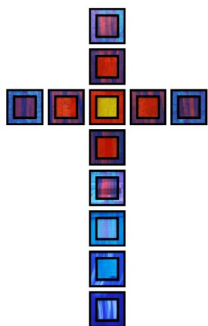


# **Frodsham Methodist Church**



**Magazine**

**Winter 2023**

**(Dec/Jan/February)**

**[frodshammethodist.org](http://frodshammethodist.org)**

<p style="text-align: center;"><b>WHO'S WHO IN OUR CHURCH</b></p> <p style="text-align: center;"><b>Superintendent Minister: Rev'd Neil Stacey</b></p> <p style="text-align: center;">Church website: <a href="http://frodshammethodist.org">frodshammethodist.org</a></p>
<p><b>Under 30's Worker:</b> Dean Lawson mob: Email: <a href="mailto:dlawson@northcheshiremethodists.org.uk">dlawson@northcheshiremethodists.org.uk</a></p> <p><b>Co-ordinating Steward:</b> Carolyn Frayne</p>
<p><b>Worship Stewards:</b> Frank Ball ; Ros Caldwell ; Alun Evans ; Carolyn Frayne ; Alan Gerrard</p>
<p><b>Organists:</b> Andrew Ellams; Harry Leather; John Holmes</p>
<p><b>Treasurer:</b> John Holmes</p>
<p><b>Church Secretary:</b> Ros Caldwell</p>
<p><b>Pastoral Secretary:</b> Pam Bath</p>
<p><b>Worship Leaders:</b> Patricia Barnard; Marion Greer; Simon Kelly.</p>
<p><b>Leadership Team:</b> Andrew Ellams; Patricia Barnard; Carolyn Frayne; Charles Hill; Elizabeth Holmes; John Holmes; Dean Lawson; Caryn Hetherington.</p>
<p><b>Church Hall Bookings:</b> Trish Percival</p>
<p><b>Sundaylink</b> (weekly notices): Jean Williams</p>
<p><b>Church Magazine:</b> Elizabeth Holmes; Carolyn Frayne; Patricia Barnard; Rosalyn Caldwell; Dean Lawson; Shelley Howell; Camille Bradford. Please forward final items for the magazine to Ros Caldwell by February 5th.</p>

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## Letter from our Under 30's Worker

*By Dean Lawson*

As we approach Christmas, one of my favourite memories of the Nativity story is telling it to an after-school club I used to run a few years ago. And one of the young people there having the revelation that the baby Jesus in the story is God, and the amazement that came with that realisation: that a baby, in all its vulnerability, could also be the same God that created us all. And it's this same baby that grew up to do incredible, amazing and impossible things, whilst still being fully human, and taking with him all the challenges that being human brings with it. And of course, it's this same baby that went on to save the world.

It's this Jesus – the one who is vulnerable and relies on his mother to survive that we see at Christmas, and elsewhere in the gospels - that gives me the faith that God will work in me too with all my weaknesses. And we as a church can still do remarkable things in our town, and are doing remarkable things; no matter how weak we think we are, or what we're lacking, God is still at work in our church. From Games Club and Toddlers, to the Wednesday morning Drop-In and Coffee and Cake. From the Harvest Festival to the Craft Fair. And even behind the scenes, as we register the church for same-sex marriages. God can and will use us in all our vulnerabilities for the glory of his kingdom. We've just to jump on board.



## Church Family News

### Birthday Congratulations!

Flowers were taken to Gladys Brown when she recently celebrated her 103<sup>rd</sup> Birthday and also to Liz Holmes on her 80<sup>th</sup> Birthday.

We send our Congratulation to Gladys and Liz and also to Ellie on her 18<sup>th</sup> birthday.



The baptism of Eliza Rawsthorne took place on 17<sup>th</sup> September. Eliza is the daughter of Lynn and Alan and great-granddaughter of Sheila Gleave.

Congratulations to Harold and Elizabeth on their 63rd Wedding Anniversary.



## Worship at FMC

### Christmas and New Year Programme

Our pattern of services and events over the Christmas and New Year period will be slightly different this year. The changes have been dictated by three things: the fact that Christmas Day falls on a Monday; the services and events organised by others; the availability of people to lead worship or help behind the scenes.

