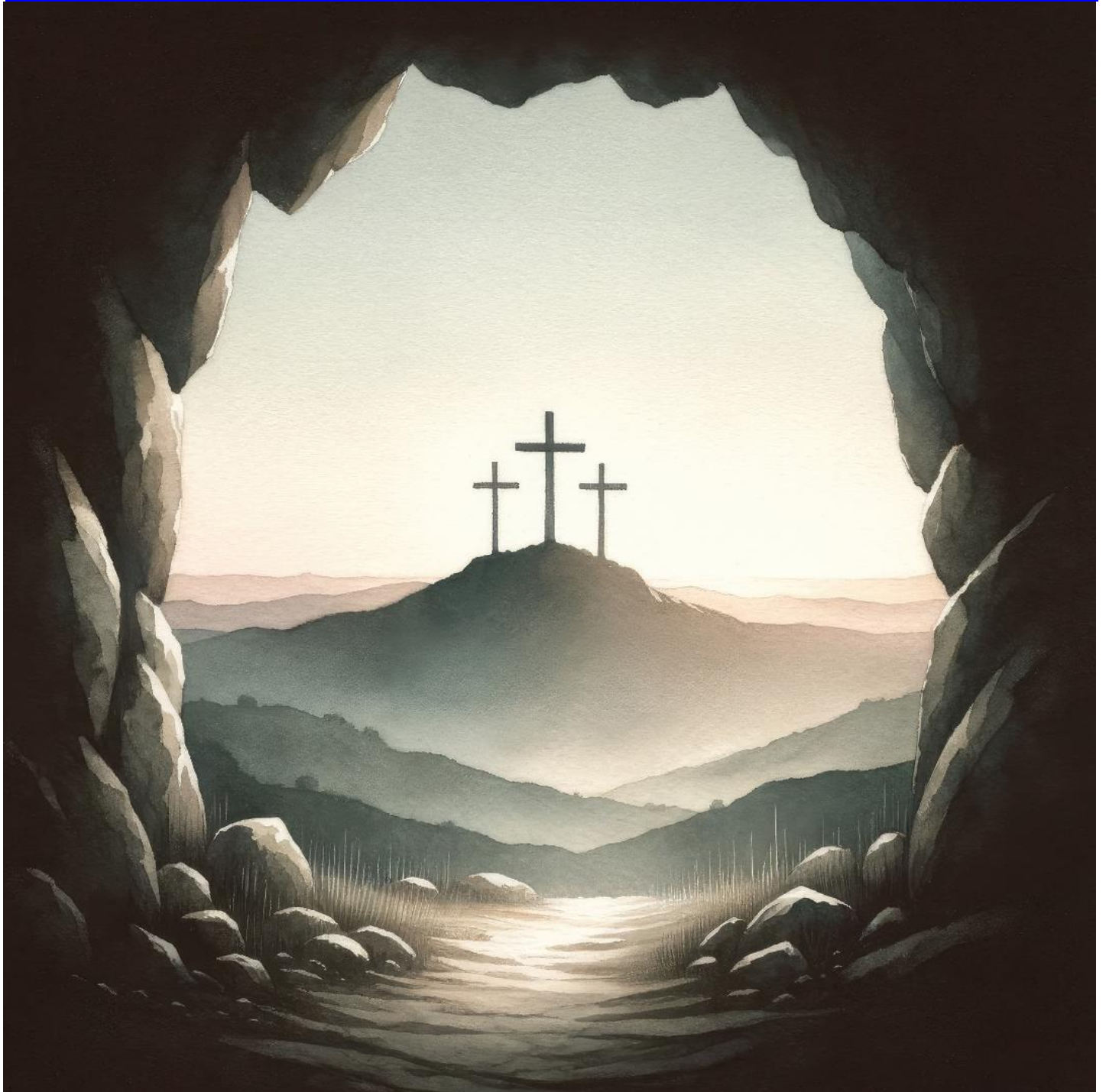


# The Log



The Parish Magazine

April 2025

£1.00

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

## INDEX OF ADVERTISERS

Carers	Longridge Hall Care Home, BMC Homecare
Clothing	Mary Frances
Crafts	Quilter's Quarters, Absolute Enigma Studio and Workshops.
Commercial Construction	Walter Carefoot
Decorators	Steve Harling decorating, Stuart Black Painter & Decorator
Electrical	Longridge Electrical Services& Lighting
Estate Agents	Holdens Estate Agents, Pendle Hill Properties
Finance	Two 10 Investments, Raymond James Wealth Management, Whalley Swarbrick Accountants
Florists	Flower Glade, The Bloom Room
Food	Garry Rowles Butcher, Ribble Farm Fare, Butlers Farmhouse Cheeses, Anji's Emporium
Funerals	William Houghton Funeral Directors, Martin's Funerals
Greeting Cards	Charisma, Anji's Emporium
Hair & Beauty	Creative Hair, Halcyon Days <b>now Diane at Aura</b>
Hardware	Anji's Emporium
Health & Medical	Berry Lane Dental Surgery, The Footroom
Hospitality	Tap & Vent Micropub, Applejacks Microbar, Ferrari's Country House, Amy's Kitchen
Interior Design & Décor	DMD Interior Design
Jewellery & Gifts	Callista Modern Jewellery & Gifts, Longridge Goldsmiths
Legal Services	MG Legal
Motors & Auto	Warwick Street Motors, Ireland's Garage, Bonds of Longridge, Ribble valley Tyre & Auto
Pets	Four Paws Two Claws, Tails of the Town
Plumbing & Heating	G J Harrison, VJH Plumbing & Heating, F M I Foss Monks Installations
Residential Lettings	Walter Carefoot
Self Storage Units	Anji's Emporium
Technology	Blue Moon Computers, Mobi Village, Fonez 4U, Sharp Printers
Travel & Holidays	Travel Circle, Holiday Cottage Alston Lane
Upholstery	Longridge Upholstery

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## VICAR'S NOTES

The Difference Course which we've been running during Lent has introduced us to three important habits for resolving differences and conflict. These are 'Be Curious, Be Present and Reimagine'.

In the session on Practising Forgiveness we thought about a quote from The Book of Forgiving written by Archbishop Desmond Tutu and his daughter Revd Canon Mpho Tutu who say this:

*"When I cultivate forgiveness in my small everyday encounters, I am preparing for a time when a much larger act of forgiveness will be asked of me, as it most certainly will... When I develop a mindset of forgiveness, rather than a mindset of grievance, I don't just forgive a particular act; I become a more forgiving person... What was once a reason for rupture and alienation becomes an opportunity for repair and greater intimacy."*

Many of us were struck that offering and receiving forgiveness isn't just the particular act of a moment, but rather a whole way of life and being. Forgiveness isn't something that can be forced and the shape that it takes on in no way diminishes a wrong that's been done, however when it can be offered, it is one of the most precious gifts we can give to another.

This is what Jesus has done for us on the cross. The way of the cross always involves sacrifice and comes at a personal cost, but when the stone is rolled away and the darkness turns to light, we know we're in the midst of a new resurrection morning.

### Revd Simon King

On Sunday 23rd March we announced the fantastic news that our beloved Revd Simon King has been appointed as the next vicar of Penwortham St Leonard. Those of us who have been blessed to spend a little time in Simon's company will know for us at St Lawrence with St Paul's Church this is both happy and sad news at the same time. At the heart of Christianity is the ethic of 'giving away your best for the sake of others' and as Revd Simon and his wife Tracy prepare to make their move over the next few months this certainly feels like the case.

