

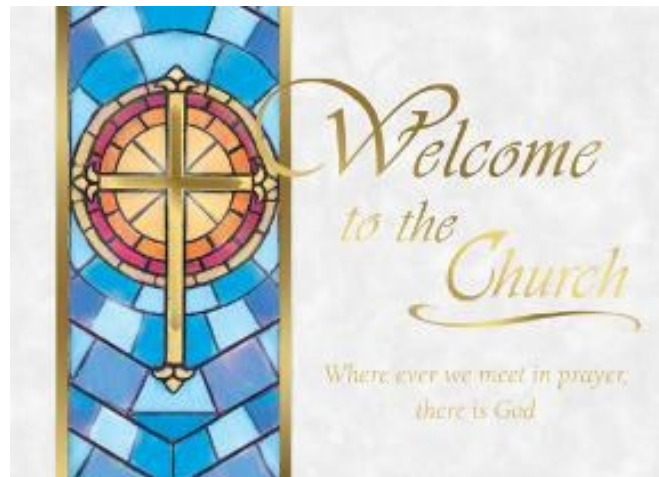


ISSUE 193

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

JULY/AUGUST 2026

Growing Together



In GROWING TOGETHER THIS MONTH:
HUMOUR NEWS

PUZZLE PAGE

SERVICES FOR JULY/AUGUST
CELEBRATIONS

Christian Values



I wonder what your views are on the subject of Christian values and how Christian values tie in to our modern culture? Christian values is a subject that we as the Runcorn Revs (our team of Runcorn clergy) are discussing lately, especially in light of the growing concerns and challenges that we have had, both in this country and in the wider church in recent times. Christian values have always been a part of who we are as a Church, and this subject has impacted and become a part of some of the churches greatest spiritual rules of life, most notably the Benedictine rule, the Augustinian Rule and Saint Francis Rule too. All religious orders use Christian Values to instruct the faithful in daily life.

It is important to note though, that Christian values is a subject that does get misunderstood at times, and I think I'm safe to say that some people do utilise their own agendas for the sake of creating values that suit with their own personal narrative. However, even in the light of increased political tension and in the light off some of the more difficult challenges we have within the wider church, Christian values are actually set out for us in the scriptures, in **Galatians 5**.

“But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control”

When we look at Pauls letter we see quite clearly some of the highest examples of Christian values given to followers of the way. These do not require interpretation or debate rather just pure acceptance. And if we choose to follow these in the light of why they were written in 48AD, this would be a much better place.

Of all of these Christian values, the one that stands out most to me is the value of joy, and yet in many ways it a value that I still work hard at trying to attain on a daily basis. Reflecting upon the sense of joy in our lives helps us to see a broken world through a greater more vibrant spiritual light, and helps us to find the good in amongst the bad, and it is the bad that the world is now presently trying to show us plenty of.

So when we talk about Christian values, I wonder if I ask which ones of these above do you like the most? Are you somebody who seeks to work for peace? Are you somebody who seeks to show kindness to all? Are you somebody who seeks to exercise more self-control? or are you somebody that seeks to do all of these things and more?

In a world that is broken and struggling, one of the greatest things we can do is adhere to Paul's Instructions, and to actually become the highest model of our own Christian selves. When we do this, we not only change the world around us but also change ourselves inside. Any change in light of a deeper sense of what is right is always a step in the right direction.
Amen.

With every blessing,

Revd George

BIRTHDAY CELEBRATIONS



July & August Birthdays

Congratulations to Shelagh Goffin whose birthday is on **July 12th**, to Joshua Ward-Dutton whose birthday is on **20th July**, to Spencer Vaughan whose birthday is on **21st July**, to Gareth Bartlett whose birthday is on 3rd August, to Sheila Rose whose birthday is on **August 4th**, to Robert Littler and Jimmy Wright whose birthdays are on **August 5th** and to Margaret Batters whose birthday is on **August 6th**.

