

*St Michaels &
All Angels
Church , Parish
of Spearwood
Western
Australia*

Michael's Monthly Message

November 2024

Something for night owls to consider

If you are a night owl, then this is not good news: recent research has found that those of us who prefer a late bedtime also tend to have a higher body mass index (BMI), larger waists and be almost 50 per cent more likely to develop Type 2 diabetes.

Previous studies that found a link between late nights and Type 2 diabetes put the blame on unhealthy habits such as eating junk food. But now scientists in the Netherlands say that it may be the late nights themselves which are the problem.

Lead researcher Dr Jeroen van der Velde, of Leiden University Medical Centre, in the Netherlands, explained: "A likely explanation is that the circadian rhythm or body clock in late chronotypes is out of sync with the work and social schedules followed by society. This can lead to circadian misalignment, which we know can lead to metabolic disturbances and ultimately Type 2 diabetes."

A solution? The scientists suggested that night owls might benefit from either going to bed earlier, or in having their last meal of the day earlier.

On the other hand, the Psalmist made the most of being awake in the night, for he wrote: 'On my bed I remember You; I think of You through the watches of the night.' (Ps 63.6) Also, 'I will praise the Lord, who counsels me; even at night my heart instructs me.' (Ps 16.7)

AUDREY TURNER



St Michael's would like to send our birthday wishes to Audrey Turner, a long time parishioner, who turned 94 years old in October.

Audrey was born in Fremantle and went to school in East Fremantle. In the 1950s Audrey went to Alice Springs in search of adventure. She lived and worked there and met her husband John.

They got married in Fremantle and from about 1960 lived on Jinka Station in Central Australia Northern Territory, about 300 kms northeast of Alice Springs. Jinka Station was a cattle station and in those days there was little there. Audrey's home was a rusty corrugated hut with dirt floors and she cooked on an open fire outdoors. Baths were taken in an iron tub with water heated in a billycan over the open fire.

Life wasn't easy for Audrey and her husband. It was a steep learning curve for her but it was a good life. Her two children were born and brought up at the station and Audrey taught them through a correspondence school.

Audrey always loved nature and her garden.

One of her proudest moments was in 1971 when the family moved to a new homestead with electric lights, hot and cold reticulated water and an indoor stove.

Now Audrey is in a lovely nursing home in Treeby and she is always happy to see members of St Michael's and catch up on all the news over a coffee

FROM REVEREND DEBBIE

Plant Sale

Thank you to everyone who supported our Plant Sale following the Church Service last Sunday. The \$200 collected from the sale of the plants which will go towards paying off our debt to the Diocese. There will be another Sale before Christmas so look for the posters and if you have green fingers please start planting or potting up to donate to the sale.

Sausage Sizzle

St Michaels will be running the Sausage Sizzle at Bunnings Bibra Lake on 9th November. If you are willing to help with covering one of the slots on the roster, please put your name down. We are still short of people to help because several of our regular helpers are away this weekend or have prior commitments, so we would really appreciate some help.

Ladies Morning Tea

Monday 28th October our Ladies morning Tea this month will be at the new cafe called Flip Espresso at 51 Rockingham Road, Hamilton Hill. \$15 per person for a drink and a cake of your choice.

Karaoke Advance Notice

Our Christmas Karaoke this year will be on Friday 6th December.

A limited number of Tickets will be available from next Sunday. Adults \$10 Children Free.

Beer, wine and soft drinks will be available from our bar. Platters may be ordered in advance.

Debt

Thank you to everyone who is donating extra money towards St Michaels debt to the Diocese and for all who are supporting our fabulous Fundraising teams' efforts. We have already managed to pay off \$8500 so far from the \$32000 owing! A significant effort. Keep up the excellent work. Envelopes are available at the rear of church for donations specifically towards the debt.

A key to longer life? Keep calm and carry on

Scientists have long known that mental resilience, or our ability to bounce back in the face of trouble and adversity, has a powerful effect on us for the good. Such resilience has been linked to preventing disease, keeping chronic illnesses at bay, and helping us recover after trauma.

