

July 2025



# St Thomas' Church

High Lane  
Parish Magazine

50p

St Thomas is a living church in the community of High Lane where everyone is welcome and our mission is to share the love of Christ with all.

## Worship with us

Join us for worship in the Anglican tradition.

We are worshipping together in church but you can still be a part of our services by phone. Please see the calendar in the centre pages for details.

## Weddings, Baptisms and Funerals

Whilst we are without a Vicar, any enquiries about Baptisms, Weddings and Funerals can be answered by Robert Taylor on 01663 763478

## Pastoral Care Team

Life can be challenging and we all need support. If you would like to talk or receive a visit, please contact Robert Taylor above who can put you in touch with someone from the Pastoral Care Team.

## We are Silver Award Eco Church



## Digital Donations

To make a donation to support our ongoing ministry and mission here please scan this QR code and you will be directed to the 'Give A Little' donation page. In these tough financial times, we are especially grateful for your support.



# Rev'd Lynn writes...



*'When I feel the touch of Your hand upon my life,  
It causes me to sing a song that I love You Lord  
So from deep within my spirit singeth unto You  
You are my King You are my God and I love You Lord'.*

Those of you who were in church for Pentecost will recall that I began my sermon by singing these words from my favourite worship song. What I didn't tell you on that day was that my most vivid memory is that of singing these words in the pit below the house of Caiaphas, opposite the Mount of Olives, where Jesus was held on the night before his crucifixion.

It was way back in 2004 and I was in that underground pit, completely on my own. Or was I? If we truly believe that Christ lives within us through the Holy Spirit, then we must also believe that we are never really alone. He is always there ready to listen to us, whether we are declaring our deep love for Him, questioning His intentions for us or shouting at Him because everything seems to be going in the wrong direction. And He takes all of this on board, because He is our King and our God. Our God who will never, ever leave us wanting.

The first two lines of the song are particularly poignant. When Christ touches our lives, when we feel His hand upon our shoulders, we are deeply blessed. We are blessed by His very presence; we are blessed by His love and by His grace.

It only seems a few weeks ago that I felt the touch of His hands upon me when He turned me towards St Thomas' Church. At that time, I had no idea of the plans He had for me at all, but gradually it became clear that He was calling me to serve here.

A few phone calls and emails from the Bishop helped that journey along, followed by an application and interview and now here I am planning my move into the vicarage, with the expectation of my installation as Vicar, on the 14th September.

On Sunday 6th July, we will celebrate our patronal saint: Thomas, often referred to as the doubter. He doubted until He was able to touch the hands of Jesus, until Jesus touched him in return with hands that had borne the nails.

Why do I refer to doubt? If you recall, I mentioned this in one of my early sermons. To doubt is natural, to doubt what we are being asked to do, to doubt our ability. I know I have quoted this before, but it is worth repeating: Our faith is a living thing precisely because it walks hand in hand with doubt. If there was only certainty, and if there was no doubt, there would be no mystery, and therefore no need for faith. *Robert Harris (Conclave)*

Of course, I have all the natural doubts with regard to my ability for the task, but I have absolute faith and trust that if God has called me to St Thomas', if He has touched my life and pointed me in this direction, then He will give me all I need to fulfil the role.

I am delighted to be serving you and am so looking forward to September and the amazing journey of faith we will embark upon together.  
God Bless you all, *Lynn*

# Parish ACTIVITIES

Come join us at St Thomas' Church Tree Tots Group  
Mondays during term time, 9.30-11.30am

Our last session this term will be on 21st July

A group of bumps, babies, toddlers, preschoolers and their parents or carers. Tea, coffee, play, a chance to chat and make new friends  
Suggested donation £2 per family



## Messy Church

**Saturday 12th July at 3.30pm  
in the Church Hall**

Lots of crafts, a story, and a **lovely** meal together at the end.

If you are planning to come along, please confirm your attendance by contacting  
Carole Clulow 0798 436 2662

## **Bishop's visit to St Thomas on Wednesday 2nd July at 9.30am**

The Bishop of Birkenhead,  
the Rt Rev'd Julie Conalty will be coming to  
St Thomas' Church to preach and preside over our  
regular Holy Communion service.

Please join us at this service as we welcome  
Bishop Julie to our church

# Coffee Morning

**Wednesday 9th July  
10.00am - 12.00 noon  
at St Thomas' Church**

**Bring & Buy stall  
with books and jigsaws  
Usual Raffle  
Proceeds to Church Funds**

**Come and enjoy a drink and chat  
with your friends!**

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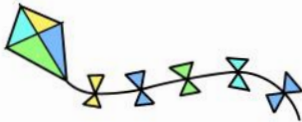
## Medium Sudoku

Answers towards the back of the magazine

# Parish NEWS

## Anniversary of Baptism

3rd                      Jaxon Jagger  
                             Penelope Pollard



## Funerals

20th June              Gloria Wheeler

## Ashes Burials

1st June                Carole Broster  
15th June              Denis Woodhead

\*\*\*\*\*  
\*\*  
\*\* **Thank you...** \*\*  
\*\*  
\*\* July is the start of our new advertising year and we welcome a new advert for \*\*  
\*\* **Rob Preston who, with 20 years experience, offers plastering services.** \*\*  
\*\*  
\*\* It is a good time to thank all our advertisers as without them we could not \*\*  
\*\* produce the magazine. Please use these companies' services and let them \*\*  
\*\* know that you saw their advert in St Thomas' Parish Magazine. \*\*  
\*\*  
\*\* Thanks to all our readers who support our church by buying the magazine. We \*\*  
\*\* hope it is a good read. \*\*  
\*\*  
\*\* We also wish to heartily thank all our distributors who turn out whatever the \*\*  
\*\* weather to bring the magazine to our readers. Several of these distributors are in \*\*  
\*\* their 80s and even 90s! \*\*  
\*\*  
\*\* Also thanks to the Magazine Team—Mary Berry, Robert and Jean Taylor and \*\*  
\*\* Alvin. \*\*  
\*\*  
\*\* Finally, don't forget that we produce a large print edition of the magazine. It is \*\*  
\*\* the same price as the regular magazine, 50p. Excellent value! Please contact \*\*  
\*\* Jean Taylor if you would like a copy delivered to you. CW \*\*  
\*\*  
\*\*\*\*\*

## More thanks...

Thank you to everyone who supported the recent Hawk Green Band Concert. It was enjoyed by everyone. Also, thanks to the Band for a wonderful selection of music and £1037 was raised towards the West Wall Appeal. The next concert will be held on Friday 5th December, so remember the date and get your tickets early.

