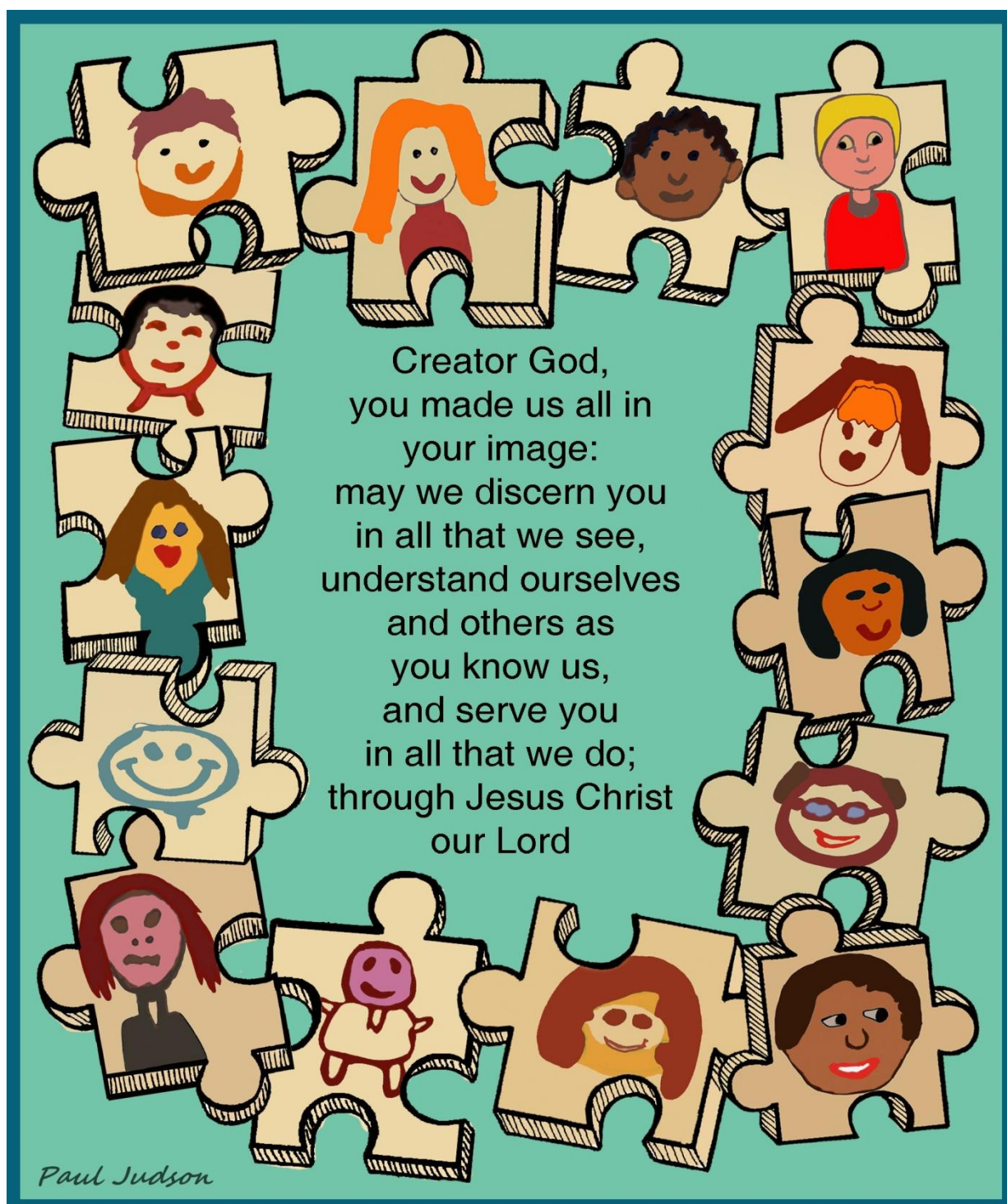
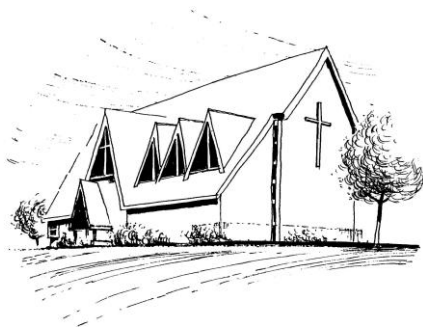


# Prestbury Methodist Church

## *Contact*

## *July 2025*



We extend a very warm welcome to you and invite you to join us for worship. If you are just visiting we will be happy to greet you, and hope that we may meet you again on your next visit. If you have recently come to live in the area, we hope that you will feel at home amongst us and that we may have the opportunity in the future to welcome you to our services and other events in the Church programme.