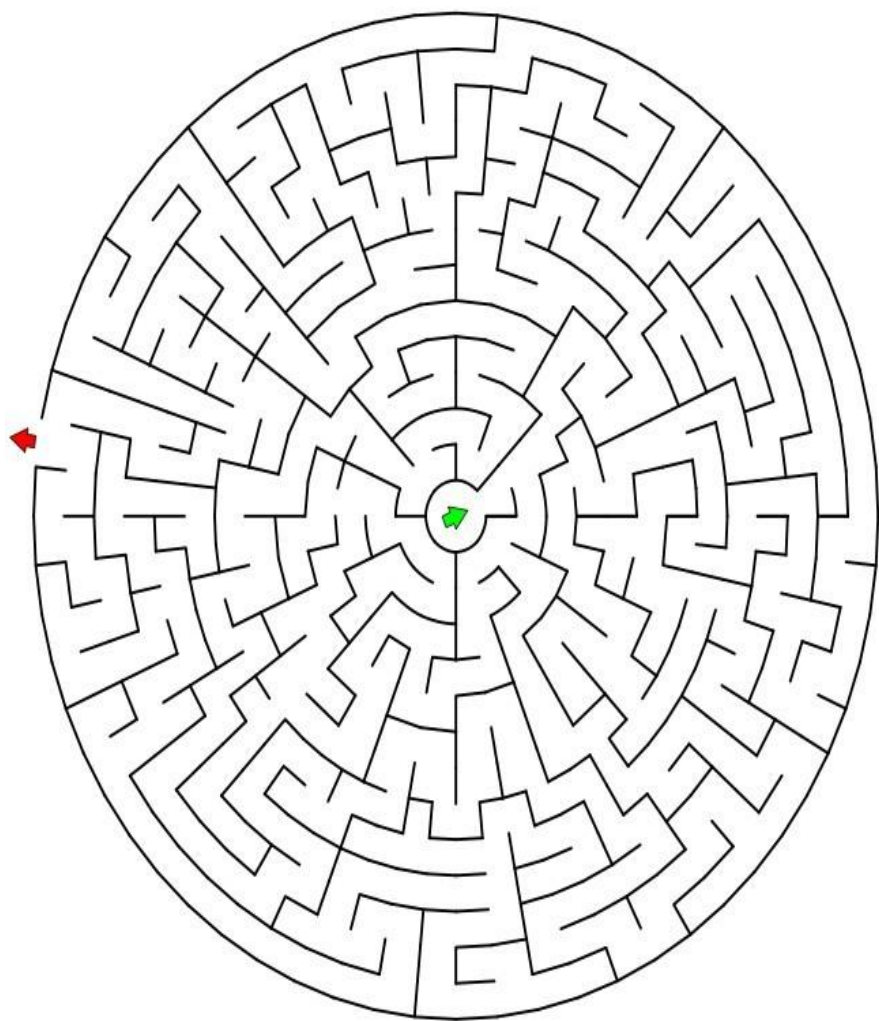
Now it seems that our capacity to cope with and adapt to challenging life events may even delay our risk of dying for a good few years.

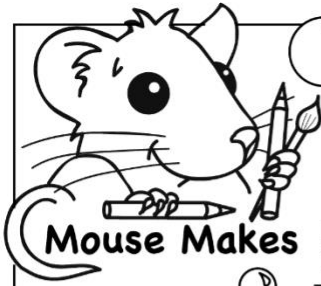
Scientists at the University of Sun Yat-sen, in Shenzhen China, have done extensive research into the health records of more than 10,000 Americans who had signed up for the US Health and Retirement Study. They found that those who scored high on qualities such as perseverance, calmness, a sense of purpose, self-reliance and stoicism had a much lower death rate than others who scored lower.

