

Frodsham Methodist Church

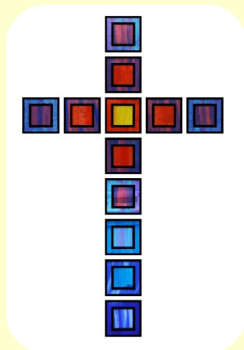


Magazine

Spring 2025

Mar/Apr/May

frodshammethodist.org



WHO'S WHO IN OUR CHURCH

Minister: Rev'd Gordon Gresswell

Tel. 07570 992890 email g.gresswell@yahoo.co.uk

Church website: frodshammethodist.org

Co-ordinating Steward: Carolyn Frayne

Worship Stewards:

Frank Ball, Ros Caldwell, Alun Evans,
Carolyn Frayne, Alan Gerrard

Organists: Andrew Ellams, Harry Leather, John Holmes

Treasurer: Simon Kelly

Church Secretary: Ros Caldwell

Pastoral Secretary: Pam Bath

Worship Leaders: Patricia Barnard, Marion Greer, Simon Kelly

Leadership Team: Andrew Ellams, Patricia Barnard,
Carolyn Frayne, Charles Hill, Elizabeth Holmes, John Holmes,
Caryn Hetherington, Rosemary Wass, Simon Kelly

Church Hall Bookings: Trish Percival

Sundaylink (weekly notices): Jean Williams

Church Magazine: Elizabeth Holmes, Carolyn Frayne,
Patricia Barnard; Rosalyn Caldwell; Shelley Howell;
Camille Bradford

Please forward final items for the next magazine
to Ros Caldwell at r.m.caldwell@talk21.com

Front cover picture - Frodsham Methodist Church in Spring —

photo by Caryn Hetherington

CONTENTS

P4/5	Easter message
P6	Easter services, Ladies Group and Digging Deeper
P7	Christmas events reviewed
P8/9	Equinox
P10-13	Remembering Rose Fetes
P14	Memory Day
	Mindfulness
P15	Mindfulness as I walk the local paths
P16/17	Meditation for Easter
P18/19	Mindfulness
P20	Bible verse for Reflection
P21	Church Family News
P22/23	Legacy of Primitive Methodism
P24/25	5 minutes with Ian Rigby
P26	Eco Church
P27	Plant Fair and Quiet Garden
P28	Book Club
P29	Remembering Sylvia Williams
P30	Diary dates
P31	Sunday Morning Transport

'Hope springs eternal.'



Alexander Pope's words resonate through the ages. As snowdrops, Crocuses, daffodils, maple and blossom appear, Spring bursts through after the bleak mid-winter. Clocks leap forward and light penetrates further and longer. There is that sense of eternity as we travel through to the longest day.

We have a Japanese Maple in the back garden. The flowers are so beautiful and your spirits are raised, yet what I have come to appreciate is the green leaves. They are light and become more lime-like until turning darker once more. The process of photosynthesis is so visible if we take the time to wait, watch and focus.

Faith is a bit like this. We can march from activity to activity; Sunday to Sunday, yet, on reflection, it has been in the waiting times, the dark days, that I have encountered God, been enabled to gaze in wonder at the beauty of the heavens, the meandering of the worm as the soil is turned, the song of the blackbird and the colour of the flowers. Out of our winter comes that hope that springs eternal.

Nothing is the same forever, says modern science. Ninety-eight percent of our bodies' atoms are replaced every year. Geologists show that no landscape is unchanged over many years, and water, fog, steam and ice are the same thing, but at different stages and temperature.

In this Springtime, as the patience of Lent gives way to Easter,

we see the process of Resurrection all around us. Yes, we can focus on the one-off Resurrection of Jesus, who becomes the Christ at Easter, but I wonder if Resurrection is much deeper still. Could Resurrection be another word for change, particularly positive change – which we tend to see only in the long-term? In the short-term what seems like death is transformed into something more beautiful still as time goes by.

My dad passed away nearly two years ago. Painful at the time, happy memories flood back. His drawings and love of nature, his singing to the birds, his runner-beans, his love of sport. Those reminders are all around. As I emerge from the winter this brought, as hope springs eternal, I feel a stronger connection to the word Resurrection. Yes, there is 'death', but nothing truly dies. The chaos in the Universe remains consistent; atoms are dispersed, new life emerges, memories give permission to move forward in this miracle of life.



As a man of faith in Jesus Christ, this Easter story brings deep-seated joy that in the end all shall be well. As a human being, Spring brings new hope, fresh delight and a delight in bluebell woods and an opportunity to bring out my golf clubs.

