

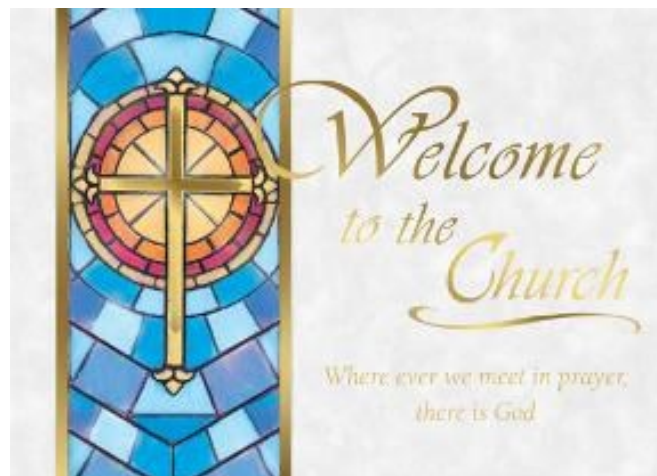


MONTHLY MAGAZINE OF THE
PARISH CHURCH OF
St MICHAEL & ALL ANGELS, RUNCORN.
www.runcornstmichaels.org.uk

ISSUE 184

JULY/AUGUST 2025

Growing Together



In GROWING TOGETHER THIS MONTH:
HUMOUR NEWS

PUZZLE PAGE

SERVICES FOR JULY/AUGUST
CELEBRATIONS

Vicars Message

Compassion towards the most Vulnerable.

Matthew 25: 35 - 40



On Sunday 29th June we welcomed into church the Mayor of Halton, Cllr Martha Lloyd Jones, Consort Peter Jones as well as dignitaries and VIPs from various local areas and positions to the Civic Mass for the new Mayor.

This was a wonderful event indeed and was very much a day of celebration for all, especially our new Mayor who now has the huge responsibility of leading and representing Halton Borough Council for her Year ahead, as she serves the community around. This is what I wish to talk about to you all today, the theme of "Compassion to the most vulnerable."

Our reading for this service is from Matthew 25 where Jesus is talking about clothing the naked and feeding the homeless, because.

"What you did for the least of my brothers and sisters, you did for me".

and that, my friends are the basic foundations of common decency to fellow human beings.

Sadly, we now live in a world where immigration and Asylum discussions are full of hateful comments, including those willing the "Boats to sink" which is horrific and extremely painful for those from the communities crossing to be hearing, After all, when fleeing country's torn apart by war and ravaged by devastation if that where you and your family, would you not want a new start in a safe land?

Furthermore, we still have prejudice and hatred against our homeless communities, who are often labelled as being "drug dependants" and worthless, yet having no compassion and thought that it could be any one of us with a simple, sad twist of fate, that can end up on the streets during our lifetime. If not you and me, our children and grandchildren are only ever one bad decision away from homelessness. This is why Jesus calls for us to be compassionate to the most vulnerable, always, never measuring up if they "deserve" to be treated nicely but rather measuring them up on one simple level, this being the standard that we should, like Jesus see the dignity and worth of every human being.

Serving the most vulnerable is a noble task, and one with a great deal of responsibility, I therefore finish by extending my very best wishes to the Mayor of Halton for the year ahead, and my prayer that all in authority and power will see the worth of every human being, because

"what you did for the least of my brothers and sisters, you did for me"

With every blessing, Revd George



JULY CHURCH SERVICES

Wednesday 2nd July
10.00am Holy Communion

Sunday 6th July (3rd Sunday after Trinity)
8.30am Holy Communion
10.30am Café Style Church

Wednesday 9th July
10.00am Holy Communion



Sunday 13th July (4th Sunday after Trinity)
8.30am Holy Communion
10.30am Holy Communion
(Sea Sunday)



Wednesday 16th July
10.00am Holy Communion

Sunday 20th July (5th Sunday after Trinity)
8.30am Holy Communion
10.30am Holy Communion with Confirmation and Baptism

Wednesday 23rd July
10.00am Holy Communion



Sunday 27th July (6th Sunday after Trinity)
8.30am Holy Communion
10.30am Holy Communion

Wednesday 30th July
10.00am Holy Communion



Recently in **June** we welcomed **one child** into the Church Family through Baptism. Please pray for the child that she may grow up to love and follow Christ. Also please pray for her parents and Godparents, and pray that they may seek to know Christ and to worship.

