev. Gary Grady	gary@tcihw.org.uk

PRESTBURY URC, DEEP STREET, PRESTBURY, CHELTENHAM, GL52 3AN

Secretary	Fiona Hall	prestbury@urch.org.uk
Hall Letting	via the secretary	

ST ANDREW'S URC, MONTELLIER STREET, CHELTENHAM, GL50 1SP

Secretary	Janet Kemp	standrews@urch.org.uk
Hall Letting	Edith Black	standrews.bookings@urch.org.uk

THE CHURCH in WARDEN HILL, SALISBURY AVENUE, CHELTENHAM, GL51 3BY

Administrator	Liz Johnson	secretary@tcihw.org.uk
Hall Letting	Tom Shepley	halls@tcihw.org.uk

IN TOUCH

Editor/ St Andrews Prestbury TCiWH	Janet Kemp Ian Brooks Brian Miles	magazine@urch.org.uk ibrooks4@me.com magazine@urch.org.uk
Advertisements	Brian Smith	adverts@urch.org.uk
Distribution	Fiona Hall	itdistribution@urch.org.uk
Website	Fiona Hall	web@urch.org.uk

CHURCH GROUPS

Community Film	Brian Miles	community.films@urch.org.uk
Creative Cards	Ann Standring	ccs@urch.org.uk
Discussion Group	Janet Kemp	magazine@urch.org.uk
Footsloggers	Jenny Evans	footsloggers@urch.org.uk
Jump4Joy	Libby Floyer-Moss	
Pastoral Teas	Ann Lewis	
Prestbury Friday Circle	Rose West	pfc@urch.org.uk
Prestbury URChins	Fiona Hall	prestbury.urchins@urch.org.uk
Qi Gong	Tony Jeans	qi.gong@urch.org.uk
Reading Group	Mary Cummings	
St Andrew's Toddlers	Ann Lewis	sta-toddlers@urch.org.uk
Wednesday Women	Donna Sutherland	

Welcome to 'In Touch'

The magazine of **Cheltenham United Reformed Church**, a joint pastorate of the three United Reformed Churches in Cheltenham. The three churches work very closely together, sharing this magazine, the website and all activities.



St Andrew's United Reformed Church is in the Montpellier district of Cheltenham town centre. A former Presbyterian church founded in 1885, it became United Reformed on unification in 1972. St Andrew's offers impressive facilities, meeting the needs of 21st century Cheltenham.

Prestbury United Reformed Church is in the heart of Prestbury village on the northern edge of Cheltenham. A former Congregational chapel built in 1866, becoming United Reformed on unification in 1972.



The Church in Warden Hill is a Local Ecumenical Partnership (LEP) between the Anglican (St Christopher's) and URC communities of Up Hatherley and Warden Hill in the south of Cheltenham. Ministry is shared between the URC and Rev Gary Grady of the Anglican South Cheltenham Team Ministry.



Both the Anglican and URC buildings are regularly used for worship.

For other information about the Church in Warden Hill please see 'The Lantern' or visit www.tciwh.org.uk



*Jesus said:
"For where two or three are gathered in my name,
I am there among them." (Matthew 18 v20 NRSV)*

News of the Church Family



We are invited to pray for:

Anne, Joyce, Hannah
Mary, Jean, Mairi,
Bob, Eric



We remember those who have departed:

Sylvia Howe



Annual Appeal for Donations for 'In Touch'

You will find a donation envelope with this copy of the magazine for your annual contribution to the cost of producing and distributing 'In Touch'. The suggested minimum donation is £6 for copies which are collected or delivered by hand, and £12 for copies which are sent by post. Please mark the 'In Touch' box on the envelope to ensure that the money gets channelled correctly via your church collection or your Church Secretary. If there is no envelope, please use any church donation envelope and mark it for 'In Touch'.

If you would like to change to a different size of magazine (normal or large print), change the method of delivery, or if you can dispense with a hard-copy altogether and read the magazine online instead, then please can you contact Fiona Hall on itdistribution@urcic.org.uk Thank you.

Fiona Hall

This month's Pastoral letter comes from Dr Tony Jeans, Elder at St Andrew's



Dear Friends

It is our custom at St Andrew's to support a charity each month with retiring collections. These charities will be URC sponsored, local or with a special appeal to Church members. Charitable giving is an integral part of Church life, rooted in the Biblical story and flowing from Our Lord's command to love one's neighbour as one's self. Individual members will also have their own patterns and priorities in response to that command.

