

Newsletter of St Laurence Parish Church, Frodsham

For week commencing Sunday 21st February 2021 – Lent 1, Year B

“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

Sunday 21st Feb Lent 1	11.30	Church closed - Virtual service only – CD and online Zoom “Cuppa and chat” (see below)	Mark 1.9-15
Monday - Saturday		Church closed	
Wednesday	12.00	Short Lenten act of worship - Facebook/website This week led by David Leslie	
Sunday 28th Feb Lent 2	11.30	Church closed - Virtual service only – CD and online Zoom “Cuppa and chat” (see below)	

Weekly Notice from Rev Elaine

Until circumstances improve and we are once again able to worship in church, remember that prayer can happen anywhere and that God is with us wherever we are.

If you would like to write a prayer and light a virtual candle, please have a look at our new Prayer Wall on the website: <https://slfchurch.org/prayerwall>

Services will continue online and CD as at present. Please contact Rev Elaine or Andrew and Wendy Rudd if you, or anyone you know would like to receive our weekly service on a CD. The current website link is <https://slfchurch.org/pre-lent-and-lent-2021>

Remember that I am available by phone or email (Fridays excepted), or even via zoom should you wish to chat “face to face”. If I’m out, please leave a message.

Can I also draw your attention to our new **Zoom “Cuppa and chat”** which I have asked Veronica York to set up and David Leslie to facilitate. We had the first one last Sunday which worked well – thanks to all who participated. We all “met” together as a brief introduction and then we were placed in smaller “rooms” where it was easier to chat to fewer people at a time. These smaller groups were swapped around for 10 mins at a time before we all came together again to end. The whole event lasted about 30 mins. We look forward to the next one.

Also in this Newsletter you will find details of our plans for Lent.

Many thanks as always for your prayers, patience and support. Please keep safe and well - and keep in touch with each other – and do please let me know if there is anything you feel I need to be made aware of. Thank you.

ZOOM “CUPPA AND CHAT”: How about joining in with our zoom chat each Sunday at 11.30am – you will have enough time to get a cuppa and be ready to join in after the morning service. If you would like to be part of this, please email Rev Elaine at saintells@gmail.com by Friday each week and a link will be sent to you.

LENT 2021

This time last year we were just beginning to hear about a new virus – Covid 19 - who would have thought that we would still be facing Lockdown a year on. In many ways it feels as though we have been living Lent for a year already. It’s therefore important that we focus on what we CAN do (and do safely) rather than what we can’t.

I am suggesting that we link in with the Church of England resource “Live Lent: God’s story, our story” which relates well with our St Laurence motto: “To know God and make God known” and our recognition of everyday faith.

Here are a few suggestions for your consideration:

1: The Live Lent Booklet “God’s story, our story” which rather than just being a Lenten discipline is “a joyful invitation to make witness a normal part of Christian life, the natural overflow of a life lived in devotion to Christ.” For each of the 40 days of Lent, this booklet includes a short Bible passage, a reflection and a prayer.

This booklet will be given to those who receive a CD with their Newsletter during the weekend of Sunday February 14th.

It will be available on our Website / Facebook for anyone to access daily from Wednesday Feb 17th, the first day of Lent.



There is a sense of community and solidarity when we are all focusing on the same theme. The app version will also include a daily Family Activity, offering a simple way to explore a story or a theme from the day's reflection.

2. If you would like to delve deeper into this – you may like to read the Archbishop of Canterbury's Lent book **"Living His Story" by Hannah Steele** which alongside the daily reflections encourages us to think about our faith and the difference Christ makes in our lives – "revealing the extraordinary love of God in ordinary ways." If you are reading this – and would like to meet via zoom to chat about it – please let me know.

3. If you wish to read even further then I would like to recommend the following which link with this theme: **"Opening our Lives" by Trystan Owain Hughes** – devotional readings for Lent – again about everyday faith and hope: "the opening of our lives to God's transformative kingdom." Here are a couple of responses to this book: "Using a rich blend of story, insight and commentary, Trystan guides us on a Lenten journey of grace. As he encourages us to open ourselves to God and his loving kingdom, he gently challenges us to yield to the One who loves us. Sign up to the journey – you won't regret it," Amy Boucher Pye, author of *The Living Cross* "These rich, accessible reflections are full of stories, insight, humour and wisdom that will enable you to truly open your eyes and heart to what God is doing around you as you explore the strange gifts that the disciplines of Lent bring."

"Thy Will be Done" by Stephen Cherry – "At a time of change, uncertainty and widespread anxiety, we need to discover again the freshness of our most familiar spiritual resources – The Lord's Prayer."

It has 36 short readings which focus on what it means to seek God's Kingdom.

The above books are available on Amazon, SPCK etc.

4. If you choose to read any of the above books and would like to join a **discussion group** at some point during the weeks of Lent then please let me know and I can arrange a zoom meeting.

5. **Each Wednesday** there will be a **short reflective devotion** which will be available on our website / Facebook from 12 noon beginning with Ash Wednesday. This will be on the end of the Sunday CD for those who access services in this way.

Plans for Holy Week and Easter will follow nearer the time when we are clearer about what we are able to do by then.

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

For those who have died

Those whose anniversary of death falls at this time

Letter

Dear Friends,

This weekend marks the first Sunday of Lent, and as I have said recently, it feels in many ways as if Lent has just continued from last year. We all feel ready for the hope and joy of resurrection.

In our Gospel reading from Mark, we hear once again of Christ's Baptism, when just like last week on the mountain top, God reveals Christ's true identity: "*You are my Son, the Beloved; with you I am well pleased*".

He is then immediately "handed over" to the wilderness and facing Satan's temptations before he begins his public ministry. He is sustained by his trust in his Father and so moves forward knowing he is fully accepted and beloved of Him.

