



ISSUE 146  
OCTOBER  
2021

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

## Unless the Lord builds the house ...

September has been a busy month at St. Michael's, with Giving Sunday, the Civic service and the Patronal Festival. There have also been several funerals and the first baptism service since lockdown. Karen estimates that as many as 500 people may have entered our church at some time during the month. We are grateful for all this activity, and of course we have also had the joy of social events re-starting: Tea & Toast; and the Quiz Night.

The special church services have drawn our attention to our building. On Giving Sunday, Duncan reminded us of the need to keep our building properly funded and resourced. The Patronal Festival is an annual occasion on which we thank God for St. Michael's church, as well as the people in it. The Civic service and the funerals and baptisms have given us the opportunity to welcome others into our building as we have hosted large events.

Our building is important, but it's a means to an end: to worship God and to share his love with our local community. The title at the top of the page is an unfinished Bible verse. Here's the whole verse, from Psalm 127 verse 1. *Unless the Lord builds the house, the builders labour in vain.* As we look after the building and use it week by week, we need to bear in mind that ultimately it is God's building, not ours.

Bob & I had a few days holiday in north East Wales in mid September. While we were away, we visited a few religious buildings, and that encouraged me to reflect on what these buildings could teach us.

The first building was a ruined abbey; Basingwerk Abbey, near Holywell. As we walked around it, I imagined the monks going about their daily life of prayer and work, which was abruptly brought to an end when Henry VIII closed and destroyed all the monasteries. What would those monks have done? Did their faith remain strong despite this terrible blow? Were they trusting in God or in their beautiful building?



The second building was a Roman Catholic church in Prestatyn, the only church building that we found open in that town. We spent a while there, enjoying the peace and a beautiful modern stained glass window. Would we ever have the courage to leave our church building open and unattended, for other people to enjoy that same peace?

The third building was St. Asaph's Cathedral. This has been a place of prayer for many centuries, and so there is a feeling of connection with Christians who have gone before. There is an atmosphere of prayer and the presence of God. Do people sense those things when they enter our church building?

Our Patronal Festival service ended with a blessing that recalls the story of Jacob's ladder (Genesis 28). Jacob, on the run, dreams of a stairway reaching to heaven, with angels ascending and descending on it. When he wakes up, he realises that God is in the place where he is, and says, "This is none other than the house of God; this is the gate of heaven." May St. Michael's always be a place where people, whatever their circumstances, can encounter God and feel close to him.

*With every blessing, Helen*

In GROWING TOGETHER THIS MONTH:  
HUMOUR PUZZLE PAGE

SERVICES FOR OCTOBER & NOVEMBER  
CELEBRATIONS

# OCTOBER CHURCH SERVICES

**Sunday 3rd October(18th Sunday after Trinity)**

8.30am	Holy Communion
10.00am	Morning Celebration



**Wednesday 6th October**

10.00am	Holy Communion
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**Sunday 10th October(19th Sunday after Trinity)**

8.30am	Holy Communion
10.00am	Holy Communion

**Wednesday 13th October**

10.00am	Holy Communion
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**Sunday 17th October(20th Sunday after Trinity)**

8.30am	Holy Communion
10.00am	Holy Communion

**Wednesday 20th October**

10.00am	Holy Communion
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**Sunday 24th October(21st Sunday after Trinity)**

8.30am	Holy Communion
10.00am	Holy Communion



**Wednesday 27th October**

10.00am	Holy Communion
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**Sunday 31st October (All Saints Day)**

8.30am	Holy Communion
10.00am	Holy Communion

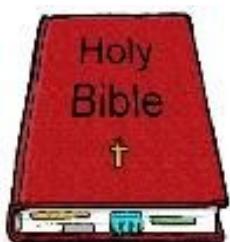
## How to shorten – or extend – your life

Every time you eat a hot dog, you have shortened your life by 36 minutes. But if you eat a portion of nuts, or even better a peanut butter and jam sandwich, you will have added 30 minutes to your life. These are just some of the findings in a recent study at the University of Michigan. It created a Health Nutritional Index on almost 6,000 foods, which calculated the health burden of one gram of food, and then scaled it up to a standard serving size. Thus, processed meat, trans fatty acids and sodium in the hot dog take their toll, while the high nut content in the sandwich is very nutritious. As one professor explained: "Small targeted substitutions offer a feasible strategy to achieve