You may have already skipped to the back page to read Revd Simon's article, but one thing he's not mentioned is that, for our part, we would love to send the Kings off to Penwortham with some suitable gifts as a token of our appreciation for all the joy and affection they've shared with us over their four years in Longridge.

Therefore, if you'd like to contribute to a leaving present, please do pop your donation marked 'King' in an envelope which can be posted through the vicarage door, handed to me personally, or given to one of our Churchwardens Dot Little or Dorothy Laver. As we're not yet sure of the exact date they'll be making their move, if we could receive all donations by the end of April that would be most helpful.

We will be sure to arrange a proper goodbye when the time comes and, in the meantime, please do be praying for Revd Simon and Tracy along with their family Emma and James and Reuben during this time of transition.

## Vicar's Notes continued .....

### Resourcing The Journey Ahead

With the news of Revd Simon's imminent departure in mind, in February I was able to share a little bit about the present financial position of St Lawrence with St Paul and our aim during 2025 to achieve a balanced budget through additional regular giving so that we can continue to offer a similar level of ministry and perhaps even more in the future. If you've not yet had the chance to read a copy of our 'Resourcing the Journey Ahead' booklet please do so. You can find a hard copy at both St Lawrence and St Paul's Churches, or alternatively you can view it via our website:

<https://www.stlawrencewithstpaul.org.uk/30/Give>

### Lent and Easter 2025

Below you can see the key dates for our special Lent and Easter programme.

Date and Time	Service	Location
6 <sup>th</sup> April, 10am	Holy Communion with Passion readings from Luke's Gospel	St Paul's Church
13 <sup>th</sup> April, 10am	All Together Palm Sunday Service	St Paul's Church
13 <sup>th</sup> April, 6.30pm	Churches Together Palm Sunday Service	St Wilfrid's Church
14 <sup>th</sup> April, 7.30pm	Monday Compline	St Paul's Church
15 <sup>th</sup> April, 7.30pm	Tuesday Compline	St Paul's Church
16 <sup>th</sup> April, 7.30pm	Tenebrae Service (Shadows)	St Paul's Church
17 <sup>th</sup> April, 7.30pm	Maundy Thursday Service followed by 'The Watch'. Compline then follows afterwards	St Paul's Church
18 <sup>th</sup> April, 10am	All Together Good Friday Service	St Paul's Church
18 <sup>th</sup> April, 1.45pm	Good Friday Walk followed by meal at St Paul's Church	Leaving from St Paul's Church
20 <sup>th</sup> April, 8am	Easter Morning Holy Communion	St Lawrence Church
20 <sup>th</sup> April, 10am	All Together Easter Day Holy Communion Service	St Paul's Church
20 <sup>th</sup> April, 6.30pm	Easter Songs of Praise	St Lawrence Church

### Fruitful App and Bishop Philip's Prayer Lent Course

It's not too late to try out this year's Diocesan Lent Devotional Booklet called 'Hear Our Prayer'. The good news is that it's also available on the 'Fruitful' mobile phone app which you can download by opening your mobile phone camera and hovering over the QR code (right) and clicking the link. Also, on the 'Fruitful' app is Bishop Philip's related Prayer Lent Course which can be done as individuals or in groups. I highly recommend it!



### Paul Warren Retiring as Organist and Choir Director

In another significant personnel change, in the March edition of the Log we announced that due to increasing family commitments, Easter Sunday will be Paul's last official day as our Organist and Choir Director. Please do come along during the remaining Lent/Easter period to wish him well and hopefully in May we'll be able to announce a suitable successor.



## Vicar's Notes continued .....

### Spring Fair and VE Day Celebrations

Many of you will be aware that Thursday 8<sup>th</sup> May is the 80<sup>th</sup> anniversary of Victory in Europe Day which marks Germany's official surrender to the Allied forces and the end of World War II in Europe.

In these fractious times it feels especially important to honour this important milestone as we remember all those who gave their lives for us and the cause of peace.

Here at St Lawrence with St Paul we'll be doing this over the weekend of Saturday 10<sup>th</sup> May when we'll be holding our 2025 Spring Fair at St Paul's Church, and then in both our services, 10am at St Paul's church and 6.30pm at St Lawrence Church on Sunday 11<sup>th</sup> May.

### Revision Church Electoral Roll and Notice of Annual Parochial Church Meeting – Monday 19<sup>th</sup> May

Every six years Church of England churches are obliged to renew their Electoral Roll and 2025 is one such year. This means that everyone who wishes to remain on the electoral roll for St Lawrence with St Paul will need to reapply. Certain pre-conditions apply to enrol and these can be found on the forms which are available in both churches

For those wishing to vote in our APCM, which will take place at 7pm on Monday 19<sup>th</sup> May 2025, then the filled in Electoral Roll forms must be returned to the Parish Office in St Paul's Church by Sunday 27<sup>th</sup> April 2025. Please email Michael Dawson: [secretarystlandplongridge@gmail.com](mailto:secretarystlandplongridge@gmail.com) if you have any questions or require more details.

### Eco Church News—Barbara Burton

As part of our drive to become more ecologically sound as a church, we are going to become a recycling centre for medicinal plastics. These are not currently recycled in Longridge, so it is hoped that this will be a good way to help our congregation to dispose of them.

We have a collection box which is suitable for the following: medical blister packs; plastic pill bottles; vitamin bottles; plastic vials.

Please ensure that all packaging is empty and no longer contains medicine, pills or liquid.

**PLEASE NOTE: we are not collecting syringes or any medical waste other than the items listed as being suitable.**

These can be deposited in the labelled box to the left of the doors which lead from the Tower Room to the Centenary Room at St. Paul's Church.

Once the box is filled, the waste will be collected and recycled at the plant in Humberside.

If you are interested in supporting this type of work in our parish, you are welcome to attend the next meeting of the Fabric and Eco group, on **Tuesday 15<sup>th</sup> April at 7.30pm**. It will be held in the Centenary Room, and the Eco focus will be Land and Nature.



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## A Reflection by Canon Andrea Titterington Foolishness and Faith



The 1<sup>st</sup> of this month is generally known as **April Fool's Day**. Traditions vary throughout the world, but it's surprising just how many countries celebrate with sanctioned mischief making. Iran could boast the oldest with "*Sizdah Bedar*," the 13<sup>th</sup> day of the Persian New Year (April 1<sup>st</sup> or 2<sup>nd</sup>), which means "getting rid of 13." It is linked with the Roman spring festival, "*Hilaria*," so both superstitions and pranks are included. In France people stick paper fish on other people's backs, kind of like a "kick me" sign. Much of Latin America celebrates "*El Dia de los Inocentes*," or "Day of the Innocents," a late December Catholic feast that somehow became a day of jokes and shenanigans. For those cultures, the day to be wary is 28<sup>th</sup> December. In Brazil, April 1<sup>st</sup> is "*Dia das Mentiras*," or "Day of Lies." In one part of Spain, there is a huge food fight! In Scotland, April 1<sup>st</sup> is "*Hunt the Gowk Day*," when people are sent on fool's errands and on the next day, "*Tailie Day*," the game is pinning a tail on someone or sticking a sign on their back.

