

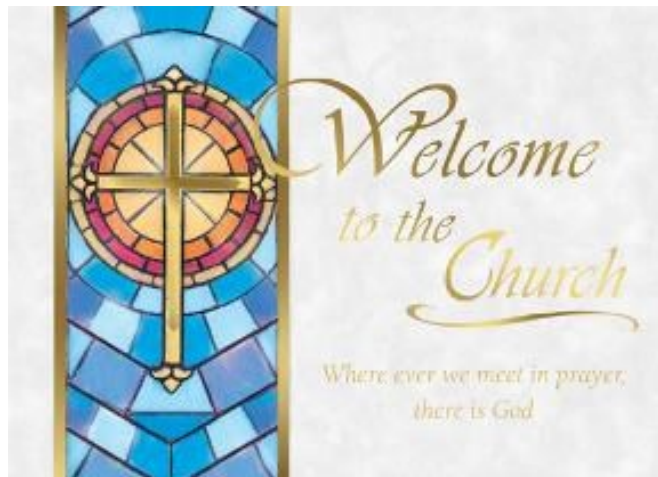


MONTHLY MAGAZINE OF THE  
PARISH CHURCH OF  
St MICHAEL & ALL ANGELS, RUNCORN.  
[www.runcornstmichaels.org.uk](http://www.runcornstmichaels.org.uk)

ISSUE 192

MAY 2026

# GROWING TOGETHER



In GROWING TOGETHER THIS MONTH:  
HUMOUR NEWS

PUZZLE PAGE

SERVICES FOR MAY/ JUNE  
CELEBRATIONS

## Vicar's Message

### The Beauty of Easter.

I write this message during the season of Easter, reflecting deeply upon the journey we have taken together over Lent and Holy Week.

Lent itself has been a deeply enriching and beautiful time, not just for me but for many whom I have spoken to within the church, and I'm greatly encouraged by all who have dedicated time and effort in reflection, prayer and reading the scriptures. Furthermore I am deeply encouraged by all of our Holy Week services and how they have impacted so many people in so many different ways. For me, the pinnacle of Holy Week has to have been the Stations of the Cross, where we gathered as a church to pray and move around the various beautiful banners that show this journey. Though in reflection, I think at the station of the crucifixion next year, I will forewarn the congregation that there will be a couple of loud hammer strikes on a pew!



Easter Sunday we gathered to reflect upon an important and challenging message. This being the importance of not watering down our faith, the crucifixion & resurrection, or the church. A very important message for a very challenging time. And now as we journey through Easter, we must be very mindful that although the Easter eggs have gone away, Easter doesn't end here. Easter is a continuous time of reflection, of repentance, and of celebrating the greatest event in human history, this being the death and resurrection of Jesus Christ.

Jesus and his resurrection is literally the greatest gift that the world has received, and it pains me deeply that people either do not believe in this, water it down, or reject this message altogether. Jesus' resurrection was a once in a lifetime event that deserves to be promoted and celebrated the world over, day by day, giving thanks that God the Father has given us forgiveness of sins and reconciliation with him. This my friends is a beautiful and very powerful gift, and it is one that I hope sincerely you will reflect upon on the days ahead prior to arrival at Pentecost.

But I ask you all some questions to reflect upon going forward... How often do you truly stop, think, reflect, and give thanks for all that Jesus did for us through Holy Week?

How often do you stop to think about the suffering, the death and sheer beauty of the resurrection gift given for you and me? How often in your spiritual journey or life do you take a moment to truly re-evaluate this most important event in human history, and in deep devotional prayer give your heartfelt thanks to Jesus for all that he did? Easter and the Easter message was not a once in a lifetime event that we should just be glossing over or casually glancing towards. Bunny's and Eggs are nice, but in many ways they detract from the message. Easter is a deeply powerful and profound spiritual event that deserves our fullest devotion, love, and attention all year round, because without Jesus' journey through Jerusalem and to the place of the skull (Golgotha), there would have been no resurrection and salvation for any of us. Please would you join with me over the Easter season in taking a moment to just be still, to read the scriptures slowly with depth of heart, and give thanks to God for this most powerful and beautiful season. Amen

