

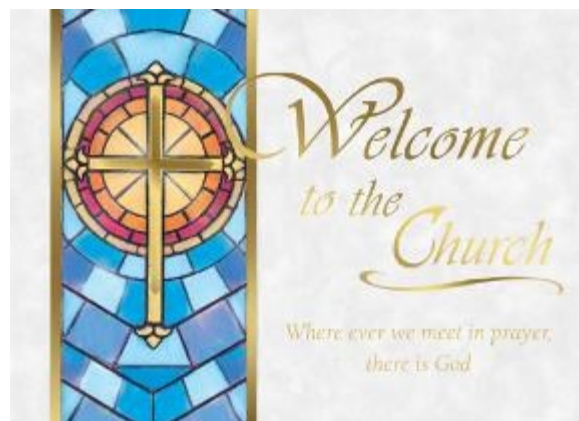


MONTHLY MAGAZINE OF THE
PARISH CHURCH OF
St MICHAEL & ALL ANGELS, RUNCORN.
www.runcornstmichaels.org.uk

ISSUE 167

NOVEMBER 2023

Growing Together



In GROWING TOGETHER THIS MONTH:
HUMOUR NEWS

PUZZLE PAGE

SERVICES FOR NOVEMBER
CELEBRATIONS

Vicars Message

The light shines in the darkness and the darkness has not overcome it - John 1:5

As I type this, I do so in the presence of a lit candle. I like to write by candle light and often meditate and pray with candles too. Some of you may have seen the orthodox sanctuary lamp in my office that I have overlooking the icon of Christ Pantocrator.

Candles give of an immense amount of light for such a small object and what I love most is that the light destroys the darkness.

Darkness seems to be all around us at the moment, does it not? I am conscious more now than ever we are at risk of falling into the trap of becoming victims of the darkness and its negative effects upon our minds. I say this as we see the continuing war in Ukraine, the recent events of Palestine/Israel, and the weather increasingly becoming darker as the days go by. Then there is the upcoming Halloween and bonfire night festivals where darkness is celebrated by gory images of murder, corpses, and the burning of human shaped dummies on huge Pires. I know we can theologically debate these last two examples forever, but the overriding darkness remains at forefront no matter how much we put a happy spin on these things.

If we think about the darkness in all its forms too often, we run the risk of becoming too focused on the darkness and not enough on the light. We, as Christians, are called not to focus on the darkness but rather on the light. Light destroys darkness, our light is of course, Jesus Christ, his example and his messages.

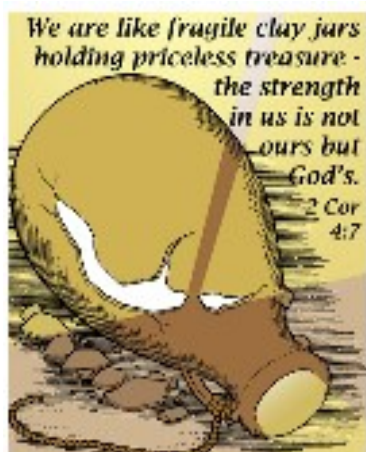
Darkness can also breed negativity too, and negativity can cause issues such as depression and anxiety. It is no surprise that the advice given to people who suffer depression and anxiety is to get outdoors, exercise and meet people. All of these things promote positivity, Hope, and increase the light in our lives.

As the days draw shorter, the nights grow darker, and the world and media focus increasingly on the darkness, can I encourage you to seek out the light in the world. If darkness and negativity creep in to your life, and especially for those suffering from mental health conditions, can I encourage you to do all that you can to focus on all that is light, all that is positive and all that dispels the darkness around us. It is only when we become children of the light of Christ, that we can truly find happiness and peace in the darkest of times. **Let us pray.**

Father, we pray in these times of darkness that we can focus on the light, that we can look for all that is positive, and that we can share this positivity with those around us so that they may see you. In Jesus name we pray, Amen.

