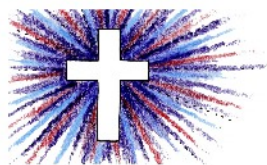
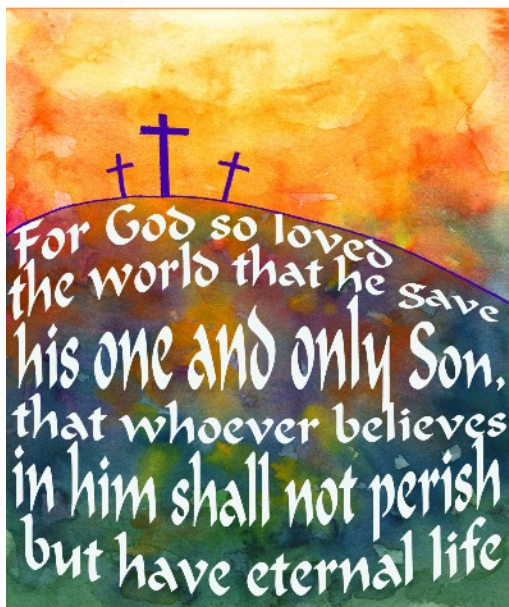


**LANGLEY
METHODIST**

NEWS



April
2021



Ministers: All the congregation
Contact: Rev Dr Graham M Edwards
01625 426051



LANGLEY VISION STATEMENT

“To maintain a growing, caring and welcoming fellowship that develops spiritual growth and wholeness through worship and outreach to the community.”

LANGLEY CHURCH CONTACTS

Minister	Rev Dr G Edwards	23 Marlborough Drive,	01625 426051
Church Stewards	Mrs J Fenton	17 Forest Drive, Langley	01260 252891
Church Sec	Mr A Spray	8 Brynmore Drive Macclesfield	01625 434742
Church Treas.	Mr D Bullock.	Cophurst Frm Hollin Lane Sutt	01260 252742
Gift Aid Sec	Mrs H Self	“Fernlee” Meg Lane Sutton	01260 253480
Property Sec.	Mr D Bullock	Cophurst Frm Hollin Lane Sutt	01260 252742
Pastoral Roll	Mr A Chapman	3 Selwyn Drive Sutton	01260 252745
Missions/MWiB	Mrs B Chapman	3 Selwyn Drive Sutton	01260 252745
Cradle Roll	Mrs M McQuinn	26 Pexhill Road Macclesfield	01625 511015
Action/Children	Mrs P Deegan	3 Balliol Close Sutton	01260 253396
Prayer Requests	Mrs M McQuinn	26 Pexhill Road Macclesfield	01625 511015
Flowers	Mrs M McQuinn	26 Pexhill Road Macclesfield	01625 511015
Choir	Dr S Court	4 Parkmount Drive Macc	01625 476343
Safeguarding	Dr S Court	4 Parkmount Drive Macc	01625 476343
Newsletter	Mr A Chapman	3 Selwyn Drive Sutton	01260 252745
Key holder	Mrs D Wardle	Ridgewood Langley Rd, Lang.	01260 252253
Christ. Aid Sec	Mr D Bullock.	Cophurst Frm Hollin Lane Sutt	01260 252742
All We Can	Mr A Chapman	3 Selwyn Drive Sutton	01260 252745
Room Bookings	Mrs P Spray	rooms2017bk@gmail.com	01625 434742
Publicity	Mr B McQuinn	26 Pexhill Road Macclesfield	01625 511015
Archivist	Mr D Bullock	Cophurst Frm Hollin Lane Sutt	01260 252742

Activities at Langley Methodist Church

ON LINE

Sunday Services You Tube *Macclesfield Methodist Circuit*.
 Available from about 08:00 on the Sunday
 Earlier services are available from the same site.

The dates and times and contact details below are legacy information for guidance if you need to contact any group for information when there is any news of an easing of the lock down.