BIBLE READINGS FOR JULY & AUGUST

Sunday 6th July
Proverbs 2: 1-9
Matthew 19: 27-29

Sunday 13th July
Psalm 107: 1-3, 23-32
Luke 10: 25-37

Sunday 20th July
Genesis 18: 1-10a
Luke 10: 38-42

Sunday 27th July
Genesis 18: 20-32
Luke 11: 1-13



Sunday 3rd August
Ecclesiastes 1:2,12-14 2: 18-23
Luke 12: 13-21

Sunday 10th August
Psalm 33: 12-22
Luke 12: 32-40

Sunday 17th August
Jeremiah 23: 23-29
Luke 12: 49-56

Sunday 24th August
Isaiah 58: 9b-14
Luke 13: 10-17

Sunday 31st August
Proverbs 25: 6-7
Luke 14: 1, 7-14

AUGUST CHURCH SERVICES

Sunday 3rd August (7th Sunday after Trinity)
8.30am Holy Communion
10.30am Café Style Church



Wednesday 6th August
10.00am Holy Communion

Sunday 10th August (8th Sunday after Trinity)
8.30am Holy Communion
10.30am Holy Communion

Wednesday 13th August
10.00am Holy Communion



Sunday 17th August (9th Sunday after Trinity)
8.30am Holy Communion
10.30am Holy Communion

Wednesday 20th August
10.00am Holy Communion

Sunday 24th August (10th Sunday after Trinity)
8.30am Holy Communion
10.30am Holy Communion

Wednesday 27th August
10.00am Holy Communion

Sunday 31st August (11th Sunday after Trinity)
8.30am Holy Communion
10.30am Holy Communion

St Michael's Maintenance Appeal Committee

Upcoming Events for your diary

July 12th: Summer Fayre (12.00noon—4.00pm)

September 20th: Farmhouse Supper Tickets £12 (Bring your own drink) 6.30pm for 7.00pm

October 11th 'Would I lie to you' Tickets £8 (Bring your own drink and nibbles) 7.00pm

October 25th Quiz Night Tickets £8 (Bring your own drink) 7.00pm

November 14th Winter Bingo £1 entrance 7.00pm

November 29th: Police Band Concert Tickets £12 (inc: Mulled wine and mince pie) 7.00pm

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?

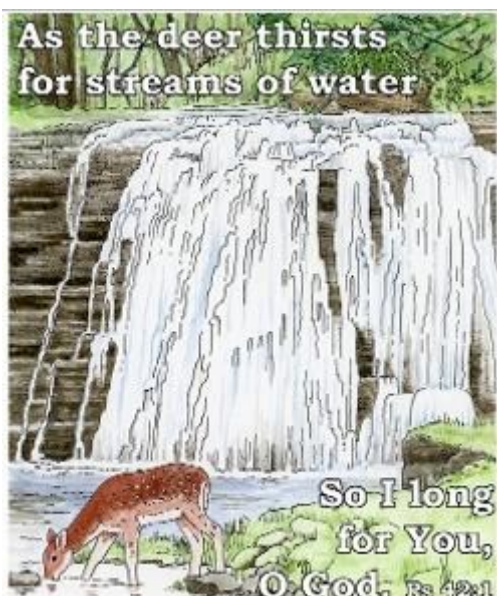
Prayer for July 2025

Lord, in this month, we, your church, remember Thomas. Thomas, who asked questions and doubted when he didn't see You with his own eyes. And Lord, You walked through those locked doors of his questions and doubts specifically to meet his needs.

Help us to come to you, honestly, with our questions and doubts, knowing that You understand and will meet our needs too. Help us to recognize You with eyes of faith the only One who can help us.