## BIBLE READINGS FOR OCTOBER

**3rd October**

Hebrews 1: 1-4, 2: 5-12  
Mark 10: 2-16



**10th October**

Hebrews 4: 12-16  
Mark 10: 17-31

**17th October**

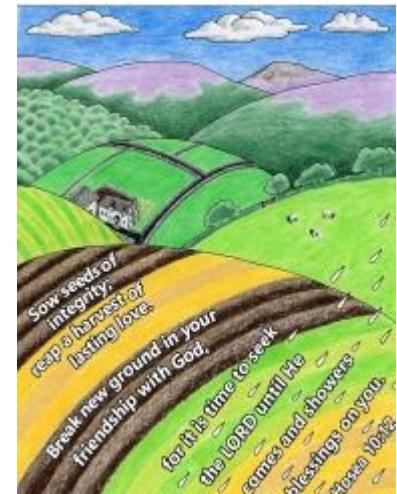
Hebrews 5: 1-10  
Mark 10: 35-45

**24th October**

2 Timothy 3: 14 - 4:5  
John 5: 36b-47

**31st October**

Revelation 21: 1-6a  
John 11: 32-44



# CHURCH SERVICES FOR NOVEMBER

Wednesday 3rd November 10.00am      Holy Communion	Wednesday 17th November 10.00am      Holy Communion
Sunday 7th November (3rd Sunday before Advent) 8.30am      Holy Communion 10.00am      Morning Celebration	Sunday 21st November (Christ the King) 8.30am      Holy Communion 10.00am      Holy Communion
Wednesday 10th November 10.00am      Holy Communion	Wednesday 24th November 10.00am      Holy Communion
Sunday 14th November (Remembrance Sunday) 8.30am      Holy Communion 10.00am      Holy Communion	Sunday 28th November (1st Sunday of Advent) 8.30am      Holy Communion 10.00am      Holy Communion

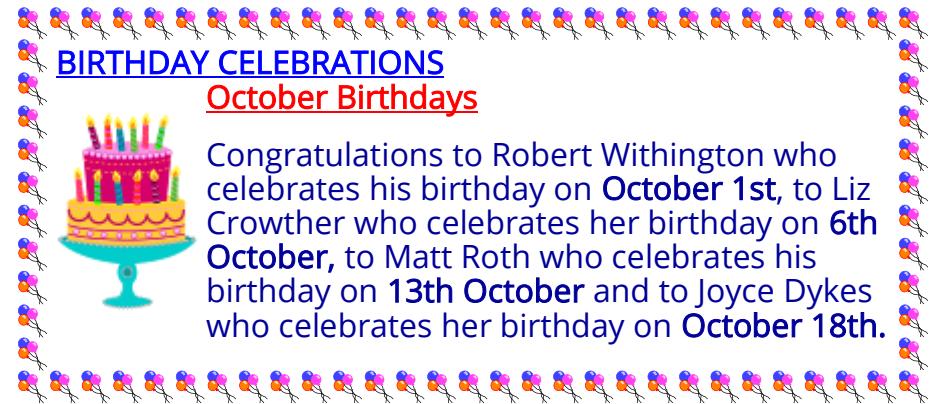
## LITURGICAL COLOURS.

I was looking through some of the PCC Minutes from the 1930's and was interested to find that two of our Altar Frontals were donated to the Church by parishioners during this period. One was given in memory of Mrs Lake in 1933 and another given by Mr & Mrs Sherlock to mark their Silver wedding in 1936. It made me wonder how the other two frontals were obtained by the church. This is something for further research. Like most Anglican churches we have four Altar frontals together with Lectern and Pulpit Falls. The colours are **Green**, **White**, **Purple/Blue** and **Red**. Some churches have an additional Frontal in Gold. The Anglican Church follows a liturgical calendar which indicates the festivals and seasons of the year. The church year begins with Advent and as the year progresses through the different festivals and seasons so the liturgical colours change. The symbolism of the liturgical colours and the season they are used, are given below.