So, unlike Epiphany where we begin the year with the Wise Men, in April we begin with fools. When St. Paul wrote to the Corinthians he wrote of a different kind of foolishness: "*Do not deceive yourselves. If you think that you are wise in this age, you should become fools so that you may become wise. For the wisdom of this world is foolishness with God.*" (1 Corinthians 3:18) He described about how countercultural the followers of Christ, like himself, were when following Jesus: "*When reviled, we bless; when persecuted, we endure; when slandered, we speak kindly.*" (4:12-13) For Paul all wisdom: "*the secret and hidden wisdom of God*" (2:7) is "*Jesus Christ, and him crucified.*" (2:2)

When Holy Week and Easter fall in April (this year, 13<sup>th</sup>-20<sup>th</sup>), we might ask what has foolishness to do with faith? In the New Testament those who are truly wise in God's sight are those who deliberately reject worldly wisdom that inspires boasting in strength, riches, and earthly power. Everything is a gift from God to undeserving sinners. And the greatest gift was the sacrifice that Jesus made on the cross to atone for our sins. Paul's message was that Christians should be content with sharing Christ's weakness, rather than seeking the approval of the world.

As Christians we are often mocked as gullible dupes, fools for our belief in Jesus Christ as Lord. We are charged with believing in fairy tales. Is the basis of our faith just wishful thinking?

What we have is trust: trust in the written word of witnesses of Jesus' life, death and resurrection. Witnesses of a truth so powerful they were prepared to face death as martyrs. St. Paul's ministry to the Gentiles included prison, beatings, shipwrecks, derision, and ultimately death. When we share the Easter story we are the latest generation to carry the messages of God's grace and Forgiveness, the imperatives to love God and our neighbour, guidance to live with compassion, hope and love. Our prayer is that what the world calls foolish may one day be recognised as wisdom.

<https://edition.cnn.com/2023/04/01/world/april-fools-around-world-traditions-cec/index.html>

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## Clergy & Church Officers

<b>Vicar</b>	<b>Rev. Mike Barton</b>	The Vicarage, Church Street	01772 389837	revmikebarton@gmail.com
<b>Curate</b>	<b>Rev. Simon King</b>	9 Willows Park Lane	07789 645138	revsimonking@gmail.com
<b>Retired Clergy:</b>	<b>Rev. John Ball</b>		07754 771220	
	<b>Rev. Adrian Mairs</b>	8 Hacking Drive	01772 356015	adrian.s.mairs@gmail.com
			07899 905768	
<b>Churchwardens</b>	<b>Dot Little</b>	26 Hoghton Road	01772 783998	dotlittle003@gmail.com
	<b>Dorothy Laver</b>	19 The Pastures, Grimsargh	07719 389529	dorothy.laver@gmail.com
<b>Deputy Wardens</b>	<b>Graham Kelsall</b>			graham@oaktreehouse.net
	<b>Mae Heys</b>	29 Fell Brow	07740 068099	
<b>PCC Secretary</b>	<b>Barbara Burton</b>	7 Chaigley Road		brbrbrtn6@gmail.com
<b>PCC Treasurer</b>	<b>Graham Kelsall</b>			graham@oaktreehouse.net
<b>Safeguarding Officer</b>	<b>Elizabeth Hemingway</b>			psostlandplongridge@gmail.com
<b>Parish Administrator</b>	<b>Michael Dawson</b>	See hours below	01772 783281	secretarystlandplongridge@gmail.com
<b>Health &amp; Safety Officer</b>	<b>Chris Martin</b>			
<b>Electoral Role Officer</b>	<b>Michael Dawson</b>			

## Parochial Church Council

<b>Chairman</b>	<i>Rev. Mike Barton</i>
<b>Hon. Secretary</b>	<i>Barbara Burton</i>
<b>Hon. Treasurer &amp; Stewardship Recorder</b>	<i>Graham Kelsall</i>
<b>Members:</b>	Clergy and Churchwardens Amii Bateson, Karen Boardman, Rob Bretherton,, Helen Clements, Michael Dawson, Andrew Filder, David Hartley, Mae Heys, Philip Jones, Vernon Kinrade, Rosemary Lyons, Chris Martin, Barbara McCormick, Annamarie Rogers-Waterman, Val Wardley, Stephanie Willan.

## Organisations

<b>Parish Administrator</b>	<i>Michael Dawson</i>
Parish Office Monday and Wednesday	9:30—12:30
Friday	9.30—15.30 01772 783281
<b>Altar Flowers</b>	
Hon. Sec. St. Lawrence	Dot Little 01772 783998
	JudithKaye 01772 785114
Hon. Sec. St. Paul	Donna Rowe-Green 07880 348597
<b>Choir</b>	
Organist and Choir Director	Paul Warren
	<i>paulbionicears@gmail.com</i>
<b>Church Lads &amp; Church Girls Brigade</b>	
Wednesday Nights Berry Lane School Term Times	
Martins 6 pm, Young Members 6.30 pm JTC/Seniors 7.00 pm	
	<a href="mailto:Oliviastewart@clcgb.org.uk">Oliviastewart@clcgb.org.uk</a>
<b>Crafty Café</b>	
Last Monday each month, Centenary Room 1.30 - 3.30pm also:	
Contacts	Helen Bailey 07891 075023
	Bev Keating
	Jean Saunders 01772640146
<b>Handbell Ringers</b>	
Leader	Judith Kaye Park View, Fleet Street, PR3 3ED
	<i>judithkaye@sky.com</i> 01772 785114

<b>Longridge C of E Primary School</b>	
<a href="http://www.longridge-ce.lancsngfl.ac.uk">www.longridge-ce.lancsngfl.ac.uk</a>	
<b>Headteacher</b>	
<i>Mrs Catherine Parkin</i>	
	<i>head@longridge-cofe.lancs.sch.uk</i>
<b>Clerk to the Governors</b>	
Val Morris	01524 581136 c/o the School Office
School Office	01772 782378
	<i>bursar@longridge-cofe.lancs.sch.uk</i>
<b>Pre-School</b>	01772-780078
<b>PTFA Hon. Sec.</b>	<i>Katie Keighley</i>

<b>Children's Church</b>	
<i>Carolyn Barton</i>	<i>carolynbarton@hotmail.co.uk</i>
<b>Mothers Union</b>	7.30pm on 1st Tuesday
Enrolling Member	<i>Judith Kaye</i> Park View, Fleet Street, PR3 3ED
	<i>judithkaye@sky.com</i> 01772 785114
<b>Prayerline</b>	If you would like our prayer team to pray for you e-mail
<i>Muriel Anderson</i>	12 Plessington Court, Brewery Street, Longridge
	<i>Murielanderson33@gmail.com</i> 07823 762089
<b>Tuesday Club</b>	7.30pm on 2nd Tuesday
Chairman	<i>Fred Little</i> 26 Hoghton Road
Hon. Sec.	<i>Adrienne Atkinson</i> 01772 783998
	<i>adbil1959@gmail.com</i> 01772 783091
<b>Walkie Talksies</b>	
	<i>Hannah Green</i> 20 Darwen Close 01772 783558
<b>Bereavement Group</b>	
meets on 1st Monday of the month including Bank Holidays	
	<i>Karen Burdett</i> 07712 440135
	<i>karenlburdett@hotmail.com</i>

## Sidesmen and Sideswomen

Karen Boardman, Bev Keating, Janet Heap, Peter Turver, Lib Turver, Graham Kelsall, Yvonne Ball, Val Wardley, Phil Walker, Marina Walker, Emma Pettit, Carl Pettit, Becky Filder, Andrew Filder, Lawrence Ingham, Marilyn Kinrade, Barbara Burton, Ian Cookson, Ruth Buckley, Jennifer Sturzaker, Kai Ng, Helen Eccles, Keith Thompson, Judith Singleton, Liz Hemmingway.

