



Love Is In The Air

Later this month it will be Valentine's Day. It's a day when those in love will send cards, buy flowers, go out for a romantic meal or just plain forget about the date completely. Various businesses will do well, selling the aforementioned products. Love will be in the air and is something that has a focus on Valentine's Day.

I was reading recently about where the origins of Valentine's Day come from and as is often the case there are various legends that get mixed in with historical truths that we can be more certain of. But, 'St Valentine' is certainly one of a few different religious martyrs called Valentine. He was probably a priest from Rome, who died for his Christian faith on 14th February, AD269. Valentine ministered to Christian people at the time, including conducting Christian weddings, when Christianity was still outlawed by the Roman Empire and they were persecuted for their faith. Valentine risked his life to serve others in this way and was subsequently executed for doing so.

It's quite a grim story really, and certainly has nothing to do with Cupid's Arrow or any of the lovey-dovey aspects of Valentine's Day that are the focus in the modern era. Today, Valentine's Day has a whole different meaning. Not that celebrating romantic love is a bad thing of course.

But it strikes me that the way that we celebrate Valentine's Day in the modern era is really only for some people (those in love), whilst the story of St Valentine should be an inspiration to all people. A man who was willing to go as far as risk his own life for the good and wellbeing of other people; loving them by his actions.

Is that not the example of Jesus though, whom St Valentine served? Jesus commands us to "Love your neighbour as yourself" and says that "Greater love has no man than this, that he would lay down his life for his friends." In Jesus we see the epitome of that and an example that St Valentine followed. This February, maybe we could take the challenge to be such individuals ourselves.

Happy Valentine's Day!

Paul

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5 Ways to Look After Your Mental Health

christians
against
poverty

CAP

Money and mental health struggles often come as a package. When finances are difficult, our mental health can take a hit, and vice versa: poor mental health can lead to difficulty managing money. As millions of us continue to face challenges when it comes to money, it's so important that we take steps to look after ourselves and prioritise mental wellbeing.

Talk it out

When it comes to our finances, we too often feel we must face the problem alone. Many people feel too ashamed or embarrassed to seek help but find that when

they finally reach out, things start to change! If you're struggling with money, open up to someone you trust, or get free help from an organisation like Christians Against Poverty (CAP). You can find out about all the services we offer at capuk.org/help.

Write it down

Our emotions can easily build up and become too much to bear. Putting your thoughts down on paper can help you process how you're feeling and provide a healthy outlet for anger, frustration, grief and lots of other emotions.

Sweat it off

According to the NHS, physical exercise causes chemical changes in the brain that help to improve our mood. However, you don't need an expensive gym membership or pricey equipment to do this – walking, running and playing games in the park are all great ways to get a bit more active (and they're free!)

Cook it up

The food we eat affects not only our physical health, but our mental wellbeing too. Planning your meals before you head to the shop can help you choose healthier options and cut down on non-essential costs, bringing a little peace of mind. Christians Against Poverty (CAP) provides local groups in communities like yours with lots more guidance on shopping and cooking healthily on a budget. Find out more at capuk.org/help.

Know it well

Whatever emotions you're feeling, it's important to know that they are valid and worth taking seriously. You can honour this by taking the time to get to know your emotions better, learning about what causes you to feel a certain way and why. This might include speaking to a trustworthy source such as **Samaritans (call 116123)** or **SHOUT (text 85258)**, or asking yourself GP about counselling.

Christians Against Poverty (CAP) is a UK charity working with over 800 affiliated churches to deliver debt help, budgeting guidance, support to find work, life skills education and more. Visit capuk.org to find out more.

The Green Zone



It is estimated that between 1-2 million tonnes of plastic rubbish ends up in the world's oceans every year. Of that 1-2 million tonnes, about 300 million plastic bags end up in the Atlantic Ocean alone. We have likely all heard stories of the damage that causes to ocean life, ecosystems and even our own health (as we then eat some of the fish that have eaten micro-plastics)

As is the case in so many ways that we can try to be more environmentally friendly, it is difficult to just cut out plastic completely. It is a really useful thing for so many areas of our lives. But, we can absolutely reduce plastic waste a lot.

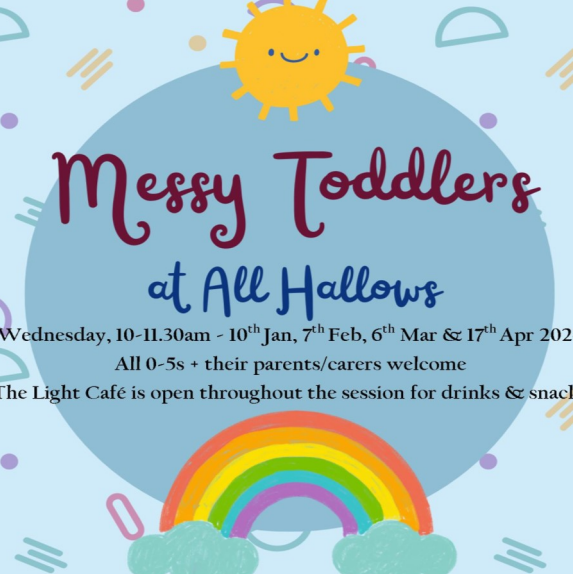
So, this month's top tip is to USE REUSABLE BAGS.

What's On?



THE LIGHT CAFÉ

The Light Café is open 9am-1:30pm every Wednesday in term time. We serve drinks, breakfast, lunch and homemade cakes—plus there's always someone for you to chat to if you'd like some company. If it's not a Messy Toddlers week, there'll be play equipment out in the café for pre-schoolers. We'd love to welcome you in!