*with every blessing,*

*Rev'd George*

### Signs of Easter



It was nice to see these two beautiful signs of Easter at Church. One was inside, in the Chancel, where it was a focal point for the congregation to focus on what happened at Easter. The other was in the garden. "Spencer, the Vicar's Son has blessed the congregation with a hand made wooden lawn cross which will be a wonderful addition to the church's life for years to come. Spencer is presently working alongside a local carpentry business, gaining valuable skills for the future, which can clearly be seen here. **Thank you Spencer, from all at St Michaels**"



# MAY CHURCH SERVICES

**Sunday 3rd May (5th Sunday of Easter)**

8.30am Holy Communion  
10.30am Café Church



**Wednesday 6th May**

10.00am Holy Communion

**Sunday 10th May (6th Sunday of Easter)**

8.30am Holy Communion  
10.30am Holy Communion



**Thursday 14th May (Ascension Day)**

10.00am Holy Communion  
6.00pm Holy Communion

**Sunday 17th May (7th Sunday of Easter)**

8.30am Holy Communion  
10.30am Holy Communion



**Wednesday 20th May**

10.00am Holy Communion

**Sunday 24th May (Whit Sunday)**

8.30am Holy Communion  
10.30am Holy Communion

**Wednesday 27th May**

10.00am Holy Communion

**Sunday 31st May (Trinity Sunday)**

8.30am Holy Communion  
10.30am Holy Communion

## Pentecost

We beseech you, O Lord, to ignite our souls with love, faith and hope by the fire of your Holy Spirit. And may the wind of your Spirit so inspire our minds, that we may proclaim your gospel to others in words which they can understand.



... When Jesus had finished speaking, as His disciples watched intently, He was taken up into heaven and a cloud hid Him from their sight. Acts 1:7-9



## BIBLE READINGS FOR MAY

**Sunday 3rd May**

Acts 7: 55-end  
Matthew 10: 1-15

**Sunday 10th May**

Acts 17: 22-31  
John 14: 15-21

**Thursday 14th May (Ascension Day)**

Acts 1: 1-11  
Luke 24: 44-53

**Sunday 17th May**

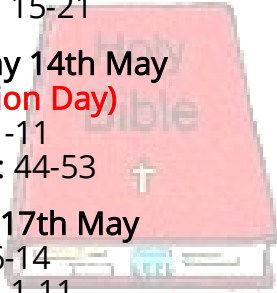
Acts 1: 6-14  
John 17: 1-11

**Sunday 24th May**

Acts 2:1-21  
John 7: 37-39

**Sunday 31st May**

2 Corinthians 13: 11=14  
Matthew 28: 16-end



# JUNE CHURCH SERVICES

**Wednesday 3rd June**

10.00am Holy Communion

**Sunday 7th June (1st Sunday after Trinity)**

8.30am Holy Communion  
10.30am Café Church

**Wednesday 10th June**

10.00am Holy Communion

**Sunday 14th June (2nd Sunday after Trinity)**

8.30am Holy Communion  
10.30am Holy Communion



**Wednesday 17th June**

10.00am Holy Communion

**Sunday 21st June (3rd Sunday after Trinity)**

8.30am Holy Communion  
10.30am Holy Communion

**Wednesday 24th June**

10.00am Holy Communion

**Sunday 28th June (4th Sunday after Trinity)**

8.30am Holy Communion  
10.30am Holy Communion



## St Michael's Maintenance Appeal Committee

### Upcoming Events for your diary

May 16th: Quiz Night Tickets £10 (inc refreshments @ Picture Quiz) (but bring own drinks)  
7.00pm start

June 26th: Organ Recital with Soloist Tickets £10 (inc light refreshments) @ 7.00pm