## And more thanks!...

to everyone who came along to Paws for Coffee. We raised an incredible £564.50p for Hearing Dogs For Deaf People.  
Thanks to your generosity, we can train more dogs—the only hearing aids with a cold wet nose.  
Watch out in August for exciting news from Christine...!

## A prayer request from The Bible Society

Your prayers are powerful. Christians in Iran, Israel and other places at war depend on the prayers of their brothers and sisters around the world. **Bible Society workers and their church families in those places are asking for your prayers.**

Will you pray through the following points suggested by the Arab-Israeli Bible Society?

**Peace around the world.** Ask God to break the cycle of fear, revenge, and destruction

**Reconciliation** – between Ukrainians and Russians, people in the Bible Lands and Iran, and any peoples fighting right now

**Wisdom for leaders**, courage for anyone threatened, and comfort for the grieving

**Unity and boldness in the Church** so God's people are seen to transcend the world's divisions

Christians in Iran have also asked for your prayer in these areas:

**Protection for the vulnerable.** As life in Iran is turned upside down, remember especially women who are pregnant and the elderly

**The liberation of Iran.** Pray for the freedom of the land where all people may celebrate life

**Christian love for all.** Ask God to empower the scattered Christian communities of Iran to serve their Muslim neighbours.

Pray for Bible mission as well and a powerful witness at this time. Bible Society workers are asking personally for your prayers. The team in Nazareth said that missile fragments landed near their neighbourhood, and Anatoliy, who leads the team in Kyiv, says that a blast wave and shrapnel hit his home. Ask God to keep them safe and strengthen them in their outreach.

## Blessings

The man whispered, "God speak to me "  
And a blackbird sang. But the man didn't hear.  
Then the man yelled, "God speak to me "  
Thunder rolled across the sky. But the man did not listen.  
The man looked around and said, "God let me see you"  
And the stars shone brightly. But the man did not see.  
And the man shouted, "God, show me a miracle"  
And a life was born. But the man did not know.  
So, the man cried out in despair, "touch me God, and let me know you are here".  
Whereupon, God reached down and touched the man.  
But, the man pushed the butterfly away and walked on.

So remember, don't miss out on a blessing because it isn't packed the way you want it.

God, give us eyes to see, Ears to hear, Hearts to love and life so sensitive to the touch of humanity that we may live only for your glory. In Christ we pray. Amen.



## What's the Big Idea? – An Introduction to the Books of the New Testament: Romans

*'Paul's letter to Rome is the high peak of Scripture...all roads in the Bible led to Romans, and all views afforded by the Bible are seen most clearly from Romans' (J I Packer)*

Paul probably wrote his letter to the Christians in Rome around AD 57 at Corinth, on his third missionary journey. The original recipients of the letter were predominantly Gentile, although Jews would have constituted a substantial minority of the congregation.

Paul set out to explain the relationship between Jew and Gentile in God's plan of salvation, as the Jewish Christians were being rejected by the larger Gentile group in the church. Paul begins by showing that both Jews and Gentiles are sinners in need of salvation. He shows how the life, death and resurrection of Jesus eternally affects both world history and every person.

This salvation, secured by Jesus, must be received *by faith*, as the example of Abraham shows. As salvation is not just about starting the Christian journey, Paul goes on to show how believers are freed from sin, law and death. This is made possible both through their union with Christ in His death and resurrection and by the indwelling presence and power of the Holy Spirit.

The theme of the book centres on the Gospel of Christ, which brings us into a right standing with God through faith: *'I am not ashamed of the gospel, because it is the power of God for the salvation of everyone who believes: first for the Jew, then for the Gentile. For in the gospel a righteousness from God is revealed, a righteousness that is by faith from first to last, just as it is written: "The righteous will live by faith."*' (Rom. 1:16,17).

## Book Review

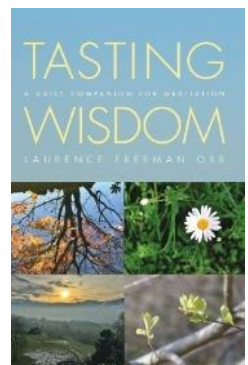
### Tasting Wisdom – A daily companion for meditation

**By Laurence Freeman, Canterbury Press. £14.99**

Every day for more than a decade, members of the World Community for Christian Meditation worldwide receive a brief reflection, Daily Wisdom, from Laurence Freeman, a Benedictine monk and leader of the community.

In just a few sentences, each day readers can orientate themselves to a more reflective and less reactive approach to the challenges of the coming day and living wisely and well in a restless, noisy world.

This collection of daily meditations will last the whole year, and offers wisdom to begin, end or punctuate the day.





# Praying With the Prayers of the Bible: the Prayer of National Confession

*Daniel 9:5, 'We have sinned and done wrong ... turning aside from Your commandments and ordinances.'*

In this chapter the prophet Daniel, an exile in Babylon, prays one of the Bible's truly great prayers of national repentance.

Knowing that Judah and Jerusalem had fallen to the enemy and that 70 years of exile lay ahead (v.2), Daniel set himself to seek God on behalf of his own people. With fasting and sackcloth and ashes (v.3) he turned to God in fervent prayer. Our nation, wherever we live, is in need of intercessors like Daniel. His praying has much to teach us.

For Daniel, prayer was a daily habit. Earlier, in chapter six, we read the well-known story of how he was thrown into the lions' den. This happened because nothing could stop him having his daily devotions! When King Darius decreed that no one in the land should pray to any god except him for 30 days, Daniel ignored the order. As he had always done, he opened his window facing Jerusalem and prayed three times every day. For this disobedience he was sent to the lions' den. So here in chapter 9 the great prayer of national intercession is prayed by a man whose prayer life is sustained by daily devotion.

