

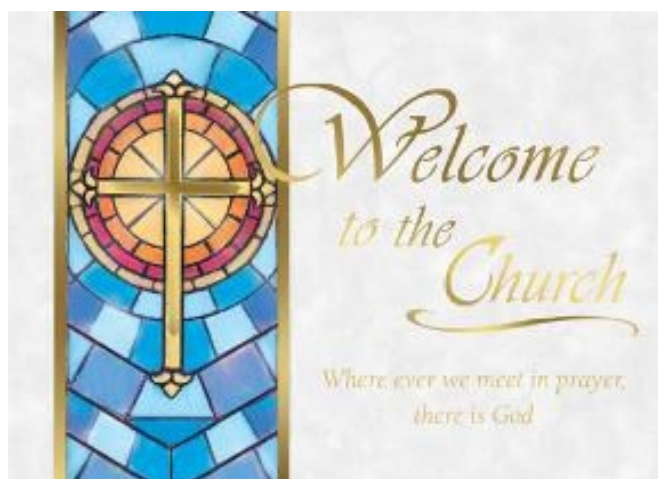


MONTHLY MAGAZINE OF THE
PARISH CHURCH OF
St MICHAEL & ALL ANGELS, RUNCORN.
www.runcornstmichaels.com

ISSUE 194

SEPTEMBER 2026

Growing Together



In GROWING TOGETHER THIS MONTH:
HUMOUR NEWS

PUZZLE PAGE

SERVICES FOR SEPTEMBER/OCTOBER
CELEBRATIONS

Vicars Message

Mental Health, Loving Each other, Loving yourself

I write this message in reflection on a theme that somewhat reoccurs in my working life and ministry regularly. The subject of Mental Health.



I have said this before, and I will keep saying this as it is a very important message. Your mental health is the most important part of who you are as a person. If your mental health is not right, then you cannot be expected to function at your best for your friends, family and colleagues. Indeed, if your mental health isn't being cared for, then you will struggle to be able to grow spiritually as both of these things tie in together in many ways.

Sadly, as a Vicar and as a front line First Responder, I have seen the outcome of Mental health when it is not looked after, often with devastating outcomes that not only affect the person, but also the wider family and others. I therefore want to share with you some thoughts on this subject and debunk some myths surrounding Mental Health, especially from a Theological or Faith point of view.

"If their faith is strong enough, Christians should not have mental health issues"

I have actually heard this said, and I cannot stress enough that everyone, man, woman and child can suffer from Mental Health problems at any point in life. It is not a faith issue at all. It is a medical issue that is caused by a wide range of outside influences, as well as many internal influences too. Scholars widely agree that Job (See the book of Job) suffered from Anxiety and Depression due to many circumstances.

"Christians shouldn't be taking medication for mental health, just pray about it"

My answer to this is simple. God gives us Doctors for a reason (St Luke!) and under no circumstances should you stop or alter your prescribed medication without your Doctor's direction.

"Real men don't cry" and "Women are just too sensitive"

These statements are toxic to say the least, and I come across these on social media platforms. Each and every one of us has the potential to break down. Trust me, I have seen it.

"Treating mental health is easy, just go for a walk. Drink Camomile tea, meditate, man up a bit, go to bed earlier, you will be fine"

Trivialising someone's MH struggle is a very dangerous thing to do. We have no idea what the other person is truly going through, therefore, our role is to exercise the fruits of the spirit (**Gal 5:22-23**) to listen, empathise and gently direct them to professionals who can help.

These, my friends are some statements and thoughts that need to be addressed regularly. Life is difficult, it really is. However, please remember that loving both ourselves and indeed each other is paramount. Indeed, God does not stop loving us, ever. **John 15:12**

Furthermore, Jesus says,

"I have come that you may have life and have it abundantly" John 10:10.

My friends, I write this with an offer. If you are struggling with your MH, though the Clergy at St Michaels are not MH professionals, we are always here to sit and listen to you, and help direct you where possible to professional support networks. Please don't suffer in silence. And remember, You are fearfully and wonderfully made. You are Loved.