For “Hope springs eternal in the human breast; Man never is, but always to be blest. The soul, uneasy, and confin’d to home, Rests and expatiates in a life to come.”

Alexander Pope 1688-1744

Gordon

Easter Services

Maundy Thursday

7pm Supper and Reflection with Rev Ian Rigby and Rosemary Wass
"IT WAS ON THE THURSDAY"

Good Friday

10am Churches Together Walk of Witness starting at Main Street Community Church

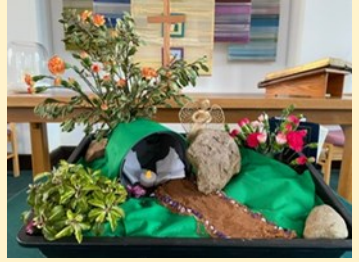
Easter Day

7am Worship on Frodsham Hill, followed by breakfast at FMC

Easter Day

10.30am Family Celebration with Elizabeth Holmes

6.00pm Holy Communion with Rev Gordon Gresswell



Ladies' Group



The ladies would like to thank Lyndsey Worrall for a lovely afternoon in December when she demonstrated wreath making for them.

In February Rev Gordon Gresswell led a Communion Service for us and we enjoyed a quiz. It is 64 years since Ladies' Group started so we also celebrated our birthday.

Ladies' Group continues to meet on the second Monday of the month.

We thank God for the gift of friendship.

Hazel Hale

Digging Deeper

Digging Deeper is a Bible study group which meets once a month on a Tuesday afternoon, to discuss a Bible passage, often in the context of an item in the news or other current issues. In January we looked at John 20 verses 24-29, the story of 'doubting Thomas', and we talked about the difference between knowing and believing, and doubt and questioning. The day coincided with the Week of Prayer for Christian Unity and we were able to discuss the things that we all have in common.

If you would like more information then please contact enquiries@frodshammethodistchurch.org

Christmas Events reviewed by Carolyn Frayne

The Time to Remember Service was held on Saturday 30th November. This was a quiet, reflective service to remember those we have loved and lost. It was greatly appreciated by those who attended. During the service everyone was able to light a candle and hang a heart with a loved one's name on our Tree of Remembrance.



This Tree also featured prominently at the Christmas Tree Festival and was covered with hundreds of hearts by the end of the weekend.

At the Festival we had 28 trees decorated by local schools, business, charities or community groups. We also had our sock tree for donations of underwear, toiletries, hats and scarves. A programme of live music including choirs from 3 of the local primary schools helped to create a lovely atmosphere.



In the hall we had stalls selling crafts, gifts and decorations. There were delicious home-made cakes and sandwiches. We also had children's craft activities and the popular Find the Mice game.

Hundreds of people attended over the weekend, which closed with a special

Carol Service amongst the trees.

A big thank you to everyone involved in making the Christmas Tree Festival such a success. It was a great team effort. Special thanks to Valarie for organising the catering and to Shelley for preparing the beautiful hampers for the raffle.

We had lots of lovely feedback and people really enjoyed the weekend. The funds raised will be divided between church funds and our church charity, Trinity Safe Space.



Equinox Singers

In the Beginning...

In 1996, nine friends decided to set up a singing group they named 'Equinox'.

They were Valarie, Moira, Andrea, Mike, Stuart, Alison, Gillian, Christine; under Dorothy Devlin's direction, they decided that their aim would be to entertain people and whilst doing so to raise money for charity.



Singalong at Christmas with Equinox

In 2004, Valarie and Frank decided to organise a Christmas concert to raise money for FMC and Rotary International. On Tuesday 21st December 2004, "Singalong at Christmas with Equinox" was born and then continued over the next 20 years. In 2018, we decided that we would continue with the Singalong raising money for FMC but would change and raise for KRDP (Kimbuta Rural Development Programme), which was a charity that Moira was involved in.

Moving Forward

In 2014 our musical director, Dorothy, passed away. We had always said that Equinox would continue for as long as we had Dorothy. By then Equinox had changed slightly. Three founder members had left, and we had recruited new members. We were performing fewer concerts by then and had decided when Dorothy became ill that we would only do up to the 2014 Singalong. We were very fortunate, as around this time, Hannah, Moira's daughter and an accomplished pianist, moved back to Frodsham. Hannah agreed to play for us, thus allowing us to continue with the 2014 Singalong.

By the Summer of 2015 we could not bear the thought of not doing another Singalong and getting together with Equinox. Hannah agreed to play for us once more and in September rehearsals began for Tuesday 22nd December's Singalong, and so it continued!