JULY CHURCH SERVICES

Wednesday 1st July
10.00am Holy Communion

Sunday 5th July (5th Sunday after Trinity)
8.30am Holy Communion
10.30am Café Church



Wednesday 8th July
10.00am Holy Communion

Sunday 12th July (Sea Sunday)
8.30am Holy Communion
10.30am Holy Communion



Wednesday 15th July
10.00am Holy Communion

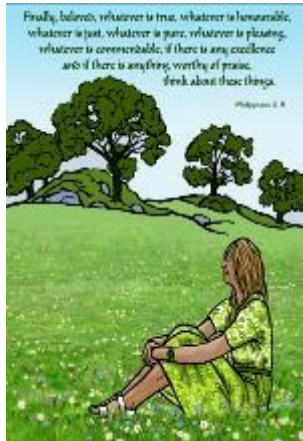
Sunday 19th July (7th Sunday after Trinity)
8.30am Holy Communion
10.30am Holy Communion

Wednesday 22nd July
10.00am Holy Communion

Sunday 26th July (8th Sunday after Trinity)
8.30am Holy Communion
10.30am Holy Communion



Wednesday 29th July
10.00am Holy Communion



**There's a fine line
between a long sermon...**



and a hostage situation.

AUGUST CHURCH SERVICES

Sunday 2nd August (9th Sunday after Trinity)
8.30am Holy Communion
10.30am Café Church



Wednesday 5th August
10.00am Holy Communion

Sunday 9th August (10th Sunday after Trinity)
8.30am Holy Communion
10.30am Holy Communion

Wednesday 12th August
10.00am Holy Communion



Sunday 16th August (11th Sunday after Trinity)
8.30am Holy Communion
10.00am Holy Communion

Wednesday 19th August
10.00am Holy Communion

Sunday 23rd August (12th Sunday after Trinity)
8.30am Holy Communion
10.30am Holy Communion

Wednesday 26th August
10.00am Service of the Word

Sunday 30th August (12th Sunday after Trinity)
8.30am Holy Communion
10.30am Holy Communion



BIBLE READINGS FOR JULY & AUGUST

Sunday 5th July
Romans 7: 15-25a
Matthew 11: 16-19,25-end

Sunday 12th July
Acts 27: 13b-25
Luke 8: 22-25

Sunday 19th July
Romans 8: 12-25
Matthew 13: 24-30, 36-43

Sunday 26th July
1 Kings 3: 5-12
Matthew 13:31-33, 44-52

Sunday 2nd August
Isaiah 55:1-5
Matthew 14: 13-21

Sunday 9th August
1 Kings 19:9-18
Matthew 14: 22-33

Sunday 16th August
Isaiah 56: 1, 6-8
Matthew 15:21-28

Sunday 23rd August
Isaiah 51: 1-6
Matthew 16: 13-20

Sunday 30th August
Jeremiah 15: 15-21
Matthew 16: 21-28

St Michael's Maintenance Appeal Committee

Upcoming Events for your diary

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

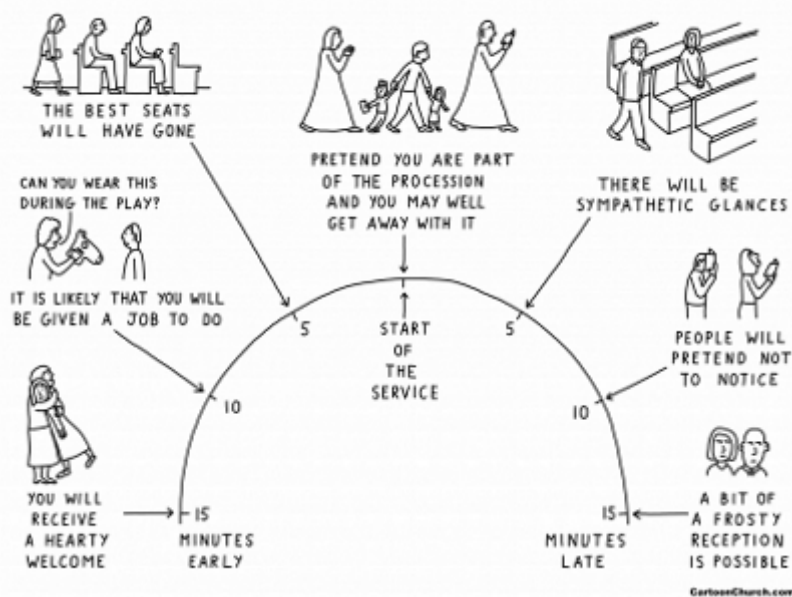
October 24th: Quiz Tickets £10 (inc refreshments & Picture Quiz) (but bring own drinks)
7.00pm start