Regular Activities

Coffee & Chat	10.30 am	Wednesday
Choir Practice	7.30 pm	Thursday
Lunch Club	1.00 pm	2 nd Tuesday of the month

Other Activities During Term Time

Little Lambs	10.00 a.m	Monday
Yoga	1.30 p.m	Monday (places available)
Scottish Dancing	6.30 p.m	Tuesday Juniors
	7.30 p.m	Tuesday Adults
T'ai Chi	6.45 p.m	Wednesday
Craft Group	10.00 a.m	Thursday
U3A Painting Grp	10.15 -12.15	Friday
	1.30 - 3.30	Friday

Contact information.

Little Lambs	Sarah Sinnett	07762497985
Lunch Club	Marie Gilbert	01260 253126
U3A Painting Grp	Jackie Gibbs	07843 799614
Scottish Dancing	Joan Bradbury	01260 252976
T'ai Chi	Karen Davies	01477 534667
Yoga	Marion Duff	01625 528650

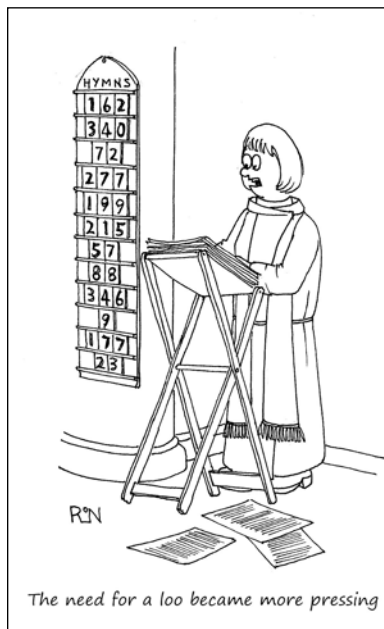
PLANNED SERVICES

REGULATIONS and STAFFING PERMITTING

04/04/2021	3.00	Rev Graham Edwards	Holy Communion Open air & Holy Communion
09/05/2021	10.30	TBA	Morning Service
23/05/2021	10.30	TBA	Morning Service
13/06/2021	10.30	TBA	Morning Service
27/06/2021	10.30	TBA	Morning Service

More details will be published when available.

The only certainty is that things will change



Lessons of Lockdown

This past year may have altered your perspective on life. Some of the following statements may be worth thinking about or use as conversation starters when we can meet over a cup of tea.

- Life is precarious
- A nurse is worth more than a professional footballer
- Spare time isn't a waste of time
- A smile is precious
- Being alone isn't the same as loneliness
- Hard work doesn't guarantee employment
- I'm spending more on food & drink and less on church & charity
- Silence opens us to creative ideas
- Social media are a mixed blessing
- Shopping needn't be addictive
- Driving less and walking more is good for humanity
- Isolation teaches us we need each other to generate energy
- Getting back to 'normal' isn't God's plan for the human race
- When everything else is shut, God is open



Some comforting thoughts for those of us of maturer years

The good news about your forgetfulness

You know the scenario – you go into the lounge, and then wonder what you wanted. Or you need to make a phone call but can't find the phone. You go to the cash point and forget your pin number. Or your car keys are lost in the kitchen, but even when you find them and go shopping, you forget stuff on the list.

If at times you find yourself living in an annoying brain-fog, the good news is that it is not because you are ill or getting old. To varying extents, everyone does it.

A recent study at the University of Edinburgh has found that forgetfulness is as common in people in their 20s as it is in people in their 50s. Although some of the people in the study were worried about getting dementia, a neuropsychiatrist at the university reassured them: "People think that if you are starting to forget things – something like misplacing your keys – that is something to worry about. But it is normal."

Good reasons for forgetting things range from the fact that too much was happening in your life at the time, you were stressed about something, not paying attention to what you were doing, or just too busy thinking about something else entirely.

In praise of the afternoon nap

A short nap in the afternoon improves your memory and keeps your brain more agile.

People who nap tend to speak more fluently, have greater mental agility, and remember things better than those who do not break up their day with sleep.

Even a five-minute nap can offer your brain a chance to down-time and replenish itself, so that it is 'good to go' again.

If you want longer than five minutes, try to stop at 40 minutes, before you enter the deepest stage of sleep. If you do carry on, sleep for two hours, which is a full sleep-cycle.

The study was published in the British Medical Journal.