Colour	Season	Symbolism
<b>Purple</b>	Advent & Lent	Penance & Preparation
<b>White/Gold</b>	Christmas Season & Easter Season Maundy Thursday Saints who were not Martyrs	Purity, Joy & Celebration
<b>Red</b>	Pentecost, All Souls, Christ the King, For the Apostles and Martyrs.	Sacrifice, Flame & Fire
<b>Green</b>	Ordinary Time The time between festivals or seasons	Hope, Life & Growth

The Calendar is the guarantee that we will recall all the key events in the life, death and resurrection of Jesus Christ and of his Disciples, friends, Saints and Martyrs each year. The Liturgical colours provide us with visual reminder of festivals & Seasons. We must be deeply grateful to our ancestors for the beautiful Frontals and Falls we have in our church.

Vincent Whitehead



## How to read the Bible

Reading the Bible is much easier if you follow some simple steps and get prepared. And, as you delve into it, you might find that you are more familiar with the Bible than you expected: it crops up in everything from Shakespeare to Hollywood movies; it's inspired musicians, historical figures down the centuries, and campaigners. The Bible is complex. It's not one book but a collection of 66 books, split into two sections: the Old Testament and the New Testament. Each one of these books are divided into chapters and verses. People often find it easier to begin at the opening of the New Testament, which starts about three-quarters of the way through. The New Testament begins with four accounts of the life of Jesus Christ, the founder of Christianity, known as the Son of God. These accounts are known as the gospels. They include eye-witness reports of what happened. Matthew and John were among Jesus' 12 closest followers. Here you can read about what Jesus did and said – His profound teaching, how He healed people of sickness and how He challenged the authorities. The Gospels also tell us about His death by crucifixion and how He came back to life and then returned to heaven.

The first Gospel, Matthew, opens with the story of Jesus' birth (the event which is celebrated at Christmas) and then jumps forward 30 years to when Jesus began travelling around what is now Israel and the Palestinian territories telling people about God. Starting with a Gospel introduces you to the person of Jesus and the basics of Christian belief.

**Early Christian teaching** A good next step is to read some of the teaching given to the early Christian Church. Much of the New Testament is a series of letters written by early Christian leaders such as Paul. He travelled around the lands of the eastern Mediterranean, telling people about Jesus. He then wrote to the various newly-established churches and individuals to encourage them in their beliefs. Letters such as Philippians or Colossians are short, bite-sized letters full of advice about how to live a Christian life.

Getting to grips with the whole Bible takes some time, but it is worth the effort. In his second letter to a young leader called Timothy, Paul says the Bible is "*inspired by God and useful for teaching, rebuking, correcting and training in righteousness*".

**How reading notes can help** Many people find it helpful to find a quiet and comfortable place to sit and read the Bible and make sure that they read it every day. Take time to digest what it says. You could say a quick prayer – asking God to help you understand what you are reading and its relevance to you.

## It's what you eat

Sadly, we can no longer blame a slowing metabolism for piling on the pounds as we reach middle age. Extra weight is more likely to be due to our lifestyle choices of exercise and diet. A new study, based at Duke University in the US, has found that our metabolism remains steady between 20 and 60 years old. After 60, our metabolism does slowly decline, by 0.7 per cent per year.

### Activities at St Michael's Church

#### St Michael's Maintenance Appeal Committee

Tea & Toast in the Meeting Room

Next Tea & Toast is on 6th November & 4th December

@ 10.00am to 12.00 noon      Admission: £2.00

Farmhouse Supper in the Meeting Room

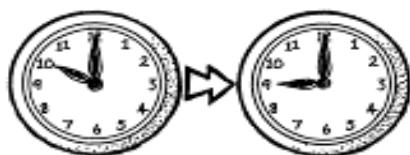
16th October @ 7.00pm      Tickets £10

#### Crafters Group

Crafters Group meets in the Meeting

Room every Tuesday from 10.00am to 12noon.

Everyone is welcome, including new members



On Sunday 31st October the clocks will go back by one hour at 2am, meaning we will gain one hour of sleep and it will be lighter in the mornings.  
**SO DON'T FORGET**

## VML

If you have sometime to yourself on a Tuesday afternoon, why not tune into the VML Radio Show on HCR 92.3 FM.



