



Lent - Why bother?

What are you giving up for Lent? It was a question that used to get asked lots when I was younger, and is still sometimes asked now; just not as often. Giving something up became the tradition that people up and down the country would take part in, and it was usually giving up something that is bad for our health if we over-indulge anyway (chocolate for instance). But, whilst taking a small sacrificial stance during Lent is a good and honourable thing, unless it really ties in with the real purpose of Lent then it loses a lot of its value.

The period of Lent is the 40 days before Easter Sunday; not including the Sundays. This is symbolic because we remember Jesus fasting in the wilderness for 40 days (hence us giving something up). But, Jesus didn't just give up food, he took up prayer. He spent time with God, getting prepared for his ministry ahead. He gave something up and he took something up too.

During the season of Lent we spend time examining our hearts, minds, motives, actions etc. We take a long hard look at our lives so that we can bring to the surface and face up to the things of our lives that are not so good. We repent of those things before God. Ash Wednesday is an important day in starting that process.

Then there are the things that we can take up during Lent. A number of churches locally are really sensing the Lord's call to slow down and pray more during Lent. Again, this is a really, really good thing to do. We are going to encourage each other to pray more during Lent at All Hallows too. Inside this newsletter are Prayer Points for each week. We can pray about these things on our own each day and every time that we meet up with each other.

If you don't usually come to church then you can, of course, join in with this too. Your prayer might be something really simple like, "Dear God, please bring peace to Ukraine and help all leaders to make wise decisions. Amen." We sometimes make prayer out to be more complicated than what it really is. Actually, we don't even need to bother saying Amen at the end. That's just so that other people in the room know when we've finished and can decide if they want to add their names to our prayer (Amen = I agree).

So, why bother with Lent? Because when we take this season seriously it creates an opportunity to slow down, to look at our lives, to seek God's forgiveness where that is needed, to look for improvements in our lives and to pray for a better world and for those in need. That's all good!

God bless,

Paul

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5 Tips to Reduce Food Waste and Save

christians
against
poverty

CAP

We can all make a difference to our planet by reducing the amount of food we throw out, and with Food Waste Action Week underway this month, we at Christians Against Poverty (CAP) want to offer some practical tips to help. By reducing food waste, you may be able to save money as well as have a positive impact in your home and community.

1. Organise your food

Try organising your food storage so that you can easily find what food you have available to use. Decanting pantry items like flour and pasta into clear jars labelled with their use-by dates will make it easier to see what you have and when it needs to be used by (you could reuse old coffee jars to save money). Arrange food items by expiry date, with the shorter shelf life items at the front – this will enable you to use up the ingredients in your meals before they go out of date.

2. Buy what you'll use

Although it can sometimes be cheaper to buy in bulk, it may only prove economical if you actually use all the food. So if you do buy in bulk, plan a few recipes first to make sure you're using up the ingredients – and freeze any leftovers.

3. Do a regular stock-check

Try and get in the habit of looking through your food cupboards every week to check expiry dates and items that have run out or are getting low. You might find it helpful to keep a record in a notebook, or a simple list stuck on the fridge that you can refer to – find a method that works best for you.

4. Plan for the week

Before you go shopping, plan your meals in advance, and work out exactly what you need to buy. Make a shopping list and stick to it. This reduces the chance of overspending and restricts potential food waste. You could keep a diary or notebook just for meal planning and shopping lists, or if you use an app on your phone, you could also add links to recipes and include notes of any ingredients you need.

5. Give away leftovers

Leftovers don't need to be wasted – why not give any surplus food to a friend or neighbour that you know may benefit from receiving food parcels or a home cooked meal? You could also consider donating any tinned/non-fresh food to charity. Local churches and charities that run community outreach work will often welcome food donations to give to people in need.

If you're struggling to afford groceries visit capuk.org/help to see what free services are available in your area. CAP is a debt help charity that offers holistic, face-to-face support, money coaching, life skills groups and job clubs.