The End

We always knew there would have to be 'an end'. We were

blessed to be able to sing for another ten years after we lost Dorothy, but we all agreed that December 21st 2024, would be the last Equinox Singalong.

We have been so lucky that for 28 years, four of the original nine have continued to sing together. Since 2016, Mary, Jennifer, Vicky, and Naomi have joined us. We have also been joined by Catrin (Andrea's daughter), Tim, Tom and James during different years.

For the last three Singalongs, we have had 'Equinox 3rd Generation' making a guest appearance (daughters and grandchildren of Hannah and Moira - Rachel and Bethia - and daughters and grandchildren of Jennifer, Alison and Valarie - Emily and Charlotte).

We are so proud of the amount of money we have helped to raise over the years and the number of people who have supported us. Next year will not be the same but I thank God that we were able to be together for so long doing what we always loved doing, that is friends singing together whilst entertaining others and raising money for charity.

Valarie Ball

Thanks to Equinox

On behalf of Frodsham Methodist Church and the local community we offer our grateful thanks to Val, Frank and everyone who has sung with Equinox over the years. We have been wonderfully entertained, and the Singalong has been the start of Christmas for so many people. The programme has included such a wide variety of songs and the audience has loved joining in with the carols.

We will miss the Singalong and especially you all singing "Let there be Peace on Earth" when Christmas 2025 comes round.

The Magazine Team

Remembering the Time of Rose Fetes

1951. Life then was marked by the effects of World War II. Sugar and meat were still rationed, Winston Churchill became Prime Minister and the Festival of Britain was held to commemorate 100 years after Prince Albert's Great Exhibition at Crystal Palace.

It was also the year of the first Rose Fete from the then Five Crosses Sunday School in Frodsham, where Maureen Ellams, née Houghton, became Rose Queen.

It is said that the first Rose Queen ever was Mary Rose Tudor, Henry the VIII's sister. History dating back to the 1880s details Rose Festivals as popular annual events in many towns and villages in the UK, particularly in the north-west region, where a girl from the area was crowned with flowers, honoured as Queen (Rose because of its significance as the Queen of flowers), and who then had a focal point in the Fete Procession.



Maureen has precious and poignant memories from her own time as Rose Queen. Those that attended the Sunday School voted to choose their Rose Queen from those who potentially wanted the role, and Maureen remembers being shocked but proud at the same time on being selected. So too was her mum when she heard the news.

A Lady-in-Waiting was chosen for Maureen and the whole school had a few weeks of training in the grounds of Miss Atkin's school. Strict training from Mrs Dorothy Smith, who insisted on them standing up straight and learning exactly what to do at this special event.



What to wear for this first Rose Fete was a matter of much discussion by the mums. Eventually it was decided, quite late on, that all the girls would have new and matching dresses. A relative of Maureen's was making hers and she remembers to this day the school asking her to go home one lunchtime as she needed to try on her dress. So exciting. The cloak and crown were to be borrowed from Preston Brook Sunday School and the bouquet would be pink carnations. Part of the protocol for the Fete was to present the Rose Queen with a photograph of herself to keep as a memento. The one taken of Maureen was taken in her aunt's garden on Townfield Lane and her outfit, all borrowed, as that was the original plan.

The night before the Fete the lorries which were taking everyone from Bradley Lane to Maddox farm on the day were all decorated by the children's mothers in readiness with leaves, pink flowers and roses. Then it arrived. The BIG DAY of the Rose Fete, 14th July 1951. And so too did the thunderstorm! Fortunately, only until 12 noon - there was no Plan B! How lovely that the afternoon was sunny and bright and everyone was excited to take their place on the flatbed lorries to be driven to the Fete. Too excited to make anything of that wobbly feeling of sitting on a decorated wooden chair perched on a lorry which was moving.

To add to the atmosphere, some of the church members dressed in fancy dress to lead the procession, together with Preston Brook Silver Band.

How fabulous that the day went well. The Crown Bearer did her job, the Lady-in-Waiting and the Attendants attended, the ballerina performed and the little girls looked the part with their pretty new dresses and flower baskets.



The Rose Fete was a financial success and those who sold vegetables, jams, knitted and crochet items would return in future years. For the next ten years plus they continued to be held by different churches.



Maureen as Rose Queen was certainly the star of the Fete that year, delighted to be chosen; her memory of the occasion and those connected to it is very acute and she remembers it with great pride. Maureen treasures dearly the present of a Birthday book given to her by Mrs Dorothy Smith, the teacher who trained them well for the Fete.

All those who share their particular memories of Rose Fetes over the years talk with warmth and pride of these events, and so it is unsurprising that today there has been a resurgence of similar summer events which hark back to happy memories of a bygone age.



