

Newsletter of St Laurence Parish Church, Frodsham
Week commencing March 8th Third Sunday of Lent Year A

“To know God and to make God known”

Vicar: Rev Elaine Attack – revelaine@nym.hush.com

Website: <https://slfchurch.org/> Facebook: www.facebook.com/saintells/

This Week

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|--|-------------------------|--|------------------------------|
| March 8 th Lent 3 | 08.00 10.00 | Holy Communion - said service Holy Communion - with music | Romans 5.1-11 John 4.5-42 |
| Monday - Friday | 10.00-15.00 | Church open | |
| Monday | 10.40 14.00 | Funeral Frodsham C of E School | |
| Tuesday | 19.00 | Holy Communion - said service | |
| Wednesday | 10.00 14.00 | Toddler Praise First MU of 2026 in the Lady Chapel | |
| Thursday | 9.15 10.00-12 noon | Frodsham CofE School Lenten Service Bee Friends Coffee Morning in the Parish Hall | |
| Friday | 13.00-15.00 | Craft and Chat in the Lady Chapel | |
| Saturday | 10.00 10.45 | Events committee meeting Making posies for Mothering Sunday | |
| March 15 th Lent 4/ Mothering Sunday | 08.00 10.00 16.00 | Holy Communion - said service Holy Communion - with music Still Point – a quiet, reflective service – see notices for more info. | |
| Monday March 16 th | 11.30am | Funeral followed by Cremation at Walton Lea | |

Prayers

Our prayers for those who are sick If you know of anyone whom you feel needs our prayers – please ask permission from them or their family and then pass their name to Rev Elaine: revelaine@nym.hush.com

Please pray for –

Those who are sick

Those who have died

Those whose anniversary of death falls this week:

Prayer Wall - You can write a prayer and light a virtual candle on our website. <https://slfchurch.org/prayerwall>

Please pass your requests to Rev Elaine at the Vicarage if you haven't got internet access.

Dates for your Diary

Children: Messy Church Monthly during term time only [Read more here](#)
Toddler Praise Every Wednesday during term time only [Read more](#)

MOTHERING SUNDAY POSY MAKING If you would like to help make the posies for Mothering Sunday, please come along to church at 10.45 on Saturday March 14th. Tea, coffee and biscuits will be provided for the band of merry helpers.

Notices

CHURCHES TOGETHER IN FRODSHAM – LENT COURSE Frodsham Churches Together invites all to sessions and discussions on various themes of **Justice** in a variety of ways relevant to the 21st century. Our guest speakers include Revd. David Copley (Session 1 at Methodist Church on Tuesday 17th Feb at 7.30 pm) Revd. Dr. David Leslie; Revd. Dr. Tim Mcquibban, Ecumenical Officer for Cheshire and others.

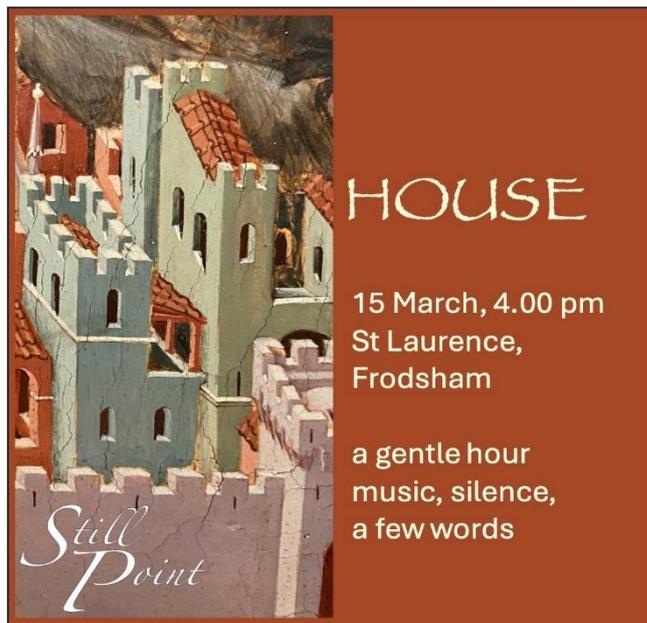
There are extended discussions the following Tuesday in Main Street on Tuesday afternoons. Please see details below.

Please do invite others and come and be part of a wide and relevant discussion for today.