The Big Sing is back in the Meeting Room every Tuesday Night at 7.00pm.



The VML Radio Show  
Every Tuesday 2-4pm  
Online and On Your Radio Dial  
HCR 92.3 FM  
Presenters...  
Rob Little, Mike Carroll  
And Darren Gibbons



If you like Quiz Nights, VML is running one on **Thursday 28th October**. See Robbie for more information.



If want a good Friday night out, why not book tickets to go and see Robbie and Darren at The Brindley Studio on **Friday 26th November @ 7.00pm** for a fun night's entertainment.

## St Luke – the doctor who brought good news

This month we remember St Luke (18<sup>th</sup> October), the author of the third gospel and the Book of Acts. Throughout his writing Luke makes clear that the good news of salvation is available to all people regardless of their gender, social position, or nationality. It is believed that Luke was a doctor, and he certainly sees the importance of healing in the ministry of Jesus and the Church. The signs of the presence of God's kingdom include the healing of sickness, hurts, as well as unforgiveness. This is evident when Jesus sends out the 72 disciples in Luke 10, a reading for St Luke's Day:

*'The harvest is plentiful, but the workers are few. Ask the Lord of the harvest, therefore, to send out workers into his harvest field... When you enter a town and are welcomed eat what is set before you. Heal the sick who are there and tell them, 'The kingdom of God is near you.' (Luke 10:2,8).* What challenges do we find in these verses?

Firstly Luke, as a **Gentile** (a non-Jew) recognises the revolutionary way outsiders are welcomed into the faith community, e.g. Zacchaeus (Luke 19) and Cornelius (Acts 10). How can we engage with those who are outside the community of faith? We have to avoid the tendency to regard ourselves as insiders! As we reach out to those who are ready to welcome the gospel, we have an opportunity to share good news and healing in the name of Jesus.

Secondly, as an **Evangelist**, Luke wants us to share the love of Jesus with all those we encounter. However, as these verses indicate, this has got to be rooted in prayer, if we are going to be led by God in our response to others. *'Mission is seeing what God is doing and joining in'* (Rowan Williams).

### \* Time \* Talent \* Treasure

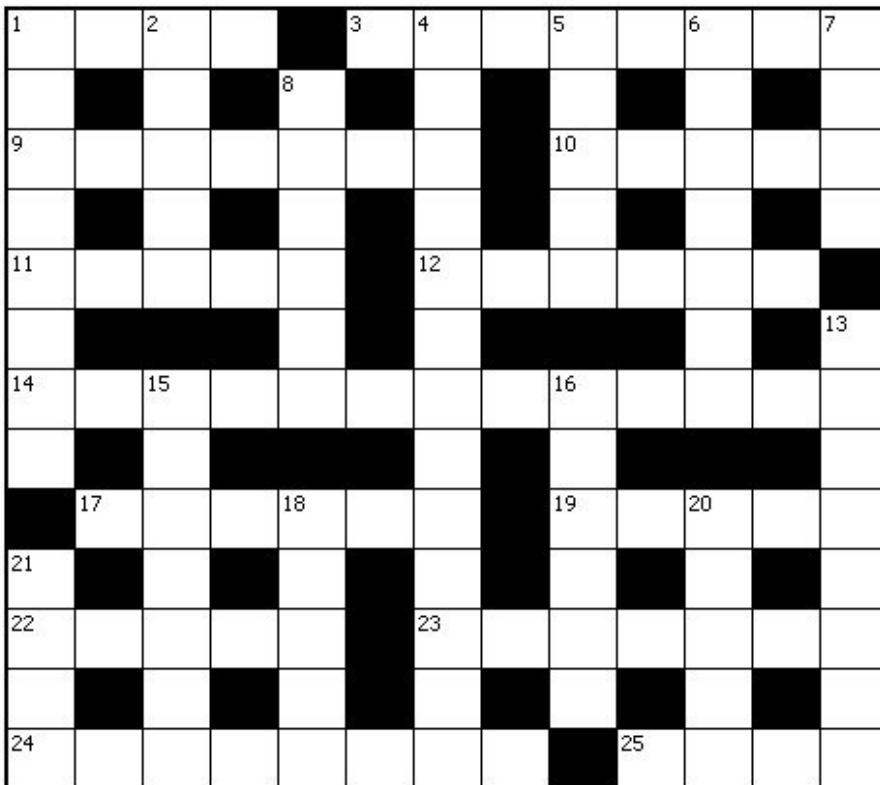
God bestows on us Time, Talents and Treasure. God reveals many blessings and opportunities in our lives, but there are many challenges too.