We also see that Daniel knew the character of his God. He is great and awesome, keeping covenant and steadfast love (v.4). To him belongs righteousness, mercy and forgiveness (vv.7, 9); He confirms His word (v.12) and He is the Lord who brought His people out of Egyptian slavery (v.15). Across the years, even in exile, Daniel's consistent prayer life has revealed to him Who God is. With this confession of His glory and majesty and power is the glad acknowledgement of a personal God. Note 'the Lord my God' (v.4); five times 'the Lord our God' (vv. 9, 10, 13, 14, 15,); 'my God' (v.19).

Daniel's knowledge of the one, true God is matched by his love of God's people, his own nation. He identifies himself with his people, facing national judgement because they have forsaken the Lord. 'We have sinned and done wrong' (v.5).

'We have not listened to Thy servants the prophets' (v. 6). 'To us, O Lord, belongs confusion of face'(v.8). 'We do not present *our* supplications before Thee on the ground of *our* righteousness, but on the ground of Thy great mercy' (v.18). Daniel makes himself confessor and spokesman and intercessor for his whole nation.

It is not surprising that this great prayer of intercession, grounding its confidence in God, received a speedy answer. Even while Daniel prayed, the angel Gabriel was sent to him with a message from God (vv.20-23). What an encouragement for all of us to become intercessors for the nation!

*The Revd Dr Herbert McGonigle, is a former Senior Lecturer in Historical Theology & Church History, Nazarene Theological College, Manchester*



### Mouse Makes

"Now Jesus was praying in a certain place, and when He had finished, one of His disciples said to Him, "Lord, teach us to pray..." And He said to them, "When you pray, say..."



Our \_\_\_\_\_  
in \_\_\_\_\_,  
hallowed be your  
\_\_\_\_\_, your  
\_\_\_\_\_ come,  
your \_\_\_\_\_ be done,  
on \_\_\_\_\_ as it is in  
\_\_\_\_\_.

Give us today our daily  
\_\_\_\_\_.  
\_\_\_\_\_ us our  
S \_\_\_\_\_ as we forgive  
those who sin against us.  
Lead us not into  
\_\_\_\_\_  
but \_\_\_\_\_  
us from \_\_\_\_\_.

For the kingdom,  
the \_\_\_\_\_ and  
the \_\_\_\_\_ are  
yours now and forever.  
Amen



D	T	E	O	P	R	G	O	D
F	E	E	B	R	E	A	D	I
O	M	G	T	O	P	P	G	S
R	P	W	R	T	E	O	L	C
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F	O	R	G	I	V	E	V	E
A	M	E	N	W	O	R	L	D
I	L	F	L	J	E	S	U	S



Fill in the missing words of the Lord's Prayer then find them and these extra words in the word search:

**LORD'S PRAYER**  
**DISCIPLES**  
**JESUS**  
**GOD**  
**WORLD**  
**NEEDS**  
**FORGIVENESS**  
**TRESPASSES**  
**PROTECTION**  
**REPENTANCE**

The versions of **The Lord's Prayer** we say today come from the Gospels of Matthew and Luke.

Which version do you use in your church?



  
**Read**  
Matthew 6:9-15  
and  
Luke 11:1-4

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# Eco NEWS

## **Plastic summer? The big inflatable problem**

*Polly Eaton, A Rocha UK's Eco Diocese Officer, reflects on the problem of plastic.*

The sun is shining and holidaymakers are hitting beaches and pools with inflatable lilos, donuts and even unicorns. However, new research has found that over half (53%) of people throw away their inflatables every year. Thomas Cook has partnered with the Marine Conservation Society to urge holiday-makers to consider the impact of plastics on marine wildlife and ecosystems when they are deciding whether or not to bring that inflatable home and reuse it next year.

So, what's the problem with plastic? Although plastics have only been around for the last 60-70 years, they have transformed our lives. Light, durable, versatile and cheap to produce, plastic is all around us in items such as tea bags, wet wipes and even clothing. However, plastic production is a major source of greenhouse gas emissions because it is made from chemicals that come from oil, petrol, gas or coal. The main issue with plastic is that it takes hundreds of years to decompose, and even then, it never fully disappears, ultimately turning into microplastic particles. Toothbrushes, for example, can take up to 500 years or more to decompose.

Clearly much bolder action on plastic pollution is required on all levels, from individual and household, to national and global. There is much to build on, for example, in 2011 the Plastic Free Foundation launched Plastic Free July which has become a global movement with millions of people taking action locally. The idea is to commit a month to going 'plastic free' to raise awareness of the issue and show how anyone can reduce their own plastic consumption while advocating for policies to reduce plastic pollution on a global scale. The UK government introduced the plastic bag charge in 2015 intended to encourage people to reuse bags and reduce plastic waste and this has been a hugely successful policy with plastic bag use falling by 98%.

Despite further efforts to cut single-use plastic in the UK, much of our plastic waste is simply dumped. Each year the UK produces 2.5 to 5 million tonnes of plastic waste, over 50% of which is exported. Once overseas, plastic waste continues to cause harm including respiratory problems in people near dumping sites and micro-plastics infesting fish. In March 2022, the governments of 175 countries agreed to start work on a landmark global treaty on plastic pollution. This treaty would cover the full plastic lifecycle, from extraction of oil and gas and plastic production, through to design, use, and management of plastic waste. Negotiations concluded in 2024, so it is a critical opportunity to encourage the government to champion this treaty.

If we take seriously the instruction from Jesus to 'Love your neighbour as yourself' (Mark 12:31) then surely the action of sending 'our problem' elsewhere has got to be challenged? Our global brothers and sisters are not only facing the greatest impact of climate change, they are suffering directly from our overconsumption of plastic. Banning plastic waste exportation would force more dramatic steps to be taken within the UK and necessitate a reduction in the reliance on single-use plastic. Whilst the raw materials, allowing us to create such a transformative material come from God's creation, our Christian duty to love our neighbour must shape how we use this resource. That's why it's so important to act locally, by reducing your plastic waste at home, and think globally by supporting international movements and policies to end plastic pollution.

