

### Practise an 'Attitude of Gratitude'

Despite the immense challenges and terrible events unfolding in our world today, we still have much to be thankful for. These may be things personal to you and those you love, or they may be general things like the recent warm weather, the colourful tree blossom and beautiful spring flowers.

In this bible passage, Paul tells us we need to practice and live out a daily "Attitude of Gratitude".

*"Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus"* 1 Thessalonians 5.16-18

Research has shown that people who practise gratitude are generally happier and more optimistic. They're able to cope more effectively with everyday stresses, they show increased resilience, they often recover more quickly from illness and benefit from greater physical health. There's great wisdom in the old adage to count our blessings – especially when we make it a daily practise.



This picture of painted stones sums it up another way; being thankful makes us joyful – not the other way around. As Christians, we know the cause for our thanks and the source of our joy is God because of the abundance of love and blessings he bestows upon us.

So, during this month of May, look for and give thanks for the positives you see each day.

Endeavour to .... Practise an 'Attitude of Gratitude'.

*With every blessing, Karen*

# MAY CHURCH SERVICES

**Sunday 1st May (3rd Sunday of Easter)**

8.30am Holy Communion  
10.00am Morning Celebration



**Wednesday 4th May**

10.00am Holy Communion

**Sunday 8th May (4th Sunday of Easter)**

8.30am Holy Communion  
10.00am Holy Communion



**Wednesday 11th May**

10.00am Holy Communion

**Sunday 15th May (5th Sunday of Easter)**

8.30am Holy Communion  
10.00am **Service of the Word & APCM**

**Wednesday 18th May**

10.00am Morning Prayer

**Sunday 22nd May (6th Sunday of Easter)**

8.30am Holy Communion  
10.00am Holy Communion



**Thursday 26th May (Ascension Day)**

10.00am Holy Communion

**Sunday 29th May (Sunday after Ascension)**

8.30am Holy Communion  
10.00am Holy Communion

90 years ago, on 9<sup>th</sup> May 1932 London's Piccadilly Circus was lit with electrical lighting for the first time. The road junction later became famous for its neon lighting and video advertising displays.

**The Refugee**

All that I was, I no longer am  
All that I have, I hold in my hand  
My home, my love, my world are all gone  
One among thousands, I shuffle along.

Only last week I knew who I was  
All that has gone, and only because  
Someone in a land a long way away  
Turned life into hell one terrible day.

He started a war, his heart icy cold  
He rained down his hell on the young and the old  
I ran for my life for I had no choice  
And nobody heard the fear in my voice.

Everything's gone, and all that is 'me'  
Summed up in a word - the word 'refugee'.  
I have no control, no say in my fate  
Just one in a crowd, I stand and I wait.

Waiting for what? The future's unclear,  
For armed men have taken all that I held dear  
Along with my hopes, and all I had planned  
All swept away by the tanks in my land.

One thing alone puts a smile on my face  
A far nicer stranger has come to this place;  
A bed for the night? A cup of hot tea?  
And - best of all - someone who sees me as me.