**Our Services** are usually held weekly at 10.30am, although occasional Circuit Services elsewhere will mean we do not have a service at Prestbury on those days. *See the back page of this edition of Contact or our Church website for current details plus lots more at*

[www.prestburymethodistchurch.org.uk](http://www.prestburymethodistchurch.org.uk)

**The occasional Circuit On-line services**  
can be found on the YouTube Channel at

<https://www.youtube.com/c/MacclesfieldMethodistCircuit/featured>

Church website

[www.prestburymethodistchurch.org.uk](http://www.prestburymethodistchurch.org.uk)

e-mail: [admin@prestburymethodistchurch.org.uk](mailto:admin@prestburymethodistchurch.org.uk)

**Minister: Revd Dr Graham Edwards**

Tel: 01625 426051

e-mail: [graham.edwards@methodist.org.uk](mailto:graham.edwards@methodist.org.uk)

**Enquiries for funerals, baptisms and weddings  
to the Minister please.**

# Minister's Letter

## ***Dear Friends,***

A few weeks ago, a group of staff and students from Cliff College walked about forty miles through Derbyshire over four days. On the first day we went to Castleton and walked the abandoned section of the A625 Mam Tor road. This road has been subject to many landslips over the years which tore it apart and moved sections apart from one another; it was repaired time after time until finally being closed in 1979. I stood there and looked at a road no longer fit for the purpose it was made for, no longer suitable as a road, it was broken battered, and ruined. And yet it did not feel a hopeless place – among the cracks and chasms, the broken tarmac and brick pillars there was life. The road had found a new purpose!

There are moments when looking at the world around me, feels a bit like looking at that road. A broken, dangerous place which can be depressing, and disturbing as different countries argue childishly about their destructive power, looking down on poor and impoverished nations, as parents struggle to feed their children, as millions live on the streets and as millions more feel excluded from the world in which they live. It's easy to give up - but our calling is greater than that.

Walter Brueggeman argues that there are three urgent prophetic tasks for the church to fulfil in our world. To speak of the honest reality of this world, with all its problems and pains, to grieve for the world God created in love to be so abused, and to proclaim the hope of God in all things. Amidst the brokenness on the A625, there was life and hope, and it is the same in this world – God's hope is in all things, in fact, that is the very point of the incarnation, the hope of God breaking into the world.

As my time as the minister of Prestbury Methodist Church comes to an end, and as all our circuit churches face change, let's not lose hope. Rather let us be a prophetic people – who are honest about the reality of the world in which we live and unafraid to challenge the status quo, let us grieve for this broken world and acknowledge humanity's failure, but most of all let's commit ourselves again to God's way where we are, let us seek God's hope in Christ and hold it up for all to see!

***With every blessing***

***Graham***





# Prayers for July

**Almighty God** we worship you and give you our praise.

We thank You for Your creation and all that is good, for Your great faithfulness and Your wonderful and constant love for us, for rebirth and the many little things around us.



Thank you Lord for another day  
And all the new day brings  
For sun and rain, for joy and pain  
And all life's little things  
For those we love, who love us too,  
For every bird that sings.  
Each sight and sound, the friends we've found  
And all life's little things.  
Thank You, Lord, for yesterday  
And all tomorrow brings  
For all the good and special times  
And all life's little things.

**Gracious Lord** forgive us that we do not always act as we should or do the things that are right, forgive us and bring us back into your ways.

**Heavenly Father** we pray for the World in which we live. At a time of severe unrest, war and destruction we pray for those whose responsibility it is to make decisions in these difficult and ever changing times. Open their minds dear Lord and give them the strength to bear the responsibility and the wisdom to do what is right.

**Lord of compassion** we pray for those for whom life brings intolerable demands, those facing war and destruction, persecution and displacement, famine and natural disaster. We particularly remember at this time the families and friends of the many people killed in the recent Indian air crash.

We pray for all who are searching for peace in their lives, those burdened with loss, anxiety or loneliness, those who are sick or grieving. We especially remember those known to us.

Guide us in our journey of faith Lord, revive us when we are weary, direct us when we go astray and inspire us on our journey.



