

**Welcome to the newsletter of  
St Laurence Parish Church, Frodsham  
“To know God and to make God known”  
13th September 2020**

**Vicar: Rev Elaine Attack    [revelaine@nym.hush.com](mailto:revelaine@nym.hush.com)**

Website: [slfchurch.org](http://slfchurch.org)

Facebook: [www.facebook.com/saintells/](http://www.facebook.com/saintells/)

**14th Sunday after Trinity Readings: Exodus 19-end Romans 14:1-12 Matthew 18:21-35**

Dear Friends,

I have just returned from a very enjoyable and interesting historical walk with the Mothers Union around Overton, led by Heather.

The sun was shining, showing God's creation at its resplendent best. It was wonderful to see people without masks – and yet sadly we are not “out of the Covid-19 woods” yet.

Thankfully, at the moment, our services can still go ahead under the guidelines and restrictions currently in place. Let's hope people will heed the latest advice so we can continue to do so.

You may remember that last week's Gospel focused on Jesus' plan of action for dealing with conflict, which is appropriately followed this week with the theme of forgiveness.

Jesus tells us that we mustn't leave things unresolved and encourages us to have the courage and humility to say “Sorry”- a word that can have such impact if used correctly and genuinely - when an apology is genuine then real forgiveness can begin.

When Jesus teaches his disciples the Lord's Prayer, he goes on to explain that if we forgive people then our heavenly Father will forgive us. It is like a circle of forgiveness: we forgive others because God forgives us, and because we forgive others, God forgives us.

A failure to forgive can cause anxiety and deep anger, even stress and depression. It's a bit like an infected wound which hasn't been cleaned before the dressing was applied – it doesn't heal.

On the other hand, research has it that learning to forgive genuine apologies improves mental health, makes people more hopeful and leads them to grow in kindness, respect, generosity, and love towards others.

Archbishop Desmond Tutu, in his book, “No future without forgiveness” wrote, “though there is undoubtedly much evil about, we humans beings have a wonderful capacity for good. We can be very good. That is what fills me with hope for even the most intractable situations.”

I would like to share this prayer with you by Jan Berry called “The cost of Forgiveness”.

In speaking the truth, uncovering lies, deceit and hypocrisy,  
give us the courage to name evil.

God of judgement and grace, HELP US TO FACE THE COST OF FORGIVENESS.

In standing up against evil,  
confronting it in others and owning it in ourselves,  
give us the strength to pursue justice.

God of judgement and grace, HELP US TO FACE THE COST OF FORGIVENESS.

In the fulfilment of justice,  
repenting wrongdoing and accepting the consequences,  
give us the gift of forgiveness.

God of judgement and grace, HELP US TO FACE THE COST OF FORGIVENESS.

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

**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](mailto:saintells@gmail.com)

### Pray for

Those who are sick

Those whose anniversary of death falls at this time

**Latest update from Rev Elaine:** St Laurence will continue to open for Private Prayer: Monday – Thursday each week, 10am – 4pm. Sunday services: 8am – said Eucharist 10am - Eucharist

We continue to follow Church of England guidelines closely, accepting that there will be restrictions in place for quite some time to come. Current advice is that face coverings must be used in church.

As you probably all know by now, seating in church has been re-arranged to comply with Social Distancing requirements, reducing numbers who can attend.

To help us to manage this, please contact Betty Rutter: [bets66@btinternet.com](mailto:bets66@btinternet.com) or phone her after 10am if you would like to reserve a place at next week's service.

(Please do so by Friday evening at the latest)

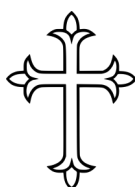
SUNDAY SERVICES ON CD AND ONLINE WILL CONTINUE FOR THE TIME BEING.

Many thanks for your continued prayers, patience and support as we ease our way safely out of lockdown.

**This is our calling:** to become like Christ. To cherish, care, console - as Christ did. To love, share and surrender - as Christ did. To be an embodiment of the love of God - following the example of Christ, that supreme exemplar of the love of God poured out in one whole person for the whole of humanity. What is this name 'Christian'? That is. *Words from Martyn Percy, Dean of Christ Church, Oxford and a visitor to our church a couple of years ago. Someone who has stood strong as a Christian through difficult times. A forgiving man.*

You are  
the series of mistakes  
that had to happen  
for you  
to find your you.

