



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

ISSUE 173

JUNE 2024

Growing Together



In GROWING TOGETHER THIS MONTH:
HUMOUR NEWS

PUZZLE PAGE

SERVICES FOR JUNE
CELEBRATIONS

Vicars Message

Mental Health and Christianity

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus." ~

Philippians 4:6-7



This edition of the Vicars message I want to ask you to think about the subject of mental health (MH). Certainly from a Christian perspective, which for people of faith is a very important topic.

We have just celebrated Mental Health week; therefore I have decided to use this coming Café Church as a springboard into deeper conversations over such a sensitive subject. Indeed, how to address this subject in such a small space is a challenge, however, it should not be a one-off conversation at all. I would like to begin by dispelling some myths about mental health I have heard within Christian circles.

Contrary to what you may have been told having a MH condition does not mean you do not have the Holy Spirit. Neither does it mean you have demonic spirits within you. You cannot just snap out of it. Also, being a Christian doesn't not make you immune to MH conditions at all. All Christians (and non-Christians) are prone to MH problems in life because for one reason...we are human beings.

All people are prone to MH problems at any time in life, Anxiety, personality disorders, Toxic shame, depression and more. Nobody is immune. Though whilst not immune, and obvious we are all prone to these things, it is important to note we must do all we can to address these issue when they happen.

Antidepressants are one of the most widely used forms of medication on the market, and yes to those prescribed, these are essential for daily functioning through life, though for some people there may be additional ways of helping with some MH issues, such as addressing the root cause of the problem, getting outside more, and engaging in support services within the community.

I am your Vicar, and I am sharing with you now my own vulnerability, this being that up until recently I saw a counsellor on a regular basis. The Diocese is very good at helping its clergy become the best possible versions of themselves we can be, which to me meant I made the active decision to tackle head on my own personal issues which were largely rooted in my Emergency Services background. Having walked this journey does not make me any less of a man, or any less of a priest. It is an acknowledgement that I am simply human, and not divine.

Now, what I am about to say is on the understanding I am not a MH practitioner and I acknowledge some people are on the more lifelong MH journey, but I am reaching out to you now if you are reading this and have any form of MH issue that you have been carrying for whatever length of time that has not been addressed. You should be aware, that this is not what G-d wishes for your life and that you are meant to live as much of a life of joy as possible. You must therefore do all that you can to claim this healing for your own. Ways to do this are by reaching out for help by way of your Doctor, by regular counselling and by immersing yourself in prayer and devotion. If I can be a support for you, please do reach out. I have access to a lot of resources whom you can be signposted towards.

Furthermore, My prayer for you all, if you are living with a MH condition of any kind, is that you know that you are deeply loved and that you reclaim the best possible life you can have. That we as a church and as a human race foster a growing culture of compassion towards each other, and an openness to discuss healing and overall better mental health.

Amen

with every blessing,

Rev'd George

JUNE CHURCH SERVICES

Sunday 2nd June (1st Sunday after Trinity)

8.30am Holy Communion
10.30am Café Style Church



Wednesday 5th June

10.00am Holy Communion

Sunday 9th June (2nd Sunday after Trinity)

10.30am Holy Communion

Wednesday 12th June

10.00am Holy Communion



Sunday 16th June (3rd Sunday after Trinity)

10.30am Holy Communion

Wednesday 19th June

10.00am Holy Communion



Sunday 23rd June (4th Sunday after Trinity)

10.30am Holy Communion

Wednesday 26th June

10.00am Holy Communion

Sunday 30th June (5th Sunday after Trinity)

10.30am Holy Communion

Bereavement Café

Do you or anyone you know have a friend or family member who has died? You are warmly invited to our monthly Bereavement Cafe here at St Michaels **Friday 7th June at 12.00noon (Then every first Friday of the Month)**

Come and join others who are on the same journey and talk with professional who are of faith or no faith at all. A safe space with cake and refreshments provided. Our Pastoral team can be contacted via the Vicar on **01928 832734**.

