



ISSUE 142

APRIL 2021

Growing Together

### "The days are getting lighter"....

This expression is often heard at this time of year. After all the struggles and sadness of the past year, I feel it has a much deeper meaning this year. Yes, the clocks have gone forward. Yes, we're back in church again, gathering again in worship and fellowship. Equally, we have a sense of optimism about the gradual lifting of the lockdown restrictions and the freedoms that will bring.

But as Christians, we also remember and celebrate the light, the hope and the joy of Easter. The pain, the darkness and ultimate sacrifice of Jesus' Crucifixion is transformed into the light, the hope and the joy of new life that comes with His glorious Resurrection. Words can never do justice to the scale and significance of Jesus' willing sacrifice - His death on the cross; nor to His victory over death in His Resurrection... all of it done... for all of us.

In the Archbishop of Canterbury's Lent book for this year 'Living His Story', Hannah Steele writes...

*The gospel of Jesus Christ is the most remarkable story we will ever hear. It is a story of redemption, sacrifice and love with the power to transform lives... Easter is a cosmic turning point in human history, when death is defeated and new life is made possible in Christ.*



These words bring a new and wider perspective to the sheer (cosmic) magnitude and impact of the Easter story. During the online services I've really enjoyed the pictures and items sent in by people of where they see God at work during this time of Lent & Easter. There seems to be a recurring theme of light.

We've had beautiful light and colours of a rainbow - a reminder of hope.

A stunning midnight sunset - a reminder that the light of Christ never completely goes out.

And there's the light in this remarkable picture of the causeway crossing to Holy Island off the Northumbrian coast. Millions of stars glimmer and sparkle in the clear night sky and there's a luminous ethereal glow of the northern lights. For me it's a vivid reminder of the sheer scale, majesty and utter beauty of God's created universe; but also, of His divine cosmic power. A power which is laid aside on Good Friday but revealed again in its full glory on Easter Sunday and beyond.

This Easter, as 'the days are getting lighter', I pray you encounter a sort of resurrection of your own. I pray you experience a 'new life' and 'new light' of Christ as we meet friends and family again in church and eventually in our homes.

*Father of all creation,  
in Jesus, your light has broken into our lives.  
Through the Cross and Resurrection,  
your love has been uncovered  
as the heart of the universe.  
Guide us by that Gospel light today.  
Lighten our hearts with your truth today.  
Amen*

*with every blessing,*

*KAREN*

David O'Malley SDB, *Prayers to Start my Day*, Bolton:  
Don Bosco Publications, 2014. Used with permission

In GROWING TOGETHER THIS MONTH:  
HUMOUR PUZZLE PAGE

SERVICES FOR APRIL & MAY  
CELEBRATIONS

# APRIL CHURCH SERVICES

**Friday 2nd April (Good Friday)**  
3.00pm Stations of the Cross



**Sunday 4th April (Easter Day)**  
8.30am Holy Communion  
10.00am Holy Communion

**Wednesday 7th April**  
**NO SERVICE**

**Sunday 11th April (2nd Sunday of Easter)**  
8.30am Holy Communion  
10.00am Holy Communion

**Wednesday 14th April**  
10.00am Holy Communion



**Sunday 18th April (3rd Sunday of Easter)**  
8.30am Holy Communion  
10.00am Holy Communion

**Wednesday 21st April**  
10.00am Holy Communion

**Sunday 25th April (4th Sunday of Easter)**  
8.30am Holy Communion  
10.00am Holy Communion

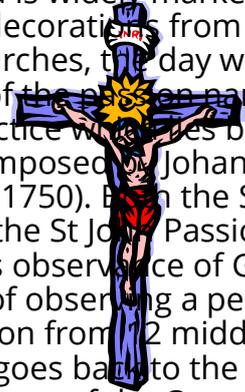


**Wednesday 28th April**  
10.00am Holy Communion



**Good Friday, the day the Son of God died for you**

Good Friday is the day on which Jesus died on the cross. He was crucified at 9 a.m. in the morning, and died six hours later, at 3pm. It is the most solemn day in the Christian year, and is widely marked by the removal of all decorations from churches. In Lutheran churches, the day was marked by the reading of the passion narrative in a gospel, a practice which goes behind the 'passions' composed by Johann Sebastian Bach (1685 - 1750). Both the St Matthew Passion and the St John Passion have their origins in this observance of Good Friday. The custom of observing a period of three hours' devotion from 12 midday to 3 pm on Good Friday goes back to the 18th century. The 'Three Hours of the Cross' often take the form of an extended meditation on the 'Seven Last Words from the Cross', with periods of silence, prayer, or hymn-singing.