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

ARRIVING AT CHURCH



APCM 2026

This years APCM was held on **Sunday 31st May**. The first part of the APCM was the Vestry Meeting to elect the Churchwardens for the new year. Chris Challoner was standing down from his position of Churchwarden, **THANKS CHRIS for your dedication and service**. There were 3 nominations, **Robbie Littler, Colin Keam and Emma Johnson**. Before the election, the Vicar then appointed Emma Johnson as the Vicar's Warden, which the vicar can under certain circumstances, but has never happened at this church before. So there was a vote between the remaining two people, with Robbie Littler being elected as the other Warden. The Vestry Meeting closed then straight into the main meeting. In this part of the

meeting it is where reports from certain groups within St Michael's are accepted, also the Treasurer puts his Audited Accounts to the meeting. The next on the agenda was the election of people nominated to go on the PCC, just before the election the vicar thanked the 3 people who were standing down after their 3 years on the PCC. There was only one nomination that being Chris Challoner who was elected. This year was Deanery Synod elections, and we are allowed 3 members. There were 3 nominations all proposed and seconded, those being **Jonathan Fuller, Barbara Houghton and Brian Lunt** and were elected for the next 3 years.

Activities at St Michael's Church

St Michael's Maintenance Appeal Committee

Tea & Toast in the Church Hall

Next Tea & Toast is on 1st August & 5th September

@ 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 Tea or Coffee.

Knit and Natter Group

Knit & Natter 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.





CONGRATULATIONS

to
Jim & Shelagh Goffin
 who are celebrating their
 Wedding Anniversary
 on
 6th July

to
Peter & Elsie Ackerley
 who are celebrating their
 Wedding Anniversary
 on
 25th July

to
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

The Seven Deadly Sins: Gluttony

They're called deadly because they lead to the death of the soul. (Richard Newhauser).

This month we are looking at *Gluttony*. Which food do we find hardest to resist?

It is reported that 66% of adults in the UK are overweight or obese. Gluttony is indulgence to excess, usually involving food, but can also include drinking, screen time, shopping etc.

Paul warns us about the dangers of gluttony when he refers to those whose minds are set on earthly things: ***their destiny is destruction, their god is their stomach, and their glory is in their shame.*** (Philippians 3:19). Our struggle with gluttony is often the outward sign of a spiritual hunger for acceptance, love, or self-worth. This desire for satisfaction cannot be satisfied by food alone.

How can we overcome gluttony?

Glorify God with your body: 'Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God?' (1 Corinthians 6:19). Paul reminds us that our bodies belong to God; as temples of the Holy Spirit, we should use them to glorify God. While we have freedom in the things we consume, we are also called to honour God in our actions.

Exercise self-control: 'live by the Spirit, and you will not gratify the desires of the flesh.' (Galatians 5:16). Paul goes on to list self-control as one of the Fruits of the Spirit (5:23). As we examine ourselves and identify those areas where we lack self-control, we can entrust them to God, asking for the strength of the Holy Spirit to overcome gluttony.

Is danger lurking in your fridge?

When you look in your fridge, what do you see? Milk, butter, vegetables and last night's leftovers? So far, so good. But what about the things that you don't see? A recent survey of people's fridges found that more than half of them were harbouring dangerous bacteria such as E. coli, salmonella and listeria. So, it seems that unless we take care of our fridges, they can become playgrounds for germs. Veggie drawers with bits of slimy carrots or liquefying greens have been found to harbour more bacteria per square centimetre than a toilet seat. Plates of raw meat can be a bacterial timebomb. Even door seals and fridge handles can be a germ hotspot. The key thing is to regularly wipe shelves and drawer down with a mild disinfectant, remove stale food, and to keep the temperature of the fridge at five degrees. Don't overcrowd your fridge (which can block air circulation) and don't engage in the classic 'fridge food linger,' staring into the fridge while deciding what you want to eat. The longer that door is open, the more the warm air rushes in.

Your fridge is the hardest working appliance in your kitchen, but it needs your help.