BIBLE READINGS FOR JUNE

Sunday 2nd June

1 Samuel 3: 1-10
Mark 2: 23-3:6

Sunday 9th June

1 Samuel 8: 4-11
Mark 3: 20-end

Sunday 16th June

1 Samuel 15: 34-16:13
Mark 4: 26-34

Sunday 23rd June

1 Samuel 17: 1a, 4-11, 19-23
Mark 4: 35-end

Sunday 30th June

2 Samuel 1: 1,17-27
Mark 5: 21-end



Activities at St Michael's Church St Michael's Maintenance Appeal Committee

Tea & Toast in the Meeting Room
Next Tea & Toast is on 6th July & 3rd August
@ 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



JULY CHURCH SERVICES

Wednesday 3rd July

10.00am Holy Communion

Sunday 7th July (6th Sunday after Trinity)

8.30am Holy Communion
10.30am Café Style Church



Wednesday 10th July

10.00am Holy Communion

Sunday 14th July (7th Sunday after Trinity)

10.30am Holy Communion

Wednesday 17th July

10.00am Holy Communion

Sunday 21st July (8th Sunday after Trinity)

10.30am Holy Communion

Wednesday 24th July

10.00am Holy Communion

Sunday 28th July (9th Sunday after Trinity)

10.30am Holy Communion

Wednesday 31st July

10.00am Holy Communion

We have welcomed the following into the Church Family through Baptism



Recently we welcomed **6 children** Ella Rose Farrell, Miabelle Anne Lawrenson (**5th May**), Oakley Norman Moores, Brody & Blake Blyth (**12th May**) and Alice Emma Highdale (**26th May**) into the Church Family.

Please pray for Ella, Miabelle, Oakley, Brody, Blake and Alice 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.

This is the baptism of Ella Rose Farrell and Miabelle Anne Lawrenson on 5th May



This is the baptism of Oakley Norman Moores and twin boys Brody & Blake Blyth on 12th May



This the baptism of Alice Emma Highdale on 26th May

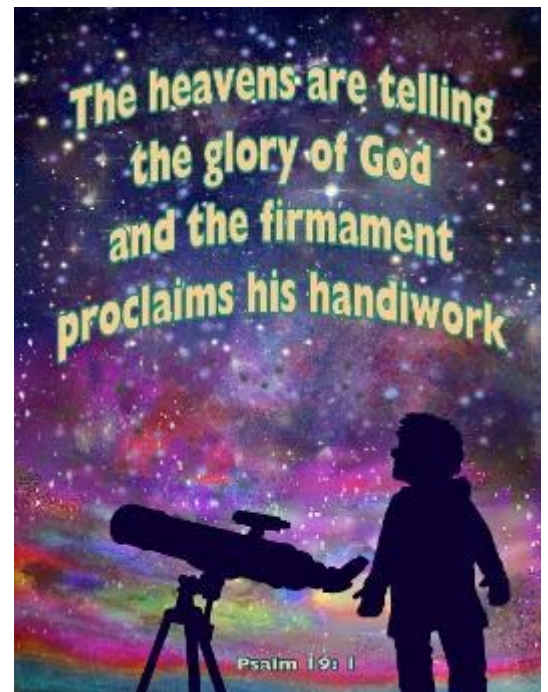
BIRTHDAY CELEBRATIONS



June Birthdays

Congratulations to June Betton who celebrates her birthday on June 12th, to Charlotte

Freeman who celebrates her birthday on 14th June to Bryn Knott who celebrates his birthday on June 22nd and to Olga Gregory who celebrates her birthday on June 27th.



