

**Welcome to the newsletter of
St Laurence Parish Church, Frodsham
“To know God and to make God known”
2nd August 2020**

Vicar: Rev Elaine Atack

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Facebook: www.facebook.com/saintells/

8th Sunday after Trinity Readings: Genesis 32:22-31 Romans 9:1-5 Matthew 14:13-21

Dear Friends,

It's that time of year when schools have broken up for the summer and people are usually planning holidays away – except this year is different. There are many children who have not been to school for weeks now; holidays have had to be cancelled or re-arranged; spring has sprung and has now merged and drifted into summer. I don't know about you, but I can't believe that it's August already! When did that happen- it seemed to sneak up, hiding behind the overwhelming cloud of Covid-19.

This year is different – but some things can be the same. Picnics! I'm sure you all have fond memories of picnics – with family or friends, for a day out or simply just in the back garden. As a child I loved the excitement and anticipation of opening the picnic hamper to discover the treats inside. Whatever it was, it was a treat because we were “out on a picnic”! My mum would spend time preparing all kinds of things and often far too much for our little family – we used to tease her sometimes by asking whether she was hoping to feed the 5000!

Which brings me to our Gospel reading this week where we find Jesus has withdrawn from the crowd in a boat, but the 5000 men along with their wives and children follow him on foot. They have been so eager to do this that they didn't think about making preparations for the desert – they forgot to pack a picnic! Yet Jesus provides for all their needs, healing the sick, and feeding them miraculously with only five loaves and two fishes.

The result must have been like a big party where people could enjoy a miraculous meal together. Shared experiences are always the best and Jesus created one from nothing, without planning or effort. How we long for shared experiences after so long shielding and being cautious.

You know, sometimes, when we least expect it, when we make no preparations and come with no expectations other than a desire to encounter God, we can discover the same life-giving transformation.

This week I would like to share with you a poem by Thom Shuman, entitled “More than enough”

There was more than enough grief for Jesus:

He had just got the news that his beloved cousin John had been beheaded by Herod.

There were more than enough people: 5,000 gathered to hear Jesus –

probably closer to 15-20,000 counting women and kids. There was more than enough need: the people were hungry; they had been with Jesus all day.

There was more than enough fear:

“Jesus, make them go away – we barely have enough for ourselves.”

But what they did have was more than enough for Jesus:

who took, who blessed, who broke, who shared the simple gifts the disciples had – and it was more than enough for everyone.

When we wonder “Is it enough?” –

what we do for the needy; what we do about the violence in our world;

what we do about reaching out to young people; what we do with our simple gifts –

we should remember this story and think of the promise

that Jesus does not call us to serve in ways he is unable to equip us.

For he takes, he blesses, he breaks, he shares our simple gifts with others, and that will always be More than enough.

Join us for
worship each
Sunday
morning.
Familiar voices
and sounds.
Go to our
website and
click the link.

With love and blessings, Elaine



Around the parish prayers continue to be said each day on behalf of the congregation and the parish of Frodsham. Please email prayer requests to saintells@gmail.com

Pray for

Those who are sick

Those who have died

Those whose anniversary of death falls at this time

A Notice from Rev Elaine:

From Monday 27th July, St Laurence's will open for private prayer as follows:

Mondays, Tuesdays, Wednesdays, Thursdays: 10am – 4pm.

Please follow the guidelines and notices as this will now be unsupervised.

Please respect that only guide-dogs are to be taken into church.

Services:

We are planning to open for a service of Holy Communion at 8am on Sunday 9th August, our Patronal Festival. We will be following the guidelines closely and inevitably there will be restrictions in place.

The guidelines from the Church of England say:

We strongly advise that face coverings should be worn by all those attending a place of worship, including ministers, worshippers, staff, volunteers, contractors and visitors, where there may be other people present; remembering that they are mainly intended to protect other people, not the wearer, from coronavirus COVID-19 and that they are not a replacement for physical distancing and regular hand washing.