THE CHURCH HOUSE INN, SUTTON



The Grapevine

Issue 1 - April 2021

A new community magazine
coming to your letterbox soon



You may have seen the banners around the village advertising "The Grapevine" .

This is a new venture promoted by the Community Interest Party (CIC). The impetus for this came from the parish magazine being discontinued during the pandemic and Langley News going largely online and suddenly they were missed. You may already have received the first, free, copy and at first glance it looks well produced and informative. The publication has a much wider circulation than our Langley News as it is distributed throughout Langley, Sutton and Lyme Green and it is intended to be available as paper copy or via email. The annual subscription is £5.

There will be an impact on our monthly Newsletter as this should be an easier way to advertise our events to the wider community and also help address the physical problem of distributing newsletters to a growing village with reducing resources.

We will continue with the Langley News for the next few months to see how the new magazine takes off, we hope it soars!. The weekly notes will continue for internal information but stay on line, with about half a dozen printed copies as at present.

Chocolate – food of the gods!

The botanical name for the cocoa bean is *Theobroma* – which means ‘food of the gods.’ Millions of us obviously agree – half a million tons of it are consumed in Britain each year alone.

Chocolate makes us feel better. The chemicals it contains trigger the release of endorphins similar to those we naturally produce when we fall in love.

But nutritionists warn against using chocolate as a pick-me-up, especially in the evening. Chocolate eaten before bedtime can cause blood glucose levels to plummet during the night, which will disrupt your sleep. Chocolate eaten in quantity every day can lead to mood and energy swings, weight gain and poor immunity. If you have mad cravings for it, you could have a problem with blood sugar, or a deficiency in magnesium, copper, zinc or iron.

But occasional consumption of cocoa can provide medical benefits. Chocolate containing 60 per cent or more cocoa solids is rich in essential trace elements and nutrients such as iron, calcium and potassium, and many vitamins. Cocoa is also the highest natural source of magnesium.

Good as all this may be – most of us enjoy chocolate simply because of its high sugar and caffeine content. Chocolate simply gives you an instant sugar hit, providing a sudden burst in energy, unfortunately followed by a slump and the desire for another sugar-fix.

Miscellaneous observations on daily life...

Marathon runners with bad footwear suffer the agony of defeat.

If you think nobody cares whether you're alive or dead, try missing a couple of mortgage payments.

In order to keep a true perspective of one's importance, everyone should have a dog to worship him and a cat to ignore him.

The trouble with doing something right the first time is that nobody appreciates how difficult it was.

The most effective way to remember your wife's birthday is to forget it once.

Editor: Nigel Beeton writes: 'I'm sure for many people isolated at home the time since Christmas has hung heavy. It can be challenging to make the most out of every day, and it is perhaps always a worthwhile exercise to consider our priorities:

Can it be Easter Already?

Can it be Easter already?
Can that be really so?
The carols and the Christmas tree
Don't seem that long ago!

Can it be Easter already?
Do April showers splash?
The weeks gone by since Christmas day
Have gone in just a flash!

Can it be Easter already?
The time of Lent has passed
The forty days and forty nights
Went by so very fast.

If it is Easter already,
That time has sped away.
Perhaps it's time to ponder, pause
And savour every day!

By Nigel Beeton

St James the Least of All

Editor: The Rev Dr Gary Bowness continues his tongue-in-cheek letters from 'Uncle Eustace'...

On the best way to run a church council meeting

The Rectory

St. James the Least of All

My dear Nephew Darren

Thank you for inviting me to speak at your church council yesterday. I began to suspect that my theme of why Eusebius's dislike of Sabellianism led to his condemnation at the Council of Antioch in 324 was a little misjudged, when the only question I was asked after my lecture was if Eusebius was on Facebook.

I never realised how much technology is needed these days just to discuss church matters. It seemed that everyone had brought their laptop, so they could refer to all the diocesan briefing documents and reports that you mentioned. I've been in the diocese 40 years and have never heard of most of those papers. But then I find it too easy to delete the diocesan mailings, unread, with a click of my mouse.

