

Newsletter of St Laurence Parish Church, Frodsham
For week commencing Sunday July 31st 2022 – Trinity 7, Year C
 “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 July 31st Trinity 7	8.00 10.00	Holy Communion (spoken) Holy Communion (sung)	Hebrews 2. 10-15; Luke 12. 13-21
Monday – Friday	10.00-16.00	Church open	
Sunday August 7th Trinity 8	8.00 10.00	Holy Communion (spoken) Holy Communion (sung)	

Online Services

The current website link for our online services is: <https://slfchurch.org/trinity-sunday-on-1>

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

PARISH WEEKEND: Friday 9th September to Sunday

NEXT EVENSONG will be on September 25th at 4pm

SERVICE FOR HARVEST: October 2nd

‘HAUS MUSIK’ at David L's: Friday and Saturday 7th, 8th October. More information to follow later

SERVICE OF CONFIRMATION WITH BISHOP JULIE Sunday Nov 20th 6.30pm: If anyone (young or old) would like to be confirmed or find out more - **please contact Rev Elaine as soon as possible.**



Next Toddler Praise in September [Read more here.](#)

Next Messy Church is on 4th September. [Read more here.](#)

Letter

Dear Friends,

Summer takes us into holiday time when rhythms of work change, and opportunities arise for spending more time outdoors - watching children playing, enjoying leisurely lunchbreaks in pavement cafes or bars - there seems to be a greater willingness to relax in the sunshine and linger over meals. Having endured Covid restrictions for so long it comes as a blessed relief, even though the virus hasn't gone away.

It's important that we savour these moments, however we see them – time out / time off / time for stillness / time “to just be” / time for prayer and quiet reflection / time to listen to what God is saying to us / time to recharge our batteries – all crucial to our health and well-being.

Our Liturgical cycle follows the same pattern – we are now in “ordinary” time and our liturgical colour for many weeks is green. We have experienced the excitement of Christmas and Epiphany, the drama of Lent and Easter, the enormity of Ascension and Pentecost and now we have time to reflect on the implications of these – a time for us to grow – a bit like a flowering of our faith. As the great Liturgical circle moves full-circle back towards Advent, we can approach our major festivals with a more open heart ready to deepen our faith. Just as when we have truly rested, our bodies and minds approach our everyday activities with renewed energy.

We often pray together the words of St Paul: "The Grace of Our Lord Jesus Christ, and the Love of God, and the Fellowship of the Holy Spirit, be with us all evermore. Amen."

Paul reminds us of God's hope and desire, that we be united in the fellowship of the Holy Spirit – that profound sharing between God and his people wherever we are; and may we, by the grace of God, make time to bring the love of Christ to others we meet, at home or on holiday.

Summer reminds us that there is hope in the world, that the light within can illuminate and inspire others in God's strength.

I'd like to finish with the words of R.S. Thomas poem "The Bright field"

*I have seen the sun break through
to illuminate a small field
for a while, and gone my way
and forgotten it. But that was the
pearl of great price, the one field that had
treasure in it. I realise now
that I must give all that I have
to possess it. Life is not hurrying
on to a receding future, nor hankering after
an imagined past. It is the turning
aside like Moses to the miracle
of the lit bush, to a brightness
that seemed as transitory as your youth
once, but is the eternity that awaits you.*



With love and blessings

Rev Elaine 😊

Notices

MEMORIAL SERVICE: There will be a Memorial Service for the late Greta W. here at St Laurence on Wednesday August 17th at 11am. This will be followed by refreshments at the golf club in Helsby. We continue to pray for Brian and all the family at this sad time.

WOULD YOU LIKE TO BE A "CHURCH FRIEND" FOR OUR SCHOOL? As part of our links with our Church school we are wondering whether any of you would be able/would like to become a "Church friend"? This would involve being linked to one class and going into school regularly for a little while - which will be variable. You may listen to children read/ help with an activity/go on a trip etc. If you are interested or require further information - please contact Rev Elaine.



FOODBANK Collection points: supermarket drop off points, in church, distribution centre on Ship Street (Fridays 1 - 3pm). Current needs: **Pasta Sauce, Toilet Rolls and Washing up Liquid.**

Visit the website for info on how to give or get help: <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 by scanning the code on the left. Thank you.

Our safeguarding officer is Mary Lamb, and you can contact her on 07862 321 560

News

RUSS'S PRAYER: If you were in church last Sunday, you would have heard Russ talk about a prayer he says each day, containing 26 signs of the Kingdom of God. Russ invites people to spot any omissions and let him know! Here it is:

Heavenly Father, thank you for keeping me safe during the past night, and giving me another day in which to live.
Give me grace that I may always stand on the side of right, and recognise and help to grow your Kingdom of :

*truth & love, hope & trust, courage & wisdom, courtesy & respect,
loyalty & humility, simplicity & empathy, penitence & thanksgiving, welcome & challenge,
wonder & steadfastness, mercy & peace, freedom & justice,
forgiveness & servanthood, generosity & joy,*

wherever I go;

through Jesus Christ our Lord, Amen.

