



ISSUE 143

MAY 2021

Together  
Growing

### "The Power of the Holy Spirit... And Teamwork"

As I set out for a walk one morning, I was mentally going through my ever-growing 'to-do' list. With each step my 'to-do' list was getting longer; with each step I felt increasingly frazzled and 'frayed around the edges' like a worn out and left-over scrap of material. With each step I desperately prayed "Loving God, help me with *my* 'to-do' list today!"

But by the end of my walk, my perspective had changed and I felt different. My prayer had also changed to "Loving God, guide me to help with *your* 'to-do' list today". (What was *God's* will and desire for this day instead of *my* long list of tasks?)



During my walk, I remembered a reflection from Joan who said she felt closer to God when sewing. Joan said she enjoys taking

*"a pile of scrap fabric left over from previous projects... of all shapes and sizes... which might seem useless on their own"*

Joan carefully chooses them, shapes them and positions them. Then she sews them together into blocks and then into panels to make a beautiful, colourful and useful quilt.

Joan said

*"Nothing matches, it's not meant to. You can see where I'm going with this! It reminds me that God brings together people of all different shapes, sizes and colour and makes something colourful and unique."*

*"It doesn't matter if you're a large piece of the whole or a tiny crumb, all are equally useful and needed to complete the piece."*



On my walk that morning, I realised that God, knows and sees the value and beauty in each of us, even when we don't see it in ourselves. Through the power of the Holy Spirit, God uses us; even when we feel inadequate, frazzled or 'frayed around the edges'.

He takes those apparent scraps of us, combines them with the similar remnants of those around us; and through a shared sense of spiritual and practical teamwork under God, we can all work on **his** plans for the day... not just our **own**.

If you have a logical and mathematical brain like me, the power of the Holy Spirit and the power of teamwork under God both work in the same way and can bring unexpected and dramatic outcomes.

*The Holy Spirit and teamwork under God... both divide the effort... and both multiply the effect.*

As we journey into May and celebrate Pentecost and Trinity Sunday, we remember and try to understand the power of the Holy Spirit. But perhaps we should stop trying to understand it and simply trust it, follow it and then stand back and be amazed by the beautiful results.

*With every blessing,* Karen

In GROWING TOGETHER THIS MONTH:  
HUMOUR PUZZLE PAGE

SERVICES FOR MAY & JUNE  
CELEBRATIONS

# MAY CHURCH SERVICES

**Sunday 2nd May (5th Sunday of Easter)**

8.30am Holy Communion  
10.00am Morning Celebration



**In His shadow**  
*(Based on Psalm 91)*

As we dwell in the shadow of Mighty God  
We will know all the blessings that He will bring,  
His faithfulness will be our shield  
Under the covering of His wings.

Protected by His sheltering love  
Our refuge we take in Him each day,  
If we call on His Name His answer will come  
As angels will guard us in all our ways.

What comfort and peace we all can know  
That God Himself will hold us fast,  
And keep us safe engulfed in His love  
Until these days of danger have passed.