Saturday Dec 16 <sup>th</sup>	4pm	Choral Society Carol Concert at FMC
Sunday Dec 17 <sup>th</sup>	10.30am	Community Nativity led by Dean Lawson
Thursday Dec 21 <sup>st</sup>	7.30pm	Equinox Concert
Sunday Dec 24 <sup>th</sup> , Christmas Eve	10.30am	Carol Service
<b>NB - no pm Carols by Candlelight</b>		
Monday Dec 25 <sup>th</sup> , Christmas Day	10.30 am	Family Celebration led by Andrew Ellams
Sunday Dec 31 <sup>st</sup> New Year's Eve	10.30am	Morning Worship led by Liz Holmes
Sunday January 7 <sup>th</sup>	<b>11am</b>	Churches Together United Service at St Laurence
<b>NB - no morning service at FMC</b>		
Sunday January 7 <sup>th</sup>	6pm	Evening Service led by Liz Holmes

## Café Church

We have enjoyed some good café church services over the last few months. The worship band has greatly enhanced our worship and introduced us to some new songs, as well as leading more traditional singing. People have grown used to sharing thoughts and ideas with one another, or simply listening to others. You may have seen some of our display boards in the Hall showing the results of people's creativity.

We plan to continue with café church into 2024 on the last Sunday of each month, but would very much like to see more younger people and families being involved. It's a very informal form of worship, with plenty of opportunity for moving around, talking to one another and being creative. And, of course, there's usually cake! All are welcome.

Sunday January 28 <sup>th</sup>	10:30am	led by Liz Holmes
Sunday February 25 <sup>th</sup>	10:30am	led by Dean Lawson

## Evening Service

We continue to hold an evening service on the first Sunday of each month at 6pm. This service, which is generally quieter and more contemplative, is very much appreciated by those who come. It would be good to build up numbers again, as it is one of the last remaining evening services in the Circuit. Please make a note of the dates for the next quarter.

Sunday December 3 <sup>rd</sup>	6pm	led by Charles Hill
Sunday January 7 <sup>th</sup>	6 pm	led by Liz Holmes
Sunday February 4 <sup>th</sup>	6 pm	Holy Communion, led by Rev'd Alison Crookes

## Welcome to Frodsham

We are pleased to welcome Rev'd Ian and Dorothy Rigby and Rev'ds Sue and Peter Levitt, who have moved to Frodsham recently. We wish you all every happiness in your new homes.



## Pamper Party

*By Carolyn Frayne*

In August we held a Pamper Party hosted by Katie Wright, who is a Tropic Ambassador. She brought along a range of facial and body care products for us all to see and try.

There were church members and friends

from the community attending, including some from the Ukrainian Drop-In.

We provided refreshments of nibbles and a selection of 'mocktails' including sweet sunrise and no-jitos, which added to the party atmosphere. There was a raffle, giveaways and games too.

Caryn was a willing guinea pig when it came to the demonstrations and enjoyed receiving her facial. Some of the other ladies also enjoyed trying out the facials on themselves.

It was a lovely event – thanks to everyone who came along.





## News from Ladies' Group

by Joyce Vernon

We meet on the second Monday of each month from 2 – 3.30 pm. All ladies welcome.

The last meeting of the year will be on December 4<sup>th</sup> and will take the form of a Christmas Party. We will be making our own entertainment!

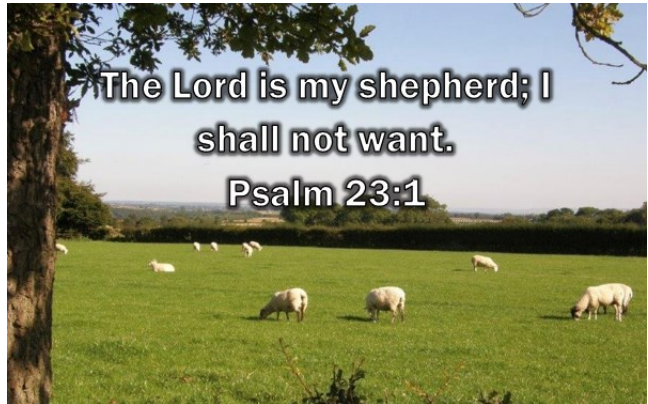


Photo from Rosemary Wass

We would also like to extend warmest Christmas Greetings to all our friends - especially Ruth, Pat, Betty, Margaret and Ena, who are in our thoughts and prayers.

The opening meeting of the New Year will be a Service of Holy Communion on the 8<sup>th</sup> of January, which will be led by Rev'd Ian Rigby.

"Great is thy faithfulness, O God my Father,  
There is no shadow of turning with thee;  
Thou changest not, thy compassions, they fail not;  
As thou hast been, thou forever will be:

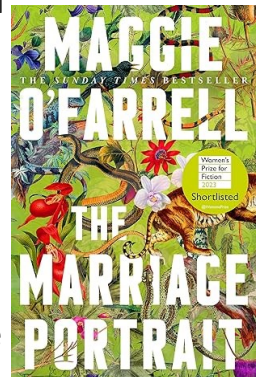
Great is thy faithfulness! Great is thy faithfulness!  
Morning by morning new mercies I see;  
All I have needed thy hand has provided.  
Great is thy faithfulness, Lord, unto me.