## Saint of the Month

### 16th July – St Osmund, bishop with a genius for cathedrals

Osmund is the saint for you if you like cathedrals, or if you have ever met the dean, precentor, chancellor or treasurer of one. Why? Because nearly 1,000 years ago, it was St Osmund who first invented all those roles, and it was he who also decreed that a cathedral is to be the 'mother church' of a diocese.

Yet Osmund did not start out as a priest. He first appears in history as the newly appointed Chancellor of England, in 1072. He may well have arrived with William the Conqueror. But the Church seems to have appealed to him more than straight politics, because in 1078 he was made Bishop of Salisbury. In those days, that included Dorset, Wiltshire and Berkshire.

The headquarters of his diocese was the fortress of Old Sarum, set on a hill and surrounded by massive walls. Fourteen years later, Osmund finished building his own cathedral at Old Sarum, and consecrated it on 5th April 1092. Tragically, only five days later a violent thunderstorm destroyed the roof! Thus, St Osmund became the first of a long line of bishops who, down the centuries, have found their cathedrals harder to manage than they had first anticipated.

Osmund was a brilliant administrator – not only did he initiate the 'cathedral chapter' with the duties of dean, precentor, chancellor and treasurer clearly defined, he also created 32 cathedral canons, to act as advisers to the bishops, and to carry out missionary work for the diocese. Many other cathedral bodies soon followed his example, until his influence on the Church in England was profound.

Osmund left another massive legacy for England: he was deeply involved in the preparation and evaluation of the Domesday survey, and he was at Court the day that the Domesday Book was finally presented to King William in 1086.

Osmund died on the night of 3 December 1099. His remains were buried at Old Sarum, on 23 July 1457, and deposited in the Lady Chapel, where his sumptuous shrine was destroyed under Henry VIII. A flat slab with the simple inscription MXCIX has lain in various parts of the cathedral. In 1644 it was in the middle of the Lady Chapel. It is now under the easternmost arch on the south side.

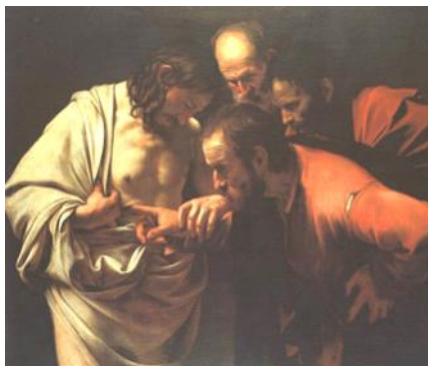
There are very few churches named after St Osmund. Two in Dorset, and one each in Salisbury, Gloucestershire, London, Derby, Hexham and Dudley.

## 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.

# St Thomas the Apostle



Our Patron Saint has his feast day on 3rd July (celebrated in church on Sunday 6th). Thomas, one of Jesus' 12 apostles, was an impulsive, confused, honest sceptic. Jesus could understand and work with such a man. Thomas' impulsiveness was evident when Jesus prepared to visit Lazarus in Bethany. It was a dangerous trip to make, because of the Jews, but Thomas urged his fellow disciples: "Let us also go, that we may die with Him" (John 11:16) Instead, Jesus brought Lazarus back to life.

Thomas' confusion is shown in later talks with Jesus. He was not really sure where Jesus was going long-term (John 14:5). But Jesus accepted this confused commitment, and began to untangle it, patiently explaining: "I am going to my Father", and "No one comes unto the Father but by me."

Finally, Thomas' honest scepticism is revealed after the Resurrection, which he flatly refused to believe – unless he could touch the wounds of the risen Jesus. Sure enough, Jesus appears – but instead of scolding him, shows him the wounds. Thomas responds: "My Lord and my God" (John 20.26ff).

Thus Doubting Thomas' honest doubts, turned to honest faith, have become a reassurance for thousands of men and women across the centuries, who also want to follow Jesus, but who require some proof of this amazing event – the Resurrection. In Doubting Thomas' complete affirmation of faith, after meeting the risen, crucified Christ, they can find support for their own faith.

Ancient legends tell how Thomas went on to India as a missionary. It is also believed that Thomas even built a palace for a king's daughter in India, and thus he is the patron saint of architects. It is believed that he was martyred by a spear on 3rd July, 72 AD in Mylapore, near Madras.

46 ancient churches in England were dedicated to him.

## Wives Group .....

We enjoyed our day out in Llandudno with lots of retail therapy, a walk on the prom. and a fish & chip supper.

July 7th Service & Fellowship  
July 14th Summer Meal

Enjoy the Summer Break

Our next meeting will be Sept.1st - Service & Fellowship followed by the AGM

▪ TALKS ▪ QUIZZES ▪ MEALS OUT ▪ ANNUAL DAY OUT ▪



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*Hope Together have a great range of resources that can help us on our Christian journey. Below is a greatly condensed version of an article that features in their resource 'Sharing Jesus', a resource to take the fear out of evangelism and help Christians put their faith into words. The 127 page book can be bought for just £5 from their website: Product code: HOPETOG000027 [www.hopetogether.org.uk/shop/](http://www.hopetogether.org.uk/shop/)*

## **How to Share Jesus at Work**

*Sharing our faith at work can feel incredibly daunting; however, here's the good news: you're probably doing more than you think. It's often the small, everyday ways we share our faith with co-workers, rather than big, confrontational moments, that can make a difference.*

Discussing our beliefs in a professional setting can feel daunting, almost painful. We often reduce the gospel to a ticket to a better afterlife. But it's also transformative news for those we work alongside - right now. We can share the gospel in so many practical ways that may lead to deeper conversations over time.

Embracing the opportunities God places in our workplaces starts with confidence. Here are three confidence boosters to help you recognise the gospel opportunities you may already have.

### **Confidence Booster #1: You're Already Doing It**

Before we even open our mouths, our colleagues are watching how our faith impacts the way we do things. It's in the patience we show when a customer rings the buzzer for the umpteenth time, the kindness we extend during a stressful team deadline, or the self-control we exhibit when a customer is rude. Our actions are often the first - and sometimes only - gospel our coworkers will encounter. Let your life speak of the faith you have.