Messy Toddlers at All Hallows

Wednesday, 10-11.30am - 10th Jan, 7th Feb, 6th Mar & 17th Apr 2024
All 0-5s + their parents/carers welcome
The Light Café is open throughout the session for drinks & snacks



ALL HALLOWS Youth Group
WEDNESDAYS 7-8.30PM

For Year 7 upwards, every week in term-time.
Free—but bring money for tuck!



All Hallows Social Night

Last Thursday of every month
7.30–9.00pm

Join us for a relaxed evening of games, conversation & fun:
Pool, air hockey, table tennis, board games, drinks, cake & more

Everyone Welcome

For more information, contact All Hallows on 0161 428 9121 / allhallows.chesdle@gmail.com
All Hallows Church, Councillor Lane, SK8 2JG

FEBRUARY 2024

Sunday 4th
10:00 Family Communion Service
6:30 Evening Service

Monday 5th
10:00 Zoom Prayers

Wednesday 7th
9:00-1:30 The Light Café
10:00-11:30 Messy Toddlers
1:00-1:15 Pause for Thought
7:00-8:30 Youth Club

Sunday 11th
10:00 Healing Service and Sunday School
6:30 Evening Communion Service

Monday 12th
10:00 Zoom Prayers

Wednesday 14th
6:30 Ash Wednesday Service

Sunday 18th
10:00 Communion Service and Sunday School
6:30 Evening Service

Monday 19th
10:00 Zoom Prayers

Wednesday 21st
9:00-1:30 Light Café
1:00-1:15 Pause for Thought
7:00-8:30 Youth Club

Sunday 25th
10:00 Service and Sunday School
6:30 Evening Service

Monday 26th
10:00 Zoom Prayers
7:30 Leaders & Preachers Meeting

Wednesday 28th
9:00-1:30 Light Café
1:00-1:30 BCP Holy Communion
7:00-8:30 Youth Club

Thursday 29th
7:30-9:00 Social Night

As well as these events, Life Groups meet during the week—to join one of these small groups, speak to Paul C or Barbara.

3 Great Commandments

At All Hallows we regularly remind ourselves of 3 Great Commandments that Jesus gave. The first two were in response to a question posed to him about what the greatest commandment is, whilst the third was a separate commandment that he gave to his followers on two other occasions. The 3 Great Commandments are:

1. "Love the Lord your God, with all your heart, soul, mind and strength" (Mark 12:30)
2. "Love your neighbour as yourself." (Mark 12:31)
3. "Love one another as I have loved you" (John 13:34)



In the first story Jesus says that the greatest commandment is to love God, and that is important when we then consider the other commandments. Our love for our neighbour and for other followers of Jesus should first and foremost come from our love for God. When we love God as we should then we should find ourselves acting more and more in loving ways towards other people.

As we love other people, we will be willing to put them before ourselves, stand up for their rights and even be willing to lovingly challenge them, so that they might be in a better relationship with God. So, as a church, we seek to love God (Up), love our neighbour (Out) and love each other (In).

New or Visiting?

First Time Here?

If it's your first time here then welcome! It's great to have you with us. Here are a few short notes that you might find helpful.

Relax - You're our guest, so make yourself at home. If there is anything that you would like to know then ask one of the Welcome Team by the front door.

We don't expect guests to give - For those who are members or regular attenders there is an offering plate at the back, but we don't ask our guests for any money.

We have a Loop System - Switch your hearing aid to T-coil. You might find it useful to sit towards the middle.

Hang around afterwards - Come and join us for a cup of tea or fresh coffee, and for a chat—drinks are served in the hall and we usually gather in the lounge to chat.

Prayer - If you would like someone to pray with you — either prayer for you or for someone you know — there are people who would love to do so after the service. Please make yourself known to the service leader.

Children & Youth - Once a month, the whole church worships together. On other weeks, there is a Sunday School for primary aged children and a group for high-school age young people. One of the Welcome Team can show you where these groups meet. For pre-school age children, there are green tables at the side of church with activities. Please don't be embarrassed if your children make any noise—they are welcome here and are part of the service, too! All our children and youth leaders have DBS checks and have undergone safeguarding training.

Next Steps

We are all on a journey through life, and our faith is no different. Depending upon where you are on your journey with God here are some 'Next Steps' you could take:

COMMIT YOUR LIFE TO CHRIST

Commit to follow Jesus today!

RE-COMMIT TO CHRIST

It's never too late for a fresh start with faith.

DECLARE YOUR FAITH THROUGH BAPTISM

If you feel you've made a commitment to God but have never been baptised, then this could be a great step for you.

JOIN A LIFE GROUP

If you're not in one, there are a number of groups that meet in homes throughout the week to get to know each other better, look at the Bible and pray together.

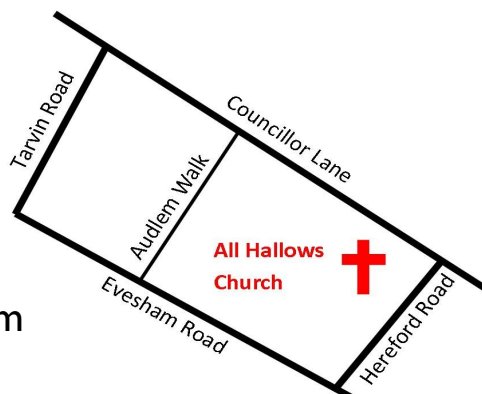
BE PART OF THE MISSION

There are lots of ways you can use your gifts to serve God, his Church and the wider community. Speak to one of the church team to find out more.

Contact Details

All Hallows Church Office
222 Councillor Lane
Cheadle, SK8 2JG

0161 428 9121
allhallows.cheadle@gmail.com
allhallows-church.org.uk



If you would like to make a one-off donation to the work of All Hallows Church you can do so by using the QR Code above.