July 18th: Summer Fayre 12.00noon to 4.00pm

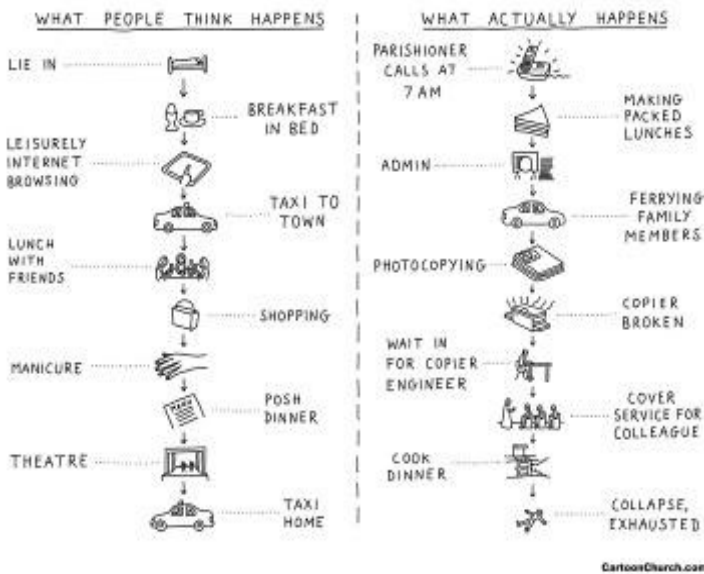
September 26th: Farmhouse Supper Tickets £15 (inc Hot & Cold Buffet and 'Kiwi Chorus')  
6.30pm to start at 7.00pm

December 6th: Police Band Concert Tickets £12 (inc Mulled wine and mince pie) @ 5.00pm

December 9th—12th: Christmas Tree Festival and Grand Draw

Watch this space for more upcoming events

## THE VICAR'S DAY OFF



### Sleeplessness is catching

You probably already know this: when your partner can't sleep, it is very likely that you won't be able to, either. A recent study from the University of East Anglia has found that sleep problems are contagious. The study looked at the impact of workplace bullying on sleep, and it found that not only does stress and abuse disrupt the victim's sleep, but it also disrupts that of their partner. As one researcher put it: "bad energy passes across the bed sheets." Yet sleep is crucial to good health. A recent study by Harvard University found that regular restful sleep may extend life by nearly five years for men, and by more than two years for women. The study also found that eight per cent of deaths from any cause may be attributed to poor sleep patterns.

### Activities at St Michael's Church

#### St Michael's Maintenance Appeal Committee

Tea & Toast in the Church Hall

Next Tea & Toast is on 6th June & 4th July

@ 10.00am to 12.00 noon Admission: £2.00

#### Community Community Café

In the Church Hall every Wednesday from 11.30pm—2.30pm. A place to relax, have a natter, try some crafts and of course a cup of Tea or Coffee.

#### Knit and Natter 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.



"Whilst I appreciate the thought, would whoever it is please stop tweeting. 'So far, so good...?'"

## BIRTHDAY CELEBRATIONS

### May Birthdays



Congratulations to Jean Oke who celebrates her birthday on May 2nd, Rosemary Lunt who celebrates her birthday on May 6th, to Vicki Schofield

who celebrates her birthday on 10th May to Matt Roth who celebrates his birthday on May 13th, to Cathy Wright who celebrates her birthday on 19th May, to Claire Roth who celebrates her birthday on May 17th, to Duncan Prince who celebrates his birthday on May 20th, to Sue Challoner who celebrates her birthday on May 22nd and to Brian Lunt who celebrates his birthday on May 23rd.



In April we recently welcomed **one child** into the Church Family through Baptism. Please pray for this child that he may grow up to love and follow Christ. Also please pray for his parents and Godparents, and pray that they may seek to know Christ and to worship. Also we welcomed **one adult** into the Church Family through Baptism, please pray for him they may grow up to love and follow Christ.

### Lent Lunches and Prayer Time 2026

We held the Lent Lunches and Prayer Time again this year and again it was a huge success. There was an increase in the numbers from last year. A huge **THANK YOU** goes to the volunteers who did prayer time every week, to **VML and their volunteers**, and to the people who provided some excellent soups for the lunches. This year we raised **£271.45p** from the lunches and this money is going to the **Runcorn Foodbank**.



### **Small plates are better**

How large are your dinner plates? If you replace 12" plates with 10" plates you could end up eating between 16 and 22 per cent less food. That could mean a loss of two stone over a year. The study at Cambridge University concluded: "Helping people to avoid 'over-serving' themselves or others with larger portions of food or drink is likely to ...help reduce their risk of overeating."