TODDLER PRAISE: The final Toddler Praise of the term was held in Rev Elaine's garden. And a good time was had by all, as you can see!



More photos of Toddler Praise can be seen at:

<https://www.facebook.com/saintells/photos/pcb.10160804575769925/10160804574234925/>

THE FESTIVAL IN THE PARK:

Here are some photos from the Festival in the Park where we had a stall and lots of interest in the Lego, especially Joanna's moving and roaring dragon (sitting on the round blue table below)! – and, of course, of Chester Cathedral.



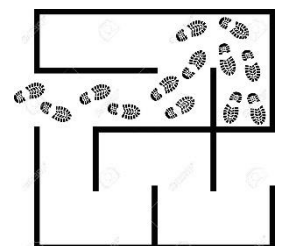


MORE FROM MESSY CHURCH:

A few more photos from our first Messy Church.



BERYL'S BLOG We've all done it. Tried to explain something to someone in the simplest of terms – but got nowhere. Repeated it in precise detail – still no headway. Perhaps 'actions' not words would resolve it. It was after a service of Toddler Praise that I offered a lift home to Steph who was carrying a rather cumbersome box of 'props' which had been used during the gathering. I had to call at the home of a fellow volunteer from the OPAL group but it wasn't out of my way. Although I didn't know the precise address, I knew where the house was as I'd called there on quite a number of occasions. 'Left' at the main road – first right – first left. 'That's Grasmere,' said Steph. 'No, it isn't,' I replied, repeating 'Left at the main road – first right – first left.' 'That is Grasmere – where I live', said Steph repeating the directions. I know where Steph lives so I stated quite emphatically that it wasn't Grasmere and the house wasn't anywhere near there. By this time, Chris had joined the conversation and was convinced that 'Left at the main road – first right – first left' was Grasmere. I was equally sure that it wasn't – after all, I'd been there quite a few times. We dropped Chris at home returning past St Laurence to the main road: Left – first right – oh! Nowhere to turn left! I pulled in, quite puzzled, because I'd driven that route on several occasions. Then the penny dropped. I turned to Steph and said, 'It's definitely 'Left at the main road – first right – first left' – but it's when I'm leaving Frodsham Methodist!!' Once we'd stopped laughing Steph re-routed us to the correct address. I delivered Steph – with box – to her home and



cheerfully set off on my mission for the remainder of the day. Wouldn't life be boring if we didn't have the occasional mishap! Take care and continue to stay safe. Love, Beryl.

THE WANDERING CHORISTERS This month we have done several walks, but today I'm writing about our walk to Rhos-on-Sea. It was raining when we started out on the 12th of July, but we decided to take a chance and go. We had a good run through on the A55 and arrived in Rhos just after 11am. On our arrival we noticed a lot of work going on and had to divert up a road to the left of the main road which eventually brought us out onto the main road again. We parked the car, got our back packs on and started to walk through Rhos towards Colwyn Bay. It was lunch time, so we stopped to eat our picnic lunch. It wasn't raining here and we sat soaking up the sun enjoying our food. We continued our walk following the coastline towards Rhuddlan, stopping occasionally to take in the beautiful scenery. There was lots of work happening on the beach all along the coast. I just happened to see a lady who looked like an official and asked her what was happening. She went on to say that they were improving the coastal defences by importing one million tonnes of sand to place on the existing seawall. It will form the primary sea defence along a section of the coast while also being an attractive beach to enjoy. Work also included modifying a rock groyne next to Rhos harbour which will be higher and wider. The scheme also



walking back to Rhos where we decided to have a meal of fish and chips (which were really nice) before heading off home to Frodsham. Jeanie & Barbara

includes improvements to the promenade, widening it to provide more space for pedestrians and cyclists. They are also upgrading the street furniture and lighting. After being enlightened by this lovely lady about what was going on we set off back to Rhos which was a long way behind us. We reached Colwyn Bay and couldn't help but divert to the shops before



The Alternative Collect for the Seventh Sunday after Trinity

Generous God, you give us gifts and make them grow:
though our faith is small as mustard seed,
make it grow to your glory and the flourishing of your kingdom;
through Jesus Christ our Lord. Amen



Contributions for the Newsletter should be emailed to saintells@gmail.com by 7pm on Wednesday. General articles will appear once a month in the last newsletter of each month. Thank you.

If you wish to be unsubscribed from this weekly newsletter, please email saintells@gmail.com with 'Unsubscribe' in the heading.