### **Confidence Booster #2: It's About Jigsaws, Not Judo**

Sharing faith is more like putting together a jigsaw puzzle. One person starts the puzzle, but others come along and make a contribution, each playing a part in adding to the bigger picture. Our part is to offer the small piece of the gospel jigsaw that we can share in that moment.

### **Confidence Booster #3: Your Story Matters**

You are where you are for a reason, and your experiences with faith can resonate with others. The Gospel of Mark encourages us to be ready to share our story of faith with those around us. "... 'Go home to your own people and tell them how much the Lord has done for you, and how he has had mercy on you.'" (Mark 5:19). This doesn't mean we need to prepare for every challenging question; rather, it's about simply sharing how faith shapes our lives.

Sharing the reasons you believe doesn't have to be argumentative - you can just express it in a normal way. Talk about the difference faith makes when you're under pressure at work, or how you see God's presence and purpose even in the challenges of everyday work. Starting conversations about faith can be less daunting than we imagine. Be open to recognising the opportunities, and let your life and stories speak for themselves.

*Steve Rouse , from an article edited by Bethan Walker  
[www.hopetogether.org.uk/Articles/718345/How\\_to\\_Share.aspx](http://www.hopetogether.org.uk/Articles/718345/How_to_Share.aspx)*

## The Nicene Creed part 2: Who is Jesus?

*We believe in one Lord, Jesus Christ, the only Son of God, eternally begotten of the Father, God from God, Light from Light, true God from true God, begotten, not made, of one Being with the Father; through him all things were made.*

This month we are looking at what the Nicene Creed affirms about the person of Jesus Christ.

*'We believe in one Lord, Jesus Christ, the only Son of God'*: Jesus is presented as the unique Son of God. This reflects the big debate at the time, which was to counter the teachings of Arius, who taught that Jesus was the first and greatest of God's creatures, but not the same as God the Father.

Today we can be more concerned about Jesus' authority as a moral teacher, neglecting that Jesus the man is also truly God. *'We have seen His glory, the glory of the one and only Son, who came from the Father'* (John 1:14).

*'eternally begotten of the Father, God from God, Light from Light, true God from true God, begotten, not made, of one Being with the Father'*: These words affirm the divinity of Jesus. The phrase *'begotten not made'* is crucial in understanding Jesus as the unique Son of the Father, who existed eternally of the same divine nature as the Father.

*'In the beginning was the Word, and the Word was with God, and the Word was God. He was with God in the beginning'*(John 1:1,2). It is a powerful reminder that our belief revolves around trusting a person, not simply in a set of beliefs and moral teaching.

*'through Him all things were made'*: The Creed affirms that Jesus the Son cannot be made, because through Him all things were made and only God can create from nothing.

*'Through Him all things were made; without Him nothing was made that has been made.'* (John 1:3). This implies that our world was made good, with a purpose in which we can share.

Also, Jesus has the last word in promising to bring everything in heaven and on earth together at the end of time under His Lordship (Ephesians 1:10). This makes a real difference to how we see and treat God's Creation and those created in God's image. In response to this, can we say that Jesus is Lord of every area of our life?

## If there is to be peace

If there is to be peace in the world, There must be peace in the nations.  
If there is to be peace in the nations, There must be peace in the cities.  
If there is to be peace in the cities, There must be peace between neighbours.  
If there is to be peace between neighbours, There must be peace in the home.  
If there is to be peace in the home, There must be peace in the heart.

(Lao-Tse - 6th Century BCE)



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# Calendar for July 2025

Services will be held in St Thomas' Church unless otherwise indicated.  
Please do not attend if you have any Covid-19 symptoms.

St Thomas' Church is trying hard to reach all our parishioners using a variety of methods. Do join in our worship in person or by telephone



Wednesday 2nd	9.30am	Holy Communion with Bishop Julie
Thursday 3rd	12 noon	Luncheon Club
	2.15pm	Sue's Singers
	6.45pm	Standing Committee
	9.00pm	Telephone Compline
Saturday 5th	3.00pm	Concert in Church by the Smithy Belles
<b>Sunday 6th</b>	<b>St Thomas / Third Sunday after Trinity</b>	
	8.30am	Holy Communion
	10.00am	Parish Communion
Monday 7th	9.30am	Tree Tots Group
	2.00pm	Wives Group Service
Wednesday 9th	9.30am	Morning Prayer
	10.00am	Coffee Morning
Thursday 10th	9.00pm	Telephone Compline
Friday 11th	7.00pm	COAST
Saturday 12th	3.30pm	Messy Church
<b>Sunday 13th</b>	<b>Fourth Sunday after Trinity / Sea Sunday</b>	
	8.30am	Holy Communion
	10.00am	Parish Communion
Monday 14th	9.30am	Tree Tots Group
	6.30pm	PCC Meeting
Tuesday 15th	12.15pm	Wives Group Meal Out
Wednesday 16th	9.30am	Holy Communion
Thursday 17th	12 noon	Luncheon Club Summer Buffet
	9.00pm	Telephone Compline
<b>Sunday 20th</b>	<b>Fifth Sunday after Trinity</b>	
	8.30am	Holy Communion
	10.00am	Parish Communion
Monday 21st	9.30am	Tree Tots Group (last meeting before summer)
Wednesday 23rd	9.30am	Holy Communion
Thursday 24th	9.00pm	Telephone Compline

**Sunday 27th**

Wednesday 30th

Thursday 31st

**Sixth Sunday after Trinity**

8.30am

10.00am

6.00pm

9.30am

2.15pm

9.00pm

Holy Communion

Parish Communion

Evensong

Holy Communion

Sue's Singers

Telephone Compline

**In the darker moments,  
when clouds gather  
and the heaviness we feel  
seems overwhelming,  
remind us of your love,  
carrying the weight  
of so much in that cross,  
embracing the world  
with arms outstretched  
that we might know  
freedom from the chains  
which now constrain us.  
Bring us to your light,  
release our burdens  
and from despair bring hope.**

**©John Birch**

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# Community NEWS

## High Lane Residents Association

One of the topics at the High Lane residents meeting in May was the topic of planning. We look at all plans that are submitted to the council and make residents aware. However, High Lane Neighbourhood Forum group, has the lead on greater community involvement in the planning system.