ATTICUS



A lovely photograph taken by Jeanie of the church when open during the week.

**2018 was a good year** in the Damson Department. Having sampled a rather delightful damson gin, courtesy of Geoff Sharpe, I decided to give it go when I was given some damsons from an unexpected source. I bought the gin and Geoff gave me the instructions. Together with the details for using the soaked damsons to make jam at a later date. The whole venture was a success and my customers were delighted with the 'Damgin Jam'. I did share the hard stuff with my elder sister but it never went on sale! I bet you're already impressed that I managed to do something in the kitchen without the usual catastrophe. Well, hold that thought!! 2019 saw the purchase of the gin, the donation of damsons and a repeat of the 2018 action up to the jam stage. I strained and bottled the gin but it was all downhill from there. I obviously added too much sugar to the strained damsons because it started to thicken rather too quickly. I tried to put it into the sterilised jars but as it was cooling it was becoming unmanageable. The bin won the battle. I consoled myself with a sample of gin before tackling the scraping of the kitchen utensils and soaking them in hot, soapy water. My apologies to the customers expecting the 'Damgin Jam' but I now have a recipe for tooth breaking toffee if anybody wants to have an adventure! Stay safe. Beryl x

## NOTICES

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

**ACPM** The Annual Church Parish Meeting will be in church on Tuesday October 13th at 7pm. Details of how this will work given the present restrictions will follow.

**HARVEST:** Whilst recognising that we can't celebrate Harvest in the way we have become accustomed to – we will have a service dedicated to the Festival on Sunday October 4th at 10am. As we can't decorate church in the same way we are hoping to have photographs / images to project. If any of you have been growing vegetables or fruit in your gardens or allotments – or if you have a particular floral display - please can you take photographs and send them to Kath: [kath@kathwilliamson.org.uk](mailto:kath@kathwilliamson.org.uk), or Joanna: [joannaayliffe@gmail.com](mailto:joannaayliffe@gmail.com). Many thanks.

**OUR PRAYERS FOR THE SICK:** From next week the names from our prayer list that are read out in church will be limited to those of a more acute / immediate nature. In normal circumstances, this will be for a six-week period. Before the pandemic struck, names were moved on to a Continuing Prayer board in the Lady Chapel. However, in present circumstances this is not practical, so instead we shall add their names to a Continuing Prayer Book, which will be placed on the Altar each Sunday and blessed, thus calling to mind all those who are in need of our prayers without the need to read out an ever-lengthening list. 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.

**Food Bank** Donations can be made at Morrison's, Sainsbury's and Tesco. Current needs are tinned or mashed potato, tinned fruit and men's toiletries. 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](http://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](mailto: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.*

## Adrian Durnell

### Member of the Cathedral Finance Team

Chosen reference: Matthew Chapter 6 Verse 19-21

*Lay not up for yourselves treasures upon earth, where moth and rust doth corrupt, and where thieves break through and steal: But lay up for yourselves treasures in heaven, where neither moth nor rust doth corrupt, and where thieves do not break through nor steal: For where your treasure is, there will your heart be also.*

How this verse has helped me in my life:

In life it is very easy to be drawn in to a competitive life style with material possessions becoming all-consuming e.g. the size of one's bank balance and house, exotic holiday's, one's career. The problem with this is if we pursue these things totally blindly - with no thought of our spiritual life - the perceived happiness we believe that will come with the possession of more and more is just a myth. What you end up with is a very shallow version of happiness at best, which will not sustain you long term.

Unfortunately it is a fact of life that we don't always enjoy good times, and it is during these less than good times that we discover that shallow happiness will not sustain us through a difficult period. If you have been mindful of your spiritual life, you at least have something to draw on. It will not be easy - but you are much more likely to feel an inner strength that will help sustain you.



**JUNIOR CHURCH NEWS Junior Church Zoom meeting—Sunday 13th at 3pm. Contact Chris or email Saintells@gmail.com if you're interested in joining in!**

**Our Gospel reading** this week is about forgiveness. Perhaps you could give a little time each day this week to thinking about who you need to forgive and who you would like to forgive you? Talk with your family and friends about whether anything is unforgivable?

**News this week from Charlie and Aimee**

A few words and a picture of Charlie and Aimee's weekend on Nana (Bev from our church choir) and Grandad's boat Hullabaloo Encore! We were both really excited to spend a weekend on the boat as we've not been able to go on it due to lockdown. We got there on Saturday and had fun on the beach in Pwllheli, then on Sunday we went for a big Sail.