*By Megan Carter*

**Wednesday 5th May**

10.00am Holy Communion

**Sunday 9th May (6th Sunday of Easter)**

8.30am Holy Communion  
10.00am Holy Communion



**Thursday 13th May (Ascension Day)**

10.00am Holy Communion

**Sunday 16th May (7th Sunday of Easter)**

8.30am Holy Communion  
10.00am Morning Prayer & **APCM**

**Wednesday 19th May**

10.00am Holy Communion

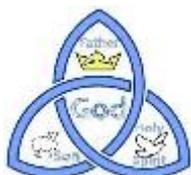
**Sunday 23rd May (Whit Sunday)**

8.30am Holy Communion  
10.00am Holy Communion



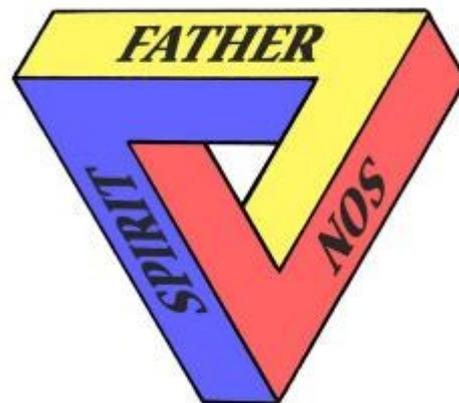
**Wednesday 26th May**

10.00am Holy Communion



**Sunday 30th May (Trinity Sunday)**

8.30am Holy Communion  
10.00am Holy Communion



## BIBLE READINGS FOR MAY

**2nd May**

Acts 8: 26-40  
John 15: 1-8

**9th May**

Acts 10: 44-48  
John 15: 9-17

**16th May**

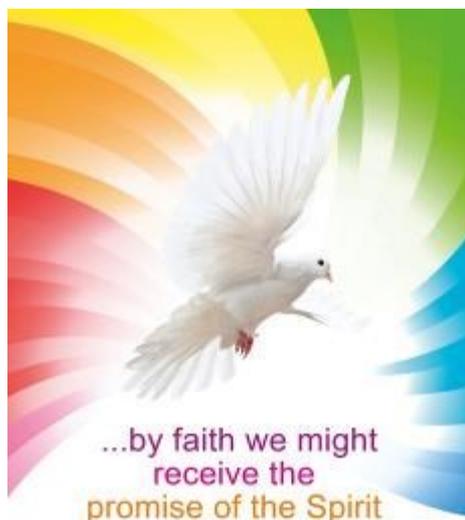
Acts 1: 15-17, 21-26  
John 17: 6-19

**23rd May (Whit Sunday)**

Acts 2: 1-21  
John 15: 26-27; 16:4b-15

**30th May**

Romans 8: 12-17  
John 3: 1-17



**Ascension**  
(Luke 24:44-53)

Scriptures fulfilled,  
Minds opened,  
We followed Him to Bethany.  
And there was joy in the blessing  
Of our risen Lord,  
Jesus, God on earth.

And in the blessing  
Was the leaving,  
And in the leaving  
Was the blessing –  
His Spirit of life and power  
To witness to the world  
Of our ascended Lord,  
Jesus, man in heaven.

*By Daphne Kitching*

# CHURCH SERVICES FOR JUNE

## Wednesday 2nd June

10.00am Holy Communion

## Sunday 6th June (1st Sunday after Trinity)

8.30am Holy Communion  
10.00am Morning Celebration

## Wednesday 9th June

10.00am Holy Communion

## Sunday 13th June (2nd Sunday after Trinity)

8.30am Holy Communion  
10.00am Holy Communion  
also the induction of  
Rev Karen Brady

## Wednesday 16th June

10.00am Holy Communion

## Sunday 20th June (3rd Sunday after Trinity)

8.30am Holy Communion  
10.00am Holy Communion

## Wednesday 23rd June

10.00am Holy Communion

## Sunday 27th June (4th Sunday after Trinity)

8.30am Holy Communion  
10.00am Holy Communion

## Wednesday 30th June

10.00am Holy Communion

## 26<sup>th</sup> May - Augustine of Canterbury, apostle to the English

Augustine, a 6th century Italian prior, holds a unique place in British history. He became the 'apostle to the English,' although it was with great reluctance. In 596 Augustine was chosen by Pope Gregory to head a mission of monks whom he wanted to send to evangelise the Anglo-Saxons. Augustine was not a bold man, and by the time he and his band of priests reached Gaul, they wished to turn back. But Gregory would not hear of it, and he bolstered their confidence by sending some more priests out to them, and by consecrating Augustine bishop. Finally, the little party, now 40 in number, landed at Ebbsfleet, Kent in 597. It would be fascinating to have a detailed description of that first meeting between Bishop Augustine and Ethelbert, powerful King of Kent. Whatever Augustine said, it must have been effective, for Ethelbert granted the 40 priests permission to stay in a house in Canterbury. He even allowed them to preach to his people, while he himself considered their message of Christianity. His wife, Bertha, was a Christian princess from Paris, but she does not seem to have played any role in the conversion of Kent. By 601 Ethelbert and many of his people had been baptised Christians. The mission to the English was well underway. More clergy, some books, a few relics and several altar vessels arrived from Rome. At Gregory's wise urging, Augustine decided to consolidate the mission in one small area, rather than try and reach all of Kent. So, Augustine stayed in Canterbury, where he built the cathedral and founded a school. He left only temporarily to establish a see in London. Also, at Gregory's wise urging, Augustine did not destroy the pagan temples of the people of Kent, but only the idols in them. In this way, familiar rites were taken over and used for the celebration of the Christian feasts. Meanwhile, before his death in 604, Augustine helped Ethelbert to draft the earliest Anglo-Saxon written laws to survive – and so influenced British law for centuries to come.