May we declare, with Thomas, in humility, devotion and thankfulness, 'My Lord and my God!'. We pray in your powerful name, Lord Jesus. Amen.

By Daphne Kitching



CONGRATULATIONS

to

Jim & Shelagh Goffin
who are celebrating their
Wedding Anniversary

on
6th July



Peter & Elsie Ackerley
who are celebrating their
Wedding Anniversary

on
25th July

Chris & Ruth Lawton
who are celebrating their
Wedding Anniversary

on
14th August



to

Brian & Rosemary Lunt
who are celebrating their
Wedding Anniversary

on
16th August

Bob & Helen Browne
who are celebrating their
Wedding Anniversary

on
18th August

BIRTHDAY CELEBRATIONS



**July & August
Birthdays**

Congratulations to Shelagh Goffin
whose birthday is on **July 12th**,
also to Bob Browne whose

birthday is on **July 22nd**, to Sheila Rose
whose birthday is on **August 4th** and to
Robert Littler whose birthday is on **August
5th**, to Margaret Batters whose birthday is
on **August 6th**.

Activities at St Michael's Church

St Michael's Maintenance Appeal Committee

Tea & Toast in the Church Hall

Next Tea & Toast is on **2nd August &
5th September**

@ 10.00am to 12.00 noon

Admission: **£2.00**

Crafters Group

Crafters Group meets in
the Church Hall every
Tuesday from **10.00am to
12noon**.

Everyone welcome, especially newcomers.

VML

Sing-along sessions on Tuesday nights @
7.00pm in the Church Hall. So come along
have a cuppa and a sing-along for just **£2**.



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).

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.

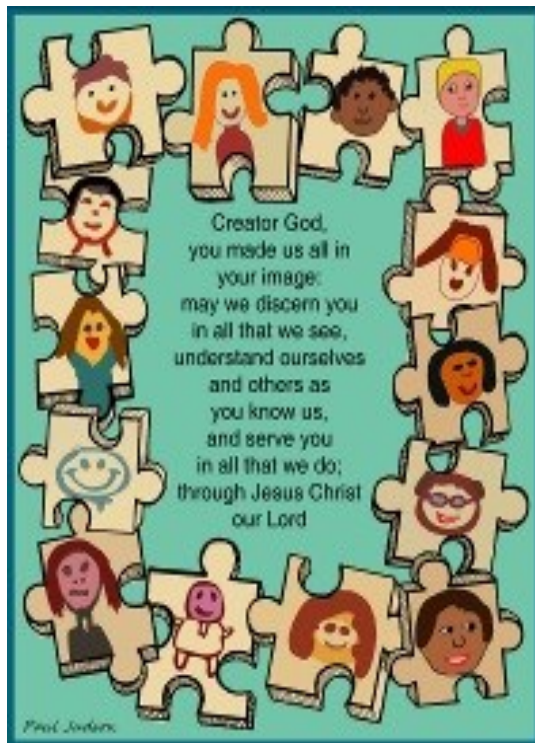
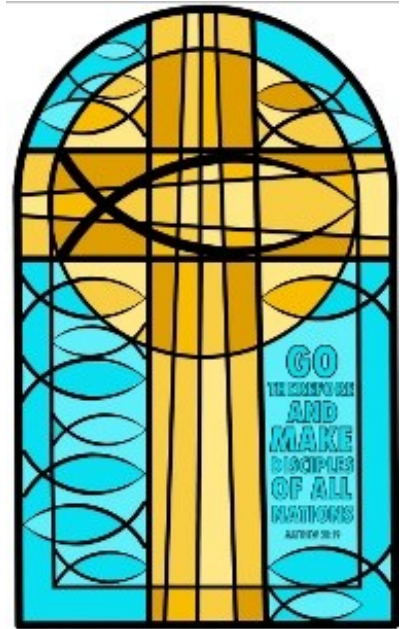
Avoid Using Pesticides: Reduce or eliminate these in your garden, to create a safer environment for bees.

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.