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## Mothers' Union

### Living Hope - A Family Lent Calendar



#### April

1	Collect some food items and donate them to a foodbank
2	If you hear a siren today pray for the person or people who are needing help
3	Plant some spring bulbs in a pot and give them to someone you think needs a treat
4	Try hard to remember to turn off lights and electrical equipment when you are not using them
5	Pause at midday to pray. You could join MU prayers on Facebook at 12.00!
6	Find out if there is some way you can help at church today – like giving out hymn books or notice sheets
7	Try and make a journey on foot today, instead of using the car
8	If you have family or friends in other countries, try & find out if they have special Easter traditions
9	At bedtime pray for people who have to work at night
10	Cook a meal using what is in your freezer. Give any money you've saved on the meal to your MU project
11	Make some Easter cards to send or give out
12	Share favourite jokes with family and friends. Thank God for fun & laughter
13	PALM SUNDAY Make palm branches with paper to wave at church or home when singing a hymn or worship song
14	Think of anything that has made you happy today and say thank you to God
15	Look at the MU website together and pray for something featured on it
16	Whenever you pass a chemist or surgery today say a quick prayer for people who are ill
17	Over a meal with family and friends chat about how it would have been to be at the Last Supper with Jesus
18	GOOD FRIDAY Eat hot cross buns or decorate a cake with a cross as a sign of how Jesus died for us all
19	HOLY SATURDAY Make an Easter garden to symbolise and celebrate Jesus' resurrection

This is taken from [mothersunion.org/news/welcome-lent](http://mothersunion.org/news/welcome-lent) where you can access for calendar style version.

**Dates** 1<sup>st</sup> April Handbell Ringers  
6<sup>th</sup> May VE tea Party

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## Hymns We Love - Jesus Christ is risen today

In the Anglican church, the hymn 'Jesus Christ is risen today' is probably the best known of all the Easter hymns. How odd that this hymn is entirely anonymous. The hymn is based on a 14th century Latin carol *Surrexit Christus hodie*, yet no-one knows who the author of this was. Neither do we know who translated it into English, or who composed the magnificent tune *Easter Hymn* for it.



The English translation and tune both appeared in a book called *Lyra Davidica*, published in 1708. Only the first verse is familiar to us today:

Jesus Christ is risen today, Halle-Halle-lujah  
Our triumphant Holyday  
Who so lately on the Cross  
Suffered to redeem our loss

The two verses that followed were based on a later part of the Latin text, the first of them being an address to the women at the tomb, and the next being a call to praise:

Haste ye females from your fright  
Take to Galilee your flight  
To his sad disciples say  
Jesus Christ is risen today

In our paschal joy and feast  
Let the Lord of life be blest  
Let the Holy Trine be praised  
And thankful heart to heaven be raised

When the hymn was published again, some 70 years later, the last two verses were replaced with verses making no reference to the original Latin carol:

Jesus Christ is risen today,  
Our triumphant holy day;  
Who did once upon the cross,  
Suffer to redeem our loss.

But the pains which he endured  
Our salvation hath procured;  
Now above the sky he's King,  
Where the angels ever sing.

Hymns of praise then let us sing  
Unto Christ our heavenly King;  
Who endured the cross and grave,  
Sinners to redeem and save.

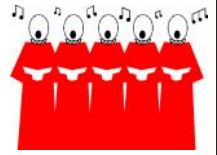
The words of these verses have a certain appeal. Their simplicity and directness, along with keeping closely to the Easter theme, have helped to make this hymn so very enduring.

The words are not simply about Christ's triumphant resurrection, but also his bitter cross and passion. Look closely at the verses. Each verse consists of two couplets, one pertaining to the resurrection, and the other to Christ's suffering. This is a reflection of what is recorded in the New Testament, that Christ should suffer before his glorious coming into glory.

Finally, we sing 'Alleluia' at the end of each line. Indeed, a lot of the Easter hymns have an abundance of *Alleluias*, and that is a reflection that the word 'alleluia' is not used during the season of Lent. Easter is the time to make up for this fasting of alleluias!

**Paul Warren**

## CHOIR NOTES



In the choir, we're very much focussed on preparing music for Passiontide and Easter.

As I prepare to step down after the Easter Day services, it feels odd. Odd in the sense that when one works their notice that the expectation is for one to ramp down, yet with Holy Week and Easter I do assure you that ramping down just isn't an option!

As I write these notes, I'm aware that the interviews to select my successor are imminent, so I wish whoever is appointed good wishes and hope they'll settle in nicely with the choir. I've had an enjoyable two years here, and feel that I and the choir have learned and benefitted from one another.

I wish everyone a happy and joyous Easter.

Paul Warren

---

**Editor's Note.** Paul we thank you most sincerely for contributing to the Log each month and for always sending in your Choir Notes so promptly. Introducing us to 'Hymns we Love' has also provided a real insight into the background of familiar words and music. We send you and Kate our very best wishes and hope that as well as caring for family you will also have more time for those walking holidays in Scotland you both so much enjoy.

*Paul has been a kind, patient and generous choirmaster who has introduced us to some beautiful new music we have enjoyed singing. He started the way he intended to go on: with a cheese and wine evening at his house. Getting to know everyone and enjoying each other's company was essential for good singing! Thank you, Paul. **Patricia Hewitt***

*Paul, It's been a pleasure getting to know you and your sometimes whacky sense of humour! We've sung a variety of pieces, many with a Celtic theme. Your generosity of hospitality and supplying us with treats has been amazing. **Ann Golding***

*Paul has been so very generous in his short time with us not only introducing us to new music but also with his wonderful hospitality, both at home and in the local hostels. We shall miss his little chocolate treats for sure. **Wendy Smyth***

*A couple of years ago when Rebekah left us at the end of 2022 we were concerned that it would be difficult to find a new organist. However, we needn't have worried because there was one virtually on our own doorstep, and what's more he was willing to take us on! So Paul quickly settled in and made the role of organist and choir director his own. He has been a dedicated and conscientious organist. We have appreciated his wide knowledge of the Liturgy and his obvious love of church music, in particular his playing of the psalms at Evensong and the 'Hymns we Love' series, not to mention his wide repertoire of organ voluntaries, and the occasional Irish hymn which he has introduced us to. St Patrick's Breastplate has been one such hymn that I hope we will continue to sing. We will all miss his typically Irish sense of humour and also his hospitality and generosity (it has been lovely to find boxes of chocolates miraculously appearing in the choir vestry after a particularly busy Sunday!)*

*So, many thanks Paul for your faithful service over the last two years, and we will look forward to seeing you helping out on the organ from time to time! **Rosemary Lyons***

*Paul, although you have been our organist and choir director for only two years, they have been two years full of enjoyment. You have introduced us to some beautiful pieces of music, some of which have been quite challenging, but your patience and guidance always seem to get the end result that you were looking for. The generosity, kindness, thoughtfulness and hospitality that both you and Kate have shown to us has been thoroughly appreciated. Both you and Kate's love of Celtic music and Scottish scenery matches ours, and we hope to continue singing it, along with hopefully catching up with you both to chat about the highlands, and who knows, maybe a visit to Crianlarich and further north in Scotland. In the meantime, thank you, God bless you both, and may your journeys be full of music and happiness. So! On behalf of All the choir members, a very 'big thank you' **Ellen and Michael Dawson***

## World Day of Prayer 7<sup>th</sup> March 2025 St. Wilfrid's Church



This year's service was prepared by Christian women from the Cook Islands. Their chosen theme was 'I made You Wonderful', and the service focused on our uniqueness and differences.