## BIRTHDAY CELEBRATIONS



### May Birthdays

Congratulations to Rosemary Lunt who celebrates her birthday on May 6th, to Vicki Schofield who celebrates her birthday on May 10th, to Matt Roth who celebrates his birthday on May 13th, to Claire Roth who celebrates her birthday on May 17th, to Duncan Prince who celebrates his birthday on May 20th, to Sue Challoner who celebrates her birthday on May 22nd and to Brian Lunt who celebrates his birthday

## CONGRATULATIONS

to

**Robert & Daphne Withington**  
who are celebrating their  
Wedding Anniversary  
on May 3rd 2021



## Be kind to each other

*'And if anyone gives even a cup of cold water to one of these little ones who is my disciple, truly I tell you, that person will certainly not lose their reward.'* (Matthew 10:42)

During the Covid-19 pandemic, there have been thousands of shining examples up and down the country of people going the extra mile to help the elderly, vulnerable and those at risk. The helpers have been shopping, cooking meals, making regular telephone calls, and checking that needs are being met. We must sincerely hope that these acts of kindness will continue well beyond the coronavirus outbreak.

Simple acts of kindness are so important in cementing the fabric of our society. Some years ago, this thought inspired the following poem:

### A Brighter Tomorrow

There is much we can do just to brighten  
This world of all take and no give,  
There's a great deal that we can contribute  
Through the everyday lives that we live.

By supporting one's elderly neighbours  
Or through lending a hand in some way  
It's by taking a bunch of spring flowers  
To someone to brighten their day.

It's by sparing a few precious hours  
In the service of those most in need  
It's all about setting a standard  
And trying to give others a lead

It's the way that we tend to treat others  
And help and aid folks in distress  
It's the care and assistance we offer  
That will set us apart from the rest.

The choice that we face is quite simple  
The rewards plain for all men to see  
'As you did all of this to my brother  
Then' said Christ, 'you did it to Me.'

*By Colin Hammacott.*

### Do you love a bargain?

Some people adore bargains, promotions, and cut-price items. They are the ones who always forage out reduced clothing and food, collect coupons and loyalty points with great care, and are at the front of the queue to bag items on Black Friday. Now a new study has found that such deal-prone bargain-hunting may be more than a preference – it may even run in your genes. It could be a tendency which is passed on genetically as well as learned. The study was published in the Journal of the Association for Consumer Research.

**Also 80 years ago**, on 10<sup>th</sup> May 1941 that the last major attack on London during the Blitz caused heavy damage to many important buildings, including the Houses of Parliament, Westminster Abbey, St James Palace and Lambeth Palace, several railway stations and hospitals, the British Museum and the Old Bailey. More than 1,300 people were killed on one night. At one point during the Blitz, London was bombed for 57 nights in a row.

## Maundy Money

As we announced in the April issue of Growing Together that one of our congregation, Vince Whitehead had received Maundy Money this year. Here are some photographs the money and Vince.