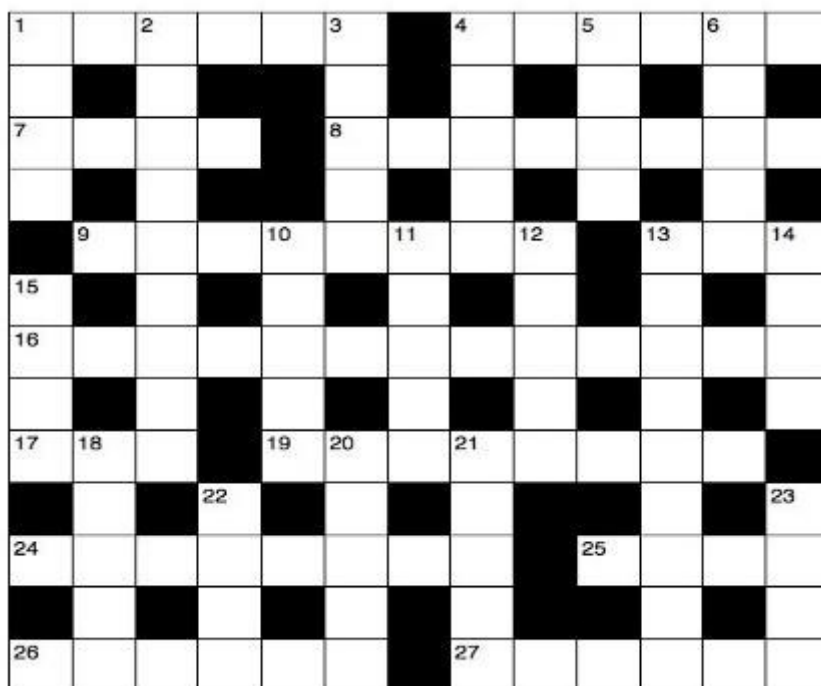


Millions have ADHD, claims NHS

Do you know anyone with ADHD (attention deficit hyperactivity disorder)? It is very likely that you do. For when NHS England recently gave its first public estimate on the prevalence of ADHD, it reckoned that it could affect one in every 23 people across the country. And that means almost 2.5 million people in England may have ADHD. 741,000 children or young adults aged between five and 24 may be affected. A person with ADHD usually has trouble concentrating, or in sitting still. They may also be easily distracted, forgetful, find it hard to follow instructions or organise their time, and be prone to making impulsive decisions. It is a neurodevelopmental disorder. Demand for a diagnosis has soared by more than 400 per cent since the pandemic. More than half a million people are now waiting for an assessment. Experts warn that the increase may be due to the pandemic, and also to changes to daily life and stress levels. The increasing awareness of ADHD on social media platforms such as TikTok and Instagram may be encouraging more people to seek help.

Being bored is good

This will cheer you up this summer when your children mope around the house saying that they are bored: apparently a bit of boredom is *good* for them. So says a senior educationalist, Julia Robinson, who has encouraged parents NOT to force their children into too many activities. Instead, they must be allowed to become bored, so that they can have time to be reflective and calm. Too many pursuits such as music lessons, sport and online learning could result in a generation of manic, anxiety-ridden adults, she warns. Writing in *Attain*, the IAPS magazine, she has pointed out that happiness does not come from a "regime of unrealistic multitasking, running oneself ragged with an exhausting programme of endless...activities."



CROSSWORD CHALLENGE

See how you get on with this crossword. There is no prize, but whoever gets it back to the Editor by August 22nd will be entered on a Roll of Honour in the next edition of *Growing Together*.

Across

- 1 'I pray that out of his glorious — he may strengthen you with power through his Spirit in your inner being' (Ephesians 3:16) (6)
- 4 'Saul's father Kish and — father Ner were sons of Abiel' 1 Samuel 14:51) (6)
- 7 'Praise the Lord, O my — ' (Psalm 103:1) (4)
- 8 See 5 Down
- 9 Laws (1 Kings 11:33) (8)
- 13 'Who of you by worrying can — a single hour to his life?' (Luke 12:25) (3)
- 16 Artistry (Exodus 31:5) (13)
- 17 'Your young men will see visions, your — men will dream dreams' (Acts 2:17) (3)
- 19 How David described his Lord (Psalm 19:14) (8)
- 24 'If this city is built and its — — restored, you will be left with nothing in Trans-Euphrates' (Ezra 4:16) (5,3)
- 25 The holy Scriptures, which are able to make you — for salvation through faith in Christ Jesus' (2 Timothy 3:15) (4)
- 26 Intended destination of arrows (Lamentations 3:12) (6)
- 27 Eve hit (anag.) (6)

