

**Newsletter of St Laurence Parish Church, Frodsham**  
**Week commencing February 8<sup>th</sup> Second Sunday before Lent Year A**

"To know God and to make God known"

Vicar: Rev Elaine Atack – 01928 733378 - [revelaine@nym.hush.com](mailto:revelaine@nym.hush.com)

Website: <https://slfchurch.org/> Facebook: [www.facebook.com/saintells/](https://www.facebook.com/saintells/)

**This Week**

February 8 <sup>th</sup> <b>2nd Sunday before Lent</b>	08.00 10.00 12.30	Holy Communion - said service Holy Communion - with music Baptism of James	Romans 8. 18-25 Matthew 6.25 to end
Monday - Friday	10.00-15.00	Church open	
Tuesday	19.00	Holy Communion - said service	
Wednesday	10.00	<b>Toddler Praise</b>	
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	
February 15 <sup>th</sup> <b>Sunday before Lent</b>	08.00 10.00 12.30 16.00	Holy Communion - said service Holy Communion - with music Baptism of Phoebe Still Point – a reflective service - see notices for more information	

**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](mailto:revelaine@nym.hush.com) – 01928 733378

**Please pray for –**

**Those who are sick:** Lillian Brereton, Gill Cairns, Stephanie Brown, Sadie O'Grady and all in our book of Continuing Prayer.

**Those who have died:** Keith Barrie

**Those whose anniversary of death falls this week:** Catherine Turner, Linda Isom, Lyn Morris, Leonard Davies, Allan Fletcher, Catherine I'Anson, Cliff Shepherd, Muriel Penman, Doreen Nield, Kenneth Pollitt, Ida McMillan

**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.

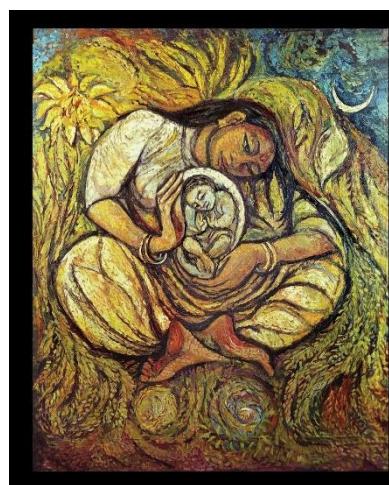
**Dates for your Diary**

**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**



**bread**

15 February, 4.00 pm  
St Laurence, Frodsham

a gentle hour  
music, silence,  
a few words

*Still  
Point*

**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*

### CLIMATE ACTION FRODSHAM "PLANT-BASED COOKING MADE SIMPLE"

These sessions are connected with the Eco Church survey and the idea that people consume "less meat and dairy products" (in the Lifestyle section). Food is also mentioned in the Community and Global Engagement section.

"Eating meat takes up a lot of land and moving to a plant-based diet or reducing meat consumption is an important way to reduce greenhouse gas emissions".

This sentence is from a book by Susannah Fisher entitled: "Sink or Swim - how the world needs to ADAPT to a Changing Climate".

### ST LAURENCE'S BRONZE ECO CHURCH AWARD:



**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](http://www.un.org/en/actnow/food)



"Climate Action Frodsham" invites you to cook for the planet:

#### **"Plant-based Cooking made Simple"**

**Date:** Saturday 21<sup>st</sup> 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](mailto: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.**

### The Alternative Collect for 2<sup>nd</sup> Sunday before Lent

Almighty God,  
give us reverence for all creation  
and respect for every person,  
that we may mirror your likeness  
in Jesus Christ our Lord.

Amen



Contributions to the newsletter should be emailed to [saintells@gmail.com](mailto: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](mailto:saintells@gmail.com) with 'Unsubscribe' in the heading.