Of interest to local residents I looked at the 1851 census and data from the 2021 census of High Lane.

From the **1851 census** High Lane had:

121 properties housing 617 people of whom 352 were over 18 and 263 under 18. Of the under 18's only 164 were either scholars or babies.

The youngest worker was 8 years old. Boys and men were usually coal miners and girls and women power loom weavers. The oldest resident was 72 years old.

Other occupations included: a Landed Benefactor who had a cook, footman and other servants, blacksmiths, grocer, publicans, butcher, milk man and farmers. One person was a monthly nurse who I understand went into wealthy families for a month after a baby was born to help. Mothers had a much longer lying in period in those days, compared to today when new mothers are up and about straight away.

*1851 data from 1851 census via Ancestry.com site*

From the **2021 census** data High Lane had:

2,100 households housing 4700 people of which 13% were school children. Nearly 6% are over 85 years of age.

47.2% of the population of High Lane are economically active and 51% are retired or economically inactive and 1.7% are unemployed. 42% of workers are managers, directors or professional occupations, 15% are technical with 11% secretarial and administrative and 9% have a skilled trade. *2021 data from Office for National Statistics [www.ons.gov.uk](http://www.ons.gov.uk)*

Our next meeting is Thursday 3rd July 2025 at 8pm in the Village Hall and open to all residents of High Lane. No meeting in August

**Email:** [contact@hlra.org.uk](mailto:contact@hlra.org.uk)



### Monday Coffee Morning

Don't forget the lovely weekly coffee mornings held each Monday in the Village Hall, next to High Lane Park. There is always someone to chat to, tea and coffee and biscuits and friendly team behind the event.

10am to noon.

You will be made most welcome!

### CAMEOS

#### Wednesday 4th June

At Windlehurst Church. Doors open at 1.45pm for prompt start at 2pm.

A warm welcome to all, a good sing and homemade refreshments.

## Disley & Lyme Horticultural Society

The countdown timer to the annual Disley and Lyme Horticultural Show is well and truly ticking now. The show takes place on Saturday 16th August from 12-5pm, at Disley Amalgamated Sports Club. A shuttle bus will run from High Lane and Disley. Entrance is £5, or free if you are a member.

We have over 35 stalls attending the show this year, so it promises to be bigger and better than ever. There will be arts and gifts from the likes of Andy Candles and Crystal Haven, more food options such as Greek food and Chesca Cake and fudge, and more activities for the children such as a Sunprint workshop and face painting.

Special attention also needs to be drawn to the new categories we have introduced into the competition. The cooking section now includes brownies, cookies, traybakes, fudge, toffee, truffles, and the more unusual 'kimchi or fermented foods', and 'edible oils' (such as chilli oil). For fruit and vegetables, there are now separate classes for strawberries and raspberries, largest pepper, chilli plant with the most fruit, as well as a 'tray of microgreens'. Of course, not forgetting the children's categories and well-renowned pet show. Look out for the schedule in nearby shops or Disley Community Centre, or visit our website.

We have a new website: [www.disleylymehs.com](http://www.disleylymehs.com). Our website has long needed a refresh and this publication comes just in time for the summer show. You can find all the necessary information, entry form, and Show Schedule on here, please have a look around.



### HIGH LANE VILLAGE WI

Our Women's Institute group meets at High Lane Village Hall on the first Wednesday of each month at 7.30pm.

**Wednesday 2nd July:** A talk on Cybersecurity by Andrew Kevan from Cheshire Police

We are a friendly and informal WI and are always happy to welcome any ladies who may wish to join us, so come along and give us a try without any obligation. Your first visit is free. We have a special speaker at most of our meetings or some in-house entertainment, followed by tea/coffee and cake.

You can follow us on our Facebook page: **High Lane Village WI**, where you will find a month by month list of our future activities!

If you should require any further details please contact Jean Pye on: (01663) 635595 or contact us at [hlvwi1@gmail.com](mailto:hlvwi1@gmail.com)



## The story behind the hymn: **Eternal Father Strong to Save**

*Eternal Father, strong to save,  
Whose arm hath bound the restless  
wave,  
Who bidd'st the mighty ocean deep  
Its own appointed limits keep;  
Oh, hear us when we cry to Thee,  
For those in peril on the sea!*

*Most Holy Spirit! Who didst brood  
Upon the chaos dark and rude,  
And bid its angry tumult cease,  
And give, for wild confusion, peace;  
Oh, hear us when we cry to Thee,  
For those in peril on the sea!*

*O Christ! Whose voice the waters heard  
And hushed their raging at Thy word,  
Who walked'st on the foaming deep,  
And calm amidst its rage didst sleep;  
Oh, hear us when we cry to Thee,  
For those in peril on the sea!*

*O Trinity of love and power!  
Our brethren shield in danger's hour;  
From rock and tempest, fire and foe,  
Protect them wheresoe'er they go;  
Thus evermore shall rise to Thee  
Glad hymns of praise from land and sea.*

The author of these words, William Whiting, was an Anglican clergyman in Winchester, which is hardly a seaside town. Yet Whiting had not only grown up by the sea, but had nearly died in it. As a young man he had been on a ship that got caught in a violent storm, and afterwards he felt certain it was only God who had saved the ship from sinking that night.

Some years later, as headmaster of the Winchester College Choristers' School, Whiting was approached by a student in distress. The student was due to sail to the USA and was simply terrified at the thought of 3,000 miles of ocean. To try and reassure the student, Whiting decided to share his experience. And so, he wrote this poem, basing the description of the power and fury of the sea on Psalm 107. It is not known if it helped the nervous student or not, but within a year the poem had become a hymn, and soon sailed into the influential first edition of *Hymns Ancient and Modern* of 1861.