What's the Big Idea? An Introduction to Old Testament books: Ruth

The book of Ruth is a story of God's grace operating in difficult circumstances, during the period of the Judges. It unfolds as a four-act drama, telling the story of how Naomi, her husband and two sons left Judah for Moab, where her sons married. When Naomi's husband and sons died, she returns to Bethlehem in Judah. In the first act, Naomi tells her Moabite daughters-in-law, Orpah and Ruth, to stay in Moab. However, Ruth refuses to leave Naomi and accompanies her to Bethlehem (chapter 1). In the next act Ruth meets Boaz, a relative of Naomi, while gathering barley in his fields (chapter 2). The third act takes place at the threshing floor where Boaz is asleep and Ruth lies at his feet. She expresses her desire to marry him, as her kinsman-redeemer. But Boaz tells her of another prior claim (chapter 3). Finally, at the city gate, the other relative renounces his claim, and Boaz marries Ruth (chapter 4). In Ruth's story we see God's unseen hand directing the lives of the characters to accomplish his purpose e.g. *'Naomi returned from Moab accompanied by Ruth, arriving in Bethlehem as the barley harvest was beginning'* (1:22). He transforms Naomi's sorrow into joy, rewarding Ruth with a place of honour in Israel's history. In Boaz, we see a foreshadowing of the work of Jesus Christ, as he pays the price to secure Ruth's future.

'In its artful telling of this 'outsider' widow, uprooted and obscure, who turns out to be the great-grandmother of David and the ancestor of Jesus, the book of Ruth makes it possible for each of us to understand ourselves, however ordinary, as irreplaceable in the full telling of God's story.' (Eugene Peterson).

CONGRATULATIONS



to
Chris & Sue Challanor
who are celebrating their
Wedding Anniversary
on
6th June

Matt & Claire Roth
who are celebrating
their
Wedding Anniversary
on
8th June

Colin & Angela Keam
who are celebrating
their
Wedding Anniversary
on
11th June

to
George & Barbara Done
who are celebrating
their
Wedding Anniversary
on
18th June

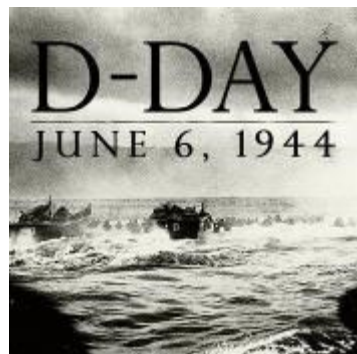


Keep it short

The minister stood up and said: "Good morning, ladies and gentlemen. You'll be glad to know that when I asked my secretary to type this sermon out for me I asked her to eliminate any thing that was dull or confusing. So, in conclusion..."

The D-Day Normandy Landings

Eighty years ago, on 6th June 1944, the D-Day Normandy Landings took place. More than 150,000 Allied troops landed on the beaches of Normandy. The Battle of Normandy ended on 25th August with an Allied victory. The question of what the **D** stood for has never been absolutely determined: some say it just stood for Day; others maintain it was Disembarkation, because it was an amphibious operation. What is sure is that there was a spiritual dimension. General Eisenhower, the commander of Operation Overlord, urged those taking part to "beseech the blessing of Almighty God upon this great and noble undertaking", and President Roosevelt broadcast a prayer to the nation – the United States, that is. Before June 5th the original date for D-Day, before bad weather forced a rethink – a massive and successful series of deceptions were put in place to make the Nazis think the invasion would come elsewhere. The Germans were certainly confused. Hitler, thinking the attack was a feint, refused to send reinforcements, and their strategy was hampered by the absence of their brilliant Commander Erwin Rommel, who was on leave. Nevertheless, the Americans suffered over 2,000 casualties at Omaha Beach, which was the most heavily defended. Altogether it was reckoned that over 4000 Allied troops were killed, but about 156,000 successfully stormed the beaches, and many landed behind the lines, including American paratrooper Private John Steele, who descended on to the pinnacle of the church tower in Sainte-Mère-Église, the first village to be liberated by the U S Army. Lit up by searchlights, he survived by pretending to be dead, was captured and then escaped, joining the invading soldiers. This year handmade silhouettes of almost 1,500 servicemen were transported to Normandy for an art installation, *Standing with Giants*, to mark the anniversary.



Bible Study



St Michaels is starting two Bible Study House groups which will be

exploring '**the Psalms**'.

The bible study groups started on **14th and 16th May at 7.30pm**. The Tuesday group is led by **Revd George Roach** and hosted by Barbara Houghton and the second one on the **Thursday at 10.30am**, led by **Revd Helen Browne**, hosted by Wendy Sefton.