We remember those of our Church Family who have birthdays this month:

Pat Ross, Roger Brownhill,  
Fiona Heron and Viv Jones.

May God bless you on your special day.

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## **Social Event**

After the recent very successful Pizza and Quiz night at Heather Cann's we look forward to our next event :

### **Afternoon Tea At Audrey Williams'**

**18, Sandringham Drive Poynton SK12 1JQ**

**Saturday 26th July, 2.30pm – 5pm   £10 per person**

**Please add your name to the list on the notice board by Sunday July 20th**



## Thursday Morning House Group



The group meets on alternate Thursdays. We meet at **10.30am** for cake and a cuppa, followed by a time of fellowship, usually finishing around 12 Noon. Venues vary.

**3<sup>rd</sup> July - 'The Hour'** - The Resurrection and Drama (John Chs 13-17). This is the Final Bible Month Meeting at church

**17th July at the home of Pat & Roger Bolton**

**31<sup>st</sup> July at the home of Roger Hulme**

The programme for these last two meetings is yet to be arranged - please see Pews News, or contact Roger Bolton

All are warmly welcome to join us for any of the sessions. Please bring a Bible.



## COFFEE MORNINGS

Our church coffee mornings are held in the Village Hall on the last Saturday of the month (excepting June and December), from 10am - 12 Noon. If you've not yet joined us you can be sure of a friendly welcome, a shared cuppa, and plenty of stalls to browse. We ask just £2 entrance which includes your refreshments. Proceeds from the last one on 31<sup>st</sup> May raised £232.11 for '**Christian Aid**'.



As we have a break in June, our next Coffee Morning will be on 26<sup>th</sup> July when we shall be supporting '**Overseas Missions**'.

***We hope to see you then!***



## A special birthday party for Norman Leather – 100 years 'young' on Saturday, May 31, 2025



Norman Leather is well known in the village of Prestbury – he is the kind and thoughtful man who is always willing and available to run errands and offer lifts to appointments, coffee mornings and luncheon trips! He is also a regular member of the Prestbury Methodist Church House Group for which he is often the host, providing delicious refreshments – all made by him!

There was an article in the December 19 / January, 2020 Contact magazine, which focussed on Norman's faith journey which centred round his commitment to the

Salvation Army. He was also part of the Army band where he played the trumpet and cornet. He is still a 'force to be reckoned with' which is testimony to his life of unfailing care for others.

It was a sunny afternoon on Saturday, May 31, 2025 when all the attention was on Norman as family and friends all poured into the Village



Hall in Prestbury in order to show him how very special he is. The entrance and main hall were festooned with gold and black balloons and banners; tables and



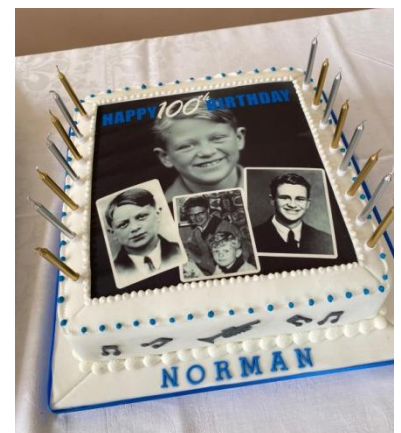
chairs awaited the guests and a very special birthday cake had pride of place on the refreshment table.

Norman, his son and daughter-in-law, grandson and other family members were soon very busy welcoming everyone and there was a

happy buzz of conversation and laughter. The refreshments were up to Norman's high standards but on this occasion not made by him!

Towards the end of the afternoon Howard, Norman's son, said a few words followed by a few words from Norman who then blew out the candles on his cake. Finally, we all raised our glasses in a toast to Norman, the Wonderful Centenarian.

So ended a wonderful afternoon of celebration for a special man.



Joan Pritchard

# Coffee or Tea?

## Why you should drink coffee

When you drink your morning cup of coffee, you are not the only one who is enjoying it. Recent studies have found that the billions of friendly microbes living in your gut are also given a cheering boost. And that means better overall health for you – and even a longer life.

It seems that coffee not only contains compounds that nourish our probiotic beneficial bacteria, but the caffeine even helps them to increase in number. Coffee also contains polyphenols, plant compounds which acts as anti-inflammatory antioxidants.

But is there a best way to prepare and serve your coffee? Scientists report in the journal *Nutrients* that black coffee is the best for you, while coffee with cream and sugar is the worst.