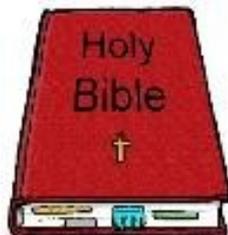
*By Nigel Beeton*



## BIBLE READINGS FOR MAY

**1st May**

Acts 9: 1-6  
John 21: 1-19



**22nd May**

Acts 16: 9-15  
John 5: 1-9

**8th May**

Acts 9: 36-43  
John 10: 22-30

**26th May (Ascension)**

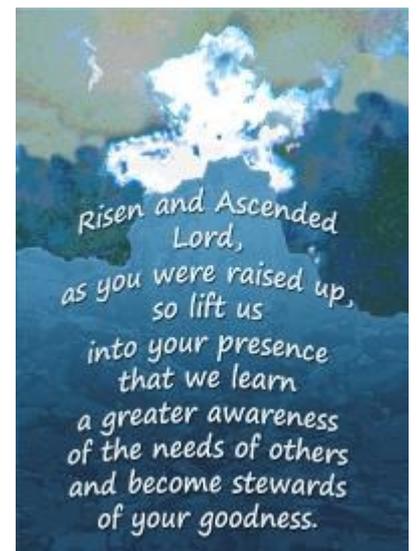
Acts 1: 1-11  
Luke 24: 44-53

**15th May**

Acts 11: 1-18  
John 13: 31-35

**29th May**

Acts 16: 16-34  
John 17: 20-26



# CHURCH SERVICES FOR JUNE

Wednesday 1st June  
10.00am Holy Communion

Sunday 5th June **Pentecost (Whit Sunday)**

8.30am Holy Communion  
10.00am Holy Communion

Wednesday 8th June  
10.00am Holy Communion

Sunday 12th June **(Trinity Sunday)**

8.30am Holy Communion  
10.00am Holy Communion

Wednesday 15th June  
10.00am Holy Communion

Sunday 19th June (1st Sunday after Trinity)

8.30am Holy Communion  
10.00am Holy Communion

Wednesday 22nd June

10.00am Holy Communion

Sunday 26th June (2nd Sunday after Trinity)

8.30am Holy Communion  
10.00am Holy Communion

Wednesday 29th June

10.00am Holy Communion

## THANK YOU

Robbie Littler would like to thank every one who turned up to the Lent Lunches and making it a success. With your help and donations, you raised £160 which is going to the Red Cross & Ukraine. He would also like to thank the helpers and the people who provided soup/ bread.

## Encyclopaedias

Sorting out books for the local fete, a parishioner came across some well-worn and dusty illustrated encyclopaedias, treasured from his childhood. Unwilling to part with them, he put them on a shelf in the garage where his small grandchildren found them and spent many happy hours looking at the pictures. These books, however, caused him great embarrassment the day the minister came to visit. One of his grandchildren suddenly said: "Grandad, can we go look at those dirty books you keep in the garage?"

26<sup>th</sup> May:

Where did Jesus go at the Ascension?

In Salvador Dali's picture of Jesus' ascension all you can see are his feet! As we celebrate the event this month, it prompts the question *'where did Jesus go?'* Peter says Jesus *'has gone into heaven and is at God's right hand'* (1 Peter 3:22). However, the New Testament tells us three things about what Jesus is doing at the Father's side. At Pentecost Peter said that Jesus is *'exalted to the right hand of God, He has received from the Father the promised Holy Spirit and has poured out what you now see and hear...'* *"The Lord said to my Lord: 'Sit at my right hand'"* (Acts 2: 33-4). Peter is affirming Jesus' position of authority and power at the heart of the universe. By pouring out the gift of the Holy Spirit upon us, Jesus gives us a foretaste of the life of heaven ie eternal life, forgiveness, healing, release and God's provision for our lives.

When Stephen, the first Christian martyr, was being stoned to death by the Jewish authorities he points out, *'I see heaven open and the Son of Man standing at the right hand of God.'* (Acts 7:56). Our experience of heaven is only ever partial, as we live with the reality of suffering and setbacks. However, Jesus is still on the throne! We are called to trust him daily. The Bible also tells us that *'Christ Jesus who died...is interceding for us.'* (Romans 8:34, cf Hebrews 7:25). Even when we don't know how to pray, we have the assurance that Jesus is already praying for us! He knows our needs even better than we do ourselves, so when we feel condemned or defeated in our Christian lives, we have somebody on our side! The Ascension reminds us that the risen Jesus lives in the immediate presence of God, and both transcends and embraces our present experience. This truth lies at the heart of the *up* language used to describe the event.

*'Heaven relates to earth tangentially so that the One who is in heaven can be present simultaneously anywhere and everywhere on earth: the ascension therefore means that Jesus is available, accessible, without people having to travel to a particular spot on the earth to find Him.'* (Tom Wright).



## Knit a corgi for the Queen's Platinum Jubilee

Thousands of people across the country are buying in light brown and white wool just now, in order to knit up a corgi in honour of the Queen's Platinum Jubilee. It is a fun way in which anyone with knitting needles can get involved in the coming celebrations. If you google 'knitting patterns for corgis', you will find a wide variety of free patterns on offer. Knitted corgis could help decorate house windows, local shops and churches as the big day approaches. **I wonder if our crafters could knit a couple of corgis.**



### Ascension Day

'When Christ went up to Heaven the Apostles stayed' Gazing at Heaven with souls and wills on fire, Their hearts on flight along the track He made, Winged by desire.