## The Way

Come, still your hearts, let troubles go  
For you believe in Me,  
And I am with you, I will show  
The way ahead of thee.

My Father's house has many rooms  
You know my words are so!  
My Spirit and my Word illumines  
The way that you shall go

I am the Way, the Truth, the Life  
Believe and you shall see  
The way through tempest and through strife  
To My eternity.

*By Nigel Beeton*

## BIBLE READINGS FOR APRIL

**2nd April (Good Friday)**  
Acts 10: 34-43  
John 18: 1-19: 42

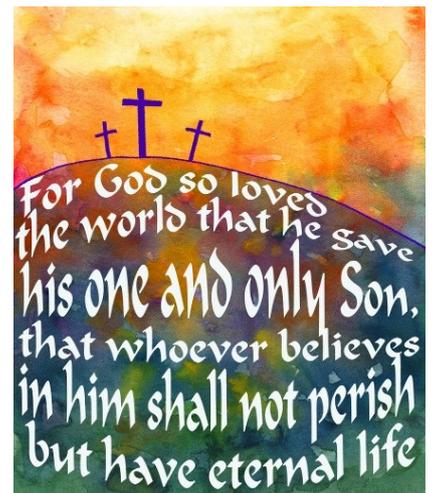
**4th April (Easter Day)**  
1 Corinthians 15: 1-11  
Mark 16: 1-8



**11th April**  
Acts 4: 32-35  
John 20: 19-31

**18th April**  
Acts 3: 12-19  
Luke 24: 36b-48

**25th April**  
Acts 4: 5-12  
John 10: 11-18



# CHURCH SERVICES FOR MAY

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

8.30am Holy Communion  
10.00am Morning Celebration

## 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

ASCENSION



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

8.30am Holy Communion  
10.00am Holy Communion

## 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



### Bishops lead churches' call to take up Covid vaccine

Church of England Bishops have joined an NHS-backed campaign calling on congregations, communities and individuals to play their part in encouraging everyone who is offered a Covid-19 vaccine to take up the opportunity. With concerns over misinformation and significant numbers indicating mistrust, including in some UK BAME communities, the bishops were speaking as part of a recently launched united churches campaign called Give Hope. The Archbishop of York, together with the Bishops of Dover, Durham and Truro added their voices to a video which was launched on Sunday together with members of other churches and groups. It is hoped that faith communities will use their networks to share trustworthy information about vaccines, helping to bust myths and reassure those who have been offered a vaccine of the true levels of associated risk. The Give Hope campaign is being run by YourNeighbour.org, a convening group working with Government, the NHS and faith communities in response to the challenges of ensuring a wide uptake of the vaccine. It encourages communities to

**Have a conversation, Offer information, give Practical support and Engage through communication channels such as social media.**

Resources are available to churches through the YourNeighbour.org website.

### Chocolate food of the Gods!

The botanical name for the cocoa bean is *Theobroma* - which means 'food of the gods.' Millions of us obviously agree - half a million tons of it are consumed in Britain each year alone. Chocolate makes us feel better. The chemicals it contains trigger the release of endorphins similar to those we naturally produce when we fall in love. But nutritionists warn against using chocolate as a pick-me-up, especially in the evening. Chocolate eaten before bedtime can cause blood glucose levels to plummet during the night, which will disrupt your sleep. Chocolate eaten in quantity every day can lead to mood and energy swings, weight gain and poor immunity. If you have mad cravings for it, you could have a problem with blood sugar, or a deficiency in magnesium, copper, zinc or iron. But occasional consumption of cocoa can provide medical benefits. Chocolate containing 60 per cent or more cocoa solids is rich in essential trace elements and nutrients such as iron, calcium and potassium, and many vitamins. Cocoa is also the highest natural source of magnesium. Good as all this may be - most of us enjoy chocolate simply because of its high sugar and caffeine content. Chocolate simply gives you an instant sugar hit,



providing a sudden burst in energy, unfortunately followed by a slump and the desire for another sugar-fix.