## Why you should drink tea

There is a popular greeting card which says: 'All things are possible with a cup of tea'. And for many of us, that is almost always true. Tea comes from the *Camellia sinensis* plant, which is often blended with other plants for different flavours, such as Earl Grey or chai. Tea is the UK's favourite hot beverage, which besides from cheering us up, has cancer-fighting properties and can improve our heart and gut health. So here's what's good about tea:

Tea is rich in polyphenols, which have antioxidant effects on the body, and can reduce inflammation. Milk does not hurt their absorption, so add milk if you like!

Tea has flavanols, which helps your blood to flow and lowers your blood pressure. One study at Harvard found that drinking three to four cups a day means you are less likely to have a heart attack.

Tea is prebiotic, which means it promotes healthier kinds of bacteria in your gut, which helps with your digestion, your respiratory system, and your immune system.

Tea lowers blood sugar, and even the risk of Type 2 diabetes, due to the polyphenols.

Tea may reduce your risk of cancer. Again, the polyphenols are your friends here, as they may be slowing the development of certain types of cancer.

Tea helps you concentrate. Coffee may speed you up, but it can also give you the jitters. Tea contains around 40-50 mg of caffeine, which is only half the amount found in coffee.

But tea also has an amino acid called 'L-theanine', which helps produce a feeling of 'calm concentration', by lowering stress and improving mental focus.

Tea improves sleep – due to the polyphenols, L-theanine, theaflavins, thearubigins, and gamma-aminobutyric acid (GABA), which help lower stress and create calm.

Finally, black tea or green tea? Without going into some complicated science, it seems that they are equally healthy to drink. Black tea has more caffeine, which may help if you need more energy!

**Which do you chose – perhaps some of both?**





# Action For Children Sunday

Join us for a special service  
in support of Action For Children

**Sunday July 13<sup>th</sup>**  
**at Prestbury Methodist Church at 10:30am**

Action for Children has been part of the Methodist family for over 150 years, helping children across the UK have safe and happy childhoods. It was founded in 1869 by the Reverend Dr Thomas Bowman Stephenson, a Methodist minister, who saw children living rough under the arches of Waterloo Station. Instead of walking by, he stopped to listen to their stories. His work led to the creation of the National Children's Home (NCH), and then the charity changed its name to Action for Children in 2008. The partnership with the Methodist Church continues to be a great source of inspiration. **Do come along to give thanks to God for the great work!**

## Coming soon...Season of Creation 2025



The Churches in and around Macclesfield are coming together again to join in with the **Season of Creation**. It's an international ecumenical movement that prompts people to renew their relationship with our Creator and all creation through celebration, conversion, and commitment together. During the Season of Creation, we will join our sisters and brothers in other churches in prayer and action for our common home.

**It starts on 1 September, the Day of Prayer for Creation, and ends 4 October**, the Feast of St. Francis of Assisi, the patron saint of ecology. Throughout the month-long celebration, the world's 2.2 billion Christians will come together to care for our common home.

**There will be a calendar of local thought-provoking and fun activities issued in the next month so please look out for further info.**

Contact: Steve Oliver

## Don't Step on a Bee Day – 10<sup>th</sup> July

Have you ever wanted to step on a bee? Hopefully most of us haven't – but the eye-catching name of this annual event aims to remind people of how important bees are in our ecosystem, and of the need to promote their protection.

Don't Step on a Bee Day highlights the crucial role bees play in pollination, and also that their populations are declining, because of habitat loss, pesticides, and climate change.

If you want to help the bees, here is what you can do:

***Plant Bee-Friendly Flowers:*** Grow a variety of flowers in your garden that attract and support bees, such as lavender, sunflowers, and marigolds.

***Avoid Using Pesticides:*** Reduce or eliminate these in your garden, to create a safer environment for bees.

***Support Local Beekeepers:*** Purchase honey from local beekeepers, to help support sustainable beekeeping practices.

***Create a Bee Bath:*** Place a shallow dish of water with stones in your garden to provide bees with a safe place to drink.

***Educate Others:*** Share information about the importance of bees and how you protect them with friends, family, and on social media.



## Our World is More Violent Than Ever

Last year there was serious conflict in at least 50 different countries.

"The level of violence happening is certainly at one of its highest levels since the Second World War." So says the founder of ACLED (Armed Conflict Location and Event Data).