However, organising giving, making choices of causes to support, getting the tax recovery if appropriate through Gift Aid can all seem daunting. For 25 years, I have been using CAF – Charities Aid Foundation – as a means of organising my giving to charities.

WE ARE CAF We're a charity, bank and champion for better giving, and for over 90 years we've been helping donors, companies and charities make a bigger impact. Our independence, expertise and reach mean we're uniquely placed to do this. Donors can:

- Build relationships with their favourite charities or choose to give anonymously through our CAF Charity Account.
- Make ad-hoc donations and support fundraising efforts from friends and family with CAF Charity vouchers.
- Manage their private banking and apply for development loans through CAF Bank.
- Make planning a legacy easier with our CAF Charitable Legacy, to help reduce the burden of administration and inheritance tax.
- Give regularly and tax efficiently via their payroll through CAF Give As You Earn®.
- Rest assured that they are only giving to recognised causes through our UK and international charity validation service.
 - More at: <https://www.cafonline.org/about-us>

Personally I operate an account at CAF which is topped up regularly. CAF claims back tax through Gift Aid and I can then direct the funds to charities of my choosing including St Andrew's. I usually do the donations on line through the CAF web site although sometimes I use vouchers (which look a bit like cheques).

Tony Jeans

News from South West Cheltenham Ecumenical Area Team (Christchurch, Gas Green Baptist, Salem Baptist, St Mark's Methodist and St Andrew's URC)

Representatives from the churches in this team meet regularly to share news and plan ecumenical services across the year.

This update comes from Ann Lewis, our Rep.

Christchurch: have appointed a new Vicar, Revd Simon Heron, who will be inducted on 6 May 2020.

Christchurch in conjunction with **Elim** are starting a combined youth group on the last Friday of the month at Christchurch - all youngsters welcome.

Gas Green: Are hosting Stephen Gaukroger, a well known evangelical preacher at Gas Green and Cambray for the weekend of 9th May. The topic is '**Vibrant Faith in Troubled Times**'. Full details from poster and website.

Gas Green has also joined '**Fareshare**' which enables them to obtain surplus food from Tesco which they then distribute through their Community Centre.

St Mark's Methodist: has started a new Tuesday morning cafe which is well supported.

For your diary

10th April A special **GOOD FRIDAY** service is being planned by St Andrew's Elders and 'GodFirst' Church (who meet on Sunday Mornings in the Parabola Centre). 10.30am at St Andrew's

21st May it is hoped to mark **ASCENSION DAY** with an ecumenical prayer meeting on top of Leckhampton Hill. Full details to follow.

The Pulpit in March

Worship Leaders/Preachers at Prestbury, St Andrew’s, and on URC Sundays at The Church in Warden Hill.

At St Andrew’s

1 st March	Rev Canon Michael Garland
8 th March	Mr Bob Alger
15 th March	Rev Dr Dee Brierley-Jones
22 nd March	Mrs Alison Jackman (from Wotton-under-Edge)
29 th March	Rev Ken Martin



At Prestbury

1 st March	Rev Dr Dee Brierley-Jones
8 th March	NO SERVICE
15 th March	Mrs Julie Jefferies
22 nd March	Rev Maz Allen
29 th March	NO SERVICE

At The Church in Warden Hill

8 th March	TBA
-----------------------	-----

(For all other Services at The Church in Warden Hill, please refer to ‘The Lantern’, www.tciwh.org.uk)

For Younger members of the Family

Enjoy a Bible Story, Activities, Singing and FOOD.

Jump 4 Joy at St Andrew’s Is on 3rd Sunday of the month at 9.30am, followed by breakfast.

The next sessions will be on 15th March, then 17th May
19th April service has been cancelled because of holidays.

Messy Church at the URC Centre, Warden Hill

is on 2nd Sunday of the month at 3.30pm
the next session will be on 8th March.

Children of all ages welcome.

**Cheltenham
Choral Society**

**Love to Sing?
Come and join us**

We rehearse on
Wednesday evenings
from 7.30 to 9.30

At Bethesda Methodist Church
Great Norwood St.

cheltenhamchoralsociety.org.uk
Reg Charity No 287756

**PATRICK OLIVER
ANTIQUES**

Lampada Member

**Wish to purchase Antique
Furniture, Clocks, Silver,
Jewellery, Books, Toys etc
In any condition**

Complete House Clearance

**Valuations for
Insurance and Probate**

**4 Tivoli St, GL50 2UW
01242 519538
07970 052808**

Are you going into hospital?