## Give your house an M.O.T.

It's Spring, and time to venture outside – to take a really good look at your house. How has it survived the winter? A spokesman for the National Home Improvement Council says: "For most of us, our homes are our biggest single investment. We need to look after them well." There are a number of things to look for:

**Roof space:** Venture up into your loft and check for signs of leaks through tiles or roof linings. Check timbers are sound, dry and free from woodworm.

**Walls:** Are your airbricks clear? Are there any cracks in your brickwork? Check for crumbling bricks, often caused by frost and loose rendering.

**Chimneys and flues:** If you don't fancy climbing up onto your roof, why not beg or borrow a pair of binoculars off someone and check for broken pots, missing pointing and loose chimney seals. Make sure your flues are clear from debris.

**Gutters and pipes:** Make sure that all your gutters and pipes are clear of twigs and leaves. You'll be surprised where last year's fallen leaves have ended up! Also, check for leaks in downpipes, as these can cause damp patches.

**Floors:** Many of us now have timber floors. Check for undue springiness – which can be a sign of rotting or weakened joints. Inspect your skirting boards for rot and woodworm.

**Doors and windows:** Check for rot or corrosion, missing putty and flaking paint. Make sure they open and close properly and are not warped. Check your locks for wear.

**Paths:** Finally, wander around the paths outside your house. Check for loose paving or broken slabs – a potential hazard. If you find problems, lay new paving – soon!

Most of these checks are things that you can carry out yourself. But if in doubt about your roof, your heating or your electricity, it is far better to call in an expert.



## A Prayer before the Cross

*(Thoughts on the Passion of Christ)*

Dear Lord, my sin is mine and mine alone:  
That folly of my humanness which I must own  
As having moved against the best-self  
You, Lord, worked with my heart,  
'til now my worst-self claims the greater part  
Of what I see, and you must judge.

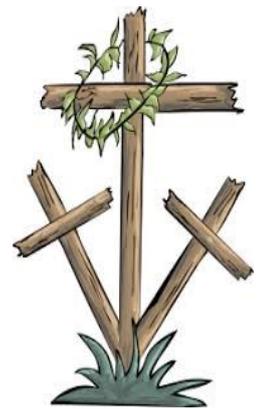
My Lord, it is no more than I deserve  
For I indeed do let old sin hide  
Within the New Man you would forge.  
So, Lord, my sin, in each and every part  
Betrays that loyalty displayed upon the cross  
Before which I, in penitence, now plead.

Dear Lord, forgive my fall from grace  
And as I look into your eyes  
Restore to me the robe of love you gave  
That I may walk, full face, along your way  
Towards our Father's house  
Wherein a joyful welcoming will say –  
'My child, now you are home at last.'

*By Sam Doubtfire*



"It's not quite as bad as it looks – they're only withholding payment until we publish our expenses."



## MPs in heaven

At the pearly gates, St Peter greeted a minister and a member of Parliament and gave them their room keys. "Vicar, here are the keys to one of our nicest single rooms. And for you, Mr MP, the keys to our finest penthouse suite." When the vicar objected, St Peter explained: "Listen, ministers are ten a penny up here, but this is the first MP we've ever seen."

## Maundy Money

The Royal Maundy is an ancient ceremony, inspired by the Bible. On the day before Good Friday, Jesus washed his disciples feet and told them to 'love one another' (John 13). By the 13th century the Royal Family in this country was taking part in a similar ceremony. By washing the feet of the poor and giving food and clothing, they were showing humility and compassion.