With every blessing,

George



Operation Christmas Child

Once again it is that time of the when we fill shoe boxes on behalf of Operation Christmas Child. You can fill an official box (**50p each**) or cover you own shoe box. If you prefer you can fill a box online, and if you do please let me know so we can include you in the number of boxes going from St Michaels. The boxes should be back in church by the second week in November. Last year we collected **17 boxes** in church and quite a lot was done on-line, so lets see if we get more this year
Thank you Wendy Sefton



NOVEMBER CHURCH SERVICES

Wednesday 1st November

10.00am Holy Communion



Sunday 5th November (All Saints Sunday)

8.30am Holy Communion

10.00am Morning Celebration

Wednesday 8th November

10.00am Holy Communion

Sunday 12th November (Remembrance Sunday)

10.00am Holy Communion



Wednesday 15th November

10.00am Holy Communion

Sunday 19th November (2nd Sunday before Advent)

10.00am Holy Communion

4.00pm Service of Remembrance and Hope

Wednesday 22nd November

10.00am Holy Communion

Sunday 26th November (Christ the King)

10.00am Holy Communion



Wednesday 29th November

10.00am Holy Communion

Christ the King

Christ is the King of all Creation
He is the King of all the earth;
Christ is the King of every nation
Lord of life, and death, and birth

On God's right hand our King is seated
Receiving praises for His worth!
He came from God to dwell with sinners
Sinners, including you and I

We know, with Him, we'll be the winners
Of life with Christ the King on High!
With all the angels we will praise Him
Who died and rose in victory!

Christ the King will come in glory
With trumpet blast – the glorious one!
All people then will know His story
All people bow before the Son!

No more death and no more sorrow
His Kingdom here on earth shall come!
Crown Him our King – His vict'ry praising
God of all gods, and King of kings

Sing of His grace and love amazing
He is the King above all things!
Through all Heav'n and earth all voices
Our song of triumph ever rings!

Vincent Whitehead

On the 21st September we lost a close friend after a short illness. His funeral was held at St Michael's Church on Wednesday 18th October, where there were nearly 200 people in attendance. June Beeton gave the eulogy, which is a snapshot of his life. Here is some parts of the eulogy. Vincent & Millie moved to Runcorn in 1970 from Crewe. In 1974 the Grangeway Youth centre opened and he and Millie worked together running the youth club. His life has been spent in Christian service and working with young people. He was Church Warden of this church for 8 years also he was a verger until his death and a Sides person. He was also a member of the PCC. He volunteered with the Duke of Edinburgh Gold Award scheme. He also worked with the Princes Trust, meeting with then Prince Charles. He was a member of Cursillo, Victoria Road School Governors, RSPB, National Trust and World Wild Life Trust. One thing he did receive was the Maundy Money. This is just a snapshot of what was said at his funeral.



By Nigel Beeton



BIBLE READINGS FOR NOVEMBER

Sunday 5th November

Revelation 7: 9-17

Matthew 5: 1-12



Sunday 19th November

1 Thessalonians 5: 1-11

Matthew 25: 14-30

Sunday 12th November

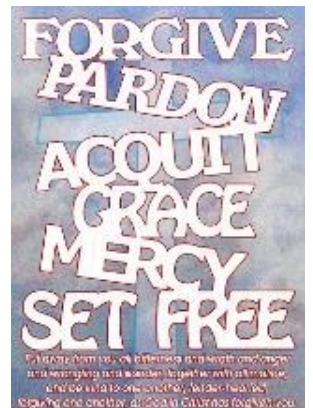
1 Thessalonians 4: 13-18

Matthew 25: 1-13

Sunday 26th November

Psalms 95: 1-7

Matthew 25: 31-end



CHURCH SERVICES FOR DECEMBER

Sunday 3rd December (1st Sunday of Advent)

8.30am Holy Communion
10.00am Morning Celebration

Wednesday 6th December

10.00am Holy Communion

Sunday 10th December (2nd Sunday of Advent)

10.00am Holy Communion

Wednesday 13th December

10.00am Holy Communion

Sunday 17th December (3rd Sunday of Advent)

10.00am Holy Communion
4.00pm 9 Lessons and Carols

Wednesday 20th December

10.00am Holy Communion

Friday 22nd December (Christingle)

6.00pm for 6.30pm start

Sunday 24th December (Christmas Eve)

10.00am Holy Communion
11.30am Holy Communion

Monday 25th December (Christmas Day)

8.45am Holy Communion
10.00am Family Holy Communion

Wednesday 27th December

NO SERVICE

Sunday 31st December (1st Sunday of Christmas)

10.00am Holy Communion

Are you ready for the winter storms?

There are storms coming this winter. So says Ecclesiastical Insurance. And so it has been giving advice on how to prevent damage to property during the coming storm season.