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



This month's suggestion of something that many households can do to be more environmentally friendly is something that (yet again) could also save you money - buy and sell second-hand.

Every product that we ever buy has caused an environmental impact, yet we so often simply throw away things that we no longer want or need. Giving those items a second, third, fourth etc. life is a good way of reducing it's impact. That means looking to pass on or sell things, and it also means buying second hand too.

Good bargains can often be found at second hand shops, with financial support going to the charities they support too. So, again, it's a win-win all around.

Lent Weekly Prayer Points

Throughout Lent we are encouraging each other to pray each week for specific places, issues and people. Please join with us, using your own prayers to pray for the following:

	World	Local	Church	Personal
Week 1 - Wed 5 th to Sat 8 th	Ukraine War	Ladybridge School and other local schools	Light Café - connecting the socially isolated	Sins that you struggle with
Week 2 - Sun 9 th to Sat 15 th	Gaza & Israel Conflict	Local businesses	Toddlers - connecting children, parents, carers	Grief that you live with
Week 3 - Sun 16 th to Sat 22 nd	Sudan's Civil War and Famine	Local workers	Youth Club - a safe space for young people	Decisions you need to make
Week 4 - Sun 23 rd to Sat 29 th	Afghanistan, Under Brutal Taliban Rule	Local councillors and our MP	CAP - helping those with financial struggles	Loved ones you are concerned about
Week 5 - Sun 30 th Mar to Sat 5 th Apr	Yemen's Civil War and Famine	Local health care places and workers	Life Groups - growing & supporting each other	Hopes that you have for the future
Week 6 - Sun 6 th to Sat 12 th Apr	Countries Ruled by Dictators	Chelwood Food Bank	PCC - to have wisdom in making decisions	Ways in which you could help others
Week 7 (Holy Week) - Sun 13 th to Sat 19 th Apr	Other Countries You are Concerned About	Local churches	Our services - that they would bless all who come	Thanks, that Jesus died for you

Mothering Sunday Service

An all-age service for everybody in the family

With flowers for the mums

And the bouncy castle for kids!



10am, 30th March

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. One of the Welcome Team can show you where Sunday School meets. 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.

MARCH 2025

Sunday 2nd

10:00 Baptism Family Service
6:30 Evening Communion Service

Monday 3rd

10:00 Zoom Prayers

Wednesday 5th

9:00-1:30 Light Café
1:00-1:30 Ash Wednesday Service
7:00-8:30 Youth Club

Friday 7th

9:30-10:00 Prayer Meeting

Sunday 9th

10:00 Morning Service & Sunday School
6:30 Evening Service

Monday 10th

10:00 Zoom Prayers

Wednesday 12th

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

Friday 14th

9:30-10:00 Prayer Meeting

Sunday 16th

10:00 Morning Communion Service & Sunday School
6:30 Evening Service

Monday 17th

10:00 Zoom Prayers
7:30 PCC

Wednesday 19th

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

Friday 21st

9:30-10:00 Prayer Meeting

Sunday 23rd

10:00 Morning Service & Sunday School
6:30 Evening Service

Monday 24th

10:00 Zoom Prayers

Wednesday 26th

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

Thursday 27th

10:00 Social Night

Friday 28th

9:30-10:00 Prayer Meeting

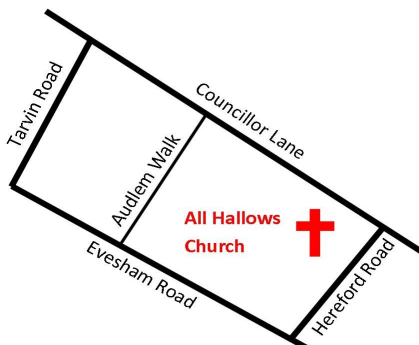
Sunday 30th

10:00 Mothering Sunday Family Service
6:30 Evening Service

Contact Details

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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.