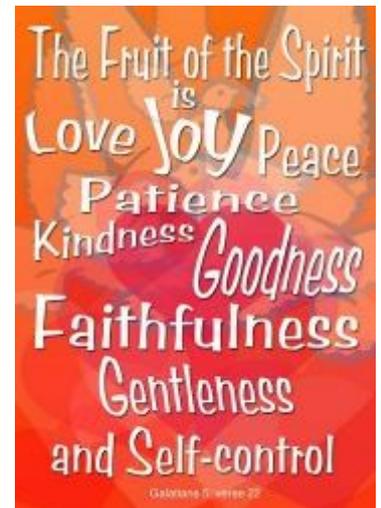
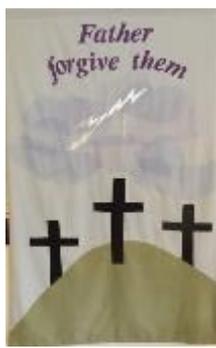


### What did I do with the car?

As I left a meeting at our church, I could not find my car keys. They were not in my pockets. They were not in the church. Then I thought – I’ve left them in the car! As I burst through the doors of the church, my heart sank: the church car park was empty. With a heavy heart I called the police, confessed that I had left my keys in the car, and that it had been stolen. Then I made the really difficult call, and told my wife that the car had been stolen. There was a little gasp. “You did not *have the car*. I dropped you off. Remember?” My heart sang as relief flooded through me. “Of course! Thank God! Well, come get me quick – I am already running late... what is keeping you?” My wife replied with ominous calm: “What’s keeping me? I’ll tell you what’s keeping me. The police are here. They think I’ve stolen the car...”

### Easter Story

June Betton with help of Mike Thomas did our Easter Story frieze in the Meeting Room. Mike Thomas painted the pictures, and June Betton used some of the church banners for the frieze. Here are the photographs.



### Beware the use-by date

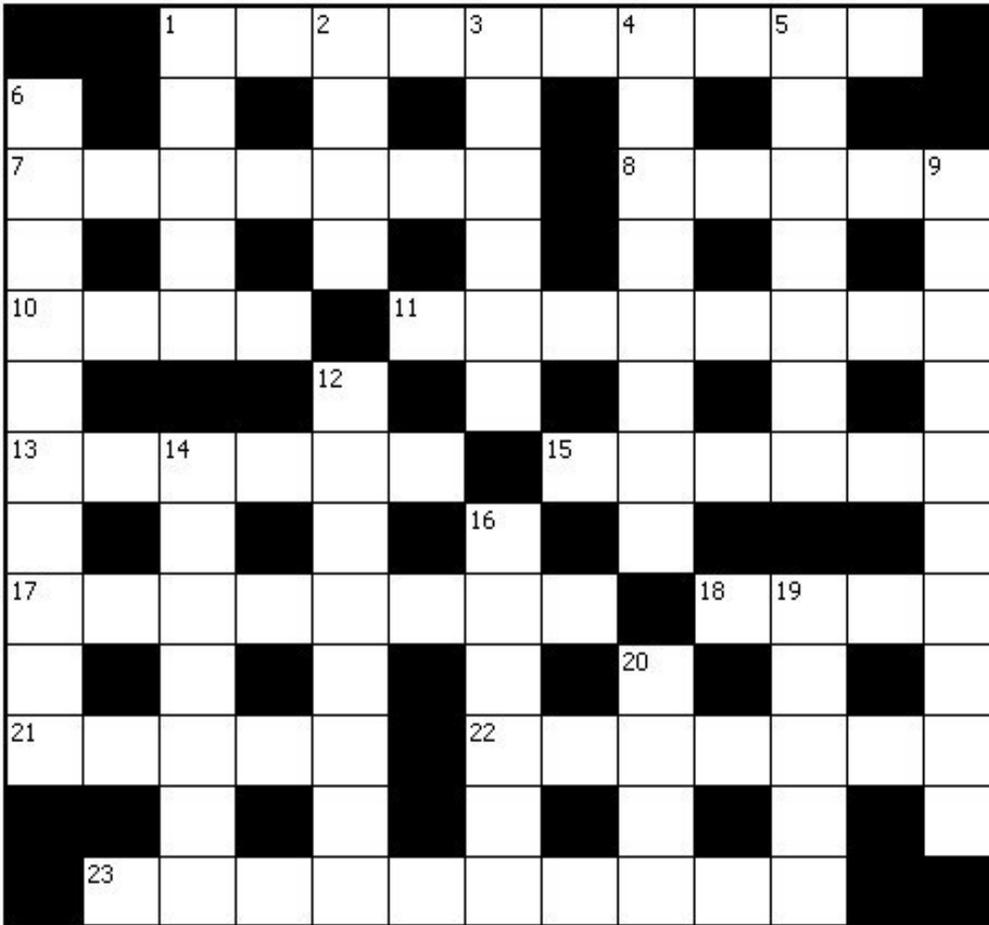
Nobody likes to throw food away, but if you ignore the use by dates and go by smell alone, you can risk serious illness. So warns the Food Standards Agency. In a recent study, the regulator found that half of us do not always check use-by dates. Many of us still smell the milk to see if it is still okay, and even Theresa May, the former Prime Minister, has admitted to scraping the mould off jam in order to cut waste. The agency has warned that some Britons who actively ignore use-by dates could risk being hospitalised. Use-by dates are carefully calculated by assessing bacteria on food which could multiply to make them ill. A spokesman for the agency said: “It’s great that consumers are trying to minimise food waste, but there are lots of ways to do that without gambling with your health, such as planning your meals ahead of time, checking what you have in the fridge that is close to its use-by date, and freezing food right up until the use-by dates.”