Trinity also had their first Rose Fete in 1951 and their first Rose Queen was Betty Ainsworth, who is pictured in the photograph below. Gill Fell was the Trinity Rose Queen in 1961 and she has kindly given us permission to use her photograph, which also shows a young Patricia Barnard and Frank Ball – see if you can spot them!

Maureen, we are grateful to you for sharing your stories and memories of this time with all of us. Your photos take us back to a joyous Summer day in 1951 when the community joined together and celebrated with a beautiful Rose Queen. Thank you.

As shared with Shelley and Carolyn.



Memory Day



Saturday 22nd March

10am - 3pm

All Welcome - Free Entry

Displays of Photographs and Memorabilia
Talks and Information from Support Services,
Charities and Other Organisations for those
affected by Dementia,
Live Music and Games
Refreshments available including delicious
Home-made Cakes

Methodist Church Kingsley Road Frodsham WA6 6BA

www.frodshammethodist.org

Mindfulness as I walk the local paths



I find writing poetry a relaxing way to express what I see and feel around me. There's a certain amount of satisfaction to be gained by observing the environment and then trying to write about it in a unique way.

I've had a fond relationship with Hob-Hey (Hobby) Wood since I was a young boy growing up in the area. It was first and foremost a playground, but is now a place of quiet solitude where I can walk, reflect and watch the seasons as they change - a place to just "be".

I wrote this poem as part of the "Weaver Words poetry wall" in 2018.

Hob-Hey Wood

Bluebells and birdsong; the idling brook.

The scent of the ramsons in Spring.

Catkins and cowslips; the quiet shady pathways.

The call as the blackbird takes wing.



Foxglove and primrose; the stillness of nature.

Earthy the air after soft summer rain.

Passing of seasons; a childhood remembered.

The magical wood at the end of the lane.



R C A Gerrard, 4th April 2018

Words for meditation from Rosemary Wass

This magazine covers the period of March to May - as daylight lengthens and nature truly awakens from winter to show us new life and growth wherever we look.



This period covers Shrove Tuesday, Ash Wednesday, 40 days of Lent, leading to Maundy Thursday, Good Friday, Easter Day, and beyond to the new understanding of the disciples, as they found new signs confirming what Jesus had tried to teach them throughout his ministry.

Jesus took ordinary things to explain complex things. At what proved to be the final supper before his arrest and subsequent trial and death, he took Bread and shared it with his friends and followers. Bread featured strongly again, following his crucifixion when he walked as a stranger with two disciples, listening to their story and then, at their invitation, as they shared Bread. In the Breaking of the Bread, the anonymity was broken and the Disciples knew beyond doubt who he was. 'He is here with us!'

So, during this period - at one of your meals each day - I invite you to remember the Bread of Welcome.

As I take this bread, I give thanks for the long process that has gone into its production, for the nourishment it represents. I thank you God for the example of Jesus - the Bread of Life who shared all that he had with everyone. I ask you to awaken my senses this spring to be more aware of useful words to say, of crumbs of Bread to share with those who need help

most, and for you to shape and mould me in your pattern.
Amen

And to meditate:

Be gentle when you touch Bread
Let it not lie
Uncared for..... unwanted.
So often
Bread is taken for granted;
There is much beauty
in Bread.

Beauty of sun and soil,
Beauty of patient toil.
Winds and rain have caressed it.
Christ so often blessed it.
Be gentle When you touch Bread.
Old Scottish verse



Meditation: Copyright: Old Scottish verse taken from 'The One Loaf',
Joy Mead, published by Wild Goose Publications, Iona Community,
Unit16, Glasgow G51 3BA, Scotland

Mindfulness

Imagine watching a breathtaking sunset or listening to beautiful music; our mind goes quiet and we are completely focussed and mindful in that moment. It's difficult to maintain that level of focus and stay grounded in our daily lives.

The following are personal ideas from members of our Church Family for living in a more mindful way.

“Mindfulness for me is integral to my daily life. It means focusing on the present moment, both formally and informally, and allowing myself to have a routine of self-care. This involves an exercise program, the use of pure therapeutic grade essential oils and meditation. My daily walk in the woods allows me to immerse myself in nature, which is fundamental to my physical and mental well-being. Our family gratitude journal grounds me and makes me think about the life I am so lucky to have.”