Its recommendations include removing loose roof materials, repairing damaged guttering, and clearing blocked rainwater gullies. According to the Association of British Insurers, last year's storms led to more than 170,000 claims, amounting to an estimated £500million for property damage.

Jeremy Trott, claims director at Ecclesiastical Insurance, said:

"Unpredictable and extreme weather is becoming more prevalent in the UK, from heatwaves to flooding."

Concern over the provision of RE in schools

A group of cross-party peers, MPs and religious educators has criticised the lack of funding for the teaching of religious education (RE). It has called on the Government to address the crisis in teaching and recruitment. There were 30 signatories to a letter to the Secretary of State for Education, Gillian Keegan. They described the current provision of RE as a 'postcode lottery', in which some children receive a well-taught religious education, while others receive "either 'tokenist' RE, or none at all." The letter went on to point out that half (51 per cent) of the RE lessons in secondary schools are currently being taught by non-specialist teachers. Pupils are now three times more likely to be taught RE by someone with no qualifications at all in the subject. And RE is on track to recruit only 44 per cent of its target by the end of the current recruitment year. The group is concerned that students who do not receive good RE education "are consequently ill prepared to play their part in our complex religious and non-religious society, with all the opportunities created by its diversity."



Prayer for November 2023

Father God,

November is not many people's favourite month, unless there is a birthday or a delight in bonfires. Short days, sometimes dismal weather can lower our mood. The days of springtime optimism and summer sunshine seem a long way away, whether we look back or forward.

Help us Lord, whatever the month, whatever our circumstances, whatever our mood, to know the reality of Your presence and peace; to treasure each new day and know it is transformed by You into the most precious and beautiful gift. Help us not to waste a single one of them, Lord. Thank You so much for November days.

In Jesus' name, Amen.

By Daphne Kitching

Happy Birthday, King Charles!

King Charles was born 75 years ago this month, on 14th November 1948, at Buckingham Palace in London. He was the longest-serving monarch-in-waiting in British history and did not ascend the throne until he was 73, following the death of his mother in September 2022. Charles was crowned in the first coronation in seven decades, on 6th May 2023. His current title is King of the United Kingdom of Great Britain and Northern Ireland. But King Charles has also become head of the Commonwealth, an association of 56 independent countries and 2.5 billion people. For 14 of these countries, as well as the UK, the King is head of state. These countries are known as the Commonwealth realms. They are Australia, Antigua and Barbuda, the Bahamas, Belize, Canada, Grenada, Jamaica, New Zealand, Papua New Guinea, St Christopher and Nevis, St Lucia, St Vincent and the Grenadines, Solomon Islands, and Tuvalu.



The vicar got a little carried away with the church's new state-of-the-art PA system

The best time to exercise, if you want to lose weight

The two-hour window between 7am and 9am is the best time to go running or 'work out', if you want to lose weight. A recent study by scientists at Franklin Pierce University has found that early morning exercise can help you lose weight more easily, reduce your BMI, and slim down your waist. It is thought that the 'fasted state' after you wake up could be the reason for this weight loss edge. As one assistant professor of exercise physiology explains: "Exercise can burn fat and glucose," Dr Ma said. "After an overnight fast, the glucose stored in our body is low. Therefore, when we exercise our muscles are likely to burn more fat." He recommends 40 minutes of aerobic exercise before breakfast, such as running or biking. The findings have been published in Obesity, The Obesity Society's (TOS) journal.

Answered prayer

During the minister's prayer one Sunday, there was a loud whistle from one of the back pews. Tommy's mother was horrified. She pinched him into silence and, after church, asked, "Tommy, whatever made you do such a thing?" Tommy answered soberly, "I asked God to teach me to whistle, and He did!"

Activities at St Michael's Church

St Michael's Maintenance Appeal Committee

Tea & Toast in the Meeting Room

Next Tea & Toast is on 2nd December & 6th January

@ 10.00am to 12.00 noon

Admission: £2.00

Crafters Group

Crafters Group meets in the Meeting Room every Tuesday from **10.00am to 12noon.**

Everyone welcome, especially newcomers.

