



A warm welcome to all

March 2026

Letter from the Rector

The Rector writes

As I sat and listened to the young care worker I was struck by her compassion and concern that, in her exhaustion, she was not only letting down the people she was being asked to care for, but also her colleagues. She described the daily challenge of trying to do her best in the face of staff shortages and her own growing fatigue. She had been working extra shifts to cover colleagues who had been ill and others off with stress. She apologised as her frustration spilled over into tears. "I am no hero," she said. The current narrative around many illnesses such as cancer is framed around the metaphor of battle. Those involved as patients or carers, nurses and doctors, are called "heroes". If they have sufficient resources and courage, they will defeat the unseen enemy. That narrative portrays those working in health and social care as invincible saviours – who, even though stretched to the limit, will ultimately triumph. It implies that with enough research and pooling of knowledge we will defeat cancer or heart disease or dementia or any other illness including frailty, and regain a sense of certainty about the world and our place in it.

The reality of course is different. There are no winners or losers. Perhaps a more realistic metaphor around illness and old age is one of "exilic journey". In the Bible we read the story of the Exodus of the Israelites escaping from slavery in Egypt. It is the story of a diverse community journeying together through the desert wilderness, uncertain about when or where their journey will end - a journey surrounded by fear and uncertainty. They were called to trust in God's promise to bring them safely into the promised land, even though they had no idea how and when that might be. There are many echoes of that story in the 40 days and 40 nights Jesus spent in the wilderness that we remember during Lent.

As I sat in silence, hearing the distress of the young carer, we held that moment together and found a way to journey on, not as heroes, but as two people striving to do their best in a challenging and uncertain world. It is so important to create safe spaces where we can listen to each other's stories without judgement, and in doing so enable us to be our unique selves. For life is not a battle and we are not heroes, rather life is a journey to be treasured and embraced, with all its twists and turns.

Every blessing, Susan



Every Tuesday 8.45am to 11.30am (approx.) St Cuthbert's Church, choir vestry

Come and chat, have a brew, ponder life and, if you want to, bring your own craft to make. Meet old friends and make some new ones; take the opportunity to have a moment in church.



Tuesdays during term time, St Thomas's Parent and Toddlers, 10.30am -12 midday.

You are sure of a warm welcome



Every Wednesday 12.30 – 2.30pm (approximately), In the Millennium Centre

St Thomas' warm welcome.

A simple lunch followed by time to chat, laugh or simply be. All welcome



Friday 13th March, St Cuthbert's School Hall 7.30pm

Come and join us for a ladies' Fashion Show. Tickets £6 from Sue Goldstraw 07792479205



Eco Church – thought

Why not pick up a leaflet to pause, ponder and pray as part of your Lent discipline?

Monthly newsletter for St Thomas' Lydiate and Downholland and St Cuthbert's Halsall

Parish Administrator David Coffey. Office hours usually Wednesday and Thursday mornings.

Tel: 0151-526-2292 email: admin@st-thomas-lydiate.co.uk



A warm welcome to all

Regular services every Sunday:

St Cuthbert's

9.30am. Holy Communion
(1st & 3rd Sundays, Book of Common Prayer)

In term time, alongside the main service:

1st Sunday, Church Without Walls
3rd Sunday, Messy Church

St. Thomas's

8.00am. Said Holy Communion
(Book of Common Prayer)

11.00am Parish Eucharist with hymns

In term time:

2nd Sun, Family Service with Guides
4th Sunday, All-age service

Regular midweek services:

Wednesdays	11am	St Thomas's, Said Holy Communion
Thursdays	9.15 am	St Cuthbert's, Said Morning Prayer
	1.30 pm	St Cuthbert's, Said Holy Communion with prayers for healing

Lent



Come to our weekly Lent Course as part of your Lenten discipline,
and in doing so be better prepared to celebrate Easter

Every Tuesday during Lent 7.30-9.00pm in the Millennium Centre, Lydiate, with refreshments

24th February: What is inclusion and what does the parable of the Prodigal Son tell us about it?

3rd March: What does inclusion look like as a member of the Tsedeqah Community?

10th March: What does inclusion look like from a primary school perspective?

17th March: What does inclusion look like when we read 1 Corinthians 12?

24th March: What does inclusion look like when working with refugees?

All are welcome to come along.

Let us pray and explore together what it means to strive to be generous and hospitable
and strive to offer a radical welcome to across our Churches and beyond.

Why not pick up a leaflet from the back of church and share with friends and neighbours?



Holy Week

Sunday 29th March Palm Sunday

8.00am St Thomas's BCP Communion & distribution of palm crosses

9.30am St Cuthbert's CW Eucharist & distribution of palm crosses

11.00am St Thomas's CW Eucharist & distribution of palm crosses

Mon 30th Mar, Tues 31st, Weds 1st Apr

7.00pm St Thomas's

Said Eucharist with reflections on prayer, scripture and service

Maundy Thursday 2nd April

9.15am St Cuthbert's said Morning Prayer

1.30pm St Cuthbert's said CW Holy Communion for Maundy Thursday

7.30pm St Thomas's Holy Communion and vigil to 10pm

Good Friday 3rd April

11am Joint stations of the cross at Our Lady's Catholic Church, Lydiate

2pm St Cuthbert's Vigil around the cross

Easter Eve, Saturday 4th April

7.30pm St Cuthbert's Easter Eve vigil and renewal of baptismal vows



HE IS RISEN

Easter Day, Sunday 5th April

Usual Sunday Services in both Churches, with Easter Egg Hunts after the
main Sunday services at 9.30am St Cuthbert's and 11am St Thomas's

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