



**Welcome to the newsletter of St Laurence Church,
Frodsham**

“To know God and to make God known”

Website: slfchurch.org Facebook: www.facebook.com/

St Laurence Sunday Worship this week. The Sunday after Ascension Day. It's good to listen at 8 or 10 on Sunday morning to express our community. Or just whenever you can! It will be on the church web-site slfchurch.org from Sunday.

A message from Rev Elaine:

Next Sunday, May 31st we will be celebrating Pentecost – a key Christian festival. This commemorates the descent of the Holy Spirit upon the Apostles and other followers of Jesus Christ.

In our Christian tradition, this event represents the birth of the early church. And so it is effectively the Church's Birthday!

The liturgical colour for Pentecost is **Red**.

I wonder therefore if, even with lockdown - we can “paint the town red” as much as we can and have a birthday celebration

Please consider the following :

- * Wearing something red – especially when out for your daily exercise from full outfit to scarf or ribbon or a hat for example ...
- * Putting red balloons outside your house (I will be putting some on the church Notice Board) – or if you haven't got red balloons – then any colour is ok because it speaks of celebration.
- * You may have some red bunting to display – maybe even make some – or any coloured bunting would be fine too because again – it speaks of celebration.
- * Maybe making notices to put in your windows saying “Happy Birthday to the Church”
- * If you listen to our morning service at 10am – maybe have a cake / scone whatever you prefer and put a birthday candle on it and sing “Happy Birthday to the Church” – and think of the Holy Spirit as you blow the candle out.

Let's together make an impact!

**Around the parish prayers continue to be said each day
on behalf the congregation and the parish of Frodsham.**

Please email prayer requests to saintells@gmail.com

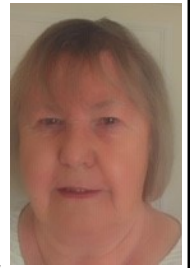
We pray for the families and friends of those who are bereaved, for the difficult circumstances that currently surround the funerals of loved ones and for undertakers and those who conduct funerals.

We pray for headteachers, teachers and parents and pray that they may know your love and wisdom in the decisions they make about school's reopening. We pray especially for the family of our church school.

God of heaven and earth, in these times of isolation, apart from loved ones, distant from friends, away from neighbours, thank you that there is nothing in all of creation, not even coronavirus, that is able to separate us from your love. Amen



A message from our Churchwardens.



Betty and Joanna felt very privileged to represent the members of the church and the wider Frodsham community at the Induction of Elaine last week. It marks for us the end of the interregnum and we want to take this opportunity to say thank you to every one who has helped and supported us, throughout the 10 months since Father Michael left. The community of St Laurence is very much wider than the building and we feel very blessed to have been the church wardens at this time. We must though thank all the Ministry team and the members of the PCC and Tom Ruscoe, for their help and support and the gentle reminders sent our way when we missed things, the period really has been a good example of team work. We now look forward to helping Rev Elaine settle in and hope all of you reading this will share with us prayers that our church family can work through these strange times and come through to the new normal. We look forward to hearing from you all and enjoy the telephone conversations we have been having. Look after yourselves. Betty and Joanna.

NOTICES

If you would have concerns, need help or would like to talk to someone either email saintells@gmail.com or ring Betty.

The Archbishop of Canterbury, Justin Welby, has launched a free national phone line as a simple new way to bring worship and prayer into people's homes while church buildings are closed because of the coronavirus. Daily Hope offers music, prayers and reflections as well as full worship services from the Church of England at the end of a telephone line. The line – which is available 24 hours a day on **0800 804 8044** – has been set up particularly with those unable to join online church services during the period of restrictions in mind.

A message from Kirstie concerning her dad, John Oultram's funeral

Anyone who wishes to pay their respects to my Dad John Oultram there is a service planned for 11.40am at Walton Lea Crematorium on June 1st. Owing to covid restrictions there is limited seating but please inbox me if you wish to attend. We are holding a memorial service later in the year, at St Laurence's when lockdown lifted.