Sadly, there are around 2.4million cases of food poisoning each year, and 180 deaths.



## CROSSWORD CHALLENGE

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



### Across

- 1 Sense of right and wrong (*1 Corinthians 8:7*)(10)
- 7 Coming (*John 11:17*)(7)
- 8 'All I have is — , and all you have is mine' (*John 17:10*)(5)
- 10 Smarten (*Acts 9:34*)(4)
- 11 Hold back (*Job 9:13*)(8)
- 13 Member of the Society of Friends (6)
- 15 At ague (anag.) (6)
- 17 Citizen of the Greek capital (8)
- 18 So be it (*Galatians 6:18*)(4)
- 21 Twentieth-century poet and dramatist who wrote *Murder in the Cathedral*, T.S. — (5)
- 22 Empowers (*Philippians 3:21*)(7)
- 23 Imposing (*1 Samuel 9:2*)(10)

### Down

- 1 Healed (*Luke 7:21*)(5)
- 2 Central space in a church (4)
- 3 Co-founder of Spring Harvest and General Secretary of the Evangelical Alliance 1983–97, Clive — (6)
- 4 Moses killed one when he saw him beating a Hebrew labourer (*Exodus 2:12*)(8)
- 5 Bravery (*Acts 4:13*)(7)
- 6 It interrupted Paul and Silas singing hymns in a Philippian jail (*Acts 16:26*)(10)
- 9 Transgression (*Psalms 36:1*)(10)
- 12 Irish province in which Dublin is situated (8)
- 14 Same hit (anag.) (7)
- 16 'The Spirit of God was hovering over the — ' (*Genesis 1:2*)(6)
- 19 Author of the immortal stories of Winnie the Pooh, A.A. — (5)
- 20 Cab (4)



April  
Crossword answer

### ROLL OF HONOUR

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

## 100 years of the PCC

It's a hundred years since parish churches gained the power to run their own affairs, separately from what we now regard as local government. The religious affairs of a parish, as well as its secular business had been controlled by a single committee, which met in the church and was known as the 'Vestry'. Then, in 1894, Parish Councils were formed to deal with secular matters; the Vestry continued to oversee church affairs until 1921, when Parochial Church Councils (PCC) were established. People still get confused by the two. Churchwardens have been around since the 13th Century and legally 'own' the movable contents of the church. They are meant to maintain order in the church and churchyard, with the assistance of their staves, if necessary. In the event of serious disorder today, a mobile phone might be a safer instrument, with staves reserved for ceremonial occasions! Churchwardens are now chosen by parishioners, though the Incumbent (i.e. Vicar or Rector) has a limited right of veto. Today, anyone on the Electoral Roll of the church (sorry, this is another confusion, for the secular Electoral Roll is entirely separate) can attend the Annual Parochial Church Meeting, which elects the PCC. The Incumbent is an *ex officio* member, as are other licensed clergy and Churchwardens, members of the Deanery Synod, plus any member of the Diocesan Synod and General Synod who lives in the parish or is on the Roll. The Incumbent chairs the PCC, which elects a Vice-Chair and appoints a Standing Committee to transact business between meetings. The purpose of a PCC, which must meet at least four times a year, is to consult together with the Incumbent "on matters of general concern and importance to the parish", and that includes the "whole mission of the Church". Did you know that changes to the forms of service, or the vesture or the minister, can only happen after consultation? Inevitably, money and building maintenance take up a lot of room on the Agenda, though we all know they are less important than mission. It's a real challenge for every PCC member to pray for non-churchgoing parishioners and to find imaginative ways of introducing them to Christ and His Church. If you've got this far and are a member of your PCC - congratulations - you are a hundred years old this year!