When Henry IV became King, he introduced a new tradition, deciding to give the same number of gifts as his age. So for instance, when the monarch was forty, he gave forty of his subjects Maundy Gifts. This ceremony performed by the sovereign became known as Royal Maundy.



The first 'Maundy money' ceremony took place in the reign of Charles II, when the King gave people undated hammered coins in 1662. The coins were four penny, three penny, two penny and one penny. By 1670 the king started to give dated coins. By the nineteenth century the tradition had changed again and now the sovereign simply gave the people only Maundy money. The custom of washing the feet and giving clothes did not survive the 18<sup>th</sup> century.

There was a period beginning in 1699 that the monarch did not attend the service, but sent a palace official. However in 1931 Princess Marie Louise was at Royal Maundy, and afterward suggested that her cousin, King George V should make the distributions the following year, which he did, beginning a new royal custom. Originally the service was held in London and in most years at Westminster Abbey.

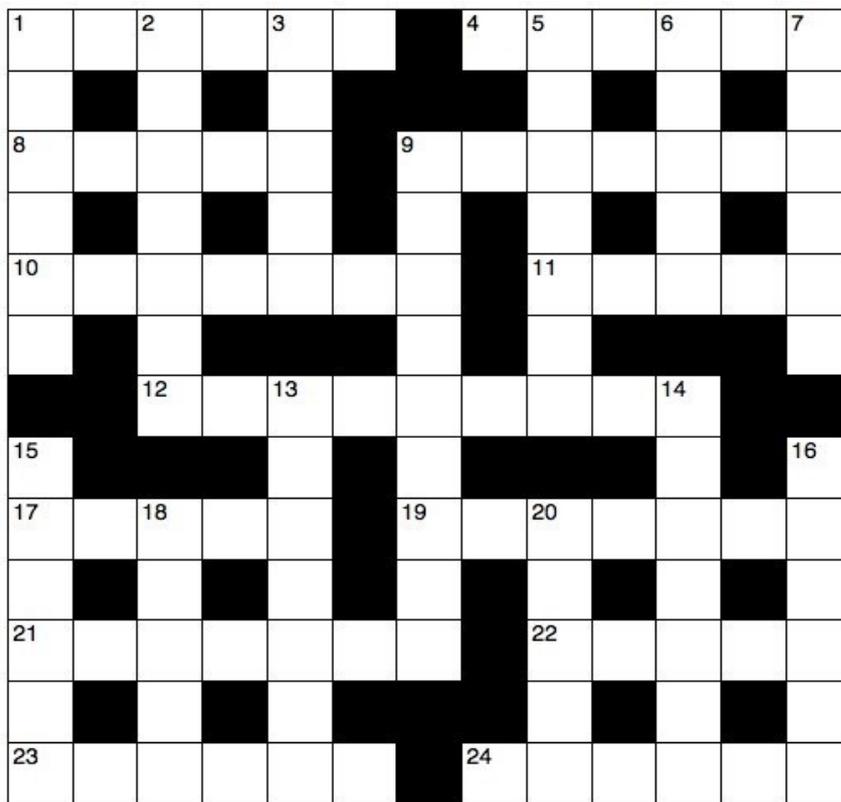
Today, Queen Elizabeth II almost always attends and the service is held in different Churches (usually a Cathedral) every year. Originally recipients were chosen for their poverty and were entitled to remain Maundy recipients for life; today new recipients are chosen every year. They are chosen for their Christian service within their church and in the community on the recommendation of senior clergy of various Christian denominations and generally live in the Diocese where the service is held. The service this year should have been held in Westminster Abbey.

The Maundy Money continues to be struck in denominations of one penny, two pence, three pence and four pence. In the latter half of the 18<sup>th</sup> century that the four Maundy coins were developed as distinct, noncirculating pieces. The obverse design of the coins features the reigning monarch. The reverse side, with a crowned numeral enclosed by a wreath, derives from a design first used during the reign of King William III and Queen Mary II, and which has virtually been unaltered since 1822. The coins are presented in two leather purses, a white one containing coins to the value of the same number of pence as the years of the monarch age, and a red purse containing a £5 and a 50p coin. The coinage in the red purse was introduced to replace the cloth or clothing that was given until 1837. At that time it was realised that some of the recipients were too poor to have the cloth made into garments. All the coinage is made of sterling silver and because of its rarity the coins are highly sought after by dealer and collectors.

