

Food Bank

Remember the collection place is in the cupboard at the back of church for you to put your donations of food or money in. **The Foodbank warehouse need the following: Fruit juice; Packet soup; Tinned fruit; Sponge puddings; Shower gel.** The food bank would prefer their regular donors to **avoid giving beans if possible as they always receive plenty of these from supermarket donations.** Thank you for your ongoing support in helping us to make sure no-one in our community goes hungry.

Blessings Helen

Pastoral Care Team

The Pastoral Care Team exists to keep in touch with church members and offer support if needed. If you need to contact the Team, please get in touch with Helen Browne or Rosemary Lunt, who are the co-ordinators.

Covid precautions to be continued

Although legal restrictions will be lifted from Monday 19th July, we'll be continuing our current arrangements and precautions in church for the time being. Thank you again for your cooperation on this, especially during refreshments after services. Please remain seated when your mask is removed and enjoying your cuppa.

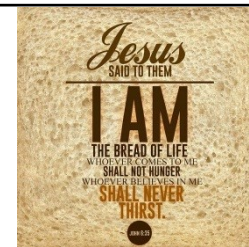
Church Work Volunteers Wanted

" Starting on **16th August**, our external oak doors are to be restored. Please can you help us, by spending some time in and around church on Monday 16th to Friday 20th, either morning or afternoon, to be on hand? On Friday, could volunteers bring dusters please to help clean the church up?"

With very many thanks,
Chris and Rosemary.



Parish Church of
St Michael and All Angels
Sunday 1st August 2021
9th Sunday after Trinity



Services Today

8.30am Holy Communion
Rev Helen Browne
10.00am Morning Celebration
Rev Helen Browne
Bob Browne
Lord, enthroned in heavenly splendour
Give thanks with a grateful heart
Ephesians 4: 1-16
John 6: 24-35
Break Thou the bread of life
Guide me, O Thou great Jehovah

There will be no singing but hymns will be played as part of the service.

Tuesday 3rd August

10.00am-12.00noon Crafters

Wednesday 4th August

10.00am Holy Communion

Sunday 8th August

8.30am Holy Communion
Rev Karen Brady
10.00am Holy Communion
Rev Karen Brady

Any queries please contact our
Vicar: Rev Karen Brady
on 01928 831795

or
07419820864

or email:
revkarenbrady@gmail.com
But not on a Friday.

or the Church Mobile
Bookings for baptisms and
weddings
Tel: **07722470940** and speak to
Robbie
Church website
www.runcornstmichaels.org.uk
Facebook
Saint Michael and All Angels
Church, Runcorn

Karen on holiday

Karen is taking some much needed holiday and will be back on 4th August. Thank you to Helen who'll be taking the services during this period and to Rosemary, Chris and Robbie who'll be looking after things whilst Karen is on leave.

Your help is needed?

We need your help? Superdrug is donating money to Marie Curie Cancer Care. They are turning empty blister packs into money, so for every kilo donated they get they will donate £1.

'Thank you and please keep giving'.
Our giving empty blister packs has been so successful, we've started to use a bigger box! So keep saving please.



Collects & Readings

Almighty God, who sent your Holy Spirit to be the life and light of your Church: open our hearts to the riches of your grace, that we may bring forth the fruit of the Spirit in love and joy and peace; through Jesus Christ your Son our Lord, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever.