The service was led by members of all our local churches, and included Bible readings, stories about three women from the Cook Islands, prayers and hymns. Two of the hymns had been especially written for the service, and the Year 6 children from St. Wilfrid's School, who had joined us for the service, led us with these. It was a pleasure to welcome so many people from all denominations and age-groups. The retiring collection raised £204, which has been donated to World Day of Prayer. For more information about the causes they support, please visit this webpage: [Grants 2024 - World Day Of Prayer](#)

The service was followed by excellent refreshments, prepared by Denise Atkinson and a team of volunteers from St. Wilfrid's Church.

A prayer from this year's service:

*Precious Lord, thanks for creating us, all in our own different but unique way. We are all so different in our minds and attitudes, yet when we come together, we come as one spiritually knowing that you are at the helm.*

*Lord, it's so uplifting to know we are so wonderfully made. Thank you, Lord, for moulding us in such a beautiful way. Lord, we acknowledge we have weaknesses and flaws, but when we come before you, we come as one seeking your forgiveness, guidance and protection.*

*Dear Lord, the harvest is ripe and ready to be plucked. We ask you to equip us with the armour of wisdom and courage, ready for the reaping. Surround us, Lord, with your mighty presence and encircle us with your impenetrable shield.*

*Lord, we thank you for hearing our prayers, as we walk in the confidence of your presence, knowing that you are interceding on our behalf with your continuous protection.*

*In your mighty name we pray.*

*Amen.*

*by Audrey Eccleston*

*from Together in Prayer, 2025*

Thank you to everyone who helped with or attended the service.

*Barbara Burton.*





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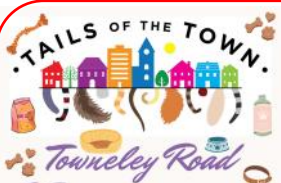
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## BRIGADE NEWS

We started this month by reading Mark 9:7..... And a cloud overshadowed them and a voice came out of the cloud, "This is my beloved Son; listen to him." We talked about how Jesus is very special- He is God's Son! God wants us to listen to Jesus because he loves us and teaches us the right way to live. We enjoyed making some candles in craft which we took home, these can be lit to remind us that Jesus is the light of the world and will guide us in our journey of faith.

We have also celebrated the start of Lent with Shrove Tuesday and Ash Wednesday by making pancakes. Our members were given some money to buy ingredients and toppings and they worked together to decide what we needed before getting busy in the kitchen.

The Martins and Y-Team have continued with their drill practice and playing some fun games and have also enjoyed a frog themed night where we learnt all about the life cycle of a frog, played frog themed games and then made our own noisy frogs within craft.

We are looking forward to welcoming all those who have purchased tickets for our Afternoon Tea event- we are grateful to be sold out yet again for the 3<sup>rd</sup> year running. We are still looking for donations of raffle prizes which can be handed in to any Brigade Leader.

Our National Band members have attended another fabulous weekend in Beverley in preparation for their Annual Concert. They worked hard but also played hard by letting their creativity flow by hosting a National Band Film Festival. The members had to use materials to recreate a film of their choice and film a drama piece which was voted on for an overall winner. Lots of laughter and fun was had by all.



## SCHOOL NEWS – from Headteacher Catherine Parkin

### Come and Learn in Reception



Reception Class hosted their second Come and Learn session for parents this year. The children loved working alongside the adults and had been very excited about showing mums and dads all the activities they do in school. Many of the activities this time were related to the story, The Lighthouse Keeper's Lunch. Outside in the mud kitchen, children were asked to make Mr Grinling's packed lunch while the construction area allowed them to build a lighthouse and make a pulley for the picnic basket. Here you can see some children engaging with The Lighthouse Keeper's Lunch mini world.



### Godly Play and the Easter Story



Miss Gornall's Class have been using Godly Play to retell the Easter Story. Having watched their teacher tell the story using props, the Year 1 children are given chance to use their own words to describe the events leading up to Jesus's resurrection.



### Victorian Day

Class 5 became Standard V for the day and experienced a very different kind of education. They had lessons in the 3 Rs and were taught some woodwork and needlework. Everyone took part in drill and some children were even made to stand in the corner wearing a dunce's cap. Thank you to all our parents who provided such wonderful costumes for the day.

### Lent Worship



During Lent we are using the Church of England's resources around the theme of Living Hope. We started off with 'Hope in the Wilderness' where we considered how Jesus put all his hope in God. Next, we looked at 'Hope on the Water' and how Jesus collected his friends and followers from the fishing community. 'Hope at The Last Supper' saw Jesus point out the imperfections of those who would betray Him. He taught us to put our hope only in God and not in things of this world.



## School News continued .....

*Faithful God,  
Thank you for  
the gift of friendship and the  
hope that being together can  
bring. Help us to work  
together well, bringing hope to  
our communities.  
Amen.*



## CHILDREN'S CHURCH

We started the month by finishing our series on Nehemiah, the focus was on God's church will never fail. The children had fun trying to construct buildings on jelly but decided it was not great for building a good foundation on. We then considered God as the cornerstone and foundation of what we build our lives on.

Between finishing our last series and starting our Easter one we had a week focusing on Abram and God's promises. We had to show trust in constructing unknown jigsaws, trust in God's future wonders by planting sunflower seeds and spent time considering how God protects us by designing our shields of faith. It was lovely to have Rev Mike join us in our children's church session.



In our final week in March we started our new series exploring the wonder of Easter through the gospel of Luke starting with Jesus' triumphant entry into Jerusalem. The children acted out the story and considered what the stones might have said.

If you are interested in helping or volunteering with children's church then please come and have a chat with Caz Barton or Becky Filder.



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## INSPIRATIONAL WORDS from Rev. Adrian Mairs

I recently received this photo which made me think about a number of things.

What was the Pastor's motive? Did the woman regret asking the question? Did she feel guilty and become a more regular reader of the Bible? If so, was the Pastor's action justified?

Bible reading sadly is not as prominent as it once was and yet today we have many and various translations to make reading it much easier. The Bible has been described as a classic yet has also been said to be the world's most unread book.

One description I like of the Bible is .....Best Instruction Before Leaving Earth. This month as we celebrate Easter we are reminded of life's experiences especially life...death....resurrection.....that one day we will be leaving earth.....The Bible has much to say on these subjects and especially Eternal Life which is possible because of JESUS' LIFE DEATH AND RESURRECTION.....So this month can I encourage you to pick up your Bible and start reading this wonderful story (hopefully no cutlery inside)

With permission of the Gideon's I have included below some Bible helps and their website address where further information and help are available. I am also happy to get Bible reading notes for anyone who would like some.

A pastor had dinner at the home of a couple in his church. After he left, the wife said to her husband, 'I think he stole our spoon.' That bothered her for a whole year



A year later the couple had the pastor for dinner again. Unable to resist, the wife asked, 'Did you steal our spoon last year?' The pastor replied, 'No, I put it inside your Bible.'