Do you know someone who is in Hospital?

The Chaplains offer:

Spiritual support, prayer and a listening ear
as well as Holy Communion for those who require it.

But they can't help at all if they don't know you're there!

Contact the Hospital Chaplains:

0300 422 4286 Cheltenham general Hospital
0300 422 6200 Gloucestershire Royal Hospital
Ghn-tr.spiritualcare@nhs.net

*****Copied from a Gloucestershire Hospitals poster*****

Down to Earth Electrical



**For all your domestic
electrical needs**

**New lighting
Extra sockets
Fuse board replacements
Re-wires**

**James Hiatt
Tel: 01242 690902
Mobile: 07783 593630**

Part P Approved

ELECSA

MASON & STOKES FUNERAL DIRECTORS

**Tudor Lodge
54, Hewlett Road
Cheltenham**

01242 224877

*A family business providing
a caring service*

Richard and Joy Mason

Help and advice on
Pre-arranged Funeral Plans

Regeneration/Repair Cafe

Is it broken? We can help you fix it.

Regeneration Café volunteers have a go at repairing electrical and electronic items, textiles, small household items and do knife sharpening

First Saturday of every Month

St Andrew's 10.00am—2.00pm

No charge but donations welcomed.

Footsloggers

The Footsloggers are a group of people who enjoy walking in the fresh air and discovering new places. We have a walk every month, it's usually between 3 and 4 miles long, and then we have lunch together at a pub. Anyone is welcome to join us for the walk, the lunch or both.



Dates for 2020:

March	Thursday 19 th	August	Monday 10 th
April	Monday 20 th	September	Thursday 17 th
May	Thursday 21 st	October	Monday 19 th
June	Monday 22 nd	November	Thursday 19 th
July	Thursday 16 th	December	Monday 14 th

If you would like more information please contact me at footsloggers@urcic.org.uk

10th January

Cheltenham Town Centre



The Footsloggers January walk was led by Dorothy Odell and took us around Cheltenham noticing some interesting cultural and historical landmarks. We started from St. Andrew's and followed a walk of about two miles via many landmarks including the Montpellier Caryatids, the Neptune Fountain, the Mosaic of the Elephants raiding the corn store, the Hepworth bronzes, the Holst statue and sculptures/statues of various monarchs. We



all enjoyed a coffee stop at The Boston Tea Party before walking back to Montpellier Hall at St Andrew's for a lunch of soup and pudding.

Jenny Evans

Lent Course: 'The Joy of the Gospel'

This message comes from Rev Gary Grady of The Church in Warden Hill and Leckhampton.

This year we will be studying Paula Gooder's book 'The Joy of the Gospel', meeting together each Wednesday in Lent at 7.30pm in the Faith Space at the Park Campus of Gloucester University. We have 50 copies of her book available at the discount price of £4/copy, please email Hannah: info@pipandjims.org.uk to reserve your copy. The course begins on Wed 4th March.

*An Alternative Lent Activity: Challenge ourselves to an **ECO LENT**. (see page 15)
Try some new recycling, conservation, or other Eco project.*



Pastoral (Tuesday) Teas at St Andrew's

Come and join us for a good chat over a cup of tea and excellent cake.
In the Garden Room at St Andrew's.

As from March 2020, Tuesday Pastoral Teas will be moving to the
4th Tuesday of the month instead of the 2nd Tuesday
same time **2.30-4pm**
same place in the **Garden Room**.
The next Tea will be on 24th March
Then: 28th April, 26th May

Prestbury Coffee Morning

Our next monthly **Coffee Morning** will be on:

Saturday 7th March

From 10.30am until 12.00noon

There will be the usual raffle, books etc.
and of course, the toasted teacakes !



We would love to welcome new faces as well as enjoying the company of our regular attendees. You can be sure of a warm welcome.

Prestbury Friday Circle

This group for the more mature citizen is well established, on Fridays from 10.00 to 12noon at Prestbury URC. There are quizzes and board games days as well as mini concerts, outings and visitors with useful information. Cost is £2 for unlimited refreshments and lively conversation – or just a quiet corner to read the paper.

Fiona Hall

Wednesday Women

Wednesday Women will meet on 4th March.