There will be refreshments provided. There are limited spaces, but if you are still interested and you come to church please sign the sheet at the back of Church or see **Revd George Roach or Revd Helen Browne**. If both groups are full, the vicar will look at putting another house group on



Make a joyful noise to the Lord - become a bell-ringer

If you love the sound of church bells, and have at least *some* 'sense of timing', why not consider becoming a bell-ringer? Church bells are incredibly heavy – ranging from six hundredweight to more than 28 hundredweight per bell - but anyone is strong enough to ring them. Ringers range from schoolchildren to teenagers, from the middle-aged to retired people. It's a wonderful pastime for breaking down the generation gap. All you really need is to be fit enough to walk up steps. There are few lifts in church towers, and most ringing chambers are high up! After you reach the ringing chamber, the practice begins. There are a lot of instructions to remember: "Don't look up, look straight ahead", "don't anticipate the sally (reaching for the stripey part of the rope, the sally, too soon)", "get closer to the rope", "flick your wrists away", "one foot a little ahead of the other", "pull down slowly – no, too fast, too fast", "use you elbows". Etc, etc! You don't need strength. Once you've got the bell going, it is just a matter of keeping the rhythm of your pull steady on the rope. There is no strain on the back: you simply stand straight and relaxed. If you have the all-important sense of timing, the rest comes with practice. Some people master the art in as little as four months; others take almost a year. But one day, when you least expect it, you'll find you've 'got it' at last. A bit like learning to ride a bicycle!



If you like to learn the art of bell-ringing, either see Colin Keam in church for further information or come along at 7.45pm on a Tuesday night at All Saints Church, Church Street, Runcorn and make yourself known



...well you cannot fault the efficacy of the new 'Planned Giving' scheme...

Look who this is?

A defibrillator at Foxhill. Having realised that the nearest Community Public Access Defibrillator was over a mile away, Foxhill, sought help from the North West Ambulance Service to source a unit. The Revd. George Roach, Community First Responder and Vicar of St Michael and All Angels, Runcorn (pictured above) states, "Early intervention in a cardiac arrest is key to a patient's survival." Lucy Brewster, Director of Foxhill added, "We're so proud to be in a position to increase the chance of survival should an event occur."



Prayer for June 2024

Dear Lord,

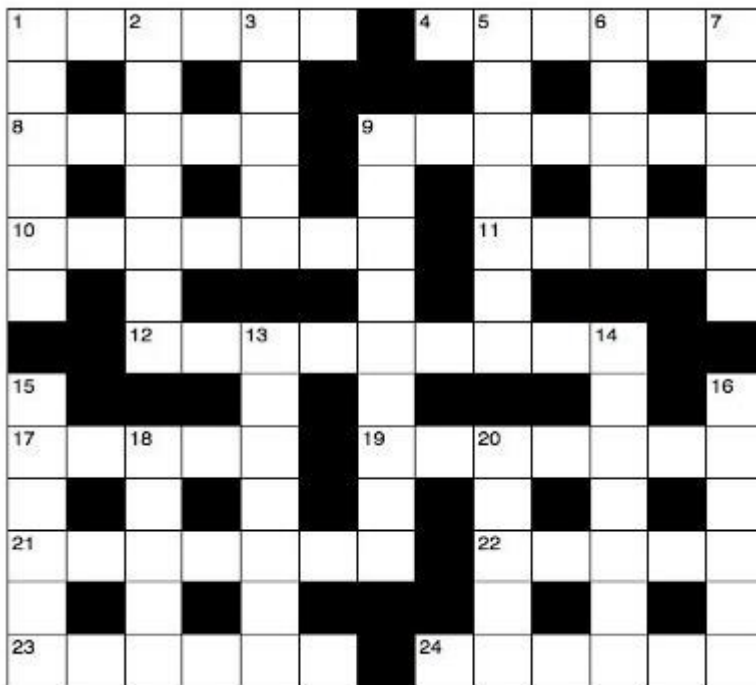
Here we are in June. Halfway through this year already! How the years fly by and often we are so busy, so taken up with everyday concerns that we forget to take time to be still; to consciously be in your presence; to be aware of the wonders of your world. June is such a beautiful month, so we take this moment, Lord – and we thank you for your goodness to us and your provision for us. Especially we thank you for the gift of Jesus who is the only way to you, who is your truth and who offers us eternal life, if we will turn away from our self-centredness and put our trust in Him. For June and Jesus, Lord, we praise you and we glorify you. And we move into the rest of the year in hope and trust.