### Finding Help.

<b>Afraid of circumstances</b>	ROMANS..8v28. MATTHEW.6v25-34. PSALM 46
<b>Anger</b>	JAMES 1v19-20. EPHESIANS 4v25-32. PSALM 37v8
<b>Away from home</b>	PSALM 121v1-8. PROVERBS 3 v1-7..PSALM 91v1-116
<b>Broken hearted</b>	PHILIPPIANS 4v4-7. LUKE 7v13. PSALM 34v17-18
<b>Bullied</b>	JOHN14v27. MATTHEW5 v43-45 1PETER5v6-7
<b>Resentful</b>	JAMES 3 v13-14 HEBREWS 12 v14-15. PROVERBS 3v 11-12
<b>Bereavement</b>	1THESSALONIANS 4v13-18. JOHN14 v1-4. JOHN11 v17-27. PSALM 116v15
<b>Coping with depression</b>	2 CORINTHIANS 12v9 2TIMOTHY 4v6-8. PSALM 42 v5-6
<b>Far from God</b>	JAMES 4v7-10. LUKE 15v14-24. HEBREWS 4v16
<b>Lonely</b>	PSALM 23. HEBREWS 13v5. PSALM 68v5-6
<b>Guidance</b>	ROMANS 12v1-2. PROVERBS 3v5-6 JAMES 1.v5-8. PSALM 32v8-10
<b>Financial worries</b>	MATTHEW 6v33-34. 1TIMOTHY 6v6-10 PSALM 111v5
<b>ILL or in pain</b>	JAMES 5 v14-16 PSALM 103v1-5. 2CORINTHIANS 12v9-10
<b>Let down by church</b>	EPHESIANS 2v19-22 HEBREWS 4v14-16 JOHN 10v27-30
<b>Suicidal</b>	1CORINTHIANS10v13. 1CORINTHIANS 6v19-20 PSALM 62v1-8
<b>Employment</b>	1THESSALONIANS 4v11-12. PHILIPPIANS 4v19. PROVERBS 16v3-9
<b>Retirement</b>	MATTHEW 6v25-34. PSALM 37v25
<b>Sleepless</b>	MATTHEW 11v28-30 1PETER 5v6-7 PROVERBS 3v21-26
<b>Stressed</b>	PSALM 62v1-8 PHILIPPIANS 4v4-9
<b>Worried about the future</b>	PSALM 46 JOHN 14

[www.goodnewsuk.com](http://www.goodnewsuk.com)

I trust you find these helpful if looking for help. Clergy and lay people are also available for pastoral support.

The Bible is a wonderful book. Best instruction for LIVING on earth and LEAVING earth

**THIS EASTERTIDE WHY NOT READ THE STORY AGAIN AND BE PREPARED FOR LEAVING.  
EASTER BLESSINGS**



### A Bit of Spit and Polish.

It was more sweeping and mopping actually but a sincere thank you to everyone who came and did some cleaning in St. Paul's Church on Saturday morning 22<sup>nd</sup> March. It was amazing just how much was achieved and how much better it looked. The photograph shows everyone enjoying a well earned brew and bacon butty, which we realised Revd. Mike missed because he was up a ladder at the time – moving cobwebs and replacing light bulbs – sorry Mike!

It would be good to think that we could arrange these cleaning mornings at both churches on a more regular basis. Let's try and do that please.

**Churchwardens.**



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## A WONDERFUL AFTERNOON.

We knew that hearing Longridge Band in concert in St. Paul's Church would be special but I don't think we realised just what a wonderful afternoon we were in for. The variety of the programme, the incredible depth and quality of the music, some wonderful soloists and a lovely atmosphere.

For this years Patron's concert the band kindly agreed to a change of venue and changed the time to a Sunday afternoon and we hope the members of the band enjoyed playing in St. Paul's just as much as we enjoyed listening to them.



Our thanks to Musical Director Mark Peacock, to all the soloists and to the Band Patrons for sending in their requests which produced such an entertaining programme. Its difficult to pick out highlights but certainly 'The Two Imps' played on the Xylophone and Richard Wagner's Procession to the Minster which brought the afternoon to a wonderful crescendo would be two.

How fortunate we are in Longridge to have such a superb band – a band which can trace its roots back to St. Lawrence Brass Band way back in

the 1800s and now in 2025 through their music making helping raise £1657.51 to help us restore the Lychgate at that church. A sincere thank you to everyone who helped make that concert happen.



## YOUTH BAND.

A fortnight later on the afternoon of Sunday 23<sup>rd</sup> March we welcomed Longridge Youth Band for their concert, this time in St. Lawrence Church and an appreciative audience came along to encourage them. It is testament to Longridge Band that there were so many senior band members there, some playing alongside the young players in the various sections, others in the audience enjoying the concert. Jonathan Ford, a senior band member himself, is to be congratulated for the Youth Bands growing achievements.



Our thanks to St. Cecilia's for allowing us the use of their carpark that afternoon.





## Good Friday Walk.

Peter and Lib Turver will again be leading our Good Friday Walk on the 18<sup>th</sup> April, starting from St. Paul's Church at 1.45pm. On our return there will be jacket potatoes and various fillings, plus a dessert and tea and coffee for everyone to enjoy. Our thanks in advance to Ann Golding who will be preparing that meal for us. (If you would like to do the walk but not stay for tea that's fine, or if you prefer not to walk but would like to join us for tea around 3.45pm again that's fine but if you are having refreshments do sign the list at the back of the churches so that we know the number to cater for. Cost of refreshments – Adults £6, Children £3 payable on the day.

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## Special VE Day themed SPRING FAIR – Saturday 10<sup>th</sup> May 11am – 2pm

Expect lots of bunting and a Celebration atmosphere – Rie Waterman is working on activities around 'Digging for Victory' for the children to enjoy so look out for some Land Army helpers and the stalls and sideshows all linking in with the VE Day theme.

As well as Digging for Victory, which fits in nicely with the plant stall we will be 'Eating for Victory' with lunches and desserts served in the Centenary Room and Tower Room, not forgetting the cake stall. Thankfully 80 years on we won't need our ration books.

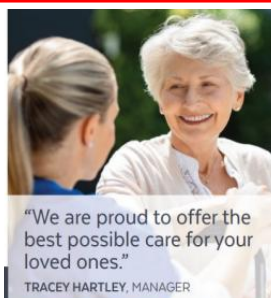
Full details in the May Log but after Easter do look out for the Spring Fair raffle tickets which will again have one of those wonderful hampers as the first prize. In the meantime we would really appreciate offers of raffle and tombola prizes, bottles, teddies, books etc.

The FF & F group will be meeting again on Wednesday 23<sup>rd</sup> April in the Centenary Room at 7.30pm to finalise everything. If you would like to get involved and help at this year's Spring Fair do come and join us.



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## BEES, HONEY & WAX

## Tuesday Club

For our March meeting we welcomed Sheila Birkby who gave an interesting talk and demonstration entitled 'Bees, Honey & Wax'

The talk included the life of a honey bee and covered the 14 species of bees we have in the UK. Bees do have enemies such as the Asian (Yellow) Hornet which will completely destroy a hive - so if one is seen, report it.

Sheila from Hilledene farm has apiaries and places them in many of the surrounding areas as long as they are essentially near flowers. An apiary is a location where beehives are the home of the honey bees and where they raise their young. The siting is important as they need to be near flowers to collect the nectar and pollen in order to make the honey. It is the honey which the bees feed on in winter but it is the flowers that flavour the honey, including heather.

When collecting honey from the hives it is then spun out and the remaining wax is used for many things besides candles including hand and furniture cream. Her honey can always be obtained for Rowles butchers in Longridge. She also sells wrapped and moulded candles that she brought along as examples and then everyone had a chance to wrap and make a candle each and this was so enjoyable. Wax sheets for this can be obtained from Thornes bee supplies and is a great and simple way to entertain children into making their own. Beeswax candles are naturally scented by the honey that was in it before it was melted down and made into a candle and is the closest thing to what an actual beehive smells like.

Sheila's beekeeping is a time-consuming hobby, as the bees take a lot of care and looking after all year round. To be a beekeeper you must take extensive training by an expert before being allowed to purchase a hive or bees. Bees are kept not just for the honey and wax but because they are important pollinators, without which we would have no food.