Meetings are held at 7.30 pm at St Andrew's on the first Wednesday of each month.

All welcome

Elspet Carter

Bible Book Club

The book to read this time is '**Philippians**'.

Meeting for discussion, led by Julie Jefferies, will be on

Thursday 19th March

7.00pm, at 8 Moorend Glade, Charlton Kings.

Question/information sheets will be in the churches in due course.



	<p style="text-align: center;"><u>Community Film</u></p> <p style="text-align: center;">at Warden Hill URC Centre 2.30pm (doors open at 2.15pm)</p> <p style="text-align: center;">Saturday 21st March</p> <p style="text-align: center;">Free entry – Family and Friends welcome Refreshments available</p> <p style="text-align: center;">Future Dates:-18th April, 16th May</p>	
---	---	---

DVDs for Loan

Please contact Brian Miles if you would like to borrow any of the Films shown at the Community Film events. Donations of £2 appreciated.

Unique Opportunity

I have asked my good friend Rachel Jacques, member at Highbury if she would develop a one –off bespoke **1st Aid/1st Response course** for us in CURC. She has very kindly agreed. This will take place on **27th April, 2.30pm at Highbury Congregational Church**, where there is plenty of parking.

If you would like to take up this opportunity please either sign the list at St Andrew’s or contact me direct.

Janet Kemp

Statement from British Church Leaders and Representatives as the UK prepared to leave the European Union

We, the leaders and representatives of ten British Church denominations and networks, speak together as the UK prepares to leave the European Union on Friday 31 January 2020.

Three and a half years after the UK voted to leave the European Union, the point of departure has now been reached. The process of arriving at this point has been bruising and divisive. For some this date will mark the realisation of a long-held ambition and a moment of celebration. For others, however, it will be an occasion of great loss, marking the moment when deeply held desires for the nations of the UK are placed beyond reach.

Church members in good conscience continue to hold a wide range of views about Brexit. As Church leaders and representatives, we are united in wishing to seek God's guidance and a sense of common purpose as we move from this chapter of the Brexit process into the next.

As the UK leaves the EU there are important choices to be made about the values that we as a country live out. As Christians, we affirm our belief that all people are equally created in God's image. Our country should be one that offers sanctuary to refugees and is intolerant of those who hate because of a person's race or nationality. Both Leave and Remain campaigns agreed on this – we must now make it a reality.

The continuing challenges of the climate crisis, global inequality and conflict will require both resolve and close international cooperation to be addressed effectively.

We greatly value the love and friendship of our sisters and brothers in other European churches, and a group of us are writing to them publicly today to assure them that these relationships will continue. We also recognise that 31 January will bring uncertainty and anxiety to many EU citizens living in the UK and British citizens living in the EU. Leaving the EU cannot mean abandoning our responsibilities towards these families.

Cont.....

Brexit exposed and exacerbated divisions in British society. The deeply held convictions that fuelled the Brexit debate will not simply go away, but our Christian faith urges us to be people of peace and reconciliation. If the bitterness of the last four years is not to persist in polluting our national life, we will all need to resist the temptation to hold on onto the hurts of the past, or to act in ways which will be perceived as triumphalist.

We will only be able to move towards having a sense of common purpose, despite our differences, when we choose to act with kindness, humility and respect towards those with whom we disagree. We call on our political leaders to set an example over the next weeks and months as we move towards negotiations which will require further decisions about priorities for the nations of the UK.

For our part, our Churches will be working and praying for: • a society where the poorest and most marginalised are at the centre • a society that welcomes the stranger • a just economy that enables the flourishing of all life • a planet where the environment is renewed • a world which actively works for peace • a politics characterised by listening, kindness and truthfulness.

We pray for the people of the UK, for our leaders, and for the whole of Europe, as we mark this significant moment together.

Revd Dr Barbara Glasson and Professor Clive Marsh, President and Vice-President of the Methodist Conference, Revd David Mayne, Moderator of Council, Baptist Union of Great Britain, The Right Revd Colin Sinclair, Moderator of the General Assembly of the Church of Scotland, Revd Nigel Uden and Mr Derek Estill, Moderators of the General Assembly of the United Reformed Church.