## Frodsham Methodist Book Group Book Review

*by Ruth Bradford*

As a history lover this book was right up my street, the story of the sixteenth century Lucrezia di Cosimo de' Medici and her short marriage to Alfonso, Duke of Ferrara. The marriage portrait of the title is taken from Robert Browning's poem 'My Last Duchess'.

The book starts at the end, as it were, with Lucrezia realising that her husband 'intends to kill her', and flips back and to in time, telling the story of her life and how she came to that point. The book led to an interesting discussion on the rights of women, all of us being grateful to have been born now and not in the sixteenth century! Things have definitely improved since then, though there is still some way to go. Even if you were lucky enough to be born into a wealthy family, women were in reality just the possessions of their male relations. In England it wasn't until the Married Women's Property Act in 1882 that women were able to own and control property in their own right.



*'The Marriage Portrait'  
by Maggie O'Farrell*

It was good to have the story told from Lucrezia's point of view, as so often in history women don't have a voice. There was a twist at the end which I liked, but don't want to spoil it for anyone who hasn't read the book, so I won't say any more!

*Book Group meets on the third Wednesday of the month at 7.30pm in the Quiet Room. New members are always very welcome.  
(You don't have to have read the book to attend the meeting!)  
Our books for 2024 will be on the church website when we have chosen them!*

## Church Walking Group

*By Ros Caldwell*

On a recent walk our route took us down Bradley Lane, turning right and across the fields to Belleair Farm and Hatley Farm, and finally along Watery Lane. It was about 4 miles on a glorious, sunny afternoon with splendid views across the Weaver Valley. The group who were walking at the back were fortunate to see red admiral butterflies feeding on ivy flowers.



Our next walks will be on December 23<sup>rd</sup> to be led by Alan and January 27<sup>th</sup> led by Kathleen. Both walks will leave the car park at 1.30pm. Join us if you can.

## Frodsham Methodist Church Calendar for 2024

We are reflecting the seasons in our new Church Calendar for 2024. These will be for sale from mid-November at the Craft Fair, at the Church Wednesday Warm Welcome sessions and following Sunday services. The calendar features monthly photos provided by members of our church family and each photo has a specially chosen Bible verse.

### Frodsham Methodist Church



**Calendar 2024**  
[frodshammethodist.org](http://frodshammethodist.org)

Sponsored by,





# Toddlers

By Ruth Hunt

I only just started to help out at Toddlers in September and it could be seen straightaway how friendly and well organised the group is. Parents, caregivers and grandparents certainly agree, judging by the comments received in the comments box.

We've been coming to Tots since 2014 with our 3 children! Always such a friendly welcome and so many friendships made. Thanker so much!

"We've been coming to Tots since 2014 with our 3 children! Always such a friendly welcome and so many friendships made. Thanks so much!"

We love playgroup on a Thursday! lots of fun activity such as singing & crafts. A lovely group of people with a community feel. Thankyou :)

"We love playgroup on a Thursday! Lots of fun activity such as singing & crafts. A lovely group of people with a community feel. Thankyou :)"

we love coming to Toddler Group. It's super friendly and clean my kids love it.

"We love coming to Toddler Group. It's super friendly and clean, my kids

There is a variety of activities for the children to enjoy.

The craft table is always popular. Over the past few weeks masks, owls, kites, hedgehogs and paper people have been created.



Even the adults enjoy creating masterpieces.



The children love the new trampoline!



Each session finishes with a healthy snack and a sing-song.

This little boy loves to accompany the singing with his favourite guitar.



I shall leave the final word to the comments box...

lovely little playgroup  
Very friendly & clean.  
more grandparents than  
parents.  
enjoy the songs.

Me and my little girl  
love coming to toddler  
group.  
There is so much variety  
for the little ones and  
great to socialise with  
other mums.

Toddlers is a lovely  
group - very welcoming  
full of lovely people  
and we really enjoy  
coming each week.  
Thankyou to all  
who run it!

"Lovely little  
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you to all who run  
it!"



# **Festival of Food, Flowers and Farming**

*by Carolyn Frayne*

On September 23rd and 24th we held a Festival of Food, Flowers and Farming. We wanted a more traditional theme for Harvest Festival this year. We also wanted to show how farming had changed and show some of the ways in which local farmers have diversified. We also invited eco-friendly stall holders where possible, as part of our drive to become an eco-church.



The church was beautifully decorated with stunning floral arrangements created by Jan, Shelley and Liz. Your hard work was very much appreciated and there were some lovely comments.

On Saturday 23rd September we held an information fair; in the church we had a series of talks:-

Ruth Basden from Climate Action Frodsham spoke about Meals to Beat Climate Change and how our food choices can make a difference.



Barbara Freeman from Fresh Beginnings spoke about her work teaching people to cook from scratch and how this can save money and improve people's health.