It's a powerful reminder that God loves us unconditionally too in whatever circumstances we face. It's humbling to reflect that nothing we can do can either make God love us more, or less.

There are times for all of us when things are challenging: maybe an illness or accident, or a tragedy of some kind, or the present unsettling times of the pandemic – times when we feel that things are out of our control and we may be left wondering where God is in all of this.

Well, God never leaves us – being in the “wilderness” is not a punishment. He is there with us, not necessarily to take away our struggles, but to sustain us through them.

As a consequence, if we walk in faith through temptation, uncertainty and danger, we can emerge more grounded and mature in Jesus, and discover a new closeness and trust deepened through the darkness.

And out of that, by God’s grace, new possibilities and new life emerge.

For a moment, as you reflect upon the past year, close your eyes and imagine God saying to you: “*Your name*, with you I am well pleased”.

You may like to reflect upon the following “Invitation to Lent” by Ruth Burgess:

*The desert waits,
ready for those who come,
who come obedient to the Spirit’s leading;
or who are driven,
because they will not come any other way.*

*The desert always waits,
ready to let us know who we are –
the place of self-discovery.*

*And whilst we fear, and rightly,
the loneliness and emptiness and harshness,
we forget the angels,
whom we cannot see for our blindness,
but who come when God decides
that we need their help;
when we are ready
for what they can give us.*



With love and blessings, Elaine

Notices

ONLINE DONATIONS TO THE CHILDREN'S SOCIETY FROM THE CHRISTINGLE ON CHRISTMAS EVE 2020:

Thank you to all who donated to this very worthwhile cause - £270 was raised on the night. The link is still open should you wish to donate to the Children’s Society using our church’s special giving page: <https://thyg.uk/CUS050018> or by scanning the QR code.



OBERRAMMERGAU PASSION PLAY, SUMMER 2022

This is now booked and the sixteen voyagers are looking forward to their trip to Austria. Thanks to all those who have expressed interest.



FOODBANK Donations can be made at Morrison’s, Sainsbury’s and Tesco and also to Frodsham distribution centre at Guide HQ, Ship Street between 1 and 3 pm on Fridays (excluding Bank Holidays). Current needs are: Shampoo, Custard, Sponge puddings, Long-life milk.

To find out about obtaining a voucher, opening times of distribution centres or how to donate financially through the online donation page, please visit the website – runcorndistrict.foodbank.org.uk

Picture: Unloading crates at Frodsham Distribution Centre on Ship Street (from Julia)

DONATIONS TO CHURCH 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. Alternatively, you can use our online donations page <https://givealittle.co/campaigns/371c0c8f-ea13-4763-9688-e0de77dd8475>

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. Thank you.

News from Church Members

BERYL'S BLOG

All good things come to an end. In my case it was last week when I was finishing off the bag of mixed nuts, the chocolates and the Turkish delight – all of which I must have thought were essential Christmas items! Like so many, lock-down has led to weigh-up and as I mentioned in a previous bulletin my resemblance to the waddling Esme in 'BABE' is quite uncanny. At the time of writing I have just eaten the last of the pancakes from the supermarket pack of six – not all at once – I did socially distance them throughout the day! So tomorrow is 'D(diet)-day'. I'm not sure how successful I will be because my intentions tend to fall at the first hurdle. New Year resolutions fade into obscurity by Epiphany and giving up chocolate for Lent has previously lasted until I've returned from the Ash Wednesday service and sat down with a cup of tea and a Kit-Kat! Well, they do say 'God loves a trier' so I'll give it a go. What have I got to lose? Well quite a bit actually. What weight am I? Heavy. What do I want to get rid of? Lots. Everything seems easier with an incentive so perhaps you may like to help. In the spirit of adventure – for how much I will lose up to Easter Sunday and for fund-raising for St Laurence – please let me know if you would like to be added to my list of sponsors! So 'onward and upward' or hopefully 'inward and downward'. Stay safe! Beryl x



THE WANDERING CHORISTERS

Hello everybody, we haven't been walking for a few weeks due to the very wet weather we have been having, so last week the 10th of February Barbara and I decided to brave the cold weather. We started our walk from Frodsham park and walked over the top field and out of the back of the park turning right onto Howey Lane. We made our way towards the A56 and crossed over the road into Matty's Lane. It was a really cold day with frost on the ground so we walked briskly. We continued to the bottom of the lane taking a right hand turn into Dig Lane which eventually took us back to the main A56 road. Opposite Dig Lane are some steps which leads to a snicket and as neither of us had been that way before we thought we would take a short cut and see where the path would lead. We found ourselves back into Howey Lane again and we turned left and followed the road up to the park entrance and back through the park. We ended our walk with a takeaway Costa ham & cheese toasty followed by a hot latte. I'll end my story with this little quote - Life is nothing without friendship. God Bless. Jeanie



From the Church of England

We invite you to pray for our nation

In response to reaching the terrible milestone of 100,000 deaths from COVID-19, the Archbishops invite all to call on God in Prayer. Starting on 1 February we invite you to set aside time every evening to pray, particularly at 6pm each day. More than ever, this is a time when we need to love each other. Prayer is an expression of love.

<https://www.churchofengland.org/resources/prayer-nation>

Lord God,
You have called your servants
to ventures of which we cannot see the ending,
by paths as yet untrodden,
through perils unknown.
Give us faith to go out with good courage,
not knowing where we go,
but only that your hand is leading us
and your love supporting us,
through Jesus Christ our Lord.
Amen



Contributions for the Newsletter should be emailed to saintells@gmail.com by 7pm on Wednesday. Thank you
If you wish to be unsubscribed from this weekly newsletter, please email saintells@gmail.com with
'Unsubscribe' in the heading