Most Revd Father Olu Abiola OBE and Archbishop Fidelia Onyuku-Opukiri, Council of African and Caribbean Churches UK, Yvonne Campbell, General Secretary, on behalf of the Council of the Congregational Federation, Revd Dr Noel A Davies, Chair, Cytûn: Churches Together in Wales' Working Party on Wales and Europe, Bishop Simon Iheanacho, Overseer, UK World Evangelism Churches, Paul Parker, Recording Clerk, Quakers in Britain, Most Revd Mark Strange, Bishop of Moray, Ross and Caithness and Primus of the Scottish Episcopal Church

24 January 2020

Anna Chaplaincy in Cheltenham and Bishop's Cleeve

The principle objective of this project is to appoint a central Anna Coordinator, who will provide support to existing initiatives and help to promote new ones.



They will also seek to foster coordination between churches in the area and to act as a central contact point for outside agencies and the care industry. They will provide up to date resources training in this area.

Rev Brian Dunlop writes:

Progress so far has involved us in registering for Gift Aid with HMRC; beginning to build our first care home team; sourcing a training course for care home visitors; assisting groups and churches with developing pastoral and teaching ministry for older people and raising the profile for CaBiC. Progress has been slowed by the need to raise sufficient funds before we can, responsibly, advertise for an Anna Coordinator but we are working hard in several directions to achieve this. Your church will have received a letter asking for prayers and financial support and we would be grateful for any encouragement you can give to them to respond, if they have not already done so.

We have been moving carefully to ensure that, when we launch out into Cheltenham and Bishop's Cleeve we are fully prepared and in good order but we long to be resourcing and supporting all the local churches in the ministry to the older people. We value your support and prayers in all of this.

CaBiC is a registered Charitable Incorporated Organisation (1183787). Anna Chaplaincy is a Registered Trade Mark of the Bible Reading Fellowship
To get in touch please email: info@cabic.co.uk

Adapted from CaBiC website information and recent letter from Rev Brian Dunlop to Cheltenham Churches.

ECO Events

Our first **Repair Café** of the year on 1st February was very successful. We had 54 items brought in for repair – a mix of sewing, radios, lamps, tool and knife sharpening and some repairs to phones, tablets and computers. Thanks to Alison Stagg for baking cupcakes for our volunteer repairers to celebrate our gaining our Silver Eco church award. The Repair café is a key element of our eco church activities and the organisers and volunteers were very pleased to hear of our award.

A new feature at the Repair Café was a pop-up shop from **Global Footsteps** selling household items and refillable cleaning products to help us cut down on plastic. This proved so successful that we will be trialling holding this on a monthly basis at the Repair Café. Please remember to bring along your own containers for refills. If you're unable to get to the Café, you can visit the Global Footsteps shop at 16 Portland Street, Cheltenham.

February also saw us celebrate our Eco Church award and mark the Climate Coalition's **Show the Love Campaign** with a service on 9th February led by myself and David Black. Our readings and reflections were based around the elements which make up the Eco Church scheme:

- Worship and teaching
- Buildings
- Land
- Community and Global Engagement
- Lifestyle

In the lifestyle reflection, Ann Lewis told us about her experience of trying to live a greener life. A Rocha who run the Eco Church Scheme have suggested that we challenge ourselves to an **Eco Lent**. There are plenty of ideas out there on how we might do this and Ann mentioned some of these during the service. There is a list of some of these suggestions in the Link Gallery at St Andrew's. If you decide to take up the challenge, do let me know how you get on.

Carol Drummond

St. Andrew's Charity for March 2020

THE COBALT UNIT ***Furthering Research into Breast Cancer*** ***which takes place here in Cheltenham.***

Cobalt is a very brittle silvery white chemical element with magnetic properties, used in radiotherapy. It's the name chosen over 50 years ago to appeal for funds to buy state of the art equipment to enable specialists to accurately diagnose cancer. How successful that appeal has been can be seen in the Cobalt Unit in Cheltenham and a sister unit in Birmingham. It's provided two scanners in Cheltenham and Birmingham with facilities to see over 50,000 patients a year: and also a small fleet of mobile MRI scanners that travel to local hospitals in Gloucestershire, Worcestershire and Herefordshire, and sometimes further afield.

Right now, the charity's funding provides the training of professionals, education, and public awareness of the changes in lifestyle associated with serious conditions like cancer and dementia. Research extends to cardiac and liver conditions, dementia, oncology and neurosurgery. A special team also visits schools and other organisations to give health education talks. The Cobalt Unit shares its expertise and research nationally and internationally, and is playing an important role in the understanding and treatment of life-threatening conditions.