Mark O'Sullivan spoke about the Community Orchards in Frodsham. I don't think any of us knew there were five of them.

Dr Richard Cox gave a very interesting talk about llamas generally and how they came to this country, and also about his own herd - Hillview Llamas.

Imogen Harrison spoke about setting up Firs Flower Farm and how she uses regenerative farming techniques that she learnt about in South Africa.

In the hall we had various stalls from local food producers, including Larkton Hall Cheese, North Cheshire Bee-keepers and Cheshire Pick Your Own Pumpkins. We also had a church produce stall selling preserves. Thank you to everyone who donated produce and preserves for this.



We had information stands and displays by Frodsham Christmas Trees, Log Club, Delamere Flower Farm and Firs Flower Farm. We were also joined by local community groups to raise awareness of their work; these included Climate Action Frodsham and the Women's Ag Group. The WI had a display showing their work at Manley Copse and our friends from Opal also had a fund-raising stall selling knitted pumpkins etc.

We also had a representative from the local Foodbank, who was very appreciative of all the regular donations made by our members.

In the craft room there was a display of historic photographs kindly loaned by the Local History Society and the Worrall family, which showed Frodsham food shops and farms from the past.

The event was well attended, with a steady flow of visitors throughout the day. Our MP Mike Amesbury also came along to show his support. He listened to one of the talks and spent time talking to many of the stall holders.



The ladies in the kitchen did an excellent job providing cakes and drinks.

The Harvest Festival on Sunday was led by Liz Holmes; it was a traditional service which included many old favourite Harvest hymns. After the service the flowers were distributed to local care homes, and to church members who weren't able to attend, and were greatly appreciated.

A big thank you to everyone who attended, helped or was involved in any way. It was a lovely weekend.

## Prayers

*By Grace Hill*

Autumn. I love this time of year, with its changing colours and crisp mornings. I like the fact that in our climate we experience four distinct seasons as God paints Nature's scenes in different colours. Autumn - a season of nostalgic *reflection*. Winter - a season of quiet *reverence*. Spring – a season of *renewal*. Summer – a season of much needed *rest* and enjoyment. As we move through each of these four seasons of life, take your time. Walk slowly. Feel God's Presence. Move through the days and weeks and years that God has given to you and know that He is walking the road with you through the seasons of life.

**Heavenly Father**, we thank you for the amazing variety of life in our world, and especially for the changing seasons.

We thank you for the *Autumn* with its mellow fruitfulness, for the gifts of the



harvest and the glowing colours of the trees.

We thank you for the *Winter* with its crisp snow and dark days and the warmth of Christmas lights.

We thank you for the *Spring* time with its vitality and newness and all nature breaking out into life in harmony with Easter.

We thank you for the *Summer* with its sunshine and long warm days; the flowers in their abundance, colour and beauty.

Thank you, God, that though the seasons are changing, you are unchanging in your goodness to us; your steadfast love is new every morning. Amen.

*Lighthouse made by Dean and Fusion  
12 for Café Church 29/10/23*



## A Modern Psalm

*By Kathleen Povall & Alan Gerrard*

At our recent Hope Café church service, Dean challenged us to compose a modern version of Psalm 18 verses 28 - 36, which was the Bible reading that morning.

Alan & Kathleen came up with these phrases, and Alan's photo, taken on Frodsham Hill during a recent morning walk, hopefully complements the theme.

God is the sat nav for our unknown route...

He is the signpost at the junction...

You show me the path  
through the forest...

You guide me over the  
stepping stones...

You are the sunlight through  
the trees on a misty  
morning...

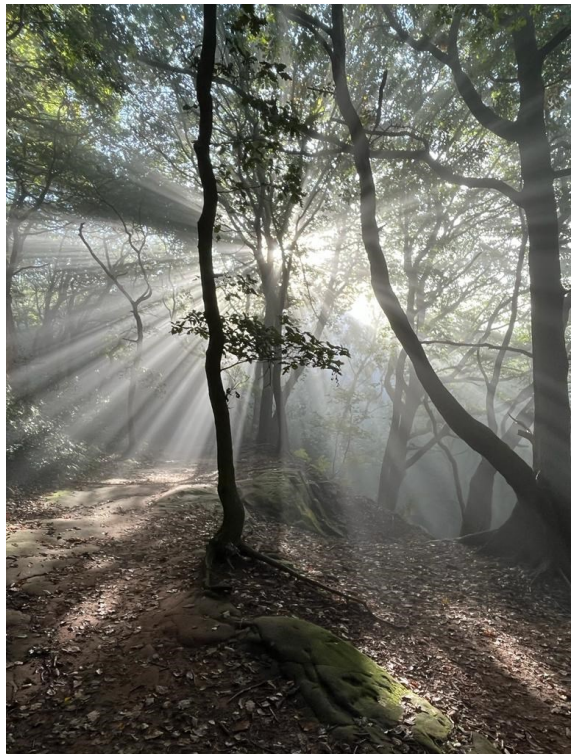
He is the candle in the  
wind...