## Fudge Crispys

### Ingredients

750 g fudge  
117g Rice Crispies  
75g Butter



### Method

Chop half the fudge into tiny pieces so that it will melt quick in the source pan.

Melt the butter in the source pan.

When the butter is completely melted add the chopped up fudge start stirring very hard making sure you don't burn the bottom of the pan.

When the lumps are gone and all the fudge is completely melted add the rice crispys, a cup at a time. (round about 3 cups), you can add more if needed.

Put mixture into bake tray or equivalent and spread evenly so that it covers the tray with a bottom of a mixing spoon or pallet knife.

While waiting for the mixture to slightly set chop up the rest of the fudge and melt a further 75grams of butter in a source pan.

When the butter is melted add the fudge and stir until there is no lumps left and once again stir hard so that not to melt the bottom of the pan.

Another recipe from our resident chef Tim Nickson

God commands us to be filled with the Spirit, and if we are not filled it is because we are living beneath our privileges. – *DL Moody*

The Spirit-filled life is not a special, deluxe edition of Christianity. It is part and parcel of the total plan of God for His people. – *AW Tozer*



May  
2021



### Average age of churchgoers

The average age of a pre-Covid churchgoer in 2020 was 50, whereas the average of a person living in England as a whole was 41. So, churchgoers are almost 10 years above the average in age. It doesn't vary hugely by gender – in 2020 male churchgoers were 48 on average and female 51. In Scotland in 2020 folk were slightly older – the average male churchgoer was 53 and women were 55. These are against a population average of 42, so Scottish churchgoers have a larger gap. We don't have the same information about Welsh churchgoers or those in N Ireland, though their average population ages in 2020 were, respectively, 42 and 40 (making the overall UK rate 41). The graph shows that Scottish churchgoers have consistently been older than English churchgoers over the last 40 years. Almost certainly this is partly because England has seen huge numbers of immigrants, asylum seekers, workers, students coming to the country since the 1980s, a number of whom come from Christian countries and presumably would join a local church.

### INFORMATION

#### Vicar

**Revd Karen Brady**

01928 831795

Mobile: 07419820864

**e-mail: [revkarenbrady@gmail.com](mailto:revkarenbrady@gmail.com)**

#### Churchwardens

Colin Keam 01928 576293

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**

**Norah Gamon**

**Also please remember in your prayers anyone that you know who has had or has got Coronavirus.**

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



### How to keep ground coffee fresh

The battle rages: just where IS the best place to store your ground coffee?



Sainsburys, Morrisons, Asda, Marks & Spencer and Ocado are among the supermarkets that advise you keep fresh ground coffee in a fridge or freezer after opening. But

Tesco, Waitrose and Harrods advise that you store ground coffee and beans in a cool, dry place such a kitchen cupboard. Many coffee experts warn that storing your coffee in the fridge is wrong because coffee easily absorbs aroma, moisture and flavours, and can be tainted by fish, meat and cheese. Martin Isark, founder of the Can I Eat It website, laments: "So much coffee is spoilt by poor storage, which makes the coffee producers want to weep..." Paul Rooke of the British Coffee Association adds: "Coffee, like many food and drink products when exposed to air, will deteriorate. Cool and dry are the key words; the ideal storage is in an inert, airtight container stored in a cool place."