### **What the Bible really means....**

A father was approached by his small son who told him proudly, "I know what the Bible means, Daddy." His father smiled "Okay. What does the Bible mean?" "It's easy, Daddy." the young boy replied excitedly, "It stands for 'Basic Information Before Leaving Earth.'

### **The Seven Deadly Sins: Envy**

*'A heart at peace gives life to the body, but envy rots the bones.'*(Proverbs 14:30).

This month we are looking at the Deadly Sin of **envy**. As a consuming desire to have what others have got, it's a major source of unhappiness.

It is different to jealousy: *'Envy is wanting something that someone else has. Jealousy is the fear of losing something you already have to someone else'*(Brene Brown). We can envy things like wealth, looks, and possessions, resulting in resentment, bitterness and anger. The pursuit of possessing what others have will always leave us empty and dissatisfied, as the use of social media demonstrates.

How do we overcome envy in our lives?

**Gratitude:** *'Give thanks in all circumstances; for this is God's will for you in Christ Jesus'*.

(1 Thessalonians 5:18). A grateful heart has no room for envy, when we focus on God's love for us and what He has given us, rather than looking at others' gifts and opportunities. God has created us uniquely to be the people we are and different to others. As a result, we are better able to rejoice with those who rejoice and weep with those who weep.

**Trust:** *'And God is able to bless you abundantly, so that in all things at all times, having all that you need, you will abound in every good work.'*(2 Corinthians 9:8). One of the chief causes of envy is FOMO: Fear of Missing Out! We can trust that God knows everything that we need and so we don't need to worry about missing out. By entrusting our lives to Him, we can confidently depend on God meeting all our needs.

Is God truly enough for me? *The Lord is my shepherd, I lack nothing.'*(Psalm 23:1).

## Prayer for Pentecost 2026

Loving Father and giver of all gifts,

This month we thank You for the gift of Your Holy Spirit which You promise to all who call on Your name, turn away from self-centred living, and put their trust in Jesus.

Help us to do that, Lord.

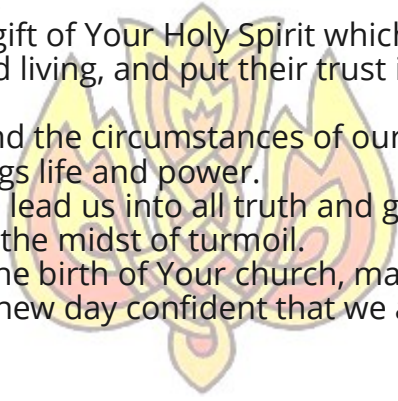
Then, when events in the world and the circumstances of our own lives are difficult to understand, we have Your Holy Spirit who brings life and power.

He is faithful and constant. He will lead us into all truth and give us the words and thoughts we need to experience Your peace in the midst of turmoil.

At this time when we remember the birth of Your church, may we open our hearts to receive Your Spirit afresh, and move into each new day confident that we are yours and that in You is our true security.

In Jesus' name. Amen.

*By Daphne Kitching*



## Reflected Faith Series: The Creed (Part 1)

There are various sections that make up a Communion service. While different denominations, and different styles of churches even within the same denomination, may do things differently, generally speaking they all include the same foundational elements.

So, after the Bible readings, and then sermon, what follows next?

In Common Worship (CW) we 'immediately' jump to our feet and proclaim our faith!

If you follow the Book of Common Prayer (BCP), the Creed comes between the Gospel reading and the sermon – which is my excuse for forgetting to say it more than once when I've conducted the latter service first (if you get what I mean) on a Sunday morning. The question is, 'Why is it placed here?' Wouldn't it make more sense to have it at, or close to the beginning of a service; so that we can be sure everyone in the congregation is on the same page, so to speak? Or why not at the end, just before we go out into the world taking our faith with us?

### Why here?

When (BCP) it follows directly after the Gospel reading, it's as though having heard the words of Jesus we rush to say 'I believe that. I believe in who said it. And I believe in ... etc etc.' Rather like after your favourite team has scored a goal!