Down

- 1 'For I am gentle and humble in heart, and you will find — for your souls' (Matthew 11:29) (4)
- 2 Where Peter was when he denied Christ three times (Luke 22:55) (9)
- 3 Remarkable early 20th-century Indian evangelist, a convert from Hinduism — Sundar Singh (5)
- 4 'Now the king had put the officer on whose — — leaned in charge of the gate' (2 Kings 7:17) (3,2)
- 5 and 8 Across The Lover describes this facial feature of the Beloved thus: 'Your — is like the tower of Lebanon looking towards — ' (Song of Songs 7:4) (4,8)
- 6 'Stand firm then, with the belt of truth buckled — your waist' (Ephesians 6:14) (5)
- 10 Trout (anag.) (5)
- 11 Easily frightened (1 Thessalonians 5:14) (5)
- 12 The ability to perceive (Ecclesiastes 10:3) (5)
- 13 One of the clans descended from Benjamin (Numbers 26:38) (9)
- 14 "It is one of the Twelve," he replied, "one who — bread into the bowl with me" (Mark 14:20) (4)
- 15 Resound (Zephaniah 2:14) (4)
- 18 Traditional seat of the Dalai Lama (5)
- 20 Precise (John 4:53) (5)
- 21 Build (Ezekiel 4:2) (5)
- 22 Beat harshly (Acts 22:25) (4)
- 23 Darius, who succeeded Belshazzar as king of the Babylonians, was one (Daniel 5:31) (4)



Crossword answer
June

ROLL OF HONOUR

Three people got the crossword answer and they were

Jim & Shelagh Goffin,
Wendy Sefton
& Margaret Myers

Reflecting Faith: Saying 'Hello'

Last month we considered how, when we are invited by the priest to come and receive Holy Communion, our immediate response is one of being overwhelmed with the enormity of what we are being offered. We recognise how unworthy we are, to even be in God's presence, never mind taking Him in our hands and making Him part of ourselves. Now, for the next few months, let's consider some other key moments in our church services. Let's start at the very beginning.... Just saying hello! How do you say 'hello' to the people you meet? We don't use the same words, gestures and tone to each person, nor on each occasion. When we meet a very senior person in our workplace; we tend to be deferential and formal. By the time we have worked together for some months, we will still hold them in high regard and with respect, but we are probably more relaxed in their presence. As for members of our close family, there's a time for huge hugs and explosions of laughter, such as at the arrivals desk of the airport, but such a greeting is probably not so appropriate when we meet them in a formal restaurant for lunch. So it is on a Sunday morning, when we meet with the members of our church in the setting of a church service. By meeting together for worship, we have come deliberately into a consciousness of God's presence. It's not that He hasn't been with us on the way there, but this is a specific and intentional thing. So, when the person leading the service says 'hello' at the start of the service, they are not just welcoming you as an individual but rather acknowledging that we are meeting together in the presence of God, to worship Him.

This is special. This is amazing. This is huge.

This month: When you next go to a church service take note of the leader's opening words and your expected response to them. What is your acceptance to that wonderful invitation?

Civic Service

On Sunday 29th June we welcomed the new **Mayor of Halton, Councillor Martha Lloyd Jones and her Consort, Councillor Peter Lloyd Jones** to their Civic Service. Also in attendance was Jennifer Roulston Parry DL representing Lord Lieutenant of Cheshire, Lady Alexis Redmond MBE, the High Sheriff of Cheshire, Mrs Joëlle Warren MBE DL, accompanied by her Consort, Mr Andrew Warren. We also welcomed our family, friends and colleagues from neighbouring authorities, including the Mayors of Warrington, Wirral, Knowsley, and Cheshire East. Councillors and dignitaries from Halton Borough Council, friends and family. There was approx 100 people in the congregation for an uplifting service. After the service, in the Church Hall, in a more relaxing atmosphere was a beautiful buffet which was laid on by the Halton Borough Council.