He gives me strength to face  
the trials of life...

It is you who recharges my  
failing battery...

You are the truth amidst  
fake news...

You are my lighthouse...



# Anti-Slavery Day

By Alun Evans

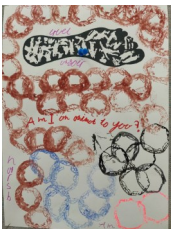
The idea for the pop-up exhibition came about when I laid out a series of my screen prints on the church craft room floor to take some photos one Wednesday morning last summer. A weekend was agreed, and the display went ahead on Saturday the 21<sup>st</sup> October.



At the planning stage we decided to involve a local school. We contacted Frodsham Primary Academy on Ship Street, and they agreed to bring up a group of year 6 students to see my screen prints on the Friday before the open day, and to participate in a printmaking workshop in the craft room, which

my wife Liz and I turned into a studio for the morning.

The weather on the morning of the workshop was awful, so the full complement of children was unable to walk up to the church, but two members of school staff each brought up four students. They were given a brief explanation of the morning's events as they tucked into a breakfast. The children were very engaged at every stage, proving highly interested in the theme and engrossed hands-on in printing the flyers and posters, with well thought-out supporting text. We were all impressed with their knowledge and application. Well done teachers!



I had held back some of the students' work and formed a mini-exhibition of their achievements, which we displayed during our exhibition on the Saturday.

By the time I was due to talk about my prints the hall was full. Far more people took an interest than I had anticipated, with around 70



attending, including a really good presence from the Ukrainian families who settled in the area in 2022, and who have regularly joined us for drop-in mornings and special events.

I talked about the screen-printing process and how my interest in the Liverpool Pierhead and waterfront (that I had been painting over the last 15

years) gradually evolved into a concentration on the city heritage and the slaving trade, as depicted and recorded by exhibits in the National Museums Merseyside. A range of other buildings on the shoreline and through the city were part of the exhibition. All of these items, small and large, were underpinned by the wealth of the city traders and merchants gained from 'the African trade'.

As Covid restricted our movements from March 2020, I worked exclusively on the slaving history of the area, in order to raise my awareness of the invidious and deeply integrated nature of the trade, which was supported by Parliament and the Royal African Company from the early 17th century. Liverpool had become, by the early 18th century, the leading world port at the start of the triangular trade to West Africa and the Americas, then back to Liverpool with vessels full of the crops that the captured Africans produced on the plantations.



# World Scouting Jamboree

*by Ellie Molyneaux*

I spent such a long time preparing for this trip... training... fundraising... teambuilding... nearly two years in the planning and we finally made it.

The 12-hour flight to Incheon Airport was nothing like I'd ever experienced before. Touching down in Korea for the first time was the best feeling in the world, the realisation that all that work had been worthwhile.

Our entire UK Contingent all had identical holdalls and rucksacks; you can imagine the chaos it caused in the airports and tube system!!

Four days were spent exploring the vibrant city, visiting the North Seoul Tower, Gyeongbokgung Palace, The Jeonghyeon Tombs, and a mind-blowing aquarium. We tried so many foods, from Korean savoury dumplings to octopus and Korean BBQ's.

The weather, as you may have seen, was quite extreme... from typhoons and monsoons to severe heat waves and high humidity levels, we had it all!

A slight delay in reaching the Jamboree site was due to the aftermath of a monsoon. The dedicated International Support Team members worked tirelessly to make the site safe, digging trenches and draining the water - they couldn't be commended highly enough!

The opening ceremony was nothing short of spectacular. Greeted by a drone display, fireworks, the Head of the Korean Scouting Association, and The Chief Scout, Bear Grylls, the atmosphere was absolutely incredible.

However... reality hit hard the following morning as we awoke to sweltering tents. The searing heat, coupled with stifling humidity, exposed several onsite challenges. Sanitation facilities were very poor, sand blanketed everything, and incomplete cables hung from power lines. Shade was a luxury we unfortunately lacked. Despite the physical and emotional challenges, our unit pulled together as one, and we really were like a huge family, looking after each other when times got very tough.



On August 5th, at 11pm Korean time, news of the UK Contingent's withdrawal from the Jamboree arrived with gut-wrenching emotion. It felt as if all our dedication and effort had been for nothing, and I won't lie, it was incredibly hard news to process. However, we held our heads high, and the remaining 24 hours on site were a whirlwind of spirited trading and cultural interaction, a big finale of the Jamboree site before Jamboree 2.0 in Seoul.