"Earth is one desert waste of banishment, Life is one long-drawn anguish of decay. Where Thou wert wont to go we also went: Why not today?"

Nevertheless a cloud cut off their gaze: They tarry to build up Jerusalem, Watching for Him, while thro' the appointed days He watches them.

They do His Will, and doing it rejoice, Patiently glad to spend and to be spent: Still He speaks to them, still they hear His Voice And are content.

*From a poem by Christina Rossetti*



### Activities at St Michael's Church

#### St Michael's Maintenance Appeal Committee

Tea & Toast in the Meeting Room

Next Tea & Toast is on 7th May, 4th June & 2nd July

@ 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.



### BIRTHDAY CELEBRATIONS

#### May Birthdays

Congratulations to Rosemary Lunt who celebrates her birthday on May 6th, 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 on May 23rd.



### CONGRATULATIONS

to

**Robert & Daphne Withington**  
who are celebrating their  
Wedding Anniversary  
on May 3rd 2022

#### Parking space

Angus was driving down the street worried because he had an important meeting and couldn't find a parking place. So, looking up toward heaven, he said "Lord, take pity on me. If you find me a parking place I will go to church every Sunday for the rest of my life and give up whisky." A moment later, miraculously, a parking place appeared. Angus looked up again and said, "Never mind. I found one."

## VML

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



Another great show from VML. This is taking place at The Brindley on Monday 26th September @ 7.00pm. Tickets: Full price **£15.00**, Concessions: **£12.00**. To book your tickets for this extravaganza go to [www.thebrindley.org.uk](http://www.thebrindley.org.uk).



## Reflected Faith Series: The Meaning of Colours - part 1

In March, April and May this year the coloured frontal of the altar will have been changed many times – as will the colour of the priest's vestments.

**Each colour** – and there can be as many as six in a church's store – has a different meaning. They reflect the significance of that day or the season.

In March purple was used as a symbol of penitence, as we were in Lent and trying to prepare ourselves for Christ's final act of love for each of us.

**Holy Week** – the time of Christ's final journey – was denoted by the colour red. Red, the colour of blood, is used for feasts of martyrs as well as those for the Holy Spirit – when it more likely represents his flames of 'fire' which rested on those in the Upper Room.

**Maundy Thursday**, we switched to white for any Communion service, as this celebrates the remembrance of the first Communion with His apostles which He commanded us to continue.

**Good Friday**, and we were back to red.

Then on **Easter Sunday**, the day of the greatest Christian Celebration, we entered to an altar bedecked in gold or the 'whitest' with the most elaborate decoration the church possesses.

'Plain' White will be used for the Easter Season signifying purity and Christ's triumph over death until **Ascension Day** on 26<sup>th</sup> May. This, being a special and more significant day in the life, death and resurrection of Christ, goes to gold again: then immediately back to white for the next ten days.

On the day of **Pentecost** itself, Whit Sunday, 5<sup>th</sup> June, the colour will be? Yes, you got it, red for flames of fire.