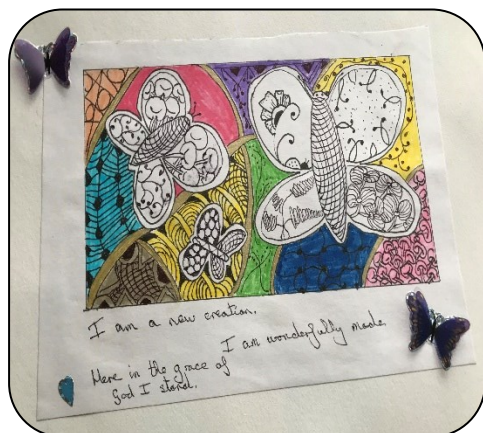
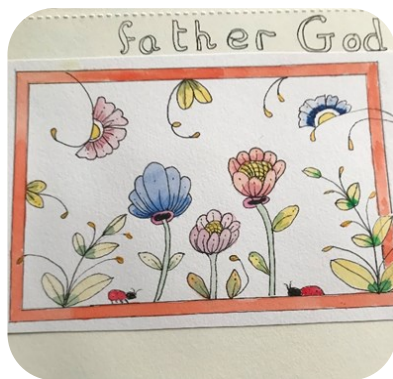
Gail Molyneux



“I relearned crocheting by joining a small craft group, lovely ladies from all walks of life. I find it so relaxing, it keeps my hands and mind busy and the end result is the joy of giving something useful to a worthy cause, whilst doing something beneficial to myself.” **Jan Bolton** (Jan also made blanket models Harvey rabbit & Yindi (Aboriginal name for sun)).

“I believe self-care is essential to my daily routine. For my physical well-being, swimming in the mornings is a priority – it wakes me up, energises me and gives me quiet time to clear my mind and set intentions for the day. I also dedicate time each day to pamper myself with natural, toxin-free skincare. This ritual not only helps me relax but it also boosts my self-esteem and provides a calming break from stress.” **Katie (Tropic)**

“I use ZenTangle to help me keep focussed.” It’s a relaxing art technique that involves drawing structured patterns to create abstract images – see YouTube for more info. “I did a few weeks of Zoom classes and now I use it to decorate my Prayer Journal, to meditate on verses of scripture and to make cards.” **Rita Stubbs**



**God says you are ;
“not alone”**



Psalm 46 v 1

**“God is our refuge and strength a very present help
in trouble. “**

Bible verse for reflection.

Bible verse for Reflection

Church family news.....



Jamie Southern, daughter of Sue and Neil and granddaughter of proud grandma Rita Stubbs. Jamie is pictured at her Master's graduation in December 2024 and she is now a lecturer at Salford University.



The second photo shows Jamie running the recent Four Villages Half Marathon.

Hilary and Simon Kelly were very pleased to be able to attend Merryn's doctoral graduation at the beginning of December.

Simon writes, "Although we had known she had passed her doctorate a few months earlier, it was still wonderful to go to Manchester and see her celebrate with all her friends and colleagues from the course. Having watched her do undergraduate, then a Masters degrees, mixed in with several different jobs (and Covid lockdown), before even getting the chance to interview for a place on the course, we can say that this is definitely not an



easy qualification to get started with, let alone to complete! Her three years were a mixture of lectures, work placements and completing a thesis. Watching her walk across the stage in the robes, I think we were nearly as proud as she was, and probably even more emotional.

Merryn is now practising as a Doctor of Clinical Psychology in Warrington, and when she's not doing that is busy planning her wedding to her fiancé, Bhavraj, this April. It's a long way from playing the flute during 0930 Live! Did I mention we're very proud?"

Congratulations to Jamie and Merryn, it's good to hear your news. Best wishes for the future.

The Legacy of Primitive Methodism

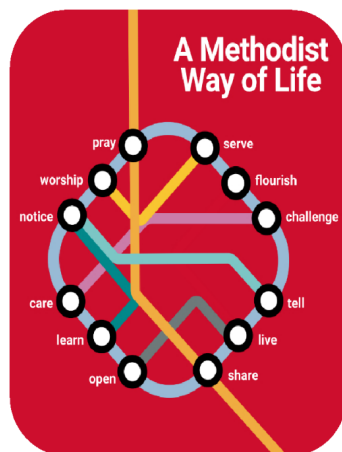
The Methodist Church we know today was created in 1932 with the merger of the Wesleyan, United and Primitive Methodist churches.

All three groups shared a common theology, but each brought its own distinctive emphases and views on evangelism and church order.

Methodism today owes much to the influence of the Primitive Methodists.

The Primitive (Original) Methodist founders believed that the Wesleyan church had lost its initial vision and fervour. They revived outdoor preaching and evangelism, including large outdoor “Camp Meetings”, and as a result Hugh Bourne and William Clowes were expelled from the Wesleyans and formed the Primitive Methodist church. It commenced in the Potteries, the first chapel being built at Tunstall in 1811. The new movement grew rapidly and soon there were Primitive Methodist Circuits all around the country. By the end of the 19th century there were 200,000 members.