Our church meetings are far more traditional. Since the church floor seems to have been carved out of permafrost, our meetings circulate round members' houses. This introduces a nice element of competition, as each host tries to outdo the previous one in the baking of cakes. Meetings at Colonel Drinkwater's – a more inappropriate name one cannot imagine – are the shortest, since we are always promised wine once the meeting is over. It is remarkable how unanimity is achieved on every subject within minutes, and nothing appears under "any other business".

Mrs Eddington never troubles us with minutes, largely because she can rarely read the notes she takes. She just shares with us whatever she *can* decipher at our next meeting. Last month, she accidentally brought her shopping list instead, and so read that out. There followed a lively discussion on whether carrots from our local shop were better

than those at the supermarket. When it was found out she intended to use them in a venison casserole, endless recipes were keenly debated.

We always leave our church meetings well fed, up to date with village gossip, and totally untroubled by any church council business. And the lack of any minutes ensures that I can then make all the decisions myself, between meetings. I think you will find our system has much to be commended.

Your loving uncle,
Eustace



...rumours that we would be giving out easter eggs are unfounded - er, there aren't any left!

Sutton Parish Council

The **MARCH** meeting of Sutton Parish Council was attended by eleven Councillors. Also, present were Cheshire East Ward Councillor Andrew Gregory, one Member of the Public (MOP) and the Parish Clerk. Apologies were received from Councillor Chamberlain and PCSO Jim Newns.

DISPENSATIONS AND DECLARATIONS OF INTEREST - Cllrs Barber and Sinclair Smith declared interests in Resolution 70/21 as members of the Parochial Church Council (PCC).

The Council approved the Minutes of the Meeting dated 11th February 2021 which were confirmed as a true record.

PUBLIC PARTICIPATION – a MOP spoke regarding application for the Hanging Gate (planning application 21/0881M) giving Members an overview of the application and answering questions they had.

MEMBERS REPORTS

The Cheshire East Ward Member:

- Gas works – there continues to be a lot of issues with traffic on Main Road. Langley Councillors are in regular conversation with Cadent about maintaining traffic flow.
- Lyme Green Settlement application - confirmation from the agent that this has been lodged with Planning Authority.
- Macclesfield Forest – Progress is being made in a number of areas, including the commencement of traffic survey (paid for by United Utilities (UU)), signage (will be going back up soon for Easter) and new repeater signs. Noted that the UU Land Agent would like to improve the exchange of information with the Parish Council.

The Macclesfield Neighbourhood Policing Team:

- Reports of dog biting animals and people. Dealt with accordingly.
- Speeding on Byrons Lane – TRUCAM enforcement. Still awaiting, for confirmation of TRUCAM site on Hall Lane.
- School Parking Patrols and school engagement at Hollinhey Primary School ongoing.
- Anti-social behaviour Macclesfield Golf Club - patrols and reassurance given.
- Macclesfield Forest – ongoing patrols supporting the local community and dealing with issues as they arise.

Macclesfield Forest & Wildboarclough Working Group Meeting

The meeting was brought forward because of the relaxation of COVID restrictions and the potential increase in visitors. Discussed traffic survey, signs and plans to keep mountain bikes on specific paths. They are pressing to make sure enforcement is available, including UU security officers, around and over the bank holiday weekends.

HIGHWAYS MATTERS RAISED

- Red lane – potholes and road in dreadful condition.
- Whiston Lane – road still in dreadful condition.

ALLOTMENTS

- It was agreed to request quotes to replace the old taps and for boxing in the taps.

REPORTS FROM PARK 4ALL@LYME GREEN

- A notice board is currently being prepared to acknowledge organisations, sponsors or individuals that have helped with the funding for items in Robin Lane Park.
- Ansa has recently held a site meeting with Kompan, the company which will be installing the children's accessible play area. Installation will commence on Monday 22nd March.
- The installation of the play area almost brings to completion the original plan for the park as drawn up from residents' responses to the questionnaire circulated to every household in Lyme Green in November 2017.

FINANCE

Receipts – Allotment holder rents for Plots 6B, 10, 11A and 12.

Payments Included – S Giller (Clerk's salary), F Davies & Son Ltd (Columns 74 (Clarke Lane), 70 (Cock Hall Lane) and Christmas lighting), NSALG Ltd (Membership paid on behalf of tenants), A Boon (Maintenance of the Pleasance and Ridge Hill), Came & Company (insurance renewal) and CHT (Annual support for defibrillators at Lyme Green, Langley, Higher Sutton and Sutton).