VML

Sing-along sessions on Tuesday nights @ **7.00pm** in the Meeting Room. So come along have a cuppa



Christmas Grand Draw Tickets & Christmas Tree Festival

Again we are doing a Grand Draw this year in conjunction with Christmas Tree Festival which is from **6th to 9th December.** The Grand Draw Tickets will be at the back of church and if you could take **10 books** that would be appreciated. Please see Colin Kearn



BIRTHDAY CELEBRATIONS



November Birthdays

Congratulations to Kirsty Lowe who celebrates her birthday on **7th November**, to Timothy Aylett who celebrates his birthday on **10th November**, to Lynne Corker who celebrates her birthday on **25th November**, to Sandra Fisher and Barbara Done who celebrates their birthday's on **28th November** and to Norah Gamon who celebrates her birthday on **30th November**.



12th November The poppies of Remembrance

In late 1914, WW1 erupted across Northern France and Flanders. Great swathes of previously green fields and forests were blasted and bombed, leaving them bleak and barren, with seemingly every living thing destroyed. But then in the Spring of 1915, something beautiful began to come out of all the destruction. Tens of thousands of bright red Flanders poppies began to put out tentative shoots across the endless vistas of mud. These resilient little flowers had actually flourished in the middle of so much chaos and destruction, because their seeds grow when exposed to sunlight, through disturbances to soil. We all know that these endless fields of cheerful poppies, growing in the midst of such misery and destruction, were what inspired the Canadian doctor, Lieutenant Colonel John McCrae, to write the now famous poem 'In Flanders Fields'. And it was McCrae's poem which inspired an American academic named Moina Michael to adopt the poppy in memory of those who had fallen in the war. She got it adopted as an official



symbol of Remembrance across the United States, and worked with others who were trying to do the same in Canada, Australia, and the UK. A French woman, Anna Guérin who was in the UK in 1921, caught the same vision, and planned to sell the poppies in London. There she met Earl Haig, the founder of the Royal British Legion, who was persuaded to adopt the poppy as its emblem in the UK. The Royal British Legion, which had been formed in 1921, ordered nine million poppies and sold them on **11th November** that year. Ever since then, the red poppy has been a symbol of Remembrance, of support for the Armed Forces community, and also of hope for a peaceful future.

We have welcomed the following into the Church Family through Baptism

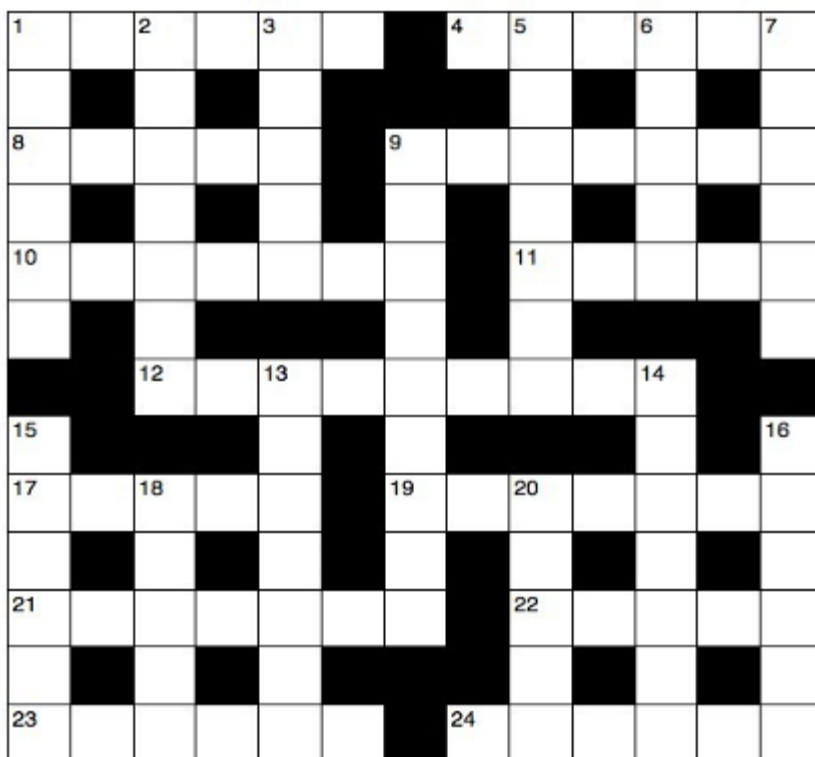


Recently we welcomed **two children and one adult** **Max Jacob O'Hara, Louie George Bazley (8th October)** and one Adult **Olivia Jane Graham(8th October)**. Please pray for Max and Louie that they may grow up to love and follow Christ. Please pray for their parents and Godparents, and pray that they may seek to know Christ and to worship. Also please pray for Olivia that she may seek to know Christ and to worship regularly.