Amen.

with every blessing, Revd George

Pilgrims step out to mark 800 years since death of St Francis of Assisi

A group of Anglican Franciscans are close to finishing a three-month, 800-mile pilgrimage across the UK, to mark the 800th anniversary of the death of St Francis of Assisi. The 80-day journey began in July in Alnmouth in Northumberland, and pilgrims have been heading to Hilfield Friary in Dorset, by September. They will then go on to the convent of the Community of St Clare (OSC) in Oxfordshire, and on to London, to the final destination, the Friary in Plaistow, Newham. They are due to arrive in time for the global commemorations marking the death of St Francis, on the 2nd and 4th October. The pilgrims will join a service at Christchurch, Blackfriars in Southwark. They have stayed in churches, homes, and parish halls. They will be joined by day pilgrims, and others doing just a short section of the pilgrimage.

More details: pilgrimage800@franciscans.org.uk.

SEPTEMBER CHURCH SERVICES

Wednesday 2nd September
10.00am Holy Communion

Sunday 6th September (14th Sunday after Trinity)
8.30am Holy Communion
10.30am Café Church

Wednesday 9th September
10.00am Holy Communion

Sunday 13th September (15th Sunday after Trinity)
8.30am Holy Communion
10.30am Holy Communion



Wednesday 16th September
10.00am Holy Communion

Sunday 20th September (16th Sunday after Trinity)
8.30am Holy Communion
10.30am Holy Communion

Wednesday 23rd September
10.00am Holy Communion

Sunday 27th September (PATRONAL SUNDAY)
8.30am Holy Communion
10.30am Holy Communion

Wednesday 30th September
10.00am Holy Communion



St Michaels Prayer

St Michael, the Archangel, defend us in battle. Be our safeguard against the wickedness And snares if the devil. May God rebuke him, we humbly pray; and may you, O Prince of the heavenly host, by the power of God cast into hell Satan and all the evil spirits who wander through the world seeking the ruin of souls.
Amen.



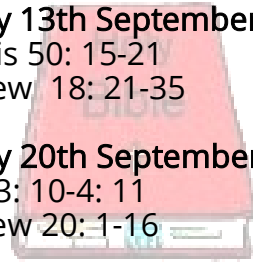
BIBLE READINGS FOR SEPTEMBER

Sunday 6th September
Ezekiel 33: 7-11
Matthew 18: 15-20

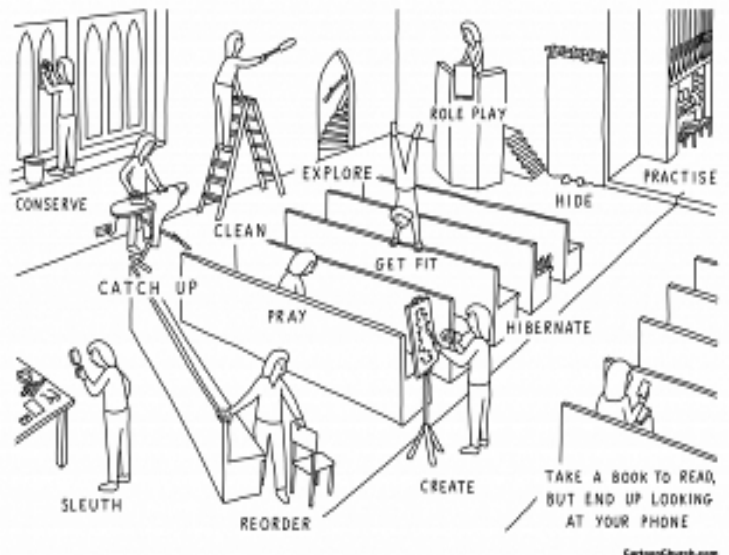
Sunday 13th September
Genesis 50: 15-21
Matthew 18: 21-35