One distinctive feature of Primitive Methodism was its inclusion of women in the ministry. Although John Wesley was open to this idea, by the early 1800s the Wesleyans were opposed to it. Hugh Bourne recognised their gifts and encouraged them to evangelise.



Sarah Kirkland was their first female travelling preacher. Soon several hundred became preachers, some being employed as itinerant preachers who travelled long distances during their ministry. This caused much controversy.

Hugh Bourne recognised the importance of education, and he encouraged reading and study among ministers and laymen. Primitive Methodism gave people a sense of self-worth and a desire for self-improvement. In the early days local chapels provided education and opportunities to develop public speaking and leadership skills. Local Preachers had ongoing training, and studies were provided for those called to the itinerant ministry. By the 1860s formal training colleges were established. Primitive Methodism was democratic and locally controlled, unlike the more authoritarian middle-class Wesleyans. Although the urgent preaching of individual salvation was always at the heart of their movement, their belief that God's love is for all led to a concern for social justice. Their mission was to bring the gospel to the poor and disadvantaged in society. Some played an important role in the early Trade Union movement, with 80 full time Trade Union leaders being Primitive Methodists. They believed that "the world contains but one mission field". Chapels were soon established in the USA, Canada, Australia and New Zealand. By the 1850s money was being raised to support oversea missions in Africa. We give thanks for the forward thinking of these Methodists as we continue their work of sharing the love of God with all mankind.



Edgar Gregory

5 minutes with ... Ian Rigby

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

As with all my family, I was brought up within the Congregational Church. My great-grandmother was a founder member of a Congregational church near Bury, Lancashire. My formative years were spent in the Sunday School and at social events at the "Congy" in Little Lever, Bolton. But in my mid-teens I joined the Farnworth Methodist Youth Fellowship and it was there that I met my wife-to-be, Dorothy. I went to Teacher Training College and attended Quaker Meetings. Later I was appointed head teacher of a Church of England Primary School. So I'm something of a hybrid! In the 1960s - "The Honest to God" era - my faith deepened under the influence of a minister, a lifelong friend.



I was an only child; when both my parents died within six months of each other in 1977, I was very depressed. I did not know what to do career-wise; I was restless and not easy to live with. Eventually I became a Local Preacher and in 1985 candidated for the Methodist ministry – to my amazement I was accepted. My two daughters were appalled; they said, "It was bad enough telling our friends you were a head teacher, never mind a minister!" Fortunately, it all worked for the good. I trained at Hartley Victoria College in Manchester. I served in the Runcorn and Delamere Forest Circuits before I sat down (retired) in 2004.

What is ...

your favourite Bible reading and why?

I love the story of Zacchaeus, an unpopular man greeted unconditionally by Jesus with warmth and compassion.

your favourite hymn /worship song?

I love the tune “Deep Harmony” played by a brass band (“Sweet is the work, my God, my King”) Of the more recent genre, my favourite is “Brother, Sister, let me serve you.”

your best ever film?

“Brassed Off” – every time I watch it I cry at the end!

your best ever book?

“Where the Crawdads Sing” by Delia Owens. It is about isolation, prejudice, and racism. There are many twists and turns in the story.

your favourite city/place in the world?

Kolkata (Calcutta) – the city of joy amongst other things. In 1996 I went on a sabbatical to India for six weeks. I did some sight-seeing but also wanted to know more about Christian organisations working amongst the poorest of the poor.

Do you have any pets?

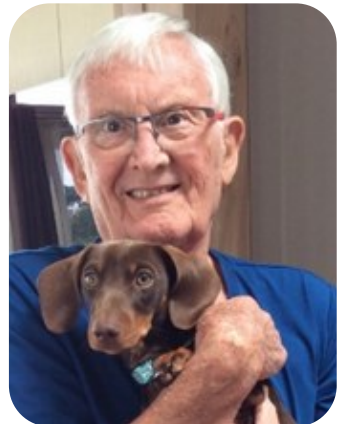
We are not an animal family, but my elder daughter has a miniature Dachshund, who is adorable.

What are your pastimes/activities in retirement?

I have enjoyed seeing my five grandchildren grow up and settle in their careers and with their partners. I have done long walks, swam, gardened & travelled. I am fond of music from Mozart to Mahler, Einaudi to Enya and – yes - Edith Piaf.

What would have been your alternative career/activity?