This is the baptism from 8th October





CROSSWORD CHALLENGE

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

Across

- 1 'The Lord Jesus... took bread, and when he had given — , he broke it' (1 Corinthians 11:24) (6)
- 4 'He has taken me to the banquet hall, and his — over me is love' (Song of Songs 2:4) (6)
- 8 Surrey town that hosts the National Christian Resources Exhibition (5)
- 9 Also known as Abednego (Daniel 1:7) (7)
- 10 Liken (Isaiah 40:18) (7)
- 11 A son of Etam, descendant of Judah (1 Chronicles 4:3) (5)
- 12 A part of the temple where the blood of a young bull was to be smeared (Ezekiel 45:19) (9)
- 17 'They make many promises, take false — and make agreements' (Hosea 10:4) (5)
- 19 Roman province to which Paul returned after evangelizing it on his first missionary journey (Acts 16:6) (7)
- 21 Material used to make baby Moses' basket (Exodus 2:3) (7)
- 22 'And feeble as — , in thee do we trust, nor find thee to fail' (5)
- 23 'The watchman opens the gate for him, and the sheep — to his voice' (John 10:3) (6)
- 24 Stalk carrying the sponge of wine vinegar given to Christ on the cross (John 19:29) (6)

Down

- 1 Elijah dug one round the altar he built on Mount Carmel and filled it with water (1 Kings 18:32) (6)
- 2 'I am not — of the gospel, because it is the power of God for the salvation of everyone who believes' (Romans 1:16) (7)
- 3 Buddhist term relating to belief in reincarnation (5)
- 5 Damascus disciple who, at God's command, restored the sight of the blinded Saul of Tarsus (Acts 9:12) (7)
- 6 and 16 Horses: their sound (Jeremiah 50:11) (5) and their gait (Joel 2:4) (6)
- 7 A three (anag.) (6)
- 9 Athenian council addressed memorably by Paul (Acts 17:22) (9)
- 13 Abide by (Galatians 3:5) (7)
- 14 Persian princes (Daniel 3:2) (7)
- 15 Force (Galatians 6:12) (6)
- 16 See 6 Down (6)
- 18 Paste (anag.) (5)
- 20 How the cedars of Lebanon are described (Isaiah 2:13) (5)



October Crossword answer

ROLL OF HONOUR

Three people got the crossword answer and they were

Jim & Shelagh Goffin,
Margaret Myers
&
Wendy Sefton



November
2023



Please Pray



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

Graham & Nicola Aylett

George Done

Gerald Cook

Helen Browne

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

If you would like us to pray for someone close to you let the Pastoral Care Team know and they could visit someone at home don't hesitate to let them know.

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

Fred Rawlinson

Edmund Owen

Vincent Whitehead

Susan Molyneux



INFORMATION

Revd George Roach

01928 832734

Email: vicar.smaaruncorn@gmail.com

Not on a Friday

Churchwardens

Chris Challoner 01928 715830

Rosemary Lunt 01928 569863

e-mail:

warden@runcornstmichaels.org.uk

If you want to book a wedding, baptism or funeral please phone this number

07722470940

and ask for Robbie

VML



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

Please see Robbie for more details.



Grief is the price we pay for Love

Cathedrals in the UK

Since 2000 the Church of England (C of E) has been collecting and publishing details about its Cathedrals. The attendance figures are vivid reminders of the effects of Covid-19. In the seven years from 2013 to 2019, the average total annual regular attendance in the C of E Cathedrals was 511,000 people. Three years later, in 2021, it was exactly half that, at 255,000. This excludes the many special services held such as for schools, Diocesan services, graduation services or others, which totalled over two million people in 2019, though halving again in 2021. Christmas attendance in 2019 was 670,000 and 270,000 in 2021. Most Cathedrals also offer on-line services, and these have continued since the cessation of lockdown restrictions. Church of England Cathedrals had some 9.7 million visitors in 2019. In 2021 it

was 4.6 million. There is some apprehension about whether numbers will have returned when the 2022 figures are known.