Her Facebook page is Shel-Bee's Honey & Products where you can see everything that she produces.

On 8<sup>th</sup> April we are looking forward to our 'party' night when we will enjoy a buffet prepared for us by Tim Slater and then entertained by Garstang Ukelele Band. Tickets are £12 and this is an occasion where we invite the wider church family to join us. Tickets are available from Adrienne Atkinson 783091 or Fred Little 783998. It will be a lovely evening with the buffet served at 6.30pm in St Paul's Church and the entertainment in the Centenary Room. Why not get yourself a ticket and join us.



## Our Favourite Recipe – David Scarborough.

### Chocolate Tray Bake.

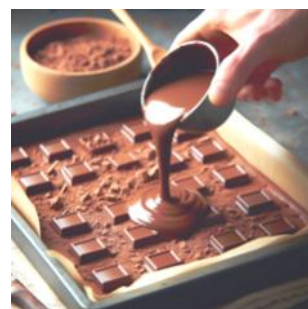
It seemed appropriate to use a Dame Mary Berry recipe this month as she celebrated her 90<sup>th</sup> Birthday on the 24<sup>th</sup> March. It's certainly my go to chocolate recipe and can be used for any occasion but for Easter I simply top with melted chocolate and decorate with mini eggs.

### Ingredients

- 4 level tbsp. cocoa powder
- 4tbsp hot water
- 225gm softened butter
- 225gm castor sugar
- 275gm SR flour
- 2 level tsp baking powder
- 4 large eggs
- 4 tbsp milk

### Method

Blend the cocoa and hot water then allow to cool slightly.  
Combine remaining ingredients together until well blended  
Add the cocoa mixture and mix well  
Put into a 12"x9" greased and lined tray  
Bake at 160 degrees fan oven  
Leave to cool  
Cut into squares



### Topping

Cover each square with melted chocolate and decorate with mini chocolate eggs

OR

For a richer topping

Ingredients

4tbsp apricot jam

150gm plain chocolate

6 tbsp water

350gm sifted icing sugar

1 tsp sunflower oil

### Method

Brush the cake with warmed apricot jam

Melt the chocolate until smooth then cool slightly

Add the icing sugar and oil and beat well

Spread over the cake

Leave to set

Decorate with chocolate shavings

## FUNERALS

**We commend to God those who have died recently and pray  
for those who mourn their loss**

Hillary Hough

Tom Barker-Metcalf

Maureen Clarke



## Thanksgiving for the Birth of a Child, Baptisms, Marriages

Arrangements for these should be made with Rev. Mike or via the Church website

Do you know anybody who is in hospital or ill at home?

If so, please let Rev. Mike or Rev. Simon know so that they may be visited.

## Churches Together in Longridge.

### Good support for Lent Lunches

Thank you to everyone who has supported this year's Lent Lunches held in St. Paul's Centenary Room, St. Wilfrid's Parish Room and Christ Church Hall. It's been really encouraging to see all the tables full and hopefully your contributions will ensure a good total is raised for the work of CAFOD and Christian Aid.



On Wednesday April 2<sup>nd</sup> we will be back in St. Paul's Centenary Room and the final lunch will be in St. Wilfrid's Parish Room run by Alston Lane. Do come and enjoy soup, sandwiches and good company between 12 Noon and 1pm.

The photograph shows the team who have helped prepare and serve your lunch in the Centenary Room.

### Ecumenical Services.

A reminder that there will be an Ecumenical Service at St. Wilfrid's Church on Palm Sunday evening, 13<sup>th</sup> April at 6.30pm to which everyone is invited. Please note there will be no services at St. Lawrence's Church on that evening.

On Good Friday, 18<sup>th</sup> April we are once again invited to meet at the War Memorial at 11.55am for the 12 noon Service. The large wooden cross will be erected with the symbolism of the nails being hammered in – a stark reminder of that first Good Friday. Do join us for this short, yet meaningful act of worship.

## FLOWER ROTA.

There are no altar flowers during the season of Lent. As we near Easter baskets will be placed in both churches for donations towards the floral displays which enhance our churches during the Easter celebrations.

### St. Lawrence Flower Rota.

April 6<sup>th</sup> Lent  
 13<sup>th</sup> Lent  
 20<sup>th</sup> Easter Day – altar pedestal arrangement in memory of Lilian Hodgson  
 27<sup>th</sup> Easter flowers.

### St. Paul's.

April 20th & 27<sup>th</sup> Easter flowers.

## BREWTIME

Wednesday's from 8.50am-11am In St Paul's Centenary Room.

We serve tea, coffee, toast, crumpets and cakes!

And there's always a warm and friendly welcome.

Do join us we would love to see you. .

*Kath, Jacqui, Bev and John.*



**PLEASE NOTE: There will be no Brewtime during Holy Week and Easter Week, (16<sup>th</sup> or 23<sup>rd</sup> April)**



## ST. LAWRENCE Lychgate RESTORATION APPEAL.

### How are we doing?

Parishioners understandably are keen to know how the restoration appeal is progressing and we can report that the figure treasurer Graham Kelsall was able to give to the PCC at their last meeting was £19,219.42 including Gift Aid – an incredible amount of money. We can look back on two wonderful concerts, one by The Valley Singers and the more recent one by Longridge Band, coupled with the Flower Festival in St. Lawrence last July and other fund raising events but also to the generosity of the people of Longridge. It's been so encouraging that further donations are being received all the time either through the Just Giving page or more directly to the treasurer and we want to say **A SINCERE THANK YOU!**

Log readers will recall that when the appeal was launched in June 2024, £20,000 was the estimated figure we thought the restoration would cost but now with more recent and accurate costings that figure has increased to £26,000 including surveyor's fees, VAT etc. Understandably the condition of the lychgate will progressively deteriorate through constant weathering but also through fungal rot and wood boring beetles. The appeal therefore continues but with the position closely monitored so that everything is in place for the work to commence as soon as the target is reached. There will be a further up-date at the Annual Parochial Church Meeting on Monday 19<sup>th</sup> May in St. Paul's Church at 7.00pm.

Churchwardens.

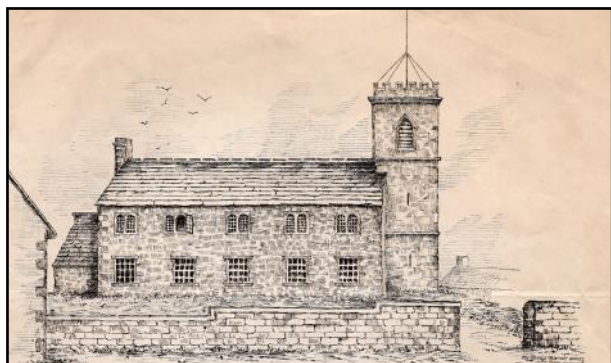
### RECENT DONATIONS.

£30 Anon.

£20 Anon.

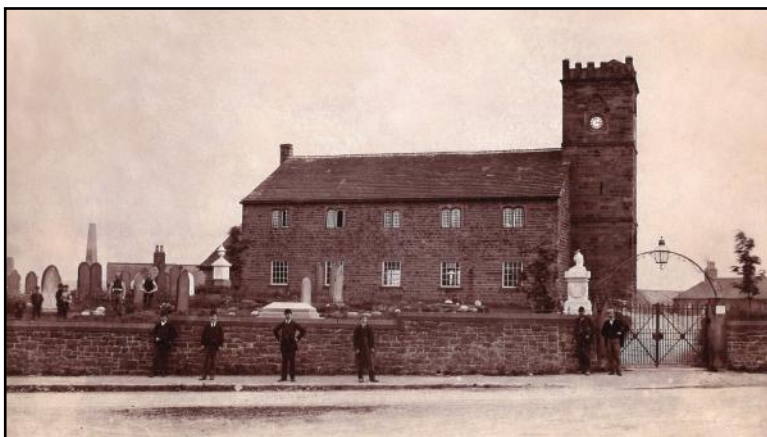
£10 Anon.