What's the Big Idea? - an Introduction to the Books of the Bible: 1 Thessalonians

1 Thessalonians is the earliest of Paul's letters, written when he was in Corinth during his second missionary journey (**Acts 18:1-18**) in **49-51 AD**. Thessalonica was the capital of the Roman province of Macedonia, as well as being a flourishing centre for trade and philosophy. After founding the church (**Acts 17:1-9**) Paul was forced to leave, when he was falsely accused of speaking against Caesar. As the new Christians were left with little spiritual support, Paul wrote this letter to encourage them.

Paul addresses a number of issues throughout this letter. As they were expecting persecution, Paul reminds them that this is normal Christian experience (**3:3-4**). He also challenges those in the church who were living off wealthier Christians rather than earning their own living (**4:9-12; 5:14**).

However, the most prominent theme in letter is the second coming of Jesus. It is mentioned in every chapter of the book (**1:10; 2:19-20; 3:13; 4:13-18; 5:1-11, 23-24**). The Thessalonian were unclear about the timing of the day of the Lord (**5:1-2**). Some church members had died (**4:13**), and people weren't sure what would happen to them at Christ's return (**3:10; 4:13**). However, Paul assures them that when Jesus returns, the dead in Christ will rise to meet the Lord with the living (**4:15-17**). Therefore, believers don't need to fear God's wrath, but rather are assured of inheriting his salvation.

Living in the light of Christ's return calls for holy and blameless lives (**3:11-4:8; 5:23**). *'May God himself, the God of peace, sanctify you through and through. May your whole spirit, soul and body be kept blameless at the coming of our Lord Jesus Christ.'* (**5:23**).

One day a priest was praying to God and he said, "God, what is a billion years to you?"

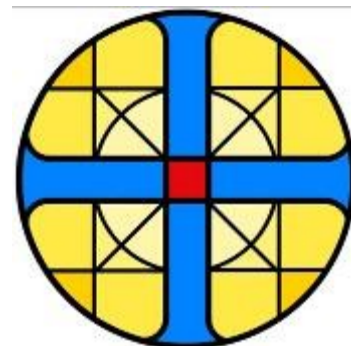
God responded, "Only a second, my son."

The priest asked, "God, what is a billion dollars to you?"

God answered, "Only a penny, my son."

The priest asked, "God, can I have one of your pennies?"

God responded, "In a second."