Lent Course Details

February 17th 7.30pm - Revd. David Copley (FMC)
February 24th 2.00pm - Deeper discussion (MS)
February 24th 7.30pm - Revd. Dr. David Leslie (FMC)
March 3rd 2.00pm - Deeper discussion (MS)
March 3rd 7.30pm – Revd. Dr. Tim Macquiban (FMC)
March 10th 2.00pm - Deeper discussion (MS)
March 10th 7.30pm – Paul Wintle (FMC)
March 17th 2.00pm – Deeper (MS)
March 17th 7.30pm – Patricia Barnard & Ruth Basden (FMC)
March 24th 2.00pm - Deeper discussion (MS)
March 24th 7.00pm – Holy Communion followed by Revd. Gordon Gresswell (St L)

KEY: FMC – Frodsham Methodist Church
MS – Main Street Community Church
St. L – St Laurence Church



FROM TONY MCNALLY A lady is interested in having a regular Welsh Conversation group. I think that it will probably be for mixed abilities and would be good for those who want to improve their spoken Welsh. Frodsham Library are taking names of people who would be interested and several people have already shown an interest. The group will take place in

Frodsham Library and if anyone is interested then they should contact Frodsham Library on 01244 977345.

FOODBANK Food drop-off – supermarket drop off points; in church; distribution centre on Ship Street (Fridays 1-3pm). The foodbank is currently short of **Longlife Fruit Juice, Tinned Tomatoes, Tinned Fruit, Packets of Mashed Potato, Womens Deodorant, Bars of Soap**. How to give or get help go to: <https://runcomrdistrict.foodbank.org.uk>

DONATIONS TO CHURCH If you would like to contribute to St Laurence, our Bank Account details are as follows: St Laurence Frodsham Parochial Church Council Sort Code: 09-01-55 Acc. No: 42559803. Alternatively, you can donate here: <https://givealittle.co/campaigns/371c0c8f-ea13-4763-9688-e0de77dd8475> or scan the code. Thank you.



*Our safeguarding officer can be contacted on the dedicated phone line 07862 321 560
Please use it only for safeguarding issues, not for general enquiries. Thank you*

The Alternative Collect for the Third Sunday of Lent

Eternal God,
give us insight to discern your will for us,
to give up what harms us,
and to seek the perfection we are promised
in Jesus Christ our Lord. Amen



Contributions to the newsletter should be emailed to saintells@gmail.com by 7pm on Wednesday. Thank you.

General articles will appear once a month in the last newsletter of each month.

If you wish to be unsubscribed from this newsletter, please email saintells@gmail.com with 'Unsubscribe' in the heading.

FROM KINGSLEY, NORLEY AND CROWTON PARISH

Lenten sessions 2026

What really matters in the end?

In a framework of prayer and trust, from 1.30 p.m. on each of the Wednesday afternoons detailed below, at the NCK Centre next to St John's in Norley, we will hear from an expert in their field. Everyone attending will receive a booklet with helpful reference points and space for personal notes. After the talk, we will use a selection of topic cards to stimulate further discussion, over refreshments, for around an hour. Each afternoon will close with prayer, finishing by 3.30 p.m. The sessions are 'stand-alone': you are welcome to attend as many or as few as you wish, and if you need to leave early that's fine.

Programme

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|----------|---------------------|--|--|
| 25 Feb | Life | Wills, Power of Attorney, etc. | Bik-ki Wong, Partner and Head of Wills, Trusts and Probate, Myerson (Top 200 law firm) |
| 4 March | Dying well | Advance care planning | Jenny Pembleton, specialist in Dementia and End of Life Care |
| 11 March | Funerals | Funeral planning | Victoria Nagle-Pickering, Nagle Bros Funeral Services |
| 18 March | Helping others cope | Memorials, music, poems, scripture and more | Revd Jan Ainsworth and Andrew Wightman |
| 25 March | Grief and loss | Grieving and mourning, concluding with a short healing service | Revd Heather Carty, Chaplain, St Luke's Hospice |

Climate ACTION Frodsham Take practical, positive action in 2026 – for your health and for the future of the Earth!

Act Globally, Cook Locally
www.un.org/en/actnow/food



“Climate Action Frodsham” invites you to cook for the planet:

“Plant-based Cooking made Simple”

Date: Saturday 21st March 2026

Times: 10.00 am start, finishing about 12.30 pm.

Cost: £12 per person. We ask for a £6 non-returnable deposit.

Venue: Main Street Community Church, Frodsham, WA6 7DF (by kind permission)

Booking – for more details and to book a place

please email Ruth using info@climateactionfrodsham.com

Or phone: 01928 733930

Numbers are limited – early booking advised

The sessions are run by “Fresh Beginnings” (a local CIC)
<https://www.fresh-beginnings.co.uk/community-cooking-classes/>

These sessions are subsidised in the hope that more people may learn about plant-based cooking to reduce their impact on the planet and for their own good health.