Another Anglican clergyman, John B Dykes, wrote the music for it. He was already a successful composer, with 300 hymns to his name. Dykes named this tune 'Melita', after an old name for Malta, where St Paul was once shipwrecked. Whiting released two more versions of the lyrics, in 1869 and in 1874.

During the rest of the 19th century the hymn became a favourite with the Royal Navy and the United States Navy. Other Services adapted it, including the Royal Marines, the Royal Air Force, the British Army, and the United States Coast Guard. Above all, it became known as the Royal Navy Hymn.

Well into the 20th century, it was the favourite hymn of President Franklin Delano Roosevelt, who had served as Secretary of the Navy during the Second World War. In 1963 *Eternal Father* was played by the Navy Band, as President John F. Kennedy's body was carried up the steps of the U.S. Capitol to lie in state. (Kennedy had been a PT boat commander in World War II.) *Eternal Father* made a 'guest appearance' in the Hollywood blockbuster *Titanic*, and is also often chosen by ship's chaplains for use in civilian services at sea.





## New musical album released as demand for Daily Prayer app soars

A new album of music, *The Gift of This New Day*, has been released in response to demand from listeners of the Church of England's Daily Prayer app and podcast.

Now available on CD and major streaming platforms, the album features all-new recordings of the most requested musical pieces from Morning Prayer, performed by St Martin's Voices.

Since its launch in 2021, the Daily Prayer audio service has become a spiritual companion for millions, with over 3.1 million unique users and nearly 12 million downloads. Music has been a central part of the experience from the beginning, offering beauty, comfort, and space for reflection, especially during the isolation of the UK's third lockdown.

As one Daily Prayer app user says: "I've been so moved by many of the pieces shared by St Martin's Voices ... Thank you for your breathtaking and healing work. It's touched me so deeply."

The album includes a blend of chant, public domain sacred works, and five newly commissioned pieces by leading composers. An accompanying music book, published by the Royal School of Church Music (RSCM), provides sheet music for over 30 canticles, psalms, and responses from Common Worship: Daily Prayer. It is designed for use by individuals, small groups, choirs and congregations alike.

The project is a collaboration between the Church of England's publishing arm, Church House Publishing, and the RSCM, building on their shared commitment to resourcing worship in every context: digital and physical, personal and communal.

### Training: End the Silence

#### *Details from Greater Manchester Integrated Care Partnership*

Across Greater Manchester, taxi and private hire drivers are being encouraged to complete a short online training course that could help them spot the signs someone might be struggling - and even save a life.

The initiative is part of Shining a Light on Suicide, a campaign led by NHS Greater Manchester to break the stigma around suicide and make support easier to access. With more than 200 lives lost to suicide in the region each year, the message is clear: suicide prevention is everyone's business.

If you are or know a taxi or private hire driver, take the Zero Suicide Alliance training to learn how to recognise warning signs and provide support.

That's why licensing services and NHS Greater Manchester are working together to promote a free suicide awareness training course developed specifically for the trade by the Zero Suicide Alliance (ZSA).

The training takes just 10 minutes, is available online, and includes a certificate of completion.

## Staring at beautiful objects really does spark inspiration

Next time you see something beautiful – pause for a moment and simply enjoy it. Especially if it counts as ‘art’. For recent research has found that contemplating beautiful works of art really can inspire you.

Researchers at the University of Cambridge have found that beautiful art can induce ‘psychological distancing’. This is the process of zooming out on your thoughts, in order to gain better clarity on your life. One professor at Cambridge put it this way: “Many philosophers throughout history have suggested that engaging with aesthetic beauty invokes a special kind of psychological state.”

So, visiting an art museum “is not just a pleasant way to spend an afternoon, it may actually change how we think about our lives.” Beauty appreciation seems to “help people detach from their immediate practical concerns and adopt a broader, more abstract perspective.”, “Admiring the beauty of art may be the ideal way to trigger the abstract cognitive processes increasingly lost in a world of screens and smartphones.”

Researchers say this shows the importance of public art venues. The findings were published in the journal *Empirical Studies of the Arts*.

### SmileyWorld Trail Comes to Stockport

Get ready to explore a full spectrum of emotions as Totally Stockport brings a vibrant Wild in Art trail to the heart of Stockport.

From 4 July to 15 September, Stockport will transform into a playful outdoor gallery as the SmileyWorld® Art Trail takes over the town centre with a colourful collection of quirky, fun and exciting sculptures, each inspired by the SmileyWorld® icons.

Following huge success in Battersea, London and North Tyneside, the SmileyWorld® Art Trail will be making its North West debut, guaranteeing family fun during the school summer holidays - and best of all, it's completely free to attend!

### SmileyWorld® Art Trail

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## Don't Step on a Bee Day – 10th 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.



## Have Your Say: Eye Care (Ophthalmology) Services

*Details from NHS Greater Manchester*

More people across Greater Manchester are needing ophthalmology services putting them under pressure and increasing waiting times. NHS Greater Manchester (GM) wants to hear from you as part of their evaluation aimed at improving care for people with eye disorders.

Ophthalmology services include the diagnosis and treatment of a range of eye conditions such as cataracts, glaucoma, macular degeneration and urgent eye problems. Many patients are referred into these services by GPs, optometrists or specialists managing conditions like Diabetes.

Have your say before 25th July. You can take part by:

Attending a local engagement session (dates to be confirmed)

One-to-one call: contact [gmhscp.engagement@nhs.net](mailto:gmhscp.engagement@nhs.net) or 07786 673762.

Or complete an online form by going to:

[www.healthwatchstockport.co.uk/news/2025-06-20/healthwatch-round-19-june-2025](http://www.healthwatchstockport.co.uk/news/2025-06-20/healthwatch-round-19-june-2025) then scroll down to around halfway when you will see the article and then click on the red button to complete on-line.

## Why you should drink tea

There is a popular greeting card which says: 'All things are possible with a cup of tea'.

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!

### Quotes with our world leaders in mind....

Nearly all men can stand adversity, but if you want to test a man's character, give him power. – *Abraham Lincoln*

Self-praise is no recommendation. – *Anon*

Being a character and having a character are NOT the same thing. – *Anon*

Only those who do not desire power are fit to hold it. – *Plato*

Greatness lies not in being strong, but in the right use of strength. – *Anon*.