This Community needs this Church!  
This Church needs you!  
Can you 'give back to God' and help  
St Michael's Church with some of your  
time, talents and treasure?



### Fitting God in

A little girl said to her mother: "The minister's sermon this morning confused me." Her mother was surprised, so the little girl continued: "He said that God is bigger than we are. Is that true?" "Yes, that's true," the mother replied. "He also said that God lives within us. Is that true, too?" Again, the mother agreed. "Well," said the girl. "If God is bigger than us and He lives in us, wouldn't He show through?"



### Across

- 1 Those who were standing near Paul said, "You — to insult God's high priest?" (Acts 23:4) (4)
- 3 They were assigned to guard the tree of life (Genesis 3:24) (8)
- 9 'Elkanah son of Jeroham, the son of Elihu, the — of — , the son of Zuph, an Ephraimite' (1 Samuel 1:1) (3,4)
- 10 Surrender (Joshua 24:23) (5)
- 11 Where American livestock can be reared (5)
- 12 Listen (anag.) (6)
- 14 Alternative name for Kiriath Jearim (2 Samuel 6:2) (6,2,5)
- 17 He founded Westminster Abbey, — the Confessor (6)
- 19 Hebrew word for the place of the dead (5)
- 22 Allies of Persia in the fifth century BC (Esther 1:3) (5)
- 23 Where John Wesley was forced to preach a lot (4,3)
- 24 Rebellion against God; abandonment of religious belief (8)
- 25 Note (anag.) (4)

### Down

- 1 Give an account of (Mark 4:30) (8)
- 2 'I — — the path of your commands, for you have set my heart free' (Psalm 119:32) (3,2)
- 4 'He took the ephod, the other — — and the carved image' (Judges 18:20) (9,4)
- 5 'You are a chosen people, a — priesthood' (1 Peter 2:9) (5)
- 6 The meek, the merciful and the mourners are all this (Matthew 5:4–5, 7) (7)
- 7 Musical Instrument Digital Interface (1,1,1,1)
- 8 He was the son of Nun (Deuteronomy 34:9) (6)
- 13 'Let the little — come to me' (Matthew 19:14) (8)
- 15 'About three thousand were — — their number that day' (Acts 2:41) (5,2)
- 16 In John's vision, the wall of the new Jerusalem was made of this (Revelation 21:18) (6)
- 18 'Our citizenship is in heaven. And we eagerly — a Saviour from there, the Lord Jesus Christ' (Philippians 3:20) (5)
- 20 'Glorify the Lord with me: let us — his name together' (Psalm 34:3) (5)
- 21 Young Men's Christian Association (1,1,1,1)



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

## CROSSWORD CHALLENGE



September  
Crossword answer

### ROLL OF HONOUR

Two people got the crossword answer to me and they were Wendy Sefton & Jim & Shelagh Goffin



## We welcomed the following into the Church Family through Baptism

We welcomed two children: Thomas Arthur Costes, Heidi Rose Evans (12th September, Please pray for Thomas, and Heidi, that they may grow up to love and follow Christ. Please pray for their parents and Godparents, and pray that they may seek to know Christ and to worship regularly.

### Sorry, Lord, I just couldn't make it

The bells ring out on Sunday morn,  
O did you hear their call?  
They call the faithful ones to prayer  
To Church they summon all.

But Lord, I cannot come today,  
I live a busy life,  
Still, when there's something special on  
I'll try and send the wife.

It poured with rain last Sunday  
An inch or two, I bet.  
You surely can't expect me then –  
I'd get my new suit wet.

Today the sky is blue and clear,  
but the car's as black as ink.  
And if I do not clean it soon,  
What will the neighbours think?