Sunday 20th September
Jonah 3: 10-4: 11
Matthew 20: 1-16

Sunday 28th September
Revelation 12: 7-12
John 1: 47-51



THE OPEN CHURCH HOW TO SPEND THE TIME WHEN YOU'RE ON DUTY



OCTOBER CHURCH SERVICES

Sunday 4th October (18th Sunday after Trinity)
8.30am Holy Communion
10.30am Café Church

Wednesday 7th October
10.00am Holy Communion

Sunday 11th October (19th Sunday after Trinity)
8.30am Holy Communion
10.30am Holy Communion

Wednesday 14th October
10.00am Holy Communion



Sunday 18th October (20th Sunday after Trinity)
8.30am Holy Communion
10.30am Holy Communion

Wednesday 21st October
10.00am Holy Communion

Sunday 25th October (21st Sunday after Trinity)
8.30am Holy Communion
10.30am Holy Communion

Wednesday 28th October
10.00am Holy Communion



St Michael's Maintenance Appeal Committee

Upcoming Events for your diary

October 24th: Quiz Tickets £10 (inc refreshments @ Picture Quiz) (but bring own drinks)

7.00pm start

December 6th: Police Band Concert Tickets £15 (inc Mulled wine and mince pie) @ 5.00pm

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

(For this event more information nearer the time)

Prayer for September 2026

Dear Lord, September – the month of new starts!
New terms, new groups, new friends, new hopes, every year.
Lord, be with us!
Lord, thank you for the new start you offer us when we put our trust in Jesus.
A new start that we make once – and then can renew every day.
Every time we falter, you pick us up. Every time we come back to you, you forgive us and accept us.
Thank you, Lord, for never letting us down, for never leaving or forsaking us, that new starts with you are always possible, not just in September.
In Jesus' name, Amen.

By Daphne Kitching



Taste and see that the Lord is good.
The Lord's words are sweeter to me than honey.
Ps 34:8, Ps 119:103

Activities at St Michael's Church

St Michael's Maintenance Appeal Committee

Tea & Toast in the Church Hall

Next Tea & Toast is on 3rd October & 7th November

@ 10.00am to 12.00 noon Admission: £2.00

Community Café

In the Church Hall every Wednesday from 11.30am—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

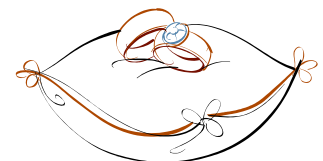
Sing-along sessions on Tuesday nights @ 7.00pm in the Church Hall. So come along have a cuppa and a sing-along for just £2.



Please remember the following people in your prayers who were married at St Michael's during the month of August:

August 8th

Andrew Keith Albert Langley & Hannah Elizabeth Melarangi



In August we recently welcomed **Three children** into the Church Family through Baptism. Please pray for these children that they may grow up to love and follow Christ. Also please pray for their parents and godparents, and pray that they may seek to know Christ and to worship.

Wedding Guest

A little boy at Sunday School learned about the time Jesus went to a wedding and changed the water into wine. "And what did you learn from that story?" asked his father afterward.

The boy thought for a moment and answered, "If you're having a wedding, make sure Jesus is there."

BIRTHDAY CELEBRATIONS

September Birthdays



Congratulations to Terry Oke who celebrates his birthday on **September 16th**, and to Wendy Sefton who celebrates her birthday on

September 26th

CHRISTMAS TOY APPEAL

We are going to do the Mayor of Halton's Christmas Toy Appeal again this year, after a huge success with last years appeal. This will start on **Sunday 4th October**. So please **"Could you buy an extra Christmas present this year for a Boy or Girl? any age range. New and unused in very good condition and unwrapped only please. Let's put some smiles on faces this Christmas"** Please **bring them to church and put them in the box at the back of church**. Please see Colin Keam for details.



Christmas Grand Draw Tickets

& Christmas Tree Festival

Again we are doing a Grand Draw this year in conjunction with Christmas Tree Festival which is running from **9th to 12th December**. The Grand Draw tickets will be at the back of church, and if you could take **10 books** that would be greatly appreciated, please see Colin Keam for your tickets. We are looking for donations towards making up the hampers, **like bottles of spirits, biscuits etc**. If you can help to donate the items, please see **Rosemary Lunt or Barbara Houghton**. We need the items by **November 15th**.