I have been fortunate as a teacher and as a minister. If I had done anything else, I would have liked to delve further into hospital or hospice chaplaincy.



Eco Church Award for Frodsham Methodist Church



We are very pleased that Frodsham Methodist Church has achieved a bronze award as an Eco Church in 2024. We are now working towards silver. We are aiming for our community to be as ecologically friendly as we possibly can be. We do quite a lot of things already; some are small things such as changing light bulbs for more efficient ones and using the bins in the church hall to collect plastic, paper and tins so that they can be recycled. We are also looking forward to having solar panels fitted on the annexe roof in the near future.

At our recent Churches Together in Frodsham meeting, we discussed our joint concerns about the number of items that we are not able to recycle with our kerb side collection. We are investigating organisations that can recycle items such as blister packs that we get medication in, and hopefully we can find ways that our town can work together and alongside one of these organisations.

We also discussed the suggestion from United Nations that we need to eat less meat and dairy products and eat more plant-based foods, in order to reduce our impact on the planet and mitigate climate change - www.un.org/en/actnow/food. Main Street Community Church is hosting a cookery morning on March 22nd, which will encourage the use of locally produced and plant-based food.

See page 30 for more information on the Cookery Course.

Patricia Barnard

Quiet Garden

We are grateful to Valerie Thomas, who has donated money for the new handrails in the Quiet Garden. The donation is in memory of Valerie's aunt, Betty Thomas, who died in December 2023. Betty loved her own garden and had supported the work of the Methodist Church all her life. Previously Betty had provided a bench for the Quiet Garden in memory of her brother, Austen. The handrail is an attractive feature and will make the garden safely accessible for the Plant Fair and other events.



Patricia Barnard and Ros Caldwell

Free entry!



SPRING PLANT FAIR

SATURDAY 17th May,
at **Frodsham Methodist Church**
Kingsley Road, Frodsham, WA6 6BA
from **2pm to 4pm**

Spruce up your garden with
young plants and cuttings from our
annual Spring Plant Fair!

Also enjoy tea, coffee and a range of tasty cakes in
the Quiet Garden or
cool off in the shade of the hall!

Proceeds from the Plant Fair will be donated to our church
charity, Trinity Safe Space, and our church funds.

Book Club

Our book group continues to meet on the third Wednesday of the month at 7.30pm. The books that we read are chosen by the members, and this year we again have a wide variety of topics including historical fiction, biographies, crime, fantasy, some that have been written recently and some that were written some time ago.

Some months we have two books; not that we are all expected to read both books, but we may choose to read both books, one book or neither. The books that we have chosen for the first half of the year are:

January 15th: Absolutely and Forever by Rose Tremain

February 19th: The Remains of the Day by Kazuo Ishiguro / Tell Tale by Jeffrey Archer

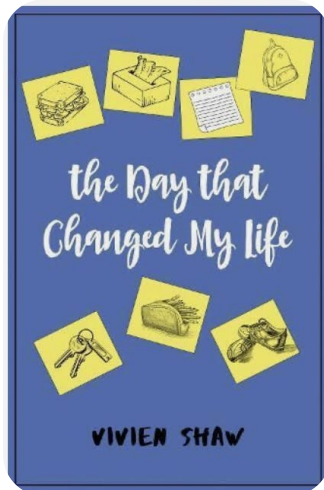
March 19th: The Day that changed my Life by Vivien Shaw – meet the author

April 16th: Death at the Sign of the Rook by Kate Atkinson

May 21st: Still Life by Sarah Winman

June 18th: Miss Smilla's Feeling for Snow by Peter Hoeg / The Memory Keeper by Jackie Kohnstamm

If you would like more information, contact enquiries@frodshammethodist.org or just turn up at a meeting, we would love to see you.



Sylvia Williams (née Noden) Obituary

In this quarter's magazine there is a feature on Frodsham's Rose Queen Carnivals. How appropriate, because Sylvia was once a Trinity Church Rose Queen. Sylvia was an only child, born at her family home in Frodsham. She was fiercely proud of her Frodsham heritage and was once interviewed for Cheshire Life as a long-standing Frodsham resident. Sylvia met Bruno, her husband of 58 years, dancing at Mersey View. She had two daughters, Helen and Hayley, and three grandchildren, Amelia, Sam and Maisie, of whom she was extremely proud. Sylvia was a well-known and popular friend to many. She was a lovely singer, singing in choirs and at church. She enjoyed dancing and line dancing weekends away. Sylvia was a dab hand in the garden, a lover of cats and caravan holidays to France. She was sociable, kind, caring and someone who always put her family first. Sylvia passed away peacefully on



October 21st 2024, the day after her 82nd Birthday. The warmth and love of Sylvia was perfectly captured with her picture on her order of Service and by the heartfelt tributes paid by her loving grandchildren. Sylvia left us all smiling to "I have a Dream" by Abba.