You know I do my bit, dear Lord  
I have a golden rule,  
I sometimes send my kids along  
To be at Sunday school.

But I really couldn't come as well,  
There's grass to mow, and beds to weed  
Shelves to fix, a dog to walk, and  
Sunday newspapers to read.

And now this day has ended, Lord  
How fast the weekends go!  
I ask for faith and strength this week  
For I feel (spiritually) quite low.

Inflame, O Lord, my feeble faith  
My lamp burns rather dim,  
For God depends on me, of course,  
And I depend on Him.

*Author unknown*

### Autumn Prayer

Dear Loving, Father God,  
As the season changes and we enjoy the  
beautiful colours of autumn, there are other  
changes which we don't enjoy. Changes we  
cannot control; changes and suffering in the  
world, beyond our comprehension; changes to  
our work routines, or health, or circumstances;  
changes which cause us anxiety and uncertainty.  
When everything seems to be falling around us  
like the autumn leaves, help us, Lord, to  
remember that you stand firm. You are our rock.  
You never change. You are always faithful, always  
with us, as we move into each new day and each  
new season.

Thank you for loving us so much that you gave us  
Jesus, so that by putting our trust in Him, we can  
know the security of your love, for ever!  
In His name, we thank you, Sovereign Lord.  
Amen,

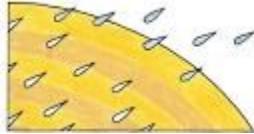
*By Daphne Kitching*



### 'Silver splitters' try love again

Are you over 65? Want to get married again? Then you are right on-trend. Recent data from the Office for National Statistics (ONS) shows that 'silver splitters' – those who have divorced in later life – are remarrying in ever greater numbers. In fact, the number of brides and grooms aged 65 and over has gone up more than any other age bracket in the past decade. Having better health into older age, access to dating websites, and financial independence are thought to encourage this surge in later-life marriages.

"But, Mum, if the vicar wasn't coming here Trick-Or-Treating, why did she still take the chocolates I gave her?"



October  
2021

Every generous act of giving, with every perfect gift, is from above, coming down from the Father of lights, with whom there is no variation or shadow due to change.

James 1: verse 17

## INFORMATION

### Vicar

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### Churchwardens

Chris Challoner 01928 715830  
Rosemary Lunt 01928 569863

e-mail: [warden@runcornstmichaels.org.uk](mailto:warden@runcornstmichaels.org.uk)

If you want to book  
a wedding, baptism or funeral  
please phone this number  
**07722470940**  
and ask for Robbie



## Please Pray

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

José Colley

Liz Adams

Graham & Nicola Aylett

David Walker

Norah Gamon

Also please remember in your prayers anyone that you know who is at home or in hospital.

If you would like us to pray for someone close to you please let the Vicar know. Or if you would like the Pastoral Care Team to visit someone at home don't hesitate to let them know.

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

Derek Higginson    Joan Goulden

Elaine Stretch

Vera Turton    Ann Fitchett

Marlene Smith



## 30th October

### Alphonsus Rodriguez – when life takes everything you value

If you have done your best to live 'right', and still had nothing but trouble and heartache in your life, Alphonsus is the saint for you. He was born in 1533, the son of a wool merchant in Segovia. He followed his father into the profession, married, and had two children. He was a responsible person. Then – his wife died, his children died, and the business failed. By the time he was 38, Alphonsus had lost everything – through no fault of his own. In 1571 he entered the Jesuit order, and was sent to the college of Montesione (Majorca). They decreed he should be a hall porter – and so he was, for the rest of his life. We can only surmise the grief, despair and anger that Alphonsus must have struggled with at times. All we know is that at some point, he discovered he was still able to salvage something from the wreck of his life. For the surviving accounts of Alphonsus describe him as a prayerful, self-sacrificing, obedient man. Indeed, his character was so remarkable that it bore fruit more widely than he could ever have imagined, and down the years many sought out that hall porter for counselling over the heartbreaks of their own lives. God honoured Alphonsus' faith in Him, and the famous poet Gerard Manley Hopkins, centuries later, wrote a poem in which he praises Alphonsus as an example of holiness realised in and through the duties of an unspectacular, humdrum life.