Also if you have any ideas for a hamper let these people know.

CONGRATULATIONS

to
Roy & Ada Barlow
who are celebrating their
Wedding Anniversary
on
20th September

I have been informed by Roy it was in 1957 @ St Michaels by
Revd Harold Lee

SUMMER FAYRE 2026

On Saturday 18th July, again we held our Annual Summer Fayre/Fun Day to raise vital funds for the church. This year the weather was on our side again, it was little overcast but dry and warm. Most of the stalls were set up on the front lawn at church with the BBQ, various game stalls, face painting, tombola and the star stall **'SOAK THE VICAR'**. Again it was quite nice to see a lot strangers supporting this event as well as members of our congregation. The Vicar, Churchwardens and the Maintenance Appeal Committee would like to give huge **THANK YOU** to the people who gave up their time to set up the stalls and also to the people who volunteered to run the stalls. On the day we raised a good amount of **£1117.22p**



**At the Brindley on
Friday 16th & Saturday 17th October 2026
7.30pm Friday,
Saturday 2.00pm & 7.30pm**



Tickets: £18

Last year VML Music brought you the highly acclaimed 'Audition' and this year they are back with a bang! A road trip around Britain featuring the best

of British music through the decades. Expect fabulous songs, exciting dancing and some stand out voices, all woven together with a story to melt your hearts.

175 years ago, on 19th September 1851, William Lever, 1st Viscount Leverhulme, was born. Co-founder of Lever Brothers with his brother James. Now called Unilever, this global consumer goods company operates in more than 190 countries.

125 years ago, on 29th September 1901 Enrico Fermi, Italian-born American physicist was born. Creator of the first nuclear reactor, he became known as the 'architect of the nuclear bomb.'

90 years ago, on 7th September 1936 that Buddy Holly, the American rock and roll singer and hits was born. Killed in a plane crash in 1959.

The Seven Deadly Sins: Sloth

‘Through laziness, the rafters sag; because of idle hands, the house leaks.’ (Ecclesiastes 10:18).

This month we are looking at *Sloth*, the last of the Seven Deadly Sins. This is more than just laziness! The Latin root of the word is ‘*acedia*’ (‘*without care*’), meaning it represents spiritual apathy, distraction or indifference in our lives. Sloth can have a significant effect on our spiritual lives, as it enables other sins to gain a foothold eg lust, anger or envy. Another consequence is that we can fail to respond to God’s calling in our lives and his gifts go unused. There is no satisfaction in sloth, as real joy comes when we are ready to step out of our comfort zones for God.

How do we overcome sloth in our lives? Paul writes, ***‘Whatever you do, work at it with all your heart, as working for the Lord’ (Colossians 3:23).*** We can ask ourselves some key questions:

Am I living with unconfessed sin? Can I identify sins or habits that are getting in the way of my spiritual intimacy with God?

Have I neglected the spiritual disciplines? In what ways have I neglected spending quality time with God in prayer, reading his Word or being still in his presence?

What fills my mind daily? What are the distractions that occupy my time and thinking eg social media, technology, people or habits? How can I let go of these things to give space for listening to God?

The Holy Spirit can convince us of those things that we need to confess and let go. Are we ready to switch off our screens, seek to help others in need and give time to God?

‘Never be lacking in zeal, but keep your spiritual fervour, serving the Lord.’ (Romans 12:11)

Reflected Faith Series - The Peace

Last time we reflected on the time of ‘Intercessions’ within our service. This month, we consider what comes next.

In a Common Worship Communion service, the ‘Peace’ comes straight after the Intercessions. There is no such thing with a Book of Common Prayer (BCP) service.