We left early and sailed all the way past Llanbedrog and Abersoch around Bear Gryll's Island. On Monday we had another full day on the water and sailed past Criccieth Castle and Harlech Castle. It was fun to see them from the water! We also did a couple of 'Man over board' practices (don't worry, we threw a fender over board, not Nana!) and learnt how to rescue

someone if they went over board. We look forward to seeing everyone at church and Sunday School again.



**Mothers' Union meets again!**

A group of MU members, joined by Rev Elaine and Phil, enjoyed a very gentle, socially distanced stroll around Historic Overton on Wednesday afternoon. The sun shone for us and it was a delight to be able to meet outdoors. We walked in small, carefully distanced groups and followed the route of the self-guided walk originally designed for the Heritage Open Days in 2016. It was great to be able to



chat - and our 'Wednesday Wander' ended with a drink (everyone brought their own) in the churchyard. Sadly our activities may be further restricted in the coming weeks as, nationally, we face a rise in Covid-19 cases but we hope that it will be possible to have more 'Wednesday Wanders' in future. Watch this space! Stay safe. Heather.



Our intrepid walkers continue to meet on Saturdays to explore the Cheshire countryside and clock up the miles. Interested—contact David Leslie for more information or email Saintells@gmail.com and we'll pass your enquiry on.



<https://slfchurch.org>

Please find attached the reflection 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!**

“The world’s in a mess” someone said to me the other day. But I suppose it always was a mess and perhaps always will be. I don’t suppose any of us would wish to live in medieval Britain, Roman Britain or even Victorian Britain? I wonder if people alive in 500 years from now (assuming the planet is still habitable) might say, “I wouldn’t want to have lived in the Twenty First Century”?

Modern technology enables us to keep in touch with what is going on in a way which, one hundred years ago, would have been unimaginable. Mobile ‘phone cameras catch events and quickly relay stories across the world. We are instantly made aware of wars, violence, injustice, poverty, disease and disaster. Sometimes all this seems so overwhelming that we want to shut it out, turn off the radio and the television. What might strike us as equally disturbing is the amount of corruption, lies, cover-up, misinformation and deception that appears to surround so much of the news we hear. The manipulation of truth and the covert business of hiding what you don’t want the general public to know carries frightening echoes of what has happened in the past when free speech was curtailed!

The world’s in a mess. And it’s right that we should hold those who govern us accountable. But corruption, lies, dishonesty and manipulation of the truth doesn’t mean that the remainder of us are innocent. We all mess up. And that takes us straight to the central message of Christianity – that forgiveness and reconciliation are fundamental for human flourishing. “Who are we to pass judgement?” says St. Paul. And then there’s that parable of Jesus about the king who wished to settle accounts with his servants.

Jesus often uses a lot of exaggeration in his stories and this one is a classic example. He describes a servant who owes the king a massive debt. It is a ridiculous amount of money – even in a lifetime the servant could not possibly repay such a debt. The king forgives this impossible debt but then that servant threatens another servant and puts him in prison for failing to repay a trifling debt.

The story was triggered by a person who says to Jesus “How often should I forgive? As many as seven times?” When Jesus replies “Not seven times but seventy seven times” he means that there must never be a limit to the times we should be willing to forgive. But how hard it is to forgive someone and mean it! How hard to prevent memories of hurt from festering sometimes for years and years! But there can be no other way of being reconciled to other people. Sometimes I get the impression that public figures resist apologising because to do so would be seen as a weakness in leadership. But then truth and honesty are the casualties. Making a new start cannot be managed by simply apportioning blame and then walking away. Forgiveness and reconciliation must stand at the centre of our public life if we are not to descend into deception and mistrust.

Now that leaves the difficult ending of the parable. The king delivers the unmerciful servant to the torturers until he pays his impossible debt. What are we to make of this? Is it not the case that the death of Jesus and his subsequent resurrection tell us that God's mercy never ends and that we can never find ourselves beyond God's forgiveness? Can such tension ever be resolved? But Jesus ends his story telling us that we experience release from this tension when we forgive one another **from our hearts**. Forgiveness must be real. Jesus opens our eyes to see that the cycle of revenge and the domination of the weak by the strong is broken by a genuine change of heart. And that is the core of the Gospel.