The appeal is currently raising £300,000 towards the total cost of £1.3 million for another MRI scanner in Cheltenham, and to fund an adult cancer nurse at Cheltenham General Hospital. Julia Jenkins, Head of Cobalt Fundraising, said: "The money raised will fund two research nurses so that breast cancer research can take place in Gloucestershire hospitals. These posts will lead to local involvement in new national and international clinical trials, contributing to breast cancer research. The research nurses will also support data collection and help to increase the number of patients entering research projects".

The charity needs to raise £66,000 each year so that this can continue. £128 funds a research nurse for a day to develop and coordinate new and on-going clinical trials, which will in turn give patients access to the best care and treatments.

Cont.....

Cobalt Unit continued.....

Dr Sarah Vinnicombe, Consultant Radiologist, Breast Centre, Cheltenham talks about the advantages of breast cancer research for the county: "Funding for two research nurses will enable the team in Thirlestaine Breast Centre to take part in much needed and very important research into the earlier diagnosis of breast cancer. Early diagnosis means less intensive treatment and better outcomes and we are really excited to be able to offer the women of Gloucestershire the opportunity to take part in these studies".

You can get more information from the Unit in Thirlestaine Road, phone 01242-535910, or email: enquiries@cobalthhealth.co.uk

Please support the work this month either through your regular Charity giving or the retiring offertory plate.

Looking ahead: our April Charity will be ***Age Concern Gloucestershire***. If you have any experience of this local concern, either you have benefited from its work, or have volunteered, or in any other way, do send me a few words, say a paragraph, at rmderbyshire@btinternet.com, to help me widen the picture of this well known Charity.

Robin Derbyshire

Cheltenham Chamber Orchestra



Saturday 7th March

St. Andrew's Church

Mozart, Symphony No 32

Bruch, Violin Concerto No 1

Mendelssohn, Symphony No 3 (Scottish)

Conductor: Toby Purser

Soloist and Leader: George Ewart



Tickets £17 unreserved, Children free
see flyers for more details.

M.C.S.
AUTOSOLUTIONS

MOT's

SERVICING & REPAIRS

01242 234511

UNIT 3 CROOK'S IND EST
CROFT STREET
LECKHAMPTON
CHELTENHAM
GL53 0ED

Phil James
Proprietor

Cheltenham Property Maintenance
No Job Too Big Or Too Small

20 Seneca Way
Wymans Brook
Cheltenham

01242 236872
07790 902397

cc_s@blueyonder.co.uk

HOME FLAIR CATERING
Catering For Every Occasion
Home cooked food at affordable prices

Menus individually designed for your occasion
Christenings • Dinner Parties
Funerals • Hot & Cold Buffets

Cheryl Parsons
(01242) 675374
homeflaircatering@gmail.com

C.C.S
CHELTENHAM
CLEANING SPECIALISTS

Phil James



Industrial
Commercial
Domestic

20 Seneca Way
 Wymans Brook
 Cheltenham

Tel: 01242 236872
 Mob: 07790 902397
 email: cc_s@blueyonder.co.uk



JASON BOND
CARPET FITTING

Carpets & Domestic Vinyl
 Supplied & Fitted

“Shop at Home Service”
 Full Range of Carpets & Vinyl Available
 Contract Work

Tel or Fax
01242 708305
Mobile 07850 317703
 www.jasonbond.co.uk
 Email: jason@jasonbond.co.uk
 5 Abbots Close, Cheltenham

Over 20 Years Experience
 Competitive Rates




Quality Feet
 Professional Foot Care
 with a Smile.

Cheryl Brotherton
 S.A.C. dip RFHP
 Registered Foot Health Practitioner.

Mobile Nail Cutting
General Foot Care.

Tel or text: 07904 305349
qualityfeet@outlook.com

Wednesday Social Group at Warden Hill URCC

Our last two meetings have been led by people who spend their lives looking after us and keeping us safe.

Dr Rachel Tarling gave us advice on how, not only to survive, but also to thrive. As life expectancy increases, thriving becomes very important. There is little point in approaching your century if you are not contributing and enjoying your extended life. This is in a large part what the Wednesday Social Group is about – social contact, fun and mutual support through friendship.