Longridge Band Concert - £1,657.51



LONGRIDGE + PARISH + CHURCH

A pencil drawing of St. Lawrence taken in 1883 with no tower clock and no gate.



A picture taken 10 years later in 1893 with the clock and an entrance gate but no lychgate until 1939.

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## OUR WORSHIP AND READINGS

*Following Jesus in Loving Community***Our regular Sunday 'in church' services are as below.**

St Paul's Holy Communion Service with Children's Church at 10:00am (arrival from 9:30am)

St. Paul's 'All together' Service 10:00am on 2nd Sunday of the Month

St Lawrence's at 6:30pm (arrival from 6:00pm)

**The readings that will feature in these services are listed below.****Our regular mid-week Holy Communion Service takes place on Thursday at St Paul's at 10am****6th April - Passion Sunday-Lent 5**

Passion readings from Luke's Gospel

**6:30pm St Lawrence's Evensong**

Psalm 35 v 1-10

Isaiah 43 : 16-21

John 12 : 1-8

**13th April - All Together Service - Palm Sunday****10am St Paul's and live stream**

Philippians 2 :5- 11

Luke 19 : 28- 40

**6:30pm CTL Palm Sunday Joint Service at St. Wilfrid's**

Please Note! There is NO evening service at St. Lawrence

**14th April—Monday Evening Compline****7.30pm St Paul's Church****15th April—Tuesday Evening Compline****7.30pm St Paul's Church****16th April —Wednesday Evening Tenebrae Service****7.30pm St Paul's Church**  
— Various Readings**17th April—Maundy Thursday Service****followed by 'The Watch'.****Compline then follows.****7.30pm St Paul's Church**

Psalm 116.1 : 10-17

Luke 23 : 1- 25

**18th April —Good Friday All Together Service****10:00am St Paul's and Live Stream**

Lamentations 5 :15-22

Part of John 18 - 19

**20th April - Easter Day—Sunday****8:00am BCP—St. Lawrence**

Acts 10:34-43

Luke 24 : 1- 12

**10am St Paul's Church  
All Together Service  
With Holy Communion  
and live stream****6:30pm St Lawrence's Church****Easter Songs of Praise**

Acts 10:34-43

Luke 24 : 1- 12

**27th April - Easter 2**

Revelation 1 :4- 8

John 20 : 19- 31

**6:30pm St Lawrence's Evensong**

Psalm 16

Revelation 1 :4- 8

John 20 : 19- 31

**4th May - Easter 3**

Revelation 5 :11- 14

John 21 : 1- 19

**6:30pm St Lawrence's Evensong**

Psalm 86

Revelation 5 :11- 14

John 21 : 1- 19

# The Last Last Word

..... Continued from Page 28

Somewhere in the chaos and the heartbreak, we have seen you find God. To somehow discover peace and calm in moments when others would have crumpled under the weight of despair. That too is testament to your determination to be defined by love and not fear.

Please never change.

In my first sermon at St Pauls', I shared with you the catholic tradition of the sacred heart. The image of Jesus with his unprotected heart, bared to every pain. It's a poignant metaphor that points to a Christ who is fully present, in the here and now of the ordinary mess. Jesus wept, spat in the mud, ate and drank so much that he was accused of being a drunk, invited people to touch his wounds. He lived life to the full — and invites us all to have the courage to do the same.

Please will you pray for Tracy and I as we get ready to move, and specifically for me as I prepare for my first incumbency. Following recent interviews, I have been appointed as the new vicar of Penwortham St Leonard. The location and tradition of the church, combined with the timing of the vacancy, suggest that God is very much at work in calling us to minister there.

The attributes outlined in their parish profile closely align with my own skills and experience. At present we are awaiting confirmation of the timing of the move, the institution and induction, but it is likely to be the start of June.

As we prepare to leave, we do so with gratitude, with memories and love that distance cannot diminish. We will carefully pack the lessons you have taught us, and the faith that has deepened in your company. I am sure that our paths will cross again. There are bonds that unite us that are stronger than time or geography. We will continue to pray for you and give thanks for the joy of having walked this road with you.

May you always have the courage to live with open hearts, embracing the mess and the joy, the sorrow and the celebration, knowing that Jesus is present in it all. Be certain, deep in your bones, that you are loved — by us, by one another, and by the God who will never let you go.

With all our thanks, love and prayers

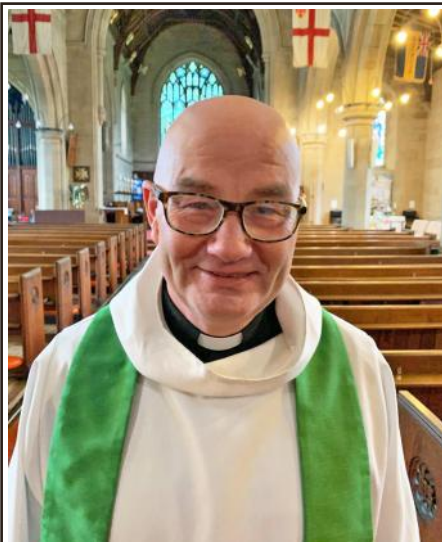
Simon, Tracy and Mabel.



*Editor's note. We look forward to look back over those four special years in the May Log.*

# The Last Last Word

From the Rev. Simon and Tracy King



To my dear brothers and sisters in Longridge,

This letter is for all those who Tracy and I have had the blessing to get to know, love and serve since we arrived in June 2021. For all those we have laughed with (and there has been so much laughter), for all those we have cried with (and sadly there has been too much of that too). For all those we have stood shoulder to shoulder with, be that in worship at St Paul's or St Lawrence or in the shops and bars where this wonderful community congregate. To all of you we say thank you, thank you, thank you.

We know that we owe a debt of gratitude to so many, that we can never hope to repay. You accepted us as we are, supported our ministry here, prayed for us, cooked for us, chatted to us on the street, and welcomed us into your homes and lives. You enriched our lives by your many virtues, and we humbly take that blessing to where God has called us next.

This is the letter that we never wanted to write, because in it we must acknowledge that our time in this wonderful town is coming to an end. At several points in the last four years, we have imagined that it would be possible to stay on. Sadly, that did not happen and now we come to a time of change, loss and departure. Part of what makes it so difficult is that it feels like we only just got going. Yet, I am certain that the God who has brought us all this far is more than capable of carrying us the rest of the way. Nothing will separate us from the love of Christ that holds and sustains us all.

From our first uncertain day, in a marquee, in the rain, on Lower Lane, we have known you to be big-hearted, generous and kind spirited neighbours. You have taught us so much, the joy of proper laughter, through days shared at the fairs, shows, field days and soap boxes. How a healthy, resilient community can unite to lament the passing of one monarch and pick itself up to celebrate the coronation of another, but perhaps we learned more through the quieter, more difficult days.

It has been our privilege to have been with you when you faced redundancy, cancer, dementia, the breakdown of relationship and all manner of crisis and challenge. We have walked with you through the devastating shock that comes with both the sudden and the protracted loss of loved ones.

*The Last Word is continued on the previous page*

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