Helen, Hayley and Rev Gordon

Plant-based Cookery Session on Sat 22nd March (vegan meals)

Date: Saturday 22nd March
Times: 10.00 am start, finishing 12.00 to 12.30 pm.
Cost: £10 per person. We ask for a £5 non-returnable deposit.
Venue: Main Street Community Church, Frodsham, WA6 7DF (by kind permission)

Booking – for more details and to book a place please email Ruth using in-fo@climateactionfrodsham.com
 Or phone: 01928 733930

Numbers are limited. **Please book by Saturday 15th March**



Act Globally, Cook Locally

Would you like to develop your cooking skills as part of your concern for Planet Earth? Visit: www.un.org/en/actnow/food

Our thanks to Mike Garvey, CWaC councillor (Frodsham), for a grant to subsidise this session.

Frodsham & District Choral Society
 invites you to

COME AND SING
FAURÉ
 featuring his
Requiem
Cantique de Jean Racine
 led by **ANDREW MILLINCHIP**
 with accompanist **LAUREN TURNER**
 soloists **EMMA MORLEY** and **SIMON MILES**

Saturday, 1 March 2025
 10.30 am – 5.00 pm

Frodsham Methodist Church, Frodsham WA6 6BA
 fee: £20 all music provided
 with profits going to Marie Curie

To book, please go to our website – www.fdcs.org.uk or
 email: maggie.rogerson@googlemail.com
 or
 ring or text: Saara Midwood - 07974 698 433

www.fdcs.org.uk [Frodshamchoral](https://www.facebook.com/Frodshamchoral) [frodsham_dis_choral_soc](https://www.instagram.com/frodsham_dis_choral_soc)

WORLD DAY OF PRAYER 2025
Friday 7 March
 A service for everyone!

Main Street Community Church
 Frodsham
 WA6 7AF

Friday 7th March at 1.30pm

Everyone is Welcome to Join Us

Cook Islands *I made you wonderful*

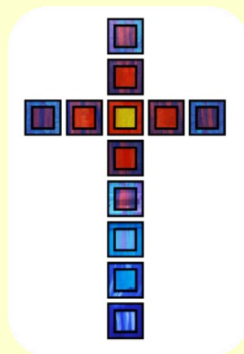
INFORMED PRAYER PRAYERFUL ACTION
 24/7 365 Days a year Prayer movement Ecumenical International Women-led
www.wdp.org.uk Registered Charity Number 233242

Sunday Morning Transport		
Date	Car A	Car B
2 nd March	Gavin	Pam
9 th March	<i>No official lift</i>	<i>this week</i>
16 th March	Kathleen	To be arranged.
23 rd March	Simon	Alan G.
30 th March	Gavin	Pam
6 th April	<i>No official lift</i>	<i>this week</i>
13 th April	Kathleen	To be arranged.
20 th April	Simon	Alan
27 th April	Gavin	Pam
4 th May	<i>No official lift</i>	<i>this week</i>
11 th May	Kathleen	To be arranged.
18 th May	Simon	Alan
25 th May	Gavin	Pam
1 st June	No official lift	this week.
<p>Car A Passengers: John Clarke *, Hazel Coppack, Bob Land, Bill Whittaker.</p> <p>Car B Passengers: Giulio Poletti, Elizabeth & Harold Hearn.</p> <p>Passengers have a lift every week unless they tell the driver differently.</p> <p>Passengers marked * will phone if a lift is required.</p> <p>Please contact Kathleen Povall if you would like to become a driver or a passenger on this rota.</p>		

**SUNDAY SERVICES AT
FRODSHAM METHODIST
CHURCH**

Kingsley Rd, Frodsham WA6 6BA

www.frodshammethodist.org



Every Sunday morning - at 10.30am

First Sunday of the month - Evening service at 6pm

Third Sunday - Discussion Group at 9.30am

Fourth Sunday of the Month - Hope Café at 10:30am

Services:

March 23rd 2025 Hope Café Worship Team

April 27th 2025 Andrew Ellams

May 25th 2025 Rev Gordon Gresswell

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

Information and contributions for inclusion in the next issue
(Summer 2025):

Please forward final items for the magazine to Ros Caldwell by

30th April 2025 at r.m.caldwell@talk21.com

This magazine can also be seen on our church website at

www.frodshammethodist.org

“God is our refuge and strength, a very present help in
trouble.” Psalm 46 v1