Returning to the city, we were greeted by a swarm of paparazzi, their cameras clicking everywhere we went! But over the next 48 hours the frenzy subsided, which allowed us to relish our stay in a breathtaking, 5-star, 40-storey skyscraper of a hotel!

The next 10 days were a tour of Seoul, from the Yongsan Mall to the Korean War Memorial (where we paid our respects to all the fallen soldiers in the Korean war), each location offering a unique glimpse into Korean culture. A visit to the Demilitarised Zone provided a big reminder of the divided peninsula, which we all were able to reflect over in some harrowing history, while an underground tunnel brought us right into the North Korean border. This was a feeling and experience nothing like we'd ever imagined.



Our Seoul adventure was concluded with a wonderful spa experience, leaving us all feeling the most weightless and relaxed we'd ever felt.

We had a 14-hour flight home, which enabled us time to look back on our trip of a lifetime, filled with unexpected twists and unforgettable moments. But most of all, the bond between each and every person in our unit is out of this world; from leaders to young people, we've shared something that will stay with us forever and ever. Our Jamboree experience will without any doubt go down in Scouting history, but despite the gruelling challenges, it was still an experience more than I had ever hoped for.

This incredible adventure was made possible by Scouting, an organisation that provides opportunities that people dream about. As I reflect on this chapter of my life, I am so grateful for all your support that helped me towards this goal. Here's to the next exciting adventure that awaits!

And just one more thing...

Life is what you make it. I made WSJ my life for the last two years, and it was the best decision I could have made. I returned from Korea a changed



person. Throughout this whole journey I have grown and shared experiences with the best people ever, and it all stemmed from that first click to send off my application. Take every opportunity life throws at you, because it can take you in so many directions. This experience has changed my life, and it will stay with me to the day I die!

## 5 minutes with...Giulio Poletti

***When and where did you start coming to church and what has been your journey in faith?***

I attended St Agnes Parish Church, Longsight, Manchester until I was called up for service in the army at the age of 19. After my marriage to Norma in 1950, we attended Timperley Congregational Church, where we assisted in running the Friday evening youth club & the Sunday evening "Fish Club". I still have my fish lapel badge: Jesus told his disciples to be fishers of men. I moved to Frodsham in 2017.

***What is ...***

***... your favourite Bible reading and why?***

I love the parables, especially The Good Samaritan. It must have been an unforgettable experience to hear Jesus telling them. They help me to live a Christian life, trying to be helpful and caring.

***... your favourite hymn /worship song?***

On hearing "Love Divine, all loves excelling", how can one not be loving? Jesus said, "Love one another, as I have loved you." Maybe more love would cut down the level of crime on the streets.

***... your favourite film?***

I love musicals such as Oklahoma, Carousel, Paint your Wagon, Brigadoon: they make us feel good & happy. I wish films of these were on television!



***... your favourite book?***

I have recently read two of Richard Osman's "Thursday Murder Club" series: he makes the elderly characters so interesting & the plots very intriguing.

***... your favourite city/place in the world?***

Out of all my lovely holidays abroad, the one I enjoyed the most was based at Ried im Zimmertal, Austria. It was a real joy to awaken in the mornings and hear the ringing of the bells attached round the necks of the cows. It seemed a heavenly and peaceful place.

***Do you have any pets?***

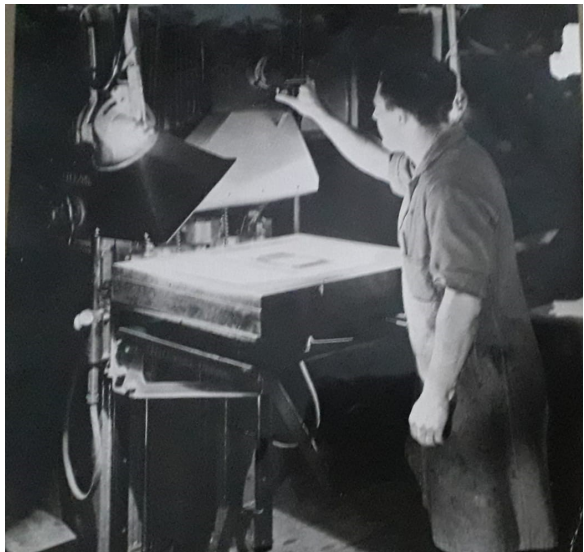
As children, my sister Monica and I had a black & white Welsh Kelty dog: she was very loving & lived to a good age.

***What are your pastimes/activities in retirement?***

I attend the church Men's Club, the OPAL club, and the monthly Film Club at the community centre. At home I read the daily paper, solve crosswords, sudoku & other puzzles, and still manage two short daily walks.

***What would have been your alternative career/activity?***

At school I enjoyed woodwork and thought I would like to work as a carpenter or joiner. However, I became a process camera operator, producing negatives that were used for making the pictures in the Warrington Guardian.