Major investment in local churches and parish clergy as £1.6bn three-year national spending plans unveiled

The Church Commissioners' funding towards work of the church is set to leap by 36 per cent in the three-year period 2026-28, amounting to the biggest distribution in Church's history. The C of E plans to invest more than £1.6 billion towards sharing the good news of Jesus Christ and serving local communities over the next three years. In total, it plans to invest £4.6 billion over the next nine years, from 2026 to 2034. Also, the typical stipend is set to rise 10.7 per cent next year, under new proposals as clergy well-being put at centre of spending plans. On top of that, the funding for churches in the lowest income communities will jump from £91 million spent in the last three years, to £133.5 million. There will also be a major focus on safeguarding, for which £30 million has been allocated.

The **Archbishop of York, Stephen Cottrell**, said: "Parishes and clergy are at the heart of everything we do in the Church."



'Don't forget the seafarers,' says Christian mission agency

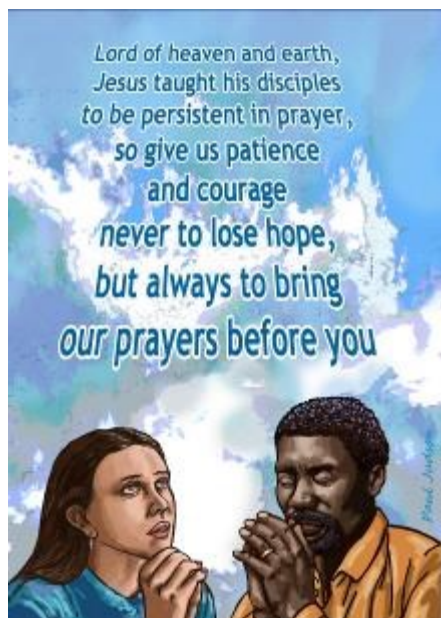
A Christian mission agency has called for the welfare of nearly two million seafarers to be taken into consideration, as the global shipping fleet cuts costs by adopting new technologies. The Mission to Seafarers (MtS) runs 121 welfare centres in ports around the world, and its people visit more than 40,000 ships each year. Seafarers face dangerous oceans and seas to transport more than 90 per cent of the world's goods and fuels – making them essential key workers who often go unrecognised by the general population. MtS Secretary General Peter Rouch has expressed concern that often ships' crews are overlooked when investment is being made in new technology. He said: "Conditions aboard ships should not focus solely on minimising costs but also on ensuring the health and well-being of the crew. Humanly, as well as operationally sustainable crew sizes, shift rotations, and shore leave are essential for maintaining the mental and physical health of seafarers. "Overworked crew members are more likely to make costly mistakes, which can harm the shipping industry of course, but the more important aspect is to understand seafarers as much more than a simple resource." Mr Rouch explained that while the shipping industry was embracing digital technology and low-carbon fuels, the needs of seafarers often remained secondary. He had heard a politician from a leading maritime nation name the major issues facing the industry over the next five to ten years – but failing to address the human aspects of seafarers' working lives. Peter Rouch added: "At its core, any human activity such as a commercial activity like shipping should serve the flourishing of humanity, and this includes the well-being of seafarers. "The Mission to Seafarers, grounded in faith and a vision that values human dignity and human community in and of itself, continues to advocate for seafarers' well-being and we are glad to partner with others in the shipping industry who share these values." Collectively, there are more than 1.89 million seafarers across the world, made up of many nationalities. They often spend up to nine months at a time far away from their family, friends and loved ones. This can lead to loneliness and mental health issues.