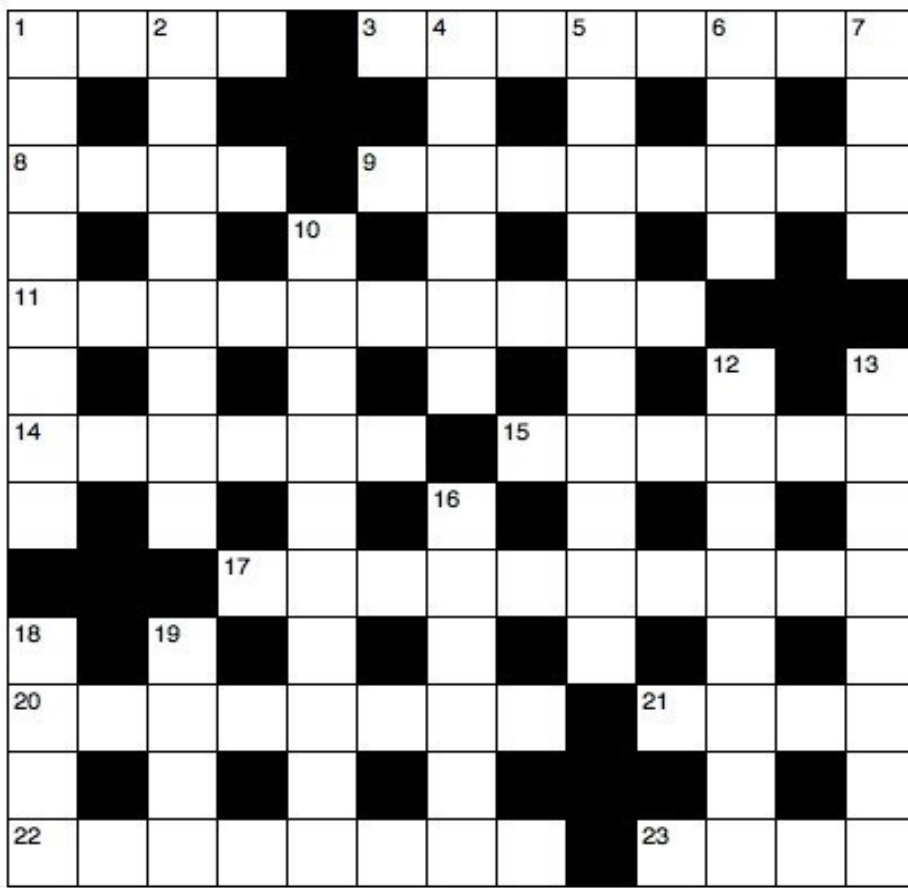
Church AV and Sound System

Recently, we renewed our outdated sound system with a new state of the art system and also we have put AV screens around the church. As Revd George said at the morning service on the day we used it *'its like Brian being on the bridge of Star Trek'*. The AV screens will enhance different parts of our services, like during the Vicar's Sermon with videos and slides, putting the words up for the hymns also for the use for outside organisation's using the church like schools.

Regarding the sound it was clearer and more crisp. As one of the congregation who, has trouble with her hearing said to George 'that she could hear everything and could join in the singing'. This wouldn't have been done, but due to a legacy left by José Colley it was. José liked music, so she would have appreciated the way the money has been spent.

THANK YOU
José





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 Proverbs describes her as being 'of noble character' (Proverbs 31:10) (4)
- 3 'Shall we go up again — — against the Benjamites, our brothers?' (Judges 20:23) (2,6)
- 8 A descendant of Shem (Genesis 10:28) (4)
- 9 'Anyone who does not carry his cross and follow me cannot be my — ' (Luke 14:27) (8)
- 11 Resentment(Ephesians 4:31)(10)
- 14 In Cain(anag.)(6)
- 15 'Such knowledge is too wonderful for me, too lofty for me to—' (Psalm 139:6) (6)
- 17 Intense (1 Thessalonians 4:5)(10)
- 20 Third Order of the Roman Catholic Church(8)
- 21 'At midnight the cry rang out, "Here's the bridegroom!Come out to — him"' (Matthew 25:6) (4)
- 22 'My grace is sufficient for you, for my power is made perfect in — ' (2 Corinthians 12:9) (8)
- 23 'As the — pants for streams of water,so my soul pants for you, O God' (Psalm 42:1) (4)

Down

- 1 Nickname of popular First World War chaplain, the Revd G.A. Studdert Kennedy, — Willie (8)
- 2 Occasion of religious joy (Lamentations 2:22) (5,3)
- 4 'We three kings of — are' (6)
- 5 Allegation or charge (Jude 9) (10)
- 6 Kind (1 Chronicles 12:33) (4)
- 7 'Open your — and look at the fields!' (John 4:35) (4)
- 10 Also known as the Feast of Lights (John10:22)(10)
- 12 Area that saw the healing of two demon - possessed men and a herd of pigs stampeding to their deaths (Matthew 8:28) (8)
- 13 Forebear(James2:21)(8)
- 16 Name given to the first two books of the Apocrypha(6)
- 18 Esau sold his birthright for this (Genesis25:34)(4)
- 19 Rear(anag.)(4)



Crossword answer June

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

Here are some tips for a cooler house

If the summer heat is getting to you, you might consider the following:

Close your curtains and blinds during the day. Block out the sunlight. That may be hard to do in a country where we don't see the sun as often as we'd like, but sadly that sunlight pouring through your windows will not only brighten but also heat up your house.

At night, aim to create a breeze that flows through your house. This is easy to do - simply open windows on opposite walls or at opposite sides of your home. Let the air circulate as much as possible.

Try to reduce heat from your appliances. Your stove, television, dishwasher, hairdryer, fridge and freezer all generate some heat. Can you do without any of these during the daytime?

Aim for cool flooring. Try and use wood flooring and ceramic or porcelain tiles in that is why we like them in the winter.

Consider using breathable fabrics over your sofa and chairs. Sitting on natural fabrics such as cotton or linen throws is cooler than sitting on man-made fabrics.

If all else fails, ***try an electric fan***, placed on the floor in front of a bowl of ice water, and aimed at the opposite wall of your room. But they are expensive to run, and do not cool the air. They merely increase the velocity of it, so that it feels cooler.