Writing in the journal *BMJ Mental Health*, the authors said: “Exposure to adversity, such as poverty or significant life events like job loss or bereavement, often leads to disruptions in psychological functioning. However, individuals differ in their ability to overcome and adapt to adversity, with some exhibiting resilience while others struggle.”

The Bible urges us to not try and cope with life on our own. Instead, it reminds us that God is always our refuge, ‘a very present help in trouble’.

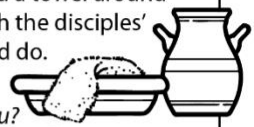
Psalm 55 says: ‘Cast your burden upon the LORD and He will sustain you; He will never allow the righteous to be shaken.’ Now that sounds like resilience - with some heavenly back-up





"DO AS I HAVE DONE FOR YOU."

The disciples had met with Jesus in an upper room to share a meal together, but there were no servants to wash their dusty feet. Jesus got up from the table, took off his outer clothing, wrapped a towel around his waist and began to wash the disciples' feet just like a servant would do.



Then Jesus said:

"Do you understand what I have done for you? Now that I, your Lord and Teacher have washed your feet, you also should wash one another's feet. I have set you an example, that you should do as I have done for you."



READ
the story in
John 13:1-17

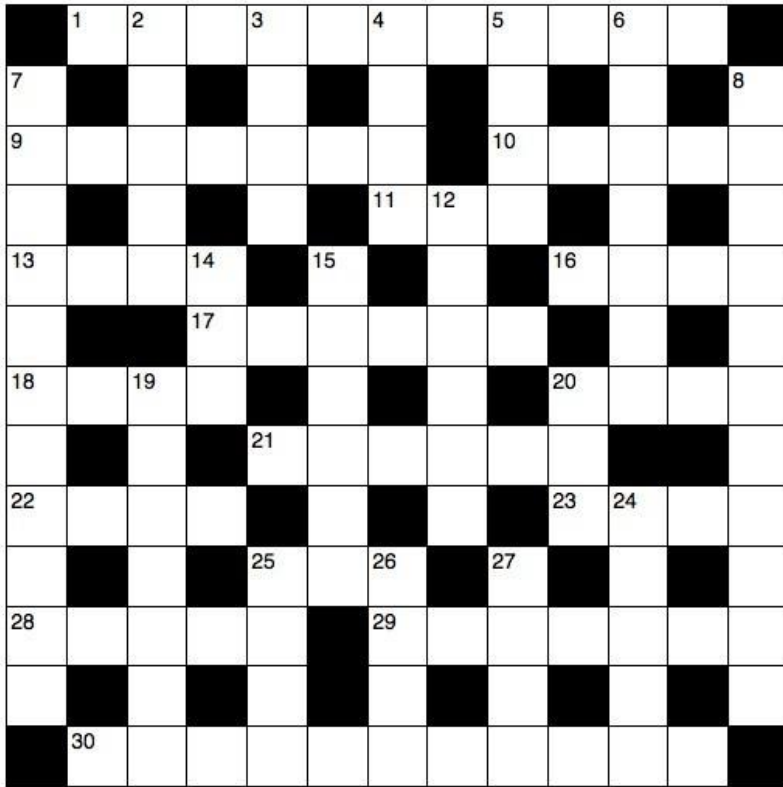
By washing his disciples' feet, Jesus showed that as God's people we are never too important to serve and care for others.

SCLOTHINGS
 NUNDERSTANDT
 GSWIPETEREWR
 WDAUASERVANTAEHM
 AORPSCLEANXOTXOA
 IUMPHIJESUSWEATS
 SFETPASSOVERMHT
 TENRBLESEDLPEE
 KETXTEACHEROOLRR
 BASINSCRIPTURES
 CDANMEALOVEDEW
 CHOSNF
 FEAST

JESUS
 DISCIPLES
 PASSOVER
 FEAST • SUPPER • MEAL

PETER
 SCRIPTURES
 LORD • TEACHER
 SERVANT • MASTER

GARMENTS • CLOTHING • TOWEL • WAIST • WATER • BASIN • WASH • FEET • WIPE
 CLEAN • UNDERSTAND • OTHERS • EXAMPLE • DO • LOVED • CHOSEN • BLESSED