The funeral director will be bringing Dad through Blue Hatch on the morning of the 1st June prior to the funeral if anyone wants to show their respects this way. It would also be nice for Mum to see people supporting her at this time. Many thanks

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

Locally you can contact **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 Although church is closed donations can be made at Morrison's, Sainsbury's and Tesco. Current needs are shower gel, tinned tomatoes and toothbrushes. Please note that they can only use food that is in date. Information about getting vouchers, donating etc. available on the website.

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.

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 midday on Thursday.

Christian Aid Week 2020

This year Christian Aid faces great concern. The Covid-19 situation has closed down opportunities to collect from House-to-House and fundraise through the usual Big Breakfasts, concerts and sponsored events. Last year over £8 million was raised for overseas aid and development programmes, aimed at alleviating poverty and addressing emergencies. The focus this year is on Kenya which is experiencing the worst ever drought in living memory – and now there is Coronavirus to contend with too. Christian Aid is helping Kenyans to build water traps and earth dams, without which many will die from lack of water and hygiene.

In Frodsham, Churches Together set up a Just Giving page. *You can still donate until 30th June.*

<https://justgiving/fundraising/frodsham>

We have been amazed and delighted with the way people have so generously donated.

We have demonstrated just how much we care about our global neighbours.

Some people have donated directly to Christian Aid either by the website or the red e-Envelope but others have preferred to donate by cheque. Whatever method was chosen, between us we have been able to give £3707.50.

Thank you all so much. *Chris Wilding*



The Archbishops have invited every Christian around the world to join them in prayer from 21 to 31 May 2020. "Thy Kingdom Come" is a line from the prayer which Jesus taught his followers. Every single day millions of people around the world say this prayer, praying 'Thy Kingdom Come'. Why not commit to saying the prayer each day at a particular time to remind yourself of God's calling to you?



A cartoon from Ken.

A vision maybe of what is to come..... Whatever we have to wear, I'm sure we're all longing for that day!

In my room I came across the following video on Facebook this week featuring our current (Tom Cameron) and previous (Ken Fayle) organists and Kath and Becky, all well known to many in our congregation. The filming gets better as the clip progresses but the music is beautiful. Tom had commented on how much he misses the experience of singing with the quartet.

<https://www.facebook.com/541935525/>

JUNIOR CHURCH

This week we're thinking about how we can glorify God in our lives.

As usual the resources from Roots include a re-telling of the story and more information, a colouring sheet and activity sheet for young people and a reflection sheet for adults. Just follow the links below.

Children and young people www.rootsontheweb.com/familiesathome24may

Adults www.rootsontheweb.com/adultsathome24may

An additional link this week for any children or young people (or adults!) who like singing:

<https://www.popuk.org/kids-at-home>

I have recently read a book lent to me by my friend Catherine Tweedie. The title is, "The Book of Joy." It is how to treat our emotions in an ever changing world, indeed how we respond to suffering. The book is written by His Holiness the Dalai Lama and Archbishop Desmond Tutu with the aid of Douglas Abrams.

The Dalai Lama lives in exile in India, the Archbishop travelled from his home in South Africa to create the book together as a gift for others. It was written especially to answer the question, "How do we find joy in the face of life's inevitable suffering?"

The book was first published in 2016. To my mind it is so appropriate for the world at the moment suffering with Covid 19. The book is full of learning and deep thinking (yet with a lightness of heart) from Christianity and Buddhism.

The Archbishop explained that discovering joy does not save us from hardship and heartbreak, but how to respond to them. This reminds me of Elaine our new Vicar in her first sermon to us, teaching that as Christians loving God and sharing our lives with God through the Holy Spirit, does not automatically put everything right but that we face it with God.

There is so much more to the book. It has taught me many things and how suffering enables us to have empathy with others. I think this is at work in most of the world at the moment through suffering. What do you think?

Mavis Thompson

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.

Chosen reference: 1 Samuel Chapter 2 Verse 30

But declares the Lord, "Those who honour me, I will honour them."

