

**Baptisms:** As of September 2021, parents must attend an evening course before the baptism of their child. Courses will take place on the first Thursday of every month at 7pm in St Ann's Parish Room, the first meeting is 2<sup>nd</sup> September. Please bring the completed Baptism form with you to the course and only then will the date for the baptism be confirmed. Further details, course dates and the baptism form are available on the website.



**The Catholic Parish of St Chad, Cheadle**

**Priest: Fr. Sean Davidson**

**Sunday 18<sup>th</sup> July 2021 – 16<sup>th</sup> Sunday Ordinary Time Year B**

Dear brothers and sisters in Christ,

In the Gospel today Jesus invites us to come apart and rest for a while. It is nice that the Church gives us this text at a time when we are typically thinking about holidays/stay-cations. These words of Jesus are also often interpreted as an invitation to have some silent spiritual rest with him. I was involved in giving silent retreats for several years and people would often tell me that they felt they were being called by Jesus to come apart for a few days to be with him and to discover his plans for them. Retreats are often life-changing moments of grace and spiritual healing. I highly recommend the practice of an annual retreat to those for whom such things are possible. Even if we cannot easily get away for a retreat, we can always try to have at least some time of silence with Jesus every day. Early morning meditation helps us to set out upon the day with serene hearts. If we open the window of our souls early in the morning to take in the light of God and to allow the gentle breeze of the Holy Spirit to enter into us, we can be assured of maintaining inner peace throughout the busy day.

I have also found that a prayerful walk at some point during the day has a restorative and healing effect upon mind and heart. (It's best to leave the smartphone at home and bring only the beads!) Walking often rids us of negative and burdensome thoughts, so that we can be available to receive the inspirations of the Lord. God speaks to the peaceful soul and not to one disturbed by incessant noise and distractions. I once read an article which showed that many writers and deep thinkers also testify to the fact that silent solitary daily walking is the seedbed for much of their inspiration. Profound thoughts and meditations can be forged while walking with a pondering heart.

E J Y A R V Z W S K P F C A F  
 D L U X A N C H O R E C Z G X  
 P S I C K Y N O G B V B U R V  
 E P W D P E L C R O S S E D I  
 O Z P U F J D D L L T O W N L  
 P Y L A N D E D H E A L E D L  
 L E O A S W K S U O Y Y G L A  
 E S X Z R W Y Q U T V N Y I G  
 X W D H T J R W O S A E D P E  
 L J A N R R Z F G R F E R T S  
 T V U C L O A K W K I Q K D H  
 B O R Q I Y Q W H R C I R C P  
 L O W R M U F T R N L J U D D  
 J L A N T A S A O T B O V U R  
 X V L T S Y C N V C T P E E I

CROSSED	LANDED	SICK	HEALED	TOWNS
RAN	PEOPLE	BOAT	OVER	CLOAK
ANCHOR	CARRIED	JESUS	VILLAGES	TOUCH

**Parish Safeguarding Reps:** Noel Russell and Bernadette McCrory. If you have any concerns about safeguarding of children or vulnerable adults, please speak to them or contact them via the presbytery, in the strictest confidence.

Please note that Church is monitored by CCTV Cameras 24/7 and by Live streaming Cameras during services.

**Address:** Stockport Road, Cheadle, SK8 2AF **Tel:** 0161 428 2480  
**Email:** [stchadsheadle@gmail.com](mailto:stchadsheadle@gmail.com) **Website:** [www.stchadsheadle.com](http://www.stchadsheadle.com)  
**Office Hours:** Thursdays 11am – 1pm

A 2014 Stanford study sought to study scientifically the common intuition that walking improves creative thinking. Here are some of its findings:

*Creative thinking improves while a person is walking and shortly thereafter. Other research had focused on how exercise generally protects long-term cognitive function, but until now, there did not appear to be a study that specifically examined the effect of walking on the simultaneous creative generation of new ideas and then compared it against sitting. The study also found that creative juices continued to flow even when a person sat back down shortly after a walk. The research comprised four experiments involving 176 college students and other adults who completed tasks commonly used by researchers to gauge creative thinking. The creative output increased by an average of 60 percent when the person was walking, according to the study. Another experiment evaluated creative output by measuring people's abilities to generate complex analogies to prompt phrases. The result: 100 percent of those who walked outside were able to generate at least one high-quality, novel analogy compared to 50 percent of those seated inside.*

It sounds like God has made us for thoughtful walking. That might explain why Jesus walked non-stop and even managed to squeeze in seven miles on the very day of the Resurrection. Let's make the most of the summer sun in this glorious part of the world in which we are blessed to live!

May God bless you all.  
Fr Sean

***The Holy Father's Prayer Intention for July:*** Universal intention - Social friendship. We pray that, in social, economic and political situations of conflict, we may be courageous and passionate architects of dialogue and friendship.

***Please pray*** for all those who are sick and for all those who have died recently. We remember George Stevenson, Margaret Fallon, Michael Lennon, William Howfield, Winifred Sankey, John Wilkinson, Jack Spencer, John Hackney and all those who anniversaries occur at this time. May they rest in peace.

### Mass Times & Intentions

Sat 17 <sup>th</sup>		St Ann's	5pm	Mary Kate O'Neill
		St Chad's	7pm	Tony Byrne RIP
Sun 18 <sup>th</sup>	16 <sup>th</sup> Sunday Ordinary Time	St Chad's	9am	Peter Danson RIP
		St Ann's	11am	Michael Lohan RIP
Mon 19 <sup>th</sup>	St John Pleassington	St Ann's	10am	Dorothy Ager & Family
Tues 20 <sup>th</sup>	St Apollinaris	St Ann's	10am	Brenda Hall
		St Chad's	6.30pm	November List RIP
Wed 21 <sup>st</sup>		<b>No Mass</b>		
Thurs 22 <sup>nd</sup>	St Mary Magalene	St Chad's	9.30am	Paul Thompson RIP
Fri 23 <sup>rd</sup>	St Bridget	St Ann's	10am	Eric Baker RIP
Sat 24 <sup>th</sup>		St Ann's	5pm	Brian & Annette Cunningham
		St Chad's	7pm	Christine Kelly RIP
Sun 25 <sup>th</sup>	17 <sup>th</sup> Sunday Ordinary Time	St Chad's	9am	Sheilagh Tynan RIP
		St Ann's	11am	For Grandparents & the Elderley

**Mass Intentions:** Envelopes are available at the back of the church. Please post the envelope through the presbytery door once completed. Please note that we are now into December with Mass intentions.

**Confessions:** Available on on request. Please telephone the presbytery a minimum of 24 hours in advance to arrange.

**Exposition of the Blessed Sacrament** takes place before Tuesday, Thursday and Sunday Masses.