Across

1 In David's battle with the Arameans, 700 of these were killed (2 Samuel 10:18) (11)

9 'No — , impure or greedy person has any inheritance in the kingdom of God' (Ephesians 5:5) (7)

10 City on the banks of the River Nile (5)

11 Stamped addressed envelope (1,1,1)

13 Taverns (4)

16 'Be on your guard; stand — in the faith' (1 Corinthians 16:13) (4)

17 'He will not always — , nor will he harbour his anger for ever' (Psalm 103:9) (6)

18 and 27 Down Where the magi came from and what guided them (Matthew 2:1-2) (4,4)

- 20 Ancient Celtic alphabet of 20 characters (4)
- 21 She married Esau when he was 40 years old (Genesis 26:34) (6)
- 22 A great-grandson of Noah (Genesis 10:7) (4)
- 23 Title accorded to certain Roman Catholic clerics (abbrev.) (4)
- 25 'My house will be a house of prayer; but you have made it a — of robbers' (Luke 19:46) (3)
- 28 Annie (anag.) (5)
- 29 Plead with (Zechariah 7:2) (7)
- 30 Tenth foundation of the new Jerusalem (Revelation 21:20) (11)

Down

- 2 'We have a building from God, an eternal house in heaven, not built by — hands' (2 Corinthians 5:1) (5)
- 3 Uncommon excellence (Proverbs 20:15) (4)
- 4 'You have exalted my horn like that of a wild ox; fine — have been poured upon me' (Psalm 92:10) (4)
- 5 — Homo ('Behold the Man') (4)
- 6 'He has given proof of this to all men by — him from the dead' (Acts 17:31) (7)
- 7 'Our — is in heaven' (Philippians 3:20) (11)
- 8 'This is a day you are to — ' (Exodus 12:14) (11)
- 12 Assault (Psalm 17:9) (6)
- 14 'Jesus found a young donkey and — upon it' (John 12:14) (3)
- 15 Liverpool dialect (6)
- 19 'Remember the — day by keeping it holy' (Exodus 20:8) (7)
- 20 Nineteenth-century German physicist after whom the unit of electrical resistance is named (3)
- 24 Nazirites were not allowed to eat this part of a grape (Numbers 6:4) (5)
- 25 'If anyone would come after me, he must — himself and take up his cross and follow me' (Mark 8:34) (4)
- 26 Evil Roman emperor from AD54 to 68, responsible for condemning hundreds of Christians to cruel deaths (4)
- 27 See 18 Across

s	c	o	l	l	e	c	t	o	r	s	v	t
i	e	d	i	s	c	i	p	l	e	s	r	e
c	x	e	i	n	v	a	d	e	r	s	e	a
k	i	n	d	n	e	s	s	s	u	e	a	c
h	e	l	p	g	v	i	d	y	l	y	d	h
o	a	l	z	h	r	n	j	i	e	p	i	e
s	t	a	x	a	e	u	l	y	s	e	n	r
e	i	l	h	i	d	a	m	z	l	o	g	j
a	n	p	r	f	g	o	l	b	v	p	t	e
w	g	f	u	o	e	y	c	t	l	l	m	s
e	e	u	h	t	m	a	t	t	h	e	w	u
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y	e	k	v	h	h	b	n	t	f	r	m	w

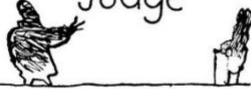
Matthew	feast	rules
sick	healthy	Hosea
invaders	friends	office
doctor	Galilee	help
people	eating	teacher
Pharisees	reading	Jesus
kindness	grumbled	Roman
collectors	disciples	tax

Crossword Answers

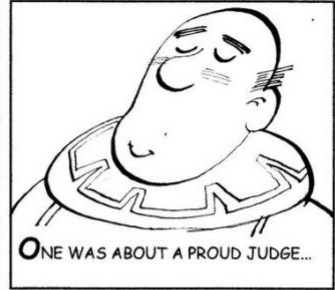
ACROSS: 1, Charioteers. 9, Immoral. 10, Cairo. 11, SAE. 13, Inns. 16, Firm. 17, Accuse. 18, East. 20, Ogam. 21, Judith. 22, Seba. 23, Msgr. 25, Den. 28, Inane. 29, Entreat. 30, Chrysopraxe.