Seating in church has been re-arranged to comply with Social Distancing requirements, so numbers attending must be limited. A booking system for those wishing to attend a service will be introduced as follows:

Please contact Betty Rutter after Monday July 27th either by email: bets66@btinternet.com or 01928 732756 after 10am.

PLEASE NOTE THAT THE SUNDAY SERVICES ON CD AND ONLINE WILL CONTINUE FOR THE TIME BEING.

We will review these arrangements as the guidelines are updated.

Thoughts on wearing a mask wearing from Dawn

Hi I thought I would share with you the airing of the mask! What a strange experience.

The threat of a £100 fine for not wearing the said mask is not a good thought!

I've embraced it with a little cussing as I get quite hot with wearing glasses! I know I'm not alone in this experience!

As you can see Dawny is not a follower of colour coordination! And yes the hair is still pink.

Foodbank is changing back to all volunteers in August. To be honest though it has been very quiet in the last couple of weeks. I am taking a few weeks off to recharge my batteries.

I have been in contact with Nathaniel & he was very vociferous. His usual happy self. Still wanting biscuits. He also said "I'll see you on the beach." So it looks like we will have to pack a picnic & have a day on the beach when we can.

I hope you are all coping with the relaxing of the lockdown & wearing masks.

Much excitement as we prepare to celebrate our Patronal Festival. Having to book a place in church is a weird concept, but in these strange times it has to be done.

God Bless each & everyone reading this. I look forward to catching up at a safe distance. Stay safe & alert xxx



NOTICES

If you would have concerns, need help or would like to talk to someone contact revelaine@nym.hush.com or ring her at the Vicarage.

If you would be willing to help wash/clean the items in the creche area at church, please let us know via Saintells@gmail.com or contact Gail directly. The items will be put in carrier bags which will be available from Tuesday onwards for collection from church. Alternatively we can deliver a bag of items to you.

Daily Hope, a free national phone line, offers music, prayers and reflections as well as full worship services from the Church of England at the end of a telephone line. **0800 804 8044**

New Leaf, run by CWAC, offer support and advice around skills and money. 0151 356 6771.

Open Hands, a local coordinated community response network to Covid-19 run jointly by Churches Together in Frodsham, Frodsham Town Council and Cheshire West and Chester. 01928 480125 covid19frodsham@gmail.com

Food Bank Donations can be made at Morrison's, Sainsbury's and Tesco. Current needs are tinned vegetables, shower gel, deodorant and toothbrushes. The food bank is currently giving a week's food rather than three days and is covering the cost of a taxi home if necessary. (A week's worth of tinned food is quite a lot to carry!). To find out about obtaining a voucher, opening times of distribution centre or how to donate financially through our online donation page, please visit Runcorndistrict.foodbank.org.uk

Many people will now find it difficult to make their usual weekly contributions to the church. If you would like to contribute directly, our Bank Account details are as follows:

ST LAURENCE FRODSHAM PAROCHIAL CHURCH COUNCIL Sort Code: 09-01-55 Account No: 42559803.

The work of our church during this difficult time is reliant on people's generosity, a generosity that is a hallmark of a lived-out faith and a testament to it. If you are able to give more at this time, please go to our online donations page <https://givealittle.co/campaigns/371c0c8f-ea13-4763-9688-e0de77dd8475>

Please let Kath know any information for the website to keep it up-to-date and relevant, particularly at this time. Contributions for the Newsletter should be emailed to saintells@gmail.com by 9am on Thursday.

Chester Cathedral has recently published a book, *Walking With God*, where a number of people, including our own Elaine Graham, were asked to choose a Bible passage and explain its significance in their personal or working lives. One entry is being shared on our newsletter each week and on our Facebook page each Wednesday. If you have a verse that has helped you in life, why not share it. I'm sure other's would find it interesting and inspiring to read.

Chris Jones Cathedral Operations and Facilities Manager, Head Constable, Liturgical Administrator

Chosen reference: Isaiah Chapter 40 Verse 3-4

A voice cries:

In the wilderness prepare the way of the LORD,
Make straight in the desert a highway for our God.