*This month:*

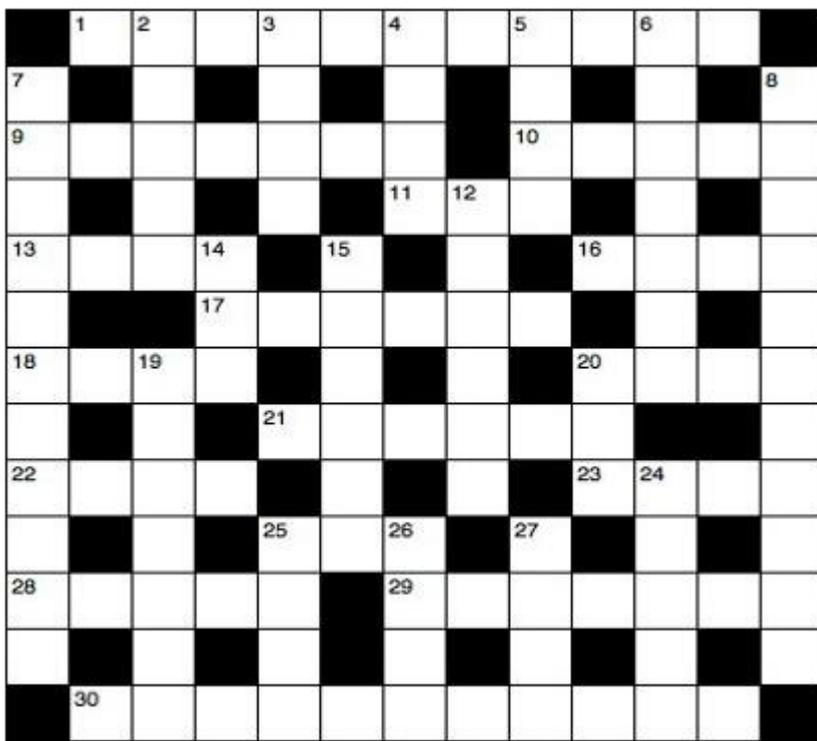
Watch out for the changing colours indicating the special meanings that day has in the life of the church. If you could choose a different colour for a different or even one of the same meanings, what would you choose and why? In June it will all change again, so we'll consider those next month.



## Something to think about if you have a heart or lung problem

What is the quality of the air like in your home? That is the concern of the National Institute for Health and Care Excellence (Nice). It urges that anyone with breathing or cardiovascular conditions who has "repeated or worsening respiratory conditions" should be asked about their housing conditions. Nice warns that exposure to poor indoor air quality may cause or worsen symptoms such as coughs and wheezing.





## 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 Overpowered (Deuteronomy 11:4) (11)  
 9 'The — are mantled with corn' (Psalm 65:13) (7)  
 10 'Each man—a sword to his side'(Exodus32:27)(5)  
 11 On the death of Jesus the curtain in the temple was torn from— to bottom (Matthew 27:51) (3)  
 13 Stagger(Isaiah 28:7)(4)  
 16 'Anyone,then,who knows the good he ought—and doesn't do it, sins' (James 4:17) (2,2)  
 17 Stir up or provoke(Acts13:50)(6)  
 18 Burden(Luke11:46)(4)  
 20 'As far as the east is from the—,so far has he removed our transgressions from us' (Psalm 103:12) (4)  
 21 Sign(Luke23:38)(6)  
 22 'After that,Jesus poured water into a basin and began to—his disciples' feet' (John 13:5) (4)  
 23 The nature of the seven ears of corn which swallowed up the good ears in Pharaoh's dream (Genesis 41:23) (4)  
 25 Has(anag.)(3)  
 28 'This is the account of Shem,Ham and Japheth,—sons' (Genesis 10:1) (5)  
 29 'I will...make them drunk,so that they...sleep for—and— awake' (Jeremiah 51:39) (4,3)  
 30 Paul said of him,'he often refreshes me and is not ashamed of my chains' (2 Timothy 1:16) (11)

### Down

- 2 Worth (Matthew 13:46) (5)  
 3 'A bruised — he will not break' (Matthew 12:20) (4)  
 4 'Suddenly a great company of the heavenly — appeared with the angel' (Luke 2:13) (4)  
 5 Slip (anag.) (4)  
 6 'Take an awl and push it through his — — into the door, and he will become your servant for life' (Deuteronomy 15:17) (3,4)  
 7 Bountiful (2 Corinthians 8:2) (11)  
 8 'Therefore, as we have — , let us do good to all people' (Galatians 6:10) (11)  
 12 Acquire(2Timothy2:10)(6)  
 14 Container cover(Numbers19:15)(3)  
 15 'He...became obedient to death,even death on—!' (Philippians 2:8) (1,5)  
 19 Refrain(1Peter2:11)(7)  
 20 'She began to—his feet with her tears'(Luke7:38)(3)  
 24 One who worships Brahma,Vishnu or Shiva(5)  
 25 'Give to everyone who—you'(Luke6:30)(4)  
 26 'I lift up my eyes to the hills;where does my—come from?' (Psalm 121:1) (4)  
 27 One of those whom the Lord said would be taken from Jerusalem and Judah as judgment on them (Isaiah 3:2) (4)



