

Newsletter of St Laurence Parish Church, Frodsham
Week commencing February 22nd First Sunday of Lent Year A

“To know God and to make God known”

Vicar: Rev Elaine Atack – 01928 733378 - revelaine@nym.hush.com

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

This Week

February 22 nd Lent 1	08.00 10.00 12.30	Holy Communion - said service Holy Communion - with music Baptism	Genesis 2. 15-17, 3. 1-7 Matthew 4. 1-11
Monday - Friday	10.00-15.00	Church open	
Monday	10.30 16.00	Messy Church Team meeting - Vicarage Finance Sub-Group meeting - Vicarage	
Tuesday	13.00 16.00 19.00	Funeral Feoffees Meeting Holy Communion - said service	
Wednesday	10.00	Toddler Praise	
Thursday	10.00-12 noon	Bee Friends Coffee Morning in the Parish Hall	
Friday	13.00-15.00	Craft and Chat in the Lady Chapel	
March 1 st Lent 2 St David's Day	08.00 10.00 15.00	Holy Communion - said service Holy Communion - with music Messy Church	

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](#)

WORLD DAY OF PRAYER - formerly the Women's World Day of Prayer. This years' service will be held at Norley Methodist Church, Maddocks Hill, Norley WA68JT on **Friday, 6th March 2026 at 1.30pm.**

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 M: Words for Lent from Pope Leo

"I would like to invite you to a very practical and frequently unappreciated form of abstinence: that of refraining from words that offend and hurt our neighbour. Let us begin by disarming our language, avoiding harsh words and rash judgement, refraining from slander and speaking ill of those who are not present and cannot defend themselves.

"Instead, let us strive to measure our words and cultivate kindness and respect in our families, among our friends, at work, on social media, in political debates, in the media and in Christian communities. In this way, words of hatred will give way to words of hope and peace."

Extract from article by Devin Watkins in Vatican News

FOODBANK Food drop-off – supermarket drop off points; in church; distribution centre on Ship Street (Fridays 1-3pm). The foodbank is currently short of **Fruit Juice, Tinned Tomatoes, Packets of Mashed Potato, Jam, Deodorant, Shampoo, Bars of Soap**. For info on how to give or get help go to <https://runcorndistrict.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*

News

MARY POPPINS AND OUR VICAR!



Recently Rev Elaine went to see Mary Poppins at the Empire Theatre in Liverpool with her family.

For those of you who are familiar with the story - you will know that Mary Poppins has a special tape measure which she uses to measure people by. It doesn't give their height - but a brief description of supposed "character traits".

In the Theatre Foyer there was a life size photo of Mary Poppins with her special tape measure inviting people to stand and be "measured". Rev Elaine's grandchildren urged her to have a go and were highly amused when she measured "Holy Terror"!!!

CRAFT AND CHAT (AKA NUTTY KNITTERS)

The Nutty Knitters of St Laurence have sent more baby clothes to the Countess of Chester Hospital. They are given to the Fund-Raising Team who divide them into two groups. One lot goes to the neo-natal ward, where they are given to new parents, and the rest are sold by the team to raise funds for the hospital.



HUMOUR FROM TONY M.



One day, there was a priest sitting in a pew with a very worried and nervous look, and another priest saw him and wondered what was wrong.

The second priest thought he should try to help, so he approached his distraught associate and asked him what was wrong.

“Well,” the first priest said, “have you ever heard of a Freudian Slip?”

“No,” said the other priest.

“Well,” said the first priest, “it’s when one slips and says something one is thinking, usually when it is the least opportune time.”

“Oh,” said the second priest, “so, what happened?”

“Well, today I performed a wedding, and you know the part when you say, ‘I now pronounce you man and wife?’” asked the first priest.

“Yes?” said the second priest.

“Well, that is what I meant to say, and what I actually said was, “I now sentence you to death.”

A priest dies and is waiting in line at the Pearly Gates. Ahead of him is a guy who’s dressed in sunglasses, a loud shirt, leather jacket, and jeans.

Saint Peter addresses this guy, “Who are you, so that I may know whether or not to admit you to the Kingdom of Heaven?” The guy replies, “I’m Joe Cohen, taxi driver, of New York City.”

St. Peter consults his list. He smiles and says to the taxi driver, “Take this silken robe and golden staff and enter the Kingdom of Heaven.”

The taxi driver goes into Heaven with his robe and staff, and it’s the priest’s turn.

He stands erect and booms out, “I am Joseph Snow, priest of St John’s for the last forty-three years.”

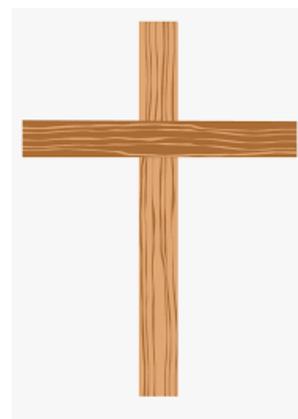
St Peter consults his list. He says to the priest, “Take this cotton robe and wooden staff and enter the Kingdom of Heaven.”

“Just a minute,” says the priest. “That man was a taxi driver, and he got a silken robe and golden staff. How can this be?!”

“Up here, we work by results,” says Saint Peter. “While you preached, people slept; while he drove, people prayed.”

The Alternative Collect for the First Sunday of Lent

Heavenly Father,
your Son battled with the powers of darkness,
and grew closer to you in the desert:
help us to use these days to grow in wisdom and prayer
that we may witness to your saving love
in Jesus Christ our Lord. Amen



FROM KINGSLEY, NORLEY AND CROWTON PARISH

Lenten sessions 2026

What really matters in the end?

Lent is one of the key periods for reflection in the Christian calendar. As we gradually approach the culmination of Jesus Christ's ministry in the flesh, and the harrowing events of Good Friday and the Cross, we are prompted to confront our own mortality. In this season of repentance – literally, 'turning again' – we are encouraged to consider what and how we might want to change before we too, like Jesus Christ, stand before God and answer for our time on earth.

What more fitting period, then, to consider our own end? And to reflect, in prayer and with loving concern for those around us, on preparations we might wish to make while we can.

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

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



Frodsham and District Choral Society
invites you to

Come and Sing ... Rutter Requiem

LED BY
Andrew Millinchip
and accompanied by
Lauren Turner
with soprano soloist **Emma Morley**
on **SATURDAY, 7 MARCH 2026**
from 10.00 am – 5.00 pm
at **Frodsham Methodist Church, WA6 6BA**

£20 inclusive of music

To book, please go to website www.fdc.org.uk
or email: maggie.rogerson@googlemail.com
or ring or text: **Saara Midwood – 07974 698 433**

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.

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