Some experts estimate that at least one in every six people is exposed to some level of conflict. This can range from civil war in Myanmar to warring drug cartels in Mexico, with "fewer conflicts being resolved, either militarily or through peace agreement", according to the Global Peace Index.

The increase now is largely due to the military coup in Myanmar in 2021, the Russian invasion of Ukraine in 2022, and the Israel-Hamas War, which began in 2023. These conflicts have been responsible for more than half the war fatalities recorded in 2024. Now we can add the Israel – Iran conflict in 2025.

The only place that exceeded Myanmar on the index was Gaza, which ACLED reported to be the "most dangerous and violent place in the world in 2024".

Jeremiah the prophet, who lived in 600BC, also knew about violence. He observed with sorrow that: 'Death has climbed in through our windows and has entered our fortresses; it has removed the children from the streets and the young men from the public squares.' (Jeremiah 9:21)

# Peace be with you

(Jn 20:24-31, 14:5, 11:16)

1. Through absence,  
Through doubt,  
Through questions  
And fears,  
Through locked doors  
And longing  
Jesus comes.

2. His risen presence  
Bringing blessing,  
Hope and healing,  
Restoration  
And His precious,  
Faith-affirming  
Gift of peace.

*By Daphne Kitching*



## Smile Lines to Finish

### Church Notices that didn't quite 'make it'...

The preacher for Sunday next will be found hanging on the notice board in the porch. Churchyard maintenance is becoming increasingly difficult, so it will be appreciated if parishioners cut the grass around their own graves.

### Baptism

The minister announced that an additional font would soon be placed in the church, so that babies could be baptised at both ends.

### Getting ready

Two children watched their grandmother reading her Bible. "Why does she do that?" whispered one. "I expect she's studying for her final exams," came the reply.

### Life choice

A small boy returned from Sunday School in tears. When questioned by his mother for the reason of his distress, he gulped: "Jesus wants me for a sunbeam, but I want to be an engine driver."

### No worries

A 102-year-old lady was asked if she had any worries about the future. She replied: "Not since I got my eldest son into an old people's home."

### Open wide

A lady was very nervous about her appointment at the dentist. She sought courage from her Bible. The verse her finger landed on was Psalm 81:10: 'Open thy mouth wide and I will fill it.'

### What exactly is 'a lie'?

A little boy was asked in a school exam to explain what 'lying' is. He wrote: "A lie is an abomination unto the Lord, but a very present help in trouble."

### Come in

The choir was practising the anthem. The choirmaster said to the trebles: "Now don't forget, when the tenors reach 'The Gates of Hell', you come in."

# What's On in July

Every Tues	10:00am	Cancer Help Centre
Sun 29 <sup>th</sup> June	10.30am	Sunday Worship led by Alan Rashleigh <i>[Jesus' Discipleship Course - John Chs 18-21]</i>
Thur 3 <sup>rd</sup> July	10.30am	Bible Month - St John (Session 4)
Sun 6 <sup>th</sup> July	10:30am	Sunday Worship led by John Morrel <i>[Jesus' Discipleship Course - John 18-21]</i>
Mon 7 <sup>th</sup> July	12.30pm	Faith Lunch
Sun 13 <sup>th</sup> July	10:30am	AfC Sunday - Worship led by Phil Maltby
Wed 16 <sup>th</sup> July	2pm	Reading Group at Muriel Ayerst's home
Thur 17 <sup>th</sup> July	10.30am	Thursday Morning House Group at the home of Pat & Roger Bolton
Sun 20 <sup>th</sup> July	10.30am	Morning Worship led by Rev Sheila Bishop with Holy Communion
Sat 26 <sup>th</sup> July	10:00am - 12 Noon	Coffee Morning in the Village Hall supporting 'Overseas Missions'
Sun 27 <sup>th</sup> July	10:30am	Circuit Farewell Service at Macclesfield for Rev Dr Graham Edwards, Preacher Rev Helen Byrne followed by a Bring and Share Lunch <b>NO SERVICE AT PRESTBURY</b>
Thur 31 <sup>st</sup> July	10.30am	Thursday Morning House Group at the home of Roger Hulme

Please send items for **August's** edition of **Contact** to David Lee by **Tuesday 22<sup>nd</sup> July**, or c/o the church e-mailbox [admin@prestburymethodistchurch.org.uk](mailto:admin@prestburymethodistchurch.org.uk)

[www.prestburymethodistchurch.org.uk](http://www.prestburymethodistchurch.org.uk)

Please remember to visit the website regularly to find out more, and for updates