March  
Crossword answer

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

## The Pain of Ukraine

By William Mather

Ideas for paintings come in all sorts of ways. The awfulness of the Soviet Aggression in Ukraine has been in all our thoughts and prayers. For me, it was that early image of the block of flats hit by a missile causing death, destruction and a gaping hole. With it came a reminder of Jesus on the cross and a gaping hole in His side from the soldier's spear. The two came together in my mind and so a painting idea was born. With it came thoughts of the great Spanish artist Goya and his powerful etchings 'The Disasters of War' in protest over the French invasion and occupation 1810-1820.



The Christian teaching is that Jesus died on the cross for our sin. None of us is blameless, not least the soldier with the spear or the Russians with the missile. But the poignant promise through the pain - even the pain of Ukraine - is that the message of the cross is more powerful than any tyrant. Through it comes peace in the heart that lasts for ever.

## Our addiction to plastic

Take a good look next time you go to the supermarket. What is the thing you see most? Plastic. It is everywhere. Tight around the cucumbers, holding the groups of apples together, protecting the chickens, keeping the sausages in a neat line. The yoghurt pots are all plastic. And on it goes.... Milk, juice, water, pasta, rice, frozen fish.... Almost everything we buy comes with a layer of plastic around it. In the UK we use around 500,000 tonnes of plastic packages a year just for our food, and we generate 7.7 million single-use water bottles. As Professor Steve Fisher of the University of Portsmouth points out: "Half of all plastic becomes waste within a year of being made, and the vast majority isn't recycled. Eleven million metric tonnes of plastic ends up in our oceans ever year, a shocking figure which is estimated to triple to near 29 million metric tonnes by 2040, if nothing is done."



## Make time for your older Relatives

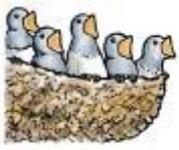
Many of our older people are lonely. They lost touch with their families during the pandemic, and it seems that they have still not caught up again. A recent survey by Age UK found that as many as 27 percent of people aged 60 and over admit that they speak less to their families now, and 24 per cent of older people say they feel less close to their relatives than before the pandemic. The survey also found that millions of older people have lost the confidence to go out, and suffer more from memory loss, disturbed sleep, and anxiety. The charity is urging people to reach out to their older friends and relatives and encourage them. It warns: "The pandemic has had a big impact on everyone and very few of us are emerging from the last two years completely unscathed."

## Time to welcome your slugs and snails

So says the Royal Horticultural Society, as it recently began a campaign to encourage us to see the gastropods in our gardens in a better light. The RHS says that the species play a key role in garden ecosystems, and thus are in need of 'positive PR'. It seems that only nine of the 44 known species in the UK are likely to threaten our gardens, and that all of them play a vital role in recycling dead plant material and animal waste, and acting as a food source for hedgehogs, frogs, birds, beetles and flies. In fact, the RHS's principal entomologist says that we should consider our slugs and snails not as marauding pests bent on eating our flowers and vegetables, but rather as 'garden visitors'. "Our gardens would be duller and messier without them."



"It comes to something when the state of the pound is such that we *hope* to find lots of foreign coins!"



May  
2022

## INFORMATION

### Vicar

Revd Karen Brady  
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Mobile: 07419820864

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

### 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

15 years ago, on 3<sup>rd</sup> May 2007  
three-year-old Madeleine McCann  
went missing while on holiday with her  
parents in Praia da Luz, Portugal.  
Despite long-running investigations  
costing millions of pounds, she has  
never been found. Her disappearance  
is the most-reported missing person  
case in history.



## *Please Pray*



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

**Graham & Nicola Aylett**

Liz Adams

Gerald Cook

**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



**Hazel Harrison**

**Rosalyn Jerram**

**Kelly Fisher**

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



Recently we welcomed four children:

**Elliot Lewis Moore, Nyomie Beatrice Turner (10th April), Sophie Nicole Jones,  
Ella Francis Whitley (24th April),**

Please pray for Elliot, Nyomie, Sophie and Ella 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.



**Nyomie Turner & Elliot Moore**



**Sophie Jones & Ella Whitley**