In Jesus name,

Amen.

By Daphne Kitching





CROSSWORD CHALLENGE

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

Across

- 1 Military tactic used by Joshua to attack and destroy the city of Ai (Joshua 8:2) (6)
- 4 Place of learning (6)
- 8 'When Moses' hands grew — , they took a stone and put it under him and he sat on it' (Exodus 17:12) (5)
- 9 Unpleasant auguries of the end of the age, as forecast by Jesus (Matthew 24:7) (7)
- 10 Stronghold to which girls in King Xerxes' harem (including Esther) were taken (Esther 2:8) (7)
- 11 Where Saul went to consult a medium before fighting the Philistines (1 Samuel 28:7) (5)
- 12 Propitiation (Hebrews 2:17) (9)
- 17 Turn away (Jeremiah 11:15) (5)
- 19 So clear (anag.) (7)
- 21 'I have just got — , so I can't come': one excuse to be absent from the great banquet (Luke 14:20) (7)
- 22 Long weapon with a pointed head used by horsemen (Job 39:23) (5)
- 23 Musical beat (6)
- 24 What the Israelites were told to use to daub blood on their door-frames at the first Passover (Exodus 12:22) (6)

Down

- 1 Fasten (Exodus 28:37) (6)
- 2 Art bite (anag.) (7)
- 3 'The people of the city were divided; some — with the Jews, others with the apostles' (Acts 14:4) (5)
- 5 Contend (Jeremiah 12:5) (7)
- 6 Possessed (Job 1:3) (5)
- 7 Sheen (Lamentations 4:1) (6)
- 9 'You love evil rather than good, — rather than speaking the truth' (Psalm 52:3) (9)
- 13 Large flightless bird (Job 39:13) (7)
- 14 They were worth several hundred pounds each (Matthew 25:15) (7)
- 15 'A — went out to sow his seed' (Matthew 13:3) (6)
- 16 How Jesus described Jairus's daughter when he went into the room where she lay (Mark 5:39) (6)
- 18 The part of the day when the women went to the tomb on the first Easter morning (John 20:1) (5)
- 20 Narrow passageway between buildings (Luke 14:21) (5)



May
Crossword answer

ROLL OF HONOUR

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



June
2024



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

Graham Guest



Olive Gittins Jean Johnson

Irene Barnshaw Daphne Withington

St Michaels APCM 2024

The Annual Parochial Church Meeting was held on **Sunday 19th May** after the service in the Meeting Room. There were around **25 people** in attendance. The first part of the meeting was the Vestry Meeting, this is where we vote in the Churchwardens. Chris Challoner was standing down after 4 years as warden and his hard work has been greatly appreciated, **thank you Chris.**

There were two nominations, Rosemary Lunt and Robbie Littler and they were duly elected for the next 12 months.

The next part was the general part of the APCM where reports from the various groups were given and the Church Accounts and Maintenance Appeal Accounts are presented. There was also elections to the PCC. There was 3 places and 3 nominations, Jeanette Roach, Lyn Holt and Gaynor Dickson and duly elected for the next 3 years

INFORMATION

Revd George Roach
01928 832734

Email: vicar.smaaruncorn@gmail.com
Not on a Friday

Churchwardens

Robbie Littler 07722 470940
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.

Upcoming Shows



At The Brindley from
Wednesday 12th
June to Friday 14th
June @ 7.30pm.
Tickets: **£14.50**



Something different
at Norton Priory
Museum & Gardens
Sunday 21st &
Sunday 28th July



At The Brindley
Monday 30th
September @
7.30pm. Tickets :
£16.50