Ephesians 4: 1-16

As a prisoner for the Lord, then, I urge you to live a life worthy of the calling you have received. ² Be completely humble and gentle; be patient, bearing with one another in love. ³ Make every effort to keep the unity of the Spirit through the bond of peace. ⁴ There is one body and one Spirit, just as you were called to one hope when you were called; ⁵ one Lord, one faith, one baptism; ⁶ one God and Father of all, who is over all and through all and in all. ⁷ But to each one of us grace has been given as Christ apportioned it. ⁸ This is why it says: "When he ascended on high, he took many captives and gave gifts to his people." ⁹ (What does "he ascended" mean except that he also descended to the lower, earthly regions? ¹⁰ He who descended is the very one who ascended higher than all the heavens, in order to fill the whole universe.) ¹¹ So Christ himself gave the apostles, the prophets, the evangelists, the pastors and teachers, ¹² to equip his people for works of service, so that the body of Christ may be built up ¹³ until we all reach unity in the faith and in the knowledge of the

Son of God and become mature, attaining to the whole measure of the fullness of Christ. ¹⁴ Then we will no longer be infants, tossed back and forth by the waves, and blown here and there by every wind of teaching and by the cunning and craftiness of people in their deceitful scheming. ¹⁵ Instead, speaking the truth in love, we will grow to become in every respect the mature body of him who is the head, that is, Christ. ¹⁶ From him the whole body, joined and held together by every supporting ligament, grows and builds itself up in love, as each part does its work.

John 6: 24-35

²⁴ Once the crowd realized that neither Jesus nor his disciples were there, they got into the boats and went to Capernaum in search of Jesus. ²⁵ When they found him on the other side of the lake, they asked him, "Rabbi, when did you get here?" ²⁶ Jesus answered, "Very truly I tell you, you are looking for me, not because you saw the signs I performed but because you ate the loaves and had your fill. ²⁷ Do not work for food that spoils, but for food that endures to eternal life, which the Son of Man will give you. For on him God the Father has placed his seal of approval." ²⁸ Then they asked him, "What must we do to do the works God requires?" ²⁹ Jesus answered, "The work of God is this: to believe in the one he has sent." ³⁰ So they asked him, "What sign then will you give that we may see it and believe you? What will you do?" ³¹ Our ancestors ate the manna in the wilderness; as it is

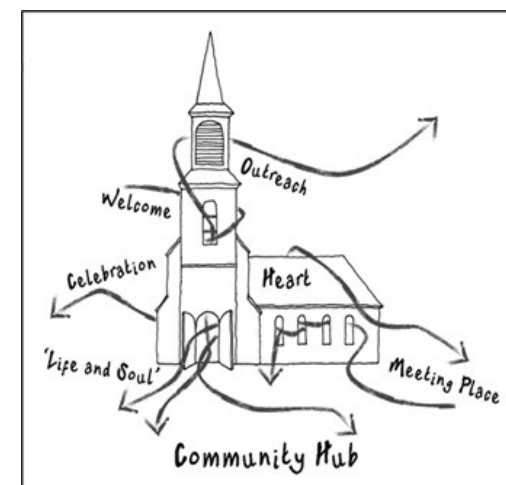
written: 'He gave them bread from heaven to eat.'" ³² Jesus said to them, "Very truly I tell you, it is not Moses who has given you the bread from heaven, but it is my Father who gives you the true bread from heaven. ³³ For the bread of God is the bread that comes down from heaven and gives life to the world." ³⁴ "Sir," they said, "always give us this bread." ³⁵ Then Jesus declared, "I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty.

Post Communion

Holy Father, who gathered us here around the table of your Son to share this meal with the whole household of God: in that new world where you reveal the fullness of your peace, gather people of every race and language to share in the eternal banquet of Jesus Christ our Lord.

Extra TLC for our church grounds

Can you help with practical tasks to help keep our church grounds tidy and appealing? No horticultural experience needed, just enthusiasm for things like weeding, litter picking or a little bit of painting. Any help would be welcome, please see Chris for more details.



Coffee Morning Online...

Join us every Monday morning 11 am to 12 pm. Have a coffee together, a chat and maybe the odd giggle

Zoom Meeting ID
890 5388 9055

Eager to maintain the unity of the spirit in the bond of peace' Ephesians 4:3

NEWS

Please join us every Monday for our virtual Coffee Morning. It will be done by Zoom and the ID is 890 5388 9055 to log in. So have your coffee ready for 11.00am.