Power intoxicates men. – *James F Byrnes*

It's dangerous to try and be number one, because it's next to nothing. – *Anon*

Your ambition, not your words, are your real creed. – *Anon*

Nothing recedes like success. – *W Winchell*

Never expect to govern others until you have learned to govern yourself. – *Anon*

## ***Finlandia*, Op. 26 by Jean Sibelius.**

Celebrating 125 years since its premiere, this stirring music was written in 1899 and revised in 1900. The piece was composed for the Press Celebrations of 1899, a covert protest against increasing censorship from the Russian Empire, and was the last of seven pieces performed as an accompaniment to a tableau depicting episodes from Finnish history. The premiere was on 2 July 1900 in Helsinki with the Helsinki Philharmonic Society conducted by Robert Kajanus.

In order to avoid Russian censorship, *Finlandia* had to be performed under alternative names at various musical concerts. Titles under which the piece masqueraded were numerous and often confusing—famous examples include *Happy Feelings at the awakening of Finnish Spring*, and *A Scandinavian Choral March*. According to Finland's tourism website, "While Finland was still a Grand Duchy under Russia, performances within the empire had to take place under the covert title of 'Impromptu'."

Most of the piece is taken up with rousing and turbulent music, evoking the national struggle of the Finnish people. Towards the end, a calm comes over the orchestra, and the serene and melodic *Finlandia Hymn* is heard. Often incorrectly cited as a traditional folk melody, the Hymn section is Sibelius' own creation.

Although he initially composed it for orchestra, in 1900 Sibelius arranged the work for solo piano.

This hymn, with words written in 1941 by Veikko Antero Koskenniemi, is one of the most important national songs of Finland. It has been repeatedly suggested to be the official national anthem of Finland. Today, during modern performances of the full-length *Finlandia*, a choir is sometimes involved, singing the Finnish lyrics with the hymn section.

With different words, it is also sung as a Christian hymn (*I Sought The Lord, And Afterward I Knew; Be Still, My Soul, When Memory Fades, I Then Shall Live, Hail, Festal Day*, in Italian evangelical churches: *Veglia al mattino*), and was the national anthem of the short-lived African state of Biafra (*Land of the Rising Sun*). In Wales the tune is used for Lewis Valentine's patriotic hymn *Gweddï Dros Gymru* (*A Prayer for Wales*).



*Thanks to Wikipedia Finlandia - Wikipedia*

## All in the month of July

It was

**250 years ago**, on 1st July 1775 that the British Parliament brought in the New England Restraining Act. This forbade its North American colonies from trading with anyone other than Britain, Ireland, and the British West Indies. The colonies were also forbidden to fish in the Atlantic without permission.

**175 years ago**, on 2nd July 1850 that Robert Peel, Prime Minister (1834-35, 1841-46) died. He founded the Metropolitan Police Service and is seen as the father of modern British policing.

**150 years ago**, on 26th July 1875 that Carl Jung, Swiss psychiatrist and psychoanalyst was born. He was the founder of analytical psychology.

**100 years ago**, on 21st July 1925 that racing driver Malcolm Campbell became the first person to travel at over 150 mph. He set a new land speed record of 150.87 mph at Pendine Sands in Wales in a Sunbeam 350HP. He also went on to break the 250 mph and 300 mph records, in 1932 and 1935.

**90 years ago**, on 6th July 1935 that the Yangtze River flooded in China. 145,000 people died, while millions were displaced and suffered food shortages and famine.

**80 years ago**, on 5th July 1945 that WW2 leader Winston Churchill lost the General Election to Clement Attlee's Labour Party.

**75 years ago**, on 11th July 1950 that the first episode of the BBC children's TV show *Andy Pandy* was broadcast in the UK.

**Also 75 years ago**, on 24th July 1950 that the first rocket was launched from Cape Canaveral in Florida. It reached a height of 25 miles.

**70 years ago**, on 16th July 1955 that Stirling Moss became the first British driver to win the British Grand Prix.

**Also 70 years ago**, on 23rd July 1955 that racing driver Donald Campbell broke the world water speed record and became the first person to break the 200-mph barrier at Ullswater in Cumbria.

**65 years ago**, on 14th July 1960 that primatologist Jane Goodall arrived in Gombe Stream National Park in Tanzania to begin her study of chimpanzees in the wild.

**40 years ago**, on 13th July 1985 that the two Live Aid concerts were held simultaneously in London and Philadelphia, as well as at other venues such as Sydney and Moscow. They raised millions of pounds for famine relief in Africa.

**30 years ago**, on 16th July 1995 that Amazon.com first opened its website to the public.

**25 years ago**, on 25th July 2000 that an Air France Concorde crashed outside of Paris, shortly after taking off for New York. It killed all 109 people on board, along with four people on the ground.



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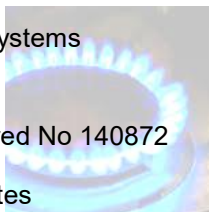
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During this time of Interregnum, please contact the Church Warden on 07818112731 with any queries . Please be patient with us as messages may take a day or so to be answered.

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Churchwarden	Malcolm Bennett	07818112731
Hon Secretary	Les Coop	01663 830077
Hon Treasurer	Geoff Gaskell	01663 763796
Finance Manager	Alvin West	07709 034470
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Sacristan	Ann Lambert	01663 764521
Caretaker	Steve Billinge	0785 5053404
Safeguarding	Janet Bailey stthomassafeguard@gmail.com	07767 228135
Wives Group	Karen Ganly 01663 762698 & Lesley Longworth	01663 810288
Eco Group	Shan Alexander	07766 664611
Luncheon Club	Helen Richardson	01663 764723
<b>Website:</b>	<b><a href="http://www.st-thomas-high-lane.org.uk">www.st-thomas-high-lane.org.uk</a></b>	
Website Contact	Peter Jonas	<a href="mailto:peterjonas@yahoo.co.uk">peterrjonas@yahoo.co.uk</a>
<b>Facebook page:</b>	<b>St Thomas Church High Lane</b>	
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