PLANNING

Members **agreed** comments for return to the relevant authority for these applications during March 2021:

No Objection – Application 21/0684M (Forest Drive, Langley - 2 storey extension to rear of property, extends kitchen and bedroom too rear property line).

Members reiterated their previous comments regarding application 21/0966M Land At, Gaw End Lane, Lyme Green.

Details of our comments regarding these planning applications can be found using the following link: http://www.cheshireeast.gov.uk/planning/view_a_planning_application.aspx

CORRESPONDENCE RECEIVED FROM

Member of the Public (MOP) – Members did not support suggestion for “Access Only” road signs on Parvey Lane.

INFORMATION - Meeting agendas, minutes and financial information are all available on our website or from the Parish Clerk.

ATTENDING PARISH COUNCIL MEETINGS - Council business continues virtually as normal so please contact us if you have any concerns or issues to raise.

Members of the public are able to witness decisions being made and also contribute during '**Public Participation**'. If you would like to join a virtual meeting you will need to contact the Parish Clerk and a link to the meeting will be issued (access is also available via landline).

Mrs S Giller – Parish Clerk & RFO

Tel: 01625 850532

Email address: suttonparish@aol.com

Website: <http://suttonparish.co.uk/>

Future Meetings – 2021

8th April

13th May – Annual Parish Meeting and Annual Meetings of the Council

17th June

All Meetings commence at 7.30 p.m. and, unless legislation changes, will be conducted virtually. Meetings will be advertised on the Parish notice boards, website and Facebook. All residents are welcome to attend.

Sarah Giller – Clerk to Sutton Parish Council

Sutton Parish Coronavirus Support

During 2020 many local volunteers supported residents of Sutton, Langley and Lyme Green, during the Coronavirus pandemic. This notice is to advise that the volunteer's scheme is still in place. If you do need to self-isolate or are vulnerable, you may already have family or friends that you could call on for help such as shopping, errands and collecting prescriptions, or maybe your pharmacy does home deliveries. But **if you do not** have family or friends who you can call on, then please **do** call us on:

07783 313982

The volunteer group has the support of the Parish Council and the Parish Church and safeguarding rules are in place for all the volunteers to follow.

Sutton Parish Council Annual Parish Meeting

Thursday 13th May at 7.30 p.m.

To be held Virtually or in St James Church Hall, Church Lane, Sutton
(depending on COVID regulations at the time)

The Annual Parish Meeting is an opportunity for parishioners on the Electoral Roll to meet their Councillors and raise any matters of concern to them that relates to their local community.

To attend please contact: Sarah Giller - Sutton Parish Council Clerk
Tel. 01625 850532 or email suttonparish@aol.com

STREET LIGHTING

If you notice any lighting issues
please do report the

LOCATION and COLUMN NUMBER
to our Parish Clerk who can arrange repairs.

suttonparish@aol.com

KEEPING IN TOUCH

- Church Stewards are contacting members of the congregation on a weekly basis.
- Our Minister together with the members of the Circuit Staff are producing worship services on line and producing a weekly newsletter. The services can be accessed on YouTube at “Macclesfield Methodist Circuit”.
- An Evening service via ZOOM at 6:30 p.m. Every Sunday - please contact a Church Steward for sign on details.

Church Stewards

Alan Chapman (01260 252745), Julia Fenton (01260 252891)
Margaret Robinson (01625 619837) Heather Self (01260 253480)
Paula Spray (01625 434742)

NEXT ISSUE

Items for the May 2021 Issue should be given to Alan Chapman by lunch time on **Saturday 24th April 2021.**

Items accepted as follows: paper copy, disc or email.

Please copy emails to both
alan01.chapman@gmail.com &
derek1.mcbryde@gmail.com

Articles in Langley Methodist News represent the views of individual contributors and are not necessarily those of the Church Council or the Editorial team.

LANGLEY METHODIST WEBSITE

URL: <http://langleymethodist.co.uk>

Email: minister@langleymethodist.co.uk