How this verse has helped me in my life: My favourite verse in the Bible was written about 600BC - 2,600 years ago. It appears in the Book of Samuel, a book which narrates powerfully the story of the history of Israel and God's chosen people, the Israelites and founders of the Jewish nation.

The boy Samuel was the child whom his mother, Hannah, never believed she could have. She was barren and unable to conceive children. From his birth, Hannah vowed to God to give Samuel back to Him and from his very early years, he lived with Eli, the priest in The Temple.

"Those who honour me, I will honour" were the words spoken by a prophet, a messenger from God, to Eli. They talked then as they do today of living a God-centred life. What does "honouring God" mean in everyday life in 2020? Well his son, Jesus, makes for the ultimate example to model this. And His word, the Bible, makes for the ultimate guidebook for us to read regularly and see us through the challenges of life. As people who find a personal faith with fresh and new perspectives, in good times and bad, Christians can respond to God's calling and direction in every part of life - at home, at school or college or at work.

This immensely special verse has become significant for the wider Mitchell family and sits as the motto on our family Coat of Arms. It is my prayer that this verse will continue to be as powerful and impactful for future generations as it has been for me.

Across the City of Chester and the County of Cheshire, let's commit to a renewed focus on honouring God in our own lives today.



May you be blessed with good friends,
And learn to be a good friend to yourself,
Journeying to that place in your soul where
There is love, warmth, feeling,
May this change you.

May it transfigure what is negative, distant,
Or cold within your heart.
May you be brought into real passion, kindness,
And belonging.

May you treasure your friends.
May you be good to them, be there for them
And receive all the challenges, truth, and light you need.

May you never be isolated but know the embrace
Of your anam cara.

John O'Donohue

A story from Mavis
My daughter, Catherine, sent me a beautiful picture of a field full of Cup-a Tea Flowers. This makes me smile and I would like to share a story and a poem with you.



When Eleanor my grand-daughter was about three years of age, her Mum showed her a buttercup and asked her if she remembered its name. She screwed up her very pretty face and in deep thought said with confidence "a cup of tea flower". This of course as many of you will remember is linked with holding a buttercup under your chin to see if you liked butter.

When Eleanor was older she wrote this poem.

Buttercup

I use to call them cup of tea flowers,

Holding them under my chin- I've forgotten the relevance of that now

Buttercup flowers.

Or butter biscuits we'd bake on Sunday afternoons

Afternoons that slid

Into buttered evening suns,

The light is low in the garden

And there you are, laughing over a small yellow flower

In my mind are yellow flowers and there is your laughter

It is enough

Eleanor Perry

A poem written in 1869 but so relevant to our lives today.

SOMETHING LOVELY

And people stayed home
and read books and listened
and rested and exercised
and made art and played
and learned new ways of being
and were still
and listened more deeply

someone meditated

someone prayed

someone danced

someone met their own shadow

and people started thinking differently..

And people healed...

And in the absence of people who lived
in ignorant ways

dangerous, mindless, and heartless....

The earth began to heal.....

And when the danger ended

and people found themselves...

They grieved for the dead
and they made new choices
and dreamed of new visions
and created new ways to live
and heal the earth fully
just as they had been healed.

Kathleen O' Meara (1869)



Jeanie and Barbara enjoying the beautiful weather and a picnic lunch on their walk up the hill.

Friends enjoying time together as the restrictions of social isolation are eased. Thank you, Jeanie, for sharing the photograph.

Links you may find useful

A simple reflection to use at home on the day of a funeral you can't attend

<https://www.churchofengland.org/sites/default/files/2020-03/Funerals%20liturgy%20at%20home%20public.pdf>

There will be Church of England service again at 9am on Sunday (although you can watch it any time).

<https://www.churchofengland.org/more/media-centre/church-online>

Red Cross- Mental wellbeing and first aid toolkit

<file:///C:/Users/Saintells/Downloads/Supporting-your-loved-ones-at-home.pdf>

<https://slfchurch.org>

Please find attached the reflection, this week from David Leslie, that will be spoken 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!