

Newsletter of St Laurence Parish Church, Frodsham
Week commencing March 1st Second Sunday of Lent Year A

“To know God and to make God known”

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

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

This Week

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	1 Thessalonians 2. 2-12 Matthew 16.24-27
Monday - Friday	10.00-15.00	Church open	
Tuesday	09.15 19.00	Frodsham CofE School Lenten Service 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	
Saturday	10.00 on	Church Spring Cleaning - if you can offer some help - please sign the list at the back of Church - please bring dusters/ polish/brooms etc.	
March 8 th Lent 3	08.00 10.00	Holy Communion - said service Holy Communion - with music	

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.

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.**

APOLOGY FROM THE EDITOR My apologies to the Faith in Action team for missing out their meeting in last week's newsletter. 😞

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

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://runconrdistrict.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.



SAINT DAVID

A renowned preacher, it is said that, once while he was preaching, a white dove settled on his shoulder. He is the only native-born patron saint of the countries of Britain and Ireland



DESMOND TUTU'S WORDS THAT WERE QUOTED IN LAST WEEK'S SERVICE

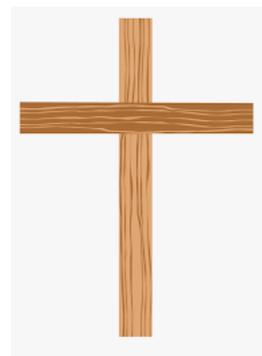
WILL YOU HELP ME? by Archbishop Desmond Tutu

You and I are made for goodness, for love, for transcendence, for togetherness. God has a dream that we, God's children, will come to realise that we are indeed sisters and brothers, members of one family, the human family – that all belong, all white, black, and yellow, rich and poor, beautiful and not so beautiful, young and old, male and female. There are no outsiders, all are insiders – gay and straight, Jews, Christians, Muslims, Africans, Arabs, Afghans, Americans, Protestants, Roman Catholics, – all belong. And God says: "I have no one to realise my dream – except you – will you help me?"

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 Second Sunday of Lent

Almighty God,
by the prayer and discipline of Lent
may we enter into the mystery of Christ's sufferings,
and by following in his Way come to share in his glory;
through Jesus Christ our Lord. Amen



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

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	Rev'd Jan Ainsworth and Andrew Wightman
25 March	Grief and loss	Grieving and mourning, concluding with a short healing service	Rev'd 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.

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.fdcs.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.

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