A time of sharing ‘The Peace’ is not restricted to Communion services, but may take place in other services also. It does not have to follow the Intercessions, but instead could also be held towards the start or end of the service. Where you place ‘the Peace’ is significant: having it at the beginning emphasises the community coming together, whilst towards the end of the service might be to emphasise the importance of being together that encourages and enables us to take God with us into our everyday lives.

But why have it at all? Haven’t we all come together to this service to worship the same God? To be together with others who think and believe as we do?

Hopefully yes, but sometimes we just need a visible sign of that very unity and a reminder that we are a part of this community where we are, as well as a part of the wider Church across the world.

It is so easy to forget this. To just go on repeat and not be conscious of this enormous honour that we have to ‘meet together in His presence’.

‘Sharing the peace’ - however we do that - with one another is a demonstrative act of community. Everyone is included.

The Peace of the Lord be always with you – And also with you.

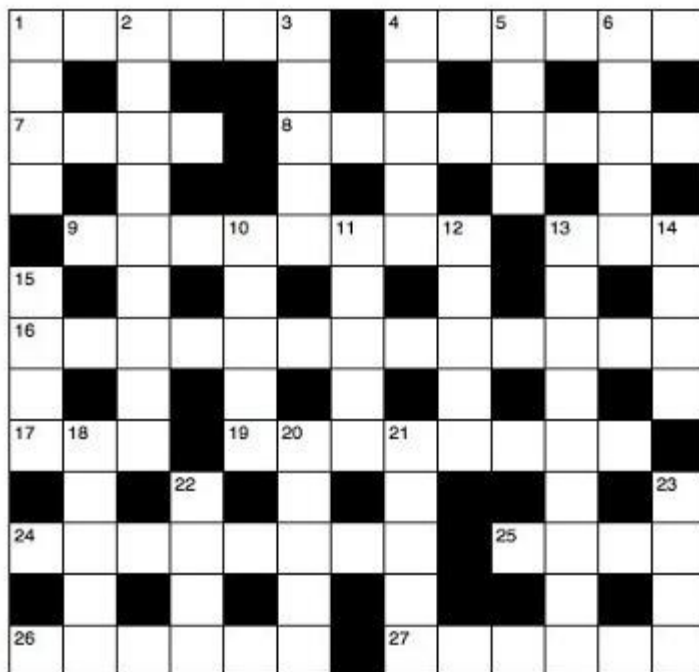
This month

Where is ‘The Peace’ placed within your service and what do you think is the reason for that? Does making a physical connection – however you do that – with those around you make a difference to your thinking about ‘community’?

How often should you change your sheets?

Ever wonder that?

When the question was put to various sleep coaches and sheet manufacturers, they came up with a variety of things to consider. Once a week is thought to be good practise by many, but no more than twice a week, or you risk putting unnecessary wear and tear on your bedlinen. Do you bathe at night or in the morning? It matters, because that determines how much dust and sweat you will be taking to bed with you each night. Do your pets sleep with you? In that case you may wish to change your bedding more than once a week. They may be leaving the odd flea, tick and certainly some fur in your bed. Do you have allergies? If they include dust mites, it may be worth changing your bed every three to four days. Allergy UK advises a 60 degree wash to kill dust mites. And finally, don’t rush to make your bed each morning. Instead, pull back the sheets, open the window, and give it some time to air.



CROSSWORD CHALLENGE

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

Across

- 1 'Unless the Lord builds the house, its builders — in vain' (Psalm 127:1) (6)
- 4 Season of the year (Psalm 84:6) (6)
- 7 'My soul is overwhelmed with sorrow to the point of death. — here and keep watch with me' (Matthew 26:38) (4)
- 8 It came over the whole land from the sixth to the ninth hour on the first Good Friday (Luke 23:44) (8)
- 9 Paul invariably did this in the synagogues he visited on his missionary journeys (Acts 17:2) (8)
- 13 'It is God who works in you to will and to — according to his good purpose' (Philippians 2:13) (3)
- 16 Members of the Church of Scotland (13)
- 17 'Now when he saw the crowds, he went up on a mountain side and — down' (Matthew 5:1) (3)
- 19 Mock (Luke 14:29) (8)
- 24 Disgrace (Psalm 44:13) (8)
- 25 First month of the Hebrew calendar (Exodus 13:4) (4)
- 26 Christianity of the Britons before Augustine arrived from Rome (6)
- 27 Mean (Numbers 35:23) (6)