'I am really honoured to have been recommended to receive Royal Maundy this year from the Queen in recognition of my ' Exemplary Christian Service rendered to Church and Community'. Her Majesty in her accompanying letter says 'I am delighted to send you the Maundy Gift which I hope you will accept as an expression of my personal thanks to you for all that you have done to enrich the life of your community.' It is a little disappointing that the Service, which I would have attended at Westminster Abbey, has of course been cancelled this year because of Covid19.

During the Maundy Service Her Majesty goes into the congregation to give out the gifts. It is the only occasion when Her Majesty goes to the Recipients to present an Honour, rather than them going to Her. I will miss not being able to attend the Service which is wonderful event which is a Royal Service that is attended by the Chapel Royal Choir and other Chapel Royal dignitaries. The Maundy money I have received is 95p in 1p, 2p, 3p, and 4p pieces in silver specially minted for this occasion in a White Purse and a £5 coin specially minted to commemorate the Queen's 95<sup>th</sup> Birthday and a 50 pence coin to commemorate the 50th anniversary of Decimal Day in 1971 in the Red Purse.'

**Vincent Whitehead**



**CROSSWORD CHALLENGE**

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

**Across**

- 1 Relating to the whole universe (6)
- 4 The disciple who made the remark in 8 Across (John 20:24) (6)
- 8 'Unless I see the nail marks — — hands, I will not believe it' (John 20:25) (2,3)
- 9 He urged King Jehoiakim not to burn the scroll containing Jeremiah's message (Jeremiah 36:25) (7)
- 10 Baptist minister and controversial founder of America's Moral Majority, Jerry — (7)
- 11 'Look, here is — . Why shouldn't I be baptized?' (Acts 8:36) (5)
- 12 Repossessed (Gen 14:16) (9)
- 17 Port from which Paul sailed on his last journey to Rome (Acts 27:3-4) (5)
- 19 'Moses was not aware that his face was — because he had spoken with the Lord' (Ex 34:29) (7)
- 21 Roonwit, C.S. Lewis's half-man, half-horse (7)
- 22 Grill (Luke 24:42) (5)
- 23 'The lot fell to Matthias; so he was added to the — apostles' (Acts 1:26) (6)
- 24 'I was sick and you looked after me, I was in — and you came to visit me' Matthew 25:36) (6)

**Down**

- 1 Coastal rockfaces (Psalm 141:6) (6)
- 2 Academic (1 Corinthians 1:20) (7)
- 3 Publish (Daniel 6:26) (5)
- 5 For example, the Crusades (4,3)
- 6 11 Across is certainly this (5)
- 7 He reps (anag.) (6)
- 9 Liberator (Psalm 18:2) (9)
- 13 Man who asked the question in 11 Across was in charge of all her treasury (Acts 8:27) (7)
- 14 They must be 'worthy of respect, sincere, not indulging in much wine' (1 Timothy 3:8) (7)
- 15 The human mind or soul (6)
- 16 'O Lord, while precious children starve, the tools of war increase; their bread is — ' (Graham Kendrick) (6)
- 18 'We played the flute for you, and you did not — ' (Matthew 11:17) (5)
- 20 Bared (anag.) (5)



March Crossword answer

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

## Cheese And Worcestershire Sauce Scones

### Ingredients

75g Chilled butter in small cube  
½ tsp baking powder  
5tsp. Worcestershire sauce  
2 eggs beaten