Reflected Faith Series: Intercessions

Last month we reflected on the Creed within our service. This month, we consider what comes next.

In the Book of Common Prayer, the Creed and the sermon appear in a different order, but in both traditions intercessions follow. In Common Worship, they come straight after the Creed.

By this point, we may feel we have already prayed a great deal, so what makes intercessions different? Intercessions focus entirely on the needs of others. They are public prayers, not centred on 'me' but on the wider world. They gather the concerns of the Church, the world, our community, those in need, and those who have died, along with those who mourn and as a whole congregation we bring them before God. They are not, repeat not, a time to slip in a couple of adverts for next week's summer fair and a prayer for enough volunteers to come forward - please see Mrs Jones after the service - or to tell the congregation of someone's ill health or funeral arrangements! These prayers usually follow that order, though sometimes in reverse. Either way, there is a clear pattern that helps the congregation engage. We may begin broadly with the world and move towards the local and personal, or start close to home and widen our view. For example, with a theme such as farming, intercessions might include churches in rural communities worldwide, countries dependent on food production, government ministers responsible for agriculture and fisheries, local farmers and food workers, and those in need or recently bereaved within the community. Style matters as much as content. These are the prayers of the people, so they should use language that feels natural and accessible. Often, simplicity works best.

This month

Listen carefully to the intercessions when you attend a service. Do they follow a clear, engaging pattern? Is the language accessible? Which prayers stay with you through the week? Who leads them, and from where?

Organ Recital 2026

On a warm Friday night on June 26th, the Fundraising Committee held an Organ and Singing Recital in Church with approx 50 people in the audience. The organ was played by Tony Green, a very experienced organist, and the Soprano Soloist was our very own Charlotte Dacia Freeman. The program was a good varied mixture of music and songs, e.g for the organ, **Toccantina for Flute by Pietro Yon**, **Gabriel's Oboe by Ennio Morriconi** and many more. Tony finished the night on the organ with **Toccata (Op42 No1 from 5th Organ Symphony) by C.M. Widor** and Charlotte sang a mixture of songs like **Ave verum corpus by W.A Mozart**, **Jesu, Joy of Man's Desiring by J.S.Bach**, **Ave Maria** (which was based on Prelude in C by J.S.Bach) and she finished with **If I Loved you from Carousel**. This just a selection from the night. The Committee would like to give huge **THANK YOU** to everyone who did turn up supporting us and to **TONY & CHARLOTTE** for excellent nights entertainment.



Ordinary - but challenging

In the church year, we are now well into that long season - it seems to go on forever - variously called 'Trinity' or 'Ordinary time'. Each of those labels tells us something about the approximately six months between Pentecost and Advent Sunday. 'Trinity' reminds us that with Pentecost, God has made Himself known to us in all His fullness (or at least as much as we can bear) as Father, Son and Holy Spirit. 'Ordinary time' tells us that this is the season where, now armed with the insights and power of the Holy Spirit, we can revisit the life of Jesus with new eyes, new heart, see new things in the faith, see new opportunities to serve God. This is the time when those words of Jesus (*John 15:15*) 'I have made known to you *everything* I have learned from the Father' come into play. It may seem a long season, it may feel like the drudgery of 'Keep on keeping on' without the excitement of Christmas, Easter and Pentecost to lift our spirits, but it is ordinary time charged with the knowledge that we have *everything* we need in the resources of God. The love of the Father, the words and works of the Son, the power of the Spirit will energise us as we 'keep on keeping on' through this long season. This long season up to the end of November is a reminder that working out our love for God in our community is probably more about perspiration than inspiration. Few are called to be heroes of the faith, but all are called to faithfulness, and somehow or other, with the transforming power of the Spirit, we are all able to keep on keeping on, doing little things with great love. Here's a lovely prayer which captures some of the mindset of the Trinity season/Ordinary time; it may help you 'keep on keeping on' through the months ahead;

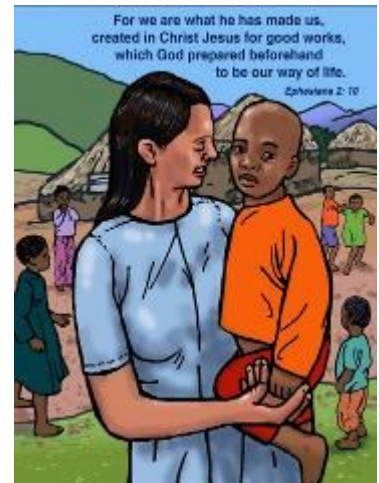
*Let not our soul be busy inns that have not room for Thee and Thine,
but quiet homes of prayer and praise where Thou mayest find fit company;
where the needful cares of life are wisely ordered and put away,
and wide sweet space is kept for thee.*

Amen to that. Ordinary - but challenging!