DOWN: 2, Human. 3, Rare. 4, Oils. 5, Ecce. 6, Raising. 7, Citizenship. 8, Commemorate. 12, Assail. 14, Sat. 15, Scouse. 19, Sabbath. 20, Ohm. 24, Seeds. 25, Deny. 26, Nero. 27, Star.

The
Tale of the
**The Widow
and the
Judge**



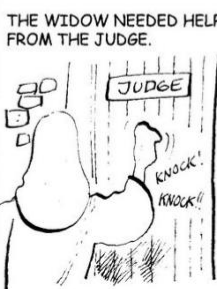
JESUS OFTEN TOLD
STORIES WITH
HIDDEN MEANINGS



ONE WAS ABOUT A PROUD JUDGE...



...AND A POOR WIDOW



THE WIDOW NEEDED HELP
FROM THE JUDGE.

JUDGE

KNOCK!
KNOCK!!



BUT HE WAS FAR TOO PROUD
AND BUSY TO LISTEN



BUT THE WIDOW
WOULD NOT GIVE UP

BANG!
BANG!!
KNOCK!
KNOCK!



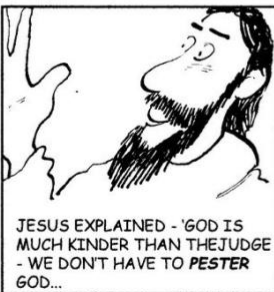
PLEASE COME AND SORT OUT
MY LEGAL PROBLEMS



AT LAST THE JUDGE
GAVE IN - AND WENT
TO HELP THE WOMAN



I'M ONLY DOING THIS BECAUSE
YOU KEPT PESTERING ME!



JESUS EXPLAINED - 'GOD IS
MUCH KINDER THAN THE JUDGE
- WE DON'T HAVE TO PESTER
GOD...



...HE HEARS OUR PRAYERS
WITHOUT OUR NAGGING HIM!.

Bible Bite

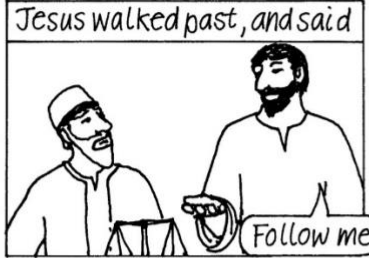
A short story from the Bible

It can be read in the Bible in
Mt 9:9-13, Mk 2:13-15, Lk 5:27-32

The Roman invaders had given the job of collecting their taxes to local Jews who also overcharged, so they were doubly hated.

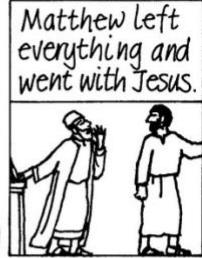


Matthew had his tax office by Lake Galilee.



Jesus walked past, and said

Follow me



Matthew left everything and went with Jesus.



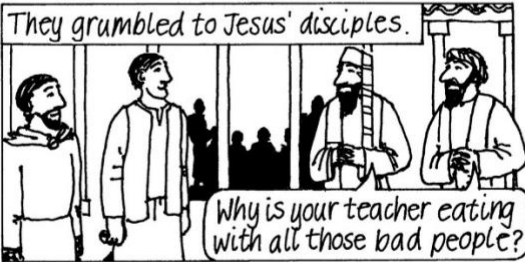
Matthew held a big feast and invited his friends so they could meet Jesus.