The Fire Service arrived spot on time with their gleaming machine. I was fearful that their talk would be a boring list of what we mustn't do to keep our homes safe. I worried unduly! The team leader – who said he had nothing prepared – proved to be a natural communicator. He soon had the audience in the palm of his hand – he gained more laughs than many of our comic turns, yet still passed on very valuable messages of positive things to do to stay safe. What a tour de force driven home by his team who joined our tables for tea and biscuits and continued his good work. Fire Service – we feel safe in your capable hands! All in all one of our best afternoons!

Why not give us a trial run, the tea and biscuits are at the ready!
Don't be shy, a warm welcome awaits you.

We meet on the **2nd and 4th Wednesday afternoons in the month at 2.00pm, at the URC Centre.**

Please spread the word.



John Howe

Creative Cards

On sale at Prestbury, St Andrew's
Warden Hill URC Centre and St Christopher's

St Andrew's Lunch Club

St Andrew's URC, Montpellier Street

OPEN to ALL

Does a lovely bowl of thick, homemade soup with a fresh bread roll, followed by a homemade pudding interest you??

Then join us on the 1st and 3rd Wednesday of every month at 1.00pm and bring a friend.

Qi Gong at St Andrew's

Gentle exercises especially geared to the needs of older people based on Chinese traditional practice, promoting self-healing and self-regulation of the body.

Thursdays at 12.15 pm. £5.00 per session.

Future dates:

5th and 19th March, 2nd and 16th April

New Members are always welcome.

Contact Lida 01242 233949 lida@blueyonder.co.uk

Freecycle

If you have any useful items you no longer need that might be of use to someone else please let Ann Lewis know.

with full details of the item and please leave your telephone number so we can get back to you.



OFFER

Complete Fly Fishing Tackle and Flies - contact Edna Willox

The Paradigm Shift

‘Two battleships assigned to the training squadron had been at sea on manoeuvres in heavy weather for several days. I was serving on the lead battleship and was on watch on the bridge as night fell. The visibility was poor with patchy fog, so the captain remained on the bridge keeping an eye on all activities.

Shortly after dark, the lookout on the wing of the bridge reported, “Light, bearing on the starboard bow.”

“Is it steady or moving astern?” the captain called out.

Lookout replied, “Steady, Captain,” which meant we were on a dangerous collision course with that ship.

The captain then called to the signalman, “Signal that ship: We are on a collision course, advise you change course 20 degrees.”

Back came the signal, “Advisable for you to change course 20 degrees.”

The Captain said, “Send, I’m a captain, change course 20 degrees.”

“I’m a seaman second class”, came the reply. You had better change course 20 degrees.”

By that time the captain was furious. He spat out, “Send, I’m a battleship. Change course 20 degrees.”

Back came the flashing light, “I’m, a lighthouse.”

We changed course.’

*Taken from “The Seven Habits of Highly Effective People”
by Stephen R Covey, Published by Simon & Schuster 1989*

And from an unknown author:

‘Simply by sailing in a new direction you can enlarge the world.’

Could we change course?



From The Editor

Dear Friends

Trees are wonderful plants. I have been watching the cherry in my front garden come into bloom this week, means spring is on the way, however dire the weather may be otherwise. I can also see an enormously tall Scots pine which stands above the railway embankment. This always appears to be reaching for heaven.



it

Trees help fight climate change by absorbing CO2 from the atmosphere through photosynthesis. They then store the carbon and release oxygen as part of their natural life cycle. This process is enormously important to all life on earth. More trees are needed – could we plant some? Is your garden big enough for another – or even a first? The Woodland Trust has a free trees scheme for schools and community groups. The UK currently has 13% tree cover, Europe has 37%.

Janet Kemp

Please ensure that all items for the next edition of 'In Touch' are with the Editor by midnight on
SUNDAY 15th MARCH 2020
at
magazine@urcic.org.uk

Distribution is on the 4th Sunday of the month. Any alterations to the distribution, e.g. change of address, method of delivery, or cancellation should be sent to Fiona Hall. The current edition of 'In Touch' and some back numbers, amended for legal and privacy reasons, are available on the Church website.