When the time is wrong

See then that ye walk circumspectly, Redeeming the time, because the days are evil. (Ephesians 5, 15-16)

There is something that really irritates me in church. The clock is wrong. It is always five minutes fast. I do not mean the clock in the tower, that has not worked for years. There is a wall clock at the back of the church. It must have been put there for the service leader to tell when to start. At our school there was always a bell which sounded when to change lessons. The bell rang and the pupils put away their books and got up to go to the next lesson. This used to really annoy the teacher who shouted, "that is a bell for me, not you!" I do not know why no-one in our church has put the time right. What are churchwardens doing? Perhaps I am wrong and they have tried. The good thing is that at nine o'clock or five to nine, the leader of matins has the option of giving it another few minutes for others to come in. Or, if I had a meeting I could end five minutes early and no-one would be the wiser!



7th August - John Mason Neale, hymn writer and re-writer

If you are the sort of person who looks at the small print beside hymns in the hymnal, then you may recognise the name J. M. Neale. For not only did he write some of our most beloved hymns, but he also translated many dozens more from the Latin, old German, or old French. J. M. Neale was so prolific in fact, that fully one-tenth of the hymns in our *English Hymnal* are his. So, who was he? Born in London in 1818, educated Trinity College Cambridge, and ordained in 1841, he was aiming for the parish of Crawley. But chronic ill health left him too weak for parish life, and so he was appointed warden of an alms-house in East Grinstead, where he lived and worked for the rest of his life. Neale used the peace and quiet of his job to good effect: producing *All glory laud and honour, Jerusalem the golden, O happy band of pilgrims, The Day of Resurrection, O come, O come Emmanuel, and Christ is made the sure foundation*, among many many others. But Neale's writing of hymns was only part of his wider passion for the worship and liturgical practices of the Early Church. At a time when Anglo-Catholics were 'in fashion', Neale provided an important balance by reminding the Church of its largely forgotten Eastern heritage.



July &
August 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

Barbara Patten

Raymond Martindale

Missing breakfast?

Surveys have found that, probably because of the popularity of intermittent fasting, these days 13% of adults never eat breakfast. For some of us, missing breakfast is not a problem. But be aware that no food means low blood sugars, which can lead to lower energy levels and even impaired cognitive function, or brain fog. That is because the brain depends on a constant source of carbohydrates to function at its best. Skipping breakfast may help you lose a bit of weight, but it can also disrupt your metabolism and gut microbiome. And you can be tempted to snack on bad stuff later on in the day. So, what is a good breakfast? Steer clear of fatty, sugary foods. Wholegrain foods, nuts, seeds, and low-fat live yoghurt are easy on stomachs – and ensure a supply of energy over several hours.

Prayer for August 2026

Dear Father,

In this summer month of August, help us to be aware of Your presence.

If we are away on holiday, If we can't have a holiday, On our journeys, In our homes, With our families or friends, When we're alone, When life is sweet, When it's like an obstacle course.

At all times and in all circumstances, help us to know that You are in it with us, sharing our ups and downs, offering Your love and peace and hope when we connect with You through putting our trust in Your Son, Jesus.

Thank You Lord. In His name, Amen.

By Daphne Kitching

INFORMATION

Revd George Roach

01928 832734

Email: vicar.smaaruncorn@gmail.com

Not on a Monday

Churchwardens

Emma Johnson

Robbie Littler 07718 133018

Also if there is a Safeguarding issue please email Duncan Prince on safeguardngsmaa@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

IN MEMORY

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

John Atherton

Jayne Southern



The Apple Rhyme

Apples ripe and apples red,
Grow they high above my head.
Alack-a-day! For I am small
And apple-trees are mostly tall;
Dreary me! But what is sadder,
Nobody can find a ladder!

From a poem by Madeline Nightingale