Down

- 1 'Whoever finds his life will — it' (Matthew 10:39) (4)
- 2 'My lord the king, let the — — on me and on my father's family, and let the king and his throne be without guilt' (2 Samuel 14:9) (5,4)
- 3 O raid (anag.) (5)
- 4 'If two of you on earth — about anything you ask for, it will be done for you by my Father in heaven' (Matthew 18:19) (5)
- 5 Take care of (1 Samuel 17:15) (4)
- 6 What the older son heard as he came near the house the day his prodigal brother came home (Luke 15:25) (5)
- 10 'Do not think of yourself more highly than you ought, but rather think of yourself with — judgment' (Romans 12:3) (5)
- 11 Do ten (anag.) (5)
- 12 Architectural style first used in Greek temples in the sixth century BC (5)
- 13 Capable of being used (1 Kings 7:36) (9)
- 14 'Each one should — his own actions' (Galatians 6:4) (4)
- 15 Among the items imported by Solomon's fleet of trading ships (1 Kings 10:22) (4)
- 18 'But I am afraid that just — was deceived by the serpent's cunning, your minds may somehow be led astray' (2 Corinthians 11:3) (2,3)
- 20 Outstanding 18th-century hymn writer, — Watts (5)
- 21 One of the four sons of Asher (Genesis 46:17) (5)
- 22 Be distressed (Proverbs 24:19) (4)
- 23 He was the father of Gaal, who threatened rebellion against Abimelech

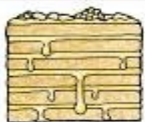


Crossword answer
July/August

ROLL OF HONOUR

Four people got the
crossword
answer and they were

Jim & Shelagh Goffin,
Wendy Sefton,
Margaret Myers
&
Chris & Sue Challoner



September
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

Dennis Craven

Tracey Parkinson

Brian Findlow

Leah Moores



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 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

IN MEMORY

In September 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.

George Perris



Margaret Aspinwall

Retreat Day at the Community of The Resurrection Monastery 2026.

Our Retreat Day at the Community of The Resurrection Monastery 15 of the Congregation visited the Community of the Resurrection Monastery, an Anglican religious community of Benedictine Brothers set in Muirfield, Yorkshire. The journey took us through a misty Saddleworth Moor, some scenic villages, and once we entered the valley in Muirfield, we could see the Monastery and Church up on the hill in the distance. The site was set in beautiful gardens, with a small orchard and also offers a B&B, and is home to the Theological College. After a welcome and first reflection with Reverend George, we had a talk with Brother Jude. He'd been an actor for 20yrs before he received his calling to become a lay brother 5yrs ago. He spoke about life at the Monastery and the contemporary mission they now play locally and the wider church community in the UK and abroad. Revd George took us for a tour of the site and grounds - so many places for us to return to for contemplation after lunch. We were invited to attend the services of the day at Church which was more like a small cathedral, so was quite sensory. We all attended the noon service (although 3 of us stayed the night before and had already attended the morning service, or Matins, at 6:00am!) The Mass was a little different than St Michael's Holy Communion - ceremonial incense played a big part and no music played as the Brothers led us in choral song. We had lunch and some quality time together and then we had a second time of reflection with Revd George. We headed off individually into the gardens (sunny and warm by then) or spend time within the Monastery or Church, to find peaceful spaces, and give us an opportunity to be closer to God and forget about our busy lives and be still. We stayed until Evensong at 6:00pm. It was quite wonderful to listen to the Brothers singing to each other and all the visitors were allowed to join in. Everybody had an enjoyable day and would definitely do again - hopefully you'll join us next time?

Thanks to Revd George for organising the day.