(See inside front cover of 'In Touch' for relevant email addresses)

Views expressed in this magazine are not necessarily those of the Editor, the Elders, the Minister, or of any authoritative body of the United Reformed Church

Diary for March 2020

Wed	4	1.00pm	Lunch Club	St Andrew's
Wed	4	7.30pm	Wednesday Women	St Andrew's
Thu	5	12.15pm	Qi Gong	St Andrew's
Sat	7	10.00am	Regeneration/Repair Café	St Andrew's
Sat	7	10.30am	Coffee morning	Prestbury
Wed	11	2.00pm	Wednesday Social Group	Warden Hill URCC
Thu	12	2.00pm	Prayer Group	St Christopher's
Wed	18	1.00pm	Lunch Club	St Andrew's
Thu	19		Footsloggers	
Thu	19	12.15pm	Qi Gong	St Andrew's
Thu	19	7.00pm	Bible Book Club	8 Moorend Glade
Sat	21	2.30pm	Community Film Show	Warden Hill URCC
Tue	24	2.30pm	Pastoral Teas	St Andrew's
Wed	25	2.00pm	Wednesday Social Group	Warden Hill URCC
Thu	26	2.00pm	Prayer Group	St Christopher's
SUN	29	12.00pm	AGM	St Andrew's

Diary for April 2020

Wed	1	1.00pm	Lunch Club	St Andrew's
Wed	1	7.30pm	Wednesday Women	St Andrew's
Thu	2	12.15pm	Qi Gong	St Andrew's
Sat	4	10.00am	Regeneration/Repair Café	St Andrew's
Sat	4	10.30am	Coffee Morning	Prestbury

SUN	5	PALM SUNDAY
Thu	9	Maundy Thursday
Fri	10	GOOD FRIDAY
SUN	12	EASTER



Regular Weekly Events 2020

** Term Time Only

Monday

10.00am	Prestbury Urchins	Prestbury URC**
4.00pm	Rainbows	Warden Hill URC Centre**

Tuesday

10.00am	St Andrew's Parents & Toddlers	St Andrew's
5.15pm	Brownies	Warden Hill URC Centre**
7.30pm	Bible Study House Group	St Christopher's**
7.30pm	Rock Solid	Warden Hill URC Centre**

Wednesday

9.15am	Little Shepherds	St Christopher's**
7.00pm	Bellringing	St Christopher's

Thursday

5.30pm	Beavers	St Christopher's**
6.00pm	Brownies	St Christopher's**
6.45pm	Cubs	St Christopher's**
7.45pm	Scouts	St Christopher's**

Friday

10.00am	Friday Circle	Prestbury URC
10.30am	Bible Study House Group	51 Bournside Road**
6.15pm	TCiWH Choir Practice	St Christopher's

(Please see 'The Lantern', Magazine for the Church in Warden Hill for other activities. Ed.)

Advertising in 'In Touch'

We are pleased to negotiate for Commercial advertising in 'In Touch' at the following rates:

Quarter Page	£22 per annum
Half Page	£44 per annum
One off Quarter page	£5

Please contact Advertisements Secretary Brian Smith for further information:
adverts@urcic.org.uk

Church Services

St Andrew's URC

Every Sunday	11.00am	<i>Morning Worship</i>
1 st Sunday		<i>Communion Service</i>
2 nd Sunday	10.15am	<i>Prayer Time</i>
3 rd Sunday	9.30am	<i>Jump4Joy (for all the family)</i>

Prestbury URC

1 st Sunday	10.30am	<i>All-age Worship</i>
3 rd Sunday	10.30am	<i>Morning Worship</i>
4 th Sunday	10.30am	<i>Communion</i>
2 nd & 5 th Sunday		<i>No service</i>

The Church in Warden Hill

Sunday morning services are **all** held at **St Christopher's**

1 st Sunday	10.30am	<i>Family Worship</i>
2 nd Sunday	10.30am	<i>Communion in the URC tradition</i>
3 rd Sunday	10.30am	<i>Morning Worship</i>
4 th Sunday	10.30am	<i>Communion in the Anglican tradition</i>
5 th Sunday	10.30am	<i>Morning Worship</i>
2 nd Sunday	3.30pm	<i>Messy Church at URC Centre</i>

Evening services are at St Christopher's **except** 4th Sunday at URCC

1 st Sunday	6.00pm	<i>Communion in the Anglican tradition</i>
2 nd Sunday	6.00pm	<i>Evensong</i>
3 rd Sunday	6.00pm	<i>Evensong</i>
4 th Sunday	6.00pm	<i>Evening Worship at URC Centre</i>
5 th Sunday	6.00pm	<i>Choral Evensong</i>

Weekdays

Monday-Friday	8.00 am	<i>Morning Prayer at St Christopher's</i>
Tuesday	10.30am	<i>Communion at URC Centre</i>