

Newsletter of St Laurence Parish Church, Frodsham Week
commencing February 15th Sunday before 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

February 15 th Sunday before Lent	08.00 10.00 12.30 16.00	Holy Communion - said service Holy Communion - with music Baptism Still Point – a reflective service in the Lady Chapel - see notices for more info.	Exodus 24. 12 to end Matthew 17.1-9
Monday - Friday	10.00-15.00	Church open	
Tuesday	19.00	Holy Communion - said service	
Ash Wednesday	18.30	NO TODDLER PRAISE (Half-term) Ash Wednesday service with Imposition of Ashes	
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 22 nd Lent 1	08.00 10.00 12.30	Holy Communion - said service Holy Communion - with music Baptism	

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

On the next page are details of the planned sessions.

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

STILL POINT



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:

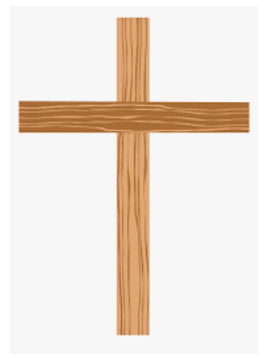


<https://givealittle.co/campaigns/371c0c8f-ea13-4763-9688-e0de77dd8475> or scan the code. Thank you.

*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*

The Alternative Collect for the Sunday before Lent

Holy God,
you know the disorder of our sinful lives:
set straight our crooked hearts,
and bend our wills to love your goodness and your glory
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 Pemberton, 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



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**

Develop a daily connection with God
Connect with God with the Everyday Faith app.
Journey daily with reflections to inspire, equip and encourage you in your everyday faith.
Everyday Faith is now available to download for iOS and Android.
If you already have the Watch & Pray app installed, you will automatically get the update.

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.

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.