They were other tax collectors and bad people

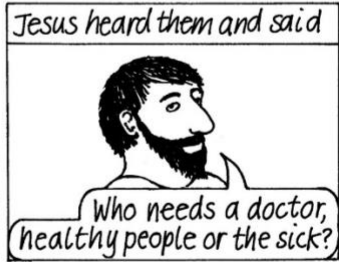


The Pharisees saw Jesus eating with them.



They grumbled to Jesus' disciples.

Why is your teacher eating with all those bad people?



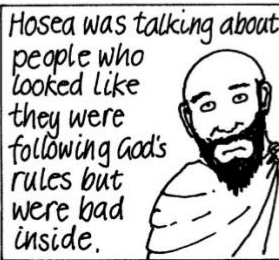
Jesus heard them and said

Who needs a doctor, healthy people or the sick?



Try reading 'keeping rules doesn't make up for not having kindness.' *

*Hosea 6:6



Hosea was talking about people who looked like they were following God's rules but were bad inside.



I have come for the people who need my help.

Quotes

- The line is often busy when your conscience tries to speak.- *Anon*
- The two great movers of the human mind are the desire of good, and the fear of evil. - *Samuel Johnson*
- Forgiveness is a funny thing – it warms the heart and cools the sting. - *William A Ward*
- Many of us who profess to be Christians are so busy with the mechanics of our religion that we have no time left for the spiritual part of it. - *W B Martin*
- Constant kindness can accomplish much. As the sun makes ice melt, kindness causes misunderstanding, mistrust and hostility to evaporate. - *Albert Schweitzer*
- Man sees your actions, but God your motives. - *Thomas a Kempis*
- Good sermons need not be long, and bad ones ought not to be. - *CH Spurgeon*
- When love is felt, the message is heard. - *Jim Vaus*
- Let your religion be less of a theory and more of a love affair. - *GK Chesterton*
- When a train goes through a tunnel and it gets dark, you don't throw away your ticket and jump off. You sit still and trust the engineer. - *Corrie ten Boom*
- Without God the world would be a maze without a clue. - *Anon*
- He who waits to do a great deal of good at once, will never do anything. - *Samuel Johnson*
- Some people are born great, some achieve greatness, and some just grate. - *Anon*
- Experience is what you get when you are looking for something else. - *Anon*
- It isn't easy for an idea to squeeze into a head filled with prejudices. - *Anon*
- Men of few words are the best men. - *Shakespeare*
- If you want enemies, excel others; if friends, let others excel you. - *Colton*
- The longer we dwell on our misfortunes, the greater is their power to harm us. - *Anon*
- *From parishpump*

Jokes

Died in the services

Little Alex was staring up at the large brass plaque that hung on the side wall of the church. The plaque was covered with names, and seemed to fascinate the seven-year-old. "All those names," he said to the minister. "Who are they?"

"Well, they were people who used to go to this church," explained the minister. "This is a memorial to all the young men and women who died in the services."

Soberly, they stood together, staring at the large plaque. Little Alex's voice was barely audible when he finally asked, "Which service, the 9 o'clock, or the 11 o'clock?"

Say that again?

A woman telephoned her Bank and spoke to the official who looked after her holdings. "I want to make some changes," she said.

The official needed more details. "Are you interested in Conversion or Redemption?" he asked.

"Good heavens", came the reply. "I must have got the wrong number. I wanted the Bank of England, not the Church of England."

What bishops do

We were celebrating the 100th anniversary of our church, and several former pastors and the bishop were in attendance. At one point, our minister had the children gather at the altar for a talk about the importance of the day. He began by asking, "Does anyone know what the bishop does?"

There was silence. Finally, one little boy ventured: "He's the one you can move diagonally."

When children tell Bible stories (*real-life efforts that didn't quite make it...*)

- St John, the blacksmith, dumped water on Jesus' head.
- Jesus enunciated the Golden Rule, which says to do one to others before they do one to you.
- Jesus ruled that "a man doth not live by sweat alone."
- It was a miracle when Jesus rose from the dead and managed to get the tombstone off the entrance.
- The people who followed the Lord were called the 12 decibels.
- One of the opossums was St Matthew who was also a taximan.