Where we've had the sermon first (CW), it's as though the 'explanation and contextualisation' by the preacher makes it so plain that we can do nothing less than join together and reaffirm our baptismal faith.

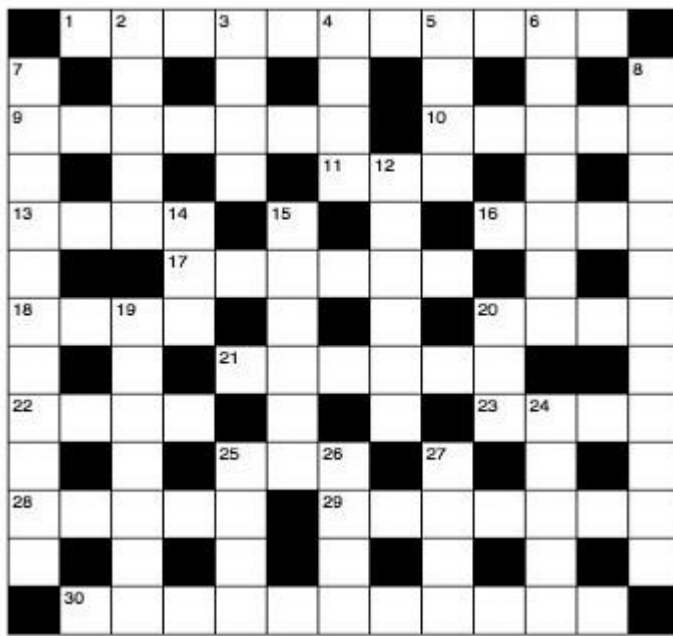
### *This month*

Pause for a moment before you say the Creed next time, and consider where in your service it is placed. What has encouraged you to be able to say it from your heart? Was there a word, phrase or sentence that particularly gripped you and prompted you to your feet? Or was it just words written on the service sheet with a direction to stand?

## What's the Big Idea? - an Introduction to the Books of the Old Testament: Ezekiel

Ezekiel was a prophet who proclaimed judgment to God's people in the 6<sup>th</sup> century BC. He was among the group of Jews exiled in Babylon by Nebuchadnezzar. Ezekiel received his call when he was 30 years old through a vision of the glory of God. His ministry finished 22 years later with a vision of the restored Temple in Jerusalem. Ezekiel spoke to a community forced from its home, who had broken faith with God. He presents a God who rules over all people and history. He is a God who desires to be known and acknowledged (*'then they will know that I am the Lord'*). As a priest, Ezekiel was deeply concerned with the holiness of God. This call to holy living includes an emphasis on individual responsibility (chapter 18), which is a significant milestone in biblical thought. Ezekiel offers a vision of true hope for those who have undergone judgment. He promises a restored Temple as a sign of God's presence among his people. He also promises a future '*prince*' who will rule with justice and restore God's relationship with his people (34:23-4). In restoring them morally and spiritually, God promises to use them to bring light to the Gentiles. They will demonstrate the holiness of God's name, because they will know him from the heart. This is the promise that is fulfilled in Jesus and made possible for us:

*'I will give you a new heart and put a new spirit in you; I will remove from you your heart of stone and give you a heart of flesh. And I will put my Spirit in you and move you to follow my decrees and be careful to keep my laws.'* (36: 26-27).



**CROSSWORD CHALLENGE**

See how you get on with this crossword. There is no prize, but whoever gets it back to the Editor by May22nd will be entered on a Roll of Honour in the next edition of *Growing Together*.