350g Self-raising flour  
30g grieved cheese  
150ml milk



### Method

Preheat oven to 220°C or Fan 200°C/Gas 7,  
Grease a large baking sheet. Mix Cheese with Worcestershire Sauce until all the cheese is coated. Put flour and baking powder into a large chilled mixing bowl. Add cubes of butter and rub until it looks like fine breadcrumbs. Add the cheese, then pour 75ml of milk and mix all but 4 tablespoons of the beaten egg into the flour mix.  
Mix together with a palette knife to a soft but not too sticky dough, adding a little more milk if needed to mop up and dry mixture still in the bowl. Turn out the dough onto a lightly floured surface and gather together. Roll out and form a rectangle around 2cm deep. Cut out as many scones as possible and lay on the baking tray, spread apart. Gather the trimmings and repeat. Brush the tops with the reserved egg. Sprinkle a little bit of cheese on top of each scone and sprinkle a little bit of Worcestershire Sauce on as well. Bake for around 10 minutes or until risen and golden brown. Remove and cool on a wire rack

## The first British Prime Minister



Robert Walpole became the first British Prime Minister 300 years ago, on 3<sup>rd</sup> April 1721. It was a title he rejected, but historians agree that he effectively created that office for himself. He was one of the greatest politicians in British history, but he had intended to be a clergyman, until his older brother Edward died in 1698, leaving him responsible for the considerable Walpole estate. His country seat was Houghton Hall in Norfolk, which he used as a base for generous, sometimes extravagant hospitality and built up an impressive art collection, most of which was later sold and now resides in the Hermitage Museum in St Petersburg. Another part of his legacy is 10 Downing Street, which was offered to him personally by George II, but which he accepted as the official residence of the First Lord of the Treasury. He was knighted in 1726 and made Earl of Orford on his resignation in 1742. His skills as an orator and negotiator played a significant role in sustaining the Whig party over a long period, and in ensuring the Hanoverian succession. He rebuilt the tower of the medieval church on his Houghton estate as a memorial to his grandfather.

## In praise of the afternoon nap

A short nap in the afternoon improves your memory and keeps your brain more agile. People who nap tend to speak more fluently, have greater mental agility, and remember things better than those who do not break up their day with sleep. Even a five-minute nap can offer your brain a chance to down-time and replenish itself, so that it is 'good to go' again. If you want longer than five minutes, try to stop at 40 minutes, before you enter the deepest stage of sleep. If you do carry on, sleep for two hours, which is a full sleep-cycle. The study was published in the British Medical Journal.

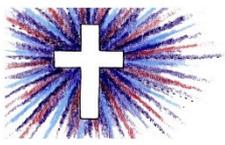
## True story

Several years ago, a notice appeared on the vestry noticeboard of a church in Hampshire, after a Holy Week performance of Stainer's 'Crucifixion'. The choirmaster wrote "The Crucifixion" – well done, everyone!' Later that day, someone had added, 'The Resurrection – well done, God!'

## Tried and trusted recipes

What's cooking tonight? Despite a host of celebrity chefs, it seems that most mothers rely on just nine different recipes to feed their families. Hardly surprising - given the demands of family life, with the need to cater for fussy children and partners who work long hours. In fact, though the average mother owns eight cookery books, she has probably tried only five recipes. So – what's for dinner? Spaghetti Bolognese, a roast dinner, shepherd's or cottage pie, a pasta dish, a meat and two veg, pizzas, casserole or stew, sausages and chips or mash, Indian or curries





April  
2021

## BIRTHDAY CELEBRATIONS



### April Birthdays

Congratulations to Daniel Ratcliffe and Helen Browne who celebrate their birthdays on April 1st, and to Walter Yule who celebrates his birthday on 5th April.

## We are reading more books



More than 200 million print books were sold in the UK last year, according to an estimate from the official book sales monitor Nielsen

BookScan. It was the first time since 2012 that the volume of physical books sold has exceeded 200 million, and it was the biggest volume rise in the books market since 2007, says The Bookseller magazine.

## Shield me

O may God shield me, and may God fill,  
O may God watch me, and may God hold;  
O may God bring me where peace is still,  
To the King's land, eternity's fold.  
Praise to the Father, praise to the Son,  
Praise to the Spirit, the Three in One.

*From The Creed Prayer, poems of the Western Highlanders*

## 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

Stephen Clarke

Carol O'Brien

Barbara Martindale

William Annett



## 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.