## Star Bereavement Group

*By Iris Keating*

For those of us who are bereaved, we know that being with and talking to another bereaved person can be both supportive and comforting. To this end the STAR Peer Bereavement Support Group

has been set up in Frodsham. It is open to anyone who has experienced bereavement or loss, however long ago.

STAR stands for Share, Talk and Remember, which is exactly what we do at our monthly meetings. We also chat, drink tea and sometimes choose not to share, talk or chat, and that is fine too.

Our volunteers create a safe space where we can listen and share stories and experiences with others who have also experienced loss in their lives. The group does not provide formal therapy, because we know that for a lot of people, their biggest need is just to speak to others who have gone through something similar.

If you would like to attend or know someone who might, then ring us on 07498 545450 and we will get back to you with details of when and where we meet.



*Photo by Rosemary Wass*



## Runcorn and District Foodbank

By Shelley Howell



**Frodsham Methodist Church thanks everyone who has given a food donation into the hamper and/or given donations to the Foodbank.**

This Foodbank is part of a National network across the UK run by the Trussell Trust, registered by the Charities Commission and partnered by local churches. The Foodbank is a Christian organisation serving and working with people of all faith groups and beliefs or none. Part of the underlying Foodbank ethos is that everyone has a right to have food on their plate.

Particularly required at the moment are:

Tinned meat/tinned fish/sponge puddings/rice puddings/custard/jam/biscuits/UHT milk/coffee/tinned tomatoes/tins of soup, and toiletries.

In the month of August, 438 people received food from this particular Foodbank, who say that *"the generosity of our volunteers and supporters is the life-blood to many within our community. Your continued support and donations are greatly appreciated."*

**Last year nearly 200 people in Frodsham were supported by this service.**

At the recent Festival of Food, Flowers and Farming many people donated food or money. We are grateful to Alan Gerrard who delivered the donations to the Foodbank, as he does every week.



## Third Sunday

*By Patricia Barnard*

On the third Sunday of each month a discussion group takes place in the church hall at 9.30am. In October we discussed Matthew chapter 22 verses 1 to 14, The Parable of the Wedding Banquet.

After reading the passage we discussed the following questions:

- Have you ever felt out of your depth socially?
- Have you ever felt underdressed for an occasion?
- Have you ever been invited to an event where you didn't really feel you'd fit in?
- Have you ever thrown a party and no-one has turned up?
- What was the best party you've ever been to?
- When have you offered an invitation that was declined? How did that make you feel?
- What is God inviting us to be or do today?
- Who do we see as the misfits in our community? Is that unconscious bias?



## Storm over the Lake

*a meditation by Anne Hanks*

Sometimes my life seems to be in turmoil, the waves of worry encircle me.

I know, Lord, you are trying to keep me afloat, but at times I doubt even you.

Then at last I hear a still small voice of calm.

During the night, my life seems troubled by so many things.

I don't see gentle ripples; I just see the dark chaos around me.

But then, through the tossing waves, I see a chink of light.

Then at last I hear a still small voice of calm.

You are the helmsman, Lord, when I can no longer find my way,

You lead me to the still waters, where I can at last hear a still small voice of calm.

My days often appear to ebb and flow, when my spirits are hitting rock bottom.

But then, Lord, I gradually return to you, as I hear a still small voice of calm.

I know the tide is beginning to turn, and if I believe and trust in you, I will at last see you sitting alongside me, and then I shall always hear a still small voice of calm.



Photo from Shelley Howell

## Church Members and the Community—ZAOS

*By Val Ball*

The Zodiac Amateur Operatic Society was formed in 1968. Runcorn New Town Planning and Development Department wanted to provide activities for the people moving into the new town. So a group of people got together in The Waterloo Pub in



Runcorn Old Town and formed the 'ZAOS' and rehearsals began for their inaugural show. There was only one problem: at that time there was nowhere in Runcorn to perform their shows! Step forward the newly opened Frodsham Community Centre, and the society moved in and performed their first show, 'The Merry Widow'. They continued to perform two shows a year there, until they returned to Runcorn to perform at the newly opened Brindley Theatre in 2007.

'The Zodiac' - as members and friends call them - have always been affiliated members at FCC and since 2007 have returned to the centre at various times to perform musicals and 'concert' type shows (most of these shows have also included children, and this has been a great place for many of them to begin their journey into musical theatre). In February 2024, they will be (for the 3<sup>rd</sup> time), at The Grange Theatre in Hartford to perform 'Beautiful, the Carole King Musical'.

I joined the Zodiac in 1986 and my first show was 'Hello Dolly'. The Zodiac has since been a part of my life and that of my family. I have played various leading lady parts and ensemble, as well as taking on general committee roles. I have directed and I put together many of the 'concert' type shows that have been performed. I am really excited to be directing our February show, 'Beautiful'. This has only just been released for Amateurs, so it's a 'first' for Societies in the Northwest.