How this verse has helped me in my life:

The words from the Prophet Isaiah, Chapter 40: 3-4 has been an inspiration for me. It has helped me at different times of trial throughout my life. It reveals that God is ever there to support you - no matter how bad the road is or how troubled your journey, no matter how difficult and bumpy it appears, you will be calmed.

Keeping our eyes firmly on God allows us to bear that load which we often cope with in our daily lives. Our desert may be cluttered with the busyness of life that at times we forget to let God in. We often find tasks impossible to overcome and situations we find ourselves in become times of pain which we push away and fail to deal with. The burden deepens.

I pray this passage can speak to you as well as it does for me. At times of crisis when you feel that a mountain is before you and the path is uneven, allow God in and you will be amazed how much easier it is to climb the mountain you never thought you could get over and walk more easily over the rough road.



Did you know that adults who develop a good knowledge of Bible stories in childhood are more likely than other children to become people who make wise decisions about how they live their lives and relate to others. The research suggests that it may be because the teaching of Bible stories somehow becomes embedded within us and provides a reference point for the choices and decisions we make in life. Research found this to be so regardless of whether we grow up to be people of faith or not.

A Collect for the 8th Sunday after Trinity
Lord God, your Son left the riches of heaven and became poor for our sake: when we prosper save us from pride, when we are needy save us from despair, that we may trust in you alone; through Jesus Christ our Lord.
Amen

JUNIOR CHURCH THIS WEEK

There are some lovely ideas to support children's knowledge and understanding of Bible stories on <https://www.rootsontheweb.com/seasons-and-festivals/festivals/holidays/resources-for-planning-leading-and-running-holiday-clubs/matthew-summer-club/sessions>

This week our story focusses on the Feeding of the 5000.

Over the summer we are encouraged to read Matthew's messages of hope and you can download resources on the following link to help you in your reflection. <https://www.rootsontheweb.com/media/21095/messages-of-hope.pdf>

Come and be Revived

Summer talk series on Social Justice

Wednesdays: 1.10pm – 1.50pm 16th September to 21st October

Join us for a series of talks on Social Justice. Meet on Zoom or gather together at Chester Cathedral in the Song School.

Wednesday 16 September Speaking out for Justice: How the church in Melanesia is making a difference
With The Venerable Dr Michael Gilbertson, Archdeacon of Chester

Wednesday 23 September Black Lives Matter

With The Right Revd Mark Tanner, Bishop of Chester, and The Revd Dr Calvin Samuel, Methodist Minister serving in the Bedford, Essex and Hertfordshire District

Wednesday 30 September Invisible Women

With The Revd Liz Shercliff, Director of Studies for Readers and Sharon Amesu, Leadership Facilitator at St George's House, Windsor Castle, Chair of the Greater Manchester Branch of the Institute of Directors

Wednesday 7 October Christianity, Animals and the Climate Crisis

With Professor David Clough, Professor of Theological Ethics at the University of Chester

Wednesday 14 October Slavery and Salvation

With The Right Revd Alastair Redfern, Chair of the Clewer Initiative, and former Bishop of Derby

Wednesday 21 October Christian Response to UK Poverty

With The Revd Lynne Cullens, Incumbent, St Mary's Stockport

To join these sessions online, please book by emailing deansoffice@chestercathedral.com – with Social Justice talks in the subject line.

Alternatively, contact our Education Officer, Jen Stratford on 01244 500 957 or jen.stratford@chestercathedral.com to attend in the song school.

<https://slfchurch.org>

Please find attached the reflection that will be spoken by Rev David Leslie in Sunday's worship.

A reminder that this newsletter belongs to us all and during current times is a lovely way of sharing what's happening in our day to day lives. It would be lovely to receive something from **you!**

Remember that wherever you are and however you're currently feeling,
we are here for you, a phone call or an email away.

The Lord be with you!