**Across**

- 1 Overpowered (Deuteronomy 11:4) (11)
- 9 'The — are mantled with corn' (Psalm 65:13) (7)
- 10 'Each man—a sword to his side' (Exodus 32:27) (5)
- 11 On the death of Jesus the curtain in the temple was torn from— to bottom (Matthew 27:51) (3)
- 13 Stagger (Isaiah 28:7) (4)
- 16 'Anyone, then, who knows the good he ought—and doesn't do it, sins' (James 4:17) (2,2)
- 17 Stir up or provoke (Acts13:50) (6)
- 18 Burden (Luke11:46) (4)
- 20 'As far as the east is from the—, so far has he removed our transgressions from us' (Psalm 103:12) (4)
- 21 Sign (Luke23:38) (6)
- 22 'After that, Jesus poured water into a basin and began to—his disciples' feet' (John 13:5) (4)
- 23 The nature of the seven ears of corn which swallowed up the good ears in Pharaoh's dream (Genesis 41:23) (4)
- 25 Has (anag.) (3)
- 28 'This is the account of Shem, Ham and Japheth, —sons' (Genesis 10:1) (5)
- 29 'I will...make them drunk, so that they...sleep for—and— awake' (Jeremiah 51:39) (4,3)
- 30 Paul said of him, 'he often refreshes me and is not ashamed of my chains' (2 Timothy 1:16) (11)

**Down**

- 2 Worth (Matthew 13:46) (5)
- 3 'A bruised — He will not break' (Matthew 12:20) (4)
- 4 'Suddenly a great company of the heavenly — appeared with the angel' (Luke 2:13) (4)
- 5 Slip (anag.) (4)
- 6 'Take an awl and push it through his — — into the door, and he will become your servant for life' (Deuteronomy 15:17) (3,4)
- 7 Bountiful (2 Corinthians 8:2) (11)
- 8 'Therefore, as we have —, let us do good to all people' (Galatians 6:10) (11)
- 12 Acquire (2 Timothy 2:10) (6)
- 14 Container cover (Numbers 19:15) (3)
- 15 'He...became obedient to death, even death on——!' (Philippians 2:8) (1,5)
- 19 Refrain (1 Peter2:11) (7)
- 20 'She began to—his feet with her tears' (Luke 7:38) (3)
- 24 One who worships Brahma, Vishnu or Shiva (5)
- 25 'Give to everyone who—you' (Luke6:30) (4)
- 26 'I lift up my eyes to the hills; where does my—come from?' (Psalm 121:1) (4)
- 27 One of those whom the Lord said would be taken from Jerusalem and Judah as judgment on them (Isaiah 3:2) (4)



**Crossword answer  
April**

**ROLL OF HONOUR**  
Four people got the crossword answer and they were  
**Jim & Shelagh Goffin,  
Wendy Sefton,  
Margaret Myers  
&  
Sue & Chris Challoner**



May  
2026



## Please Pray

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

Graham & Nicola Aylett

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

### Good idea!

Have you ever been just sitting there, and all of a sudden, you feel like doing something really nice for someone else? That could well be God, prompting you through the Holy Spirit.



### Christian Aid Week - 10<sup>th</sup> to 16<sup>th</sup> May

It's that time of year again – when Christians across the country raise funds for Christian Aid's programmes, which help those suffering poverty and injustice worldwide. Since 1957, Christian Aid Week has brought faith and action together to help families survive poverty and violence, and communities rebuild after crisis. It says: "This is all thanks to the amazing support of churches, communities and individuals who choose to walk, run, bake, dance, make, and do whatever it takes to help make lasting change. "Through our locally led work with partners around the world who are rooted in their communities to lead change, your valuable support will help communities ravaged by poverty and the effects of the climate crisis. Christian Aid welcomes anyone who would like to be involved this year in raising support. And there are various ways to take part:

- Give online or through collections.
- Fundraise with friends, family, colleagues or your community.
- Take part through your church with worship, prayer and events.
- Volunteer locally to support Christian Aid Week activities.

### IN MEMORY

In May 2025, the following person had their funeral at St Michael's. They will never be forgotten, because we still have the memories of that person and they are always with you/us. So please remember this person in your prayers and thoughts.



Joan Tate

Evelyn Eldrige    Joan Deakin

Brynley Knott

### INFORMATION

Revd George Roach  
01928 832734

Email: [vicar.smaaruncorn@gmail.com](mailto:vicar.smaaruncorn@gmail.com)  
Not on a Monday

#### Churchwardens

Chris Challoner    01928 761704  
Robbie Littler    07718 133018

Also if there is a Safeguarding issue please email Duncan Prince on [safeguardingsmaa@gmail.com](mailto:safeguardingsmaa@gmail.com)



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

Or can go to our website:  
[www.runcornstmichaels.com](http://www.runcornstmichaels.com)