The Zodiac is now in its 55<sup>th</sup> year and is a real showcase for local talent.



## CHRISTMAS

Christmas cards and wrapping  
paper,  
Advent carols round the tree.  
Christmas markets, Christmas  
shopping,  
Busy time for you and me.



Reindeer sleigh and Father  
Christmas,  
Decorations in the hall.  
Children's keen, excited faces,  
Peace on Earth, 'though bombs  
still fall.

Crispy goose and Christmas  
pudding,  
Every kind of festive treat,  
Whilst millions living on this  
earth  
Have scarce enough to drink and  
eat.

Christmas lights and silver tinsel,  
Shimmering and shining bright.  
Holly wreaths and glowing  
candles  
Brighten up the winter's night.

Long ago a child was born,  
The son of God in Bethlehem.  
Came to bring us all a message,  
Love and peace to fellow men.

Friends to visit, hands to shake,  
Clear, resounding church bells  
ring.  
Sweet mulled wine and  
Christmas parties,  
Roasting chestnuts, wassailing.

Down the years we lost the  
meaning,  
Lost the message, lost our way.  
Let us pray for all mankind,  
And our rebirth this Christmas  
Day.

*RCA Gerrard*

*22-Nov-17*





# Ding-a-long at Christmas with **EQUINOX**



7.30pm  
Thursday 21st December  
Frodsham Methodist Church  
Kingsley Road

**TICKETS**  
£12 available from Dandelion Gifts  
& Valarie Ball 01928 735922



*Proceeds from the event are in aid of  
Frodsham Methodist Church  
and Kimbuta Rural Development Fund*

Frodsham Methodist Church

## Time to Remember



Saturday  
**DEC 2nd**  
3PM

A service of  
remembrance and  
hope led by  
Rev Peter Levitt

Light a candle in  
memory of a loved  
one.

Write a message on a  
heart shape to go on  
the tree.



## *A Child is born...*

Celebrating the wonder of Christmas  
through music and song

Featuring a trio of songs by the rising star of choral music, Ola Gjello, and  
a selection of carols including singalong seasonal favourites

with

The Serenata String Quartet playing 'Winter'  
from Vivaldi's 'Four Seasons'

Accompanist: Andrew Millinchip  
Musical director: Howard Kane



**Saturday, 16th December 2023 at 4pm**

Frodsham Methodist Church, WA6 6BA

**Tickets: £12**  
**Under 18's: £5**

Saara Midwood Tilly Patel  
07974 698 433 07376 653 888  
and from

Whitmore and White & Dandelion

[www.fdc.org.uk](http://www.fdc.org.uk)

Registered Charity No. 511938

[frodsham\\_dis\\_choral\\_soc](https://www.instagram.com/frodsham_dis_choral_soc)

[Frodshamchoral](https://www.facebook.com/frodshamchoral)



## Warm Welcome Stay Play and Chat

**For All Ages**

**Every Wednesday 9.30-11.30**

Games Crafts Toys and Activities  
or just Relax

Refreshments Provided

**FREE**

Frodsham Methodist Church  
Kingsley Road  
Frodsham WA6 6BA





**We are now able to offer a lift to our main Sunday morning service.**

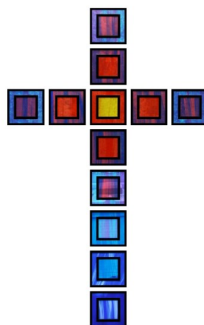
If you, or you know of someone who, would appreciate this  
please

email:

and we will do our best to help.

# SUNDAY SERVICES AT FRODSHAM METHODIST CHURCH

Kingsley Road Frodsham WA6 6BA  
[www.frodshammethodist.org](http://www.frodshammethodist.org)



**Every Sunday morning - at 10.30am**

**Every 1st Sunday of the month - Evening service at 6pm**

**Every Third Sunday - Discussion Group at 9.30am**

**Or watch Sunday Morning Service online via YouTube at**  
Frodsham Methodist.

**Printed act of worship** We know that not everyone has the right means to access the online service at home. So our Frodsham preachers have been producing a short printed act of worship every two weeks, which has been delivered to a number of people. There are also DVD's available. For more information please contact Elizabeth Holmes.

Information and contributions for inclusion in the next issue  
(Spring 2024):

Please forward final items for the magazine to Ros Caldwell by  
February 5th

This magazine can also be seen on our church website at  
**[www.frodshammethodist.org](http://www.frodshammethodist.org)**

**"For God so loved the world that he gave his one and only Son, that whoever believes in Him should not perish but have eternal life".**

**John 3:16**