As for those signs found outside churches:

- Church car park sign...This is for MEMBERS ONLY. Trespassers will be baptised!!
- No God - No Peace. Know God - Know Peace.
- Free Trip to heaven. Details Inside!
- Searching for a new look? Have your faith lifted here!
- Outside one church is a picture of two hands holding stone tablets on which the Ten Commandments are inscribed. A headline reads: 'For fast relief, take two tablets.'
- When the restaurant next to a church put out a big sign with red letters that said, 'Open Sundays', the church reciprocated with its own message: 'We are open on Sundays, too.'
- A singing group called 'The Resurrection' was scheduled to sing at a church. When a big snowstorm postponed the performance, the minister fixed the outside sign to read, Resurrection is postponed - due to snow.'
- Come in and pray today. Beat the Christmas rush!
- Weight Watchers will meet at 7pm next Wednesday in the church lounge. Please use large double door at the side entrance.
- Thursday at 10am there will be a meeting of the Little Mothers Club. All those wishing to become little Mothers are welcome to meet our new minister in the vicarage....

Children's Kitchen Terms

- **BOIL:** The point a parent reaches upon hearing the automatic "Yuck" before a food is even tasted.
- **CASSEROLE:** Combination of favourite foods that go uneaten because they are mixed together.
- **DESSERT:** The reason for eating a meal.
- **EVAPORATE:** Magic trick performed by children when it comes time to clear the table or wash dishes.
- **FRUIT:** A natural sweet that is good for you; not to be confused with dessert.
- **REFRIGERATOR:** A very expensive and inefficient room air conditioner when not being used as an art gallery.
- **SODA POP:** Shake 'N Spray.
- **TABLE LEG:** Percussion instrument.

And finally...

- An atheist has no invisible means of support.

- The way Bernard Shaw believed in himself was so very refreshing in these atheistic days when so many people believe in no God at all. (*I Zangwill*)
- Have you heard about the agnostic dyslexic insomniac who lay awake at night wondering; "Is there a Dog?"
- People are like tea bags - you have to put them in hot water before you know how strong they are.
- A sexton is a man who minds his keys and pews.
- Dear Paddy, The Vicar here thinks very highly of your father. He's given him a job so important that he has five hundred men under him. He's cutting grass in the churchyard.
- I'm not C of E, I'm from the Methylated church.

Tractors

A little girl was watching her daddy repair his tractor. She asked her mother, "What happens to old tractors when they finally stop working?"

Sighing, her mother answered: "Someone sells them to your father, dear."

Cabinet

My granddad always said, "When one door closes, another door opens."

Lovely man. Terrible cabinet maker.

Rosters

	Welcome	Reading	Prayer	LPM/LA	Morning Tea	Flowers
3rd Nov		Zoe	Sara Davis	Philip	Penny	Colleen
10th Nov		Diana	Tony Jones	Colleen	Dena	Tongan Church
17th Nov		Kayla	Dena	Sara Dryden	Maxine	Tongan Church
24th Nov		Tony Jones	Sara Davis	Philip	Lisa	Taryn
1st Dec		Eugine	Philip	Maxine	Penny	Taryn

Church Information

***For all church enquires contact Rev. Debbie May 0473 368 268
Church Wardens; Maxine Smith 0417-992-798
and Sara Dryden 0467 861 700....***

***Meetings; Holy Communion Sundays, 10.30 am
Morning Prayer; Tuesdays 10 am, Coffee & Chat, Thursdays 10 am
Bible study – every other Wednesday at 7.30pm (See Wayne)***

***Church Address; 15 Mell Rd, Spearwood, 6163
Donations may be made to; BSB 706-001, Account No. 30003095
Or via our web site at www.spearwoodchurch.org***

***To contribute articles and ideas for this newsletter, please contact
Phil Spurling or email to MMMEditor@outlook.com***