In praise of olive oil

Olive oil is surprisingly good for you. It has been found to be able to ward off chronic disease and to boost your brain health. So, when those ancient Greeks praised it as an aid to staying young and healthy, it seems they were right. While the Mediterranean diet can include up to four tablespoons of olive oil per day, a recent study at Harvard has found that even just half a tablespoon of olive oil per day helps protect your heart and brain from disease. It may even slash your risk of Parkinson's or Alzheimer's by 29 per cent, and cancer by 17 per cent. Olive oil is packed with monounsaturated fats, and even has anti-inflammatory properties, which have been compared to Ibuprofen. The best way to eat it? Add it as a dressing to your salads. Frying with it can degrade some of its properties.

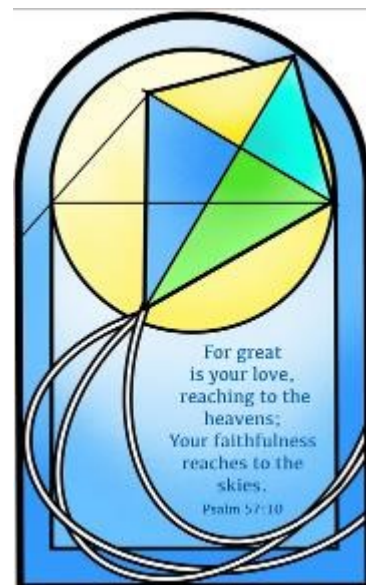


"We've had a tip-off that the sermon is going to over-run again."



Prayer grows in popularity

Well over three million people have now used the Church of England's Daily Prayer podcast and app, which offers Morning and Evening Prayer in audio form. Launched during the pandemic, the service has seen over 12 million downloads, with thousands tuning in each day. Blending scripture, music, and reflection, it reflects a wider resurgence of interest in regular prayer and spiritual rhythm, showing that ancient words continue to find new life in modern formats.





July 2025 August 2025



Please Pray



Please remember the following people in your prayers throughout this month.

Graham & Nicola Aylett George Done

Barbara Done Helen Browne

Also please remember in your prayers anyone that you know who are housebound or in hospital.

If you would like us to pray for someone close to you then let the Pastoral Care Team or vicar know.

....and the recently bereaved, especially any families known to you

Prayer for August 2025

Heavenly Father,
August – summer holidays and sunny skies. All should be well and yet, around the world all is *not* well! Every day, it seems, new wars begin, catastrophes occur, world politicians play power games – and people suffer. It can feel overwhelming and we want to bury our heads in the sand, rather than build sandcastles on the beach. Help us Lord, to look up; to see things with Your perspective; to remember that Jesus warned us that in this world we will have trouble. Then help us to remember that He told us to take heart, because He has overcome the world. Father, help us to savour the summer, as we put our trust in You – our strength, our hope, our ultimate and unfailing security.
In Jesus name,
Amen.

By Daphne Kitching

VML

VML's next performance at The Brindley is the following. It is on Friday 5th September @ 7.30pm and Saturday 6th September @ 2.00pm and 7.30pm. Tickets: £16.50



If you have any antiques or collectables that need valuing please call and see James at Bridgewater Craft and Garden Centre for a valuation. Also if you are into Antiques or Collectable call in and see what is there.

INFORMATION

Revd George Roach
01928 832734

Email: vicar.smaaruncorn@gmail.com
Not on a Friday

Churchwardens

Chris Challoner 079408 99537
Robbie Littler 07718 133018

e-mail:
warden@runcornstmichaels.org.uk

If you want to book a wedding, baptism or funeral please phone this number 07718 133018 and ask for Robbie

The unlikely helper of red squirrels

Red squirrels have found a surprising friend in their fight to survive against grey squirrels. It is the elusive pine martin, who is a natural predator of *all* squirrels. Now a recent study by Queen's University, Belfast, has found that pine martens are increasing, and that they kill more grey squirrels than red squirrels. This is because red squirrels are naturally wary of pine martens, and so avoid them. Grey squirrels, on the other hand, do not know to fear pine martens, as they are not native to the UK. It is good news for the beleaguered red squirrels, who have been nearly wiped out since their larger North American cousins arrived in the late 19th century. Most red squirrels these days are confined in small populations in Scotland, Anglesey and the Isle of Wight.