

St. Helen's Churchwardens:

churchwardens@sthelenswitton.onmicrosoft.com

Andrew Cannon Mob: 07860 539301

Francis Pendlebury Mob: 07718 291288

St. Helen's clergy ministering during the vacancy:

Reverend Barbara Tel: 01606 334874

barbara.jeapes@btinternet.com

Canon Diane Tel: 01606 513807 Mob: 07900 995674

dianeveronicacookson@gmail.com



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The service will be live streamed on YouTube.

To avoid being seen online, please speak to the person who welcomed you.  
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Sunday 15th March

Mothering Sunday

9.15 a.m. Holy Communion followed by Fairtrade refreshments
A crèche is available in the vestry which is up the ramp

10.30 a.m. Lent Group in the vestry

Thurs. 19th 10.30 a.m. MIND meeting in the Holy Cross Chapel

11 a.m. until 1.30 p.m. Place of warmth & welcome including Lunch

7.15 p.m. Choir practice

Fri. 20th 9.30 a.m. until 11 a.m. Praise & Play for pre-school children, parents
and carers: Short service + chat, drink & snack - all free!

Sat. 21st 10 a.m. until 12 noon St. Helen's is open for coffee, tea and cake
for a donation to 'EMBRACE Middle East'.

Sunday 22nd March

Passiontide begins

9.15 a.m. Holy Communion
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### Church Electoral Roll

The Church Electoral Roll will be open for revision from today until the 5th April. If you wish to attend the APCM you need to be on the Electoral Roll. Forms are available from Frank Strange or the back of church and will need to be returned to Frank.  
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Welcome

A very warm welcome to St. Helen's! When it comes to receiving Holy Communion, please feel free to stand or kneel. After you have received the wafer, you will be offered the wine but if you prefer not to drink from the chalice, please just return to your seat. Taking the wafer only, is just as valid as taking both.
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### Giving to St. Helen's

Please kindly put cash on the collection plate or give via the QR code, contactless machine or by BACS: **Northwich PCC 40-35-07 Account No.: 41013289**. Please use a Gift Aid envelope or tick the appropriate box to increase the value of your gift by 25%.  
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On this Mothering Sunday millions of women around the world will be given flowers. The following flowers have a Christian legend or meaning.



Lavender: Sprigs of lavender were placed in the hands of women having a baby. Squeezing the lavender was said to give women strength & courage during childbirth. Dried lavender flowers in the home is said to bring peacefulness.



Sunflower: Because of the flowers habit of turning toward the sun, the sunflower symbolises the soul turning to Christ.



Lily of the valley Is considered the sign of Christ's second coming. Symbolically, Lily of the valley represents Mary's tears when she cried at the foot of the cross.



Marigold - Marigold was originally called Mary's Gold by early Christians who placed the flowers around statues of Mary.



Rose: It is the symbol of hope, love & beauty. To Christians the white rose represents water, the red rose represents fire. You've all heard of the word rosary and probably attribute it to the Roman catholic church. We in the Anglican church also use a rosary ~ an Anglican rosary which is distinctly different from the catholic one. The rosary was originally made of rose hips strung together hence the name "rosary".



Pansy: Linked to thoughtfulness, remembrance and love, because the pansy has three main petals it is an emblem for the holy trinity.



Violet: Usually found beneath hedges or in the shadow of other plants, the violet is considered to be a symbol of humility.



Lotus flower: Lotus lives in muddy waters but raises itself to float on top clean and pure, this flower reminds us that as Christians we too must rise above all that's wrong in our lives.



Iris. Iris means eye of heaven. This means that each of us carries a piece of heaven with us. The three petals of the iris represent faith, wisdom & courage.



Magnolias are the oldest flowering plants of the world and lived during the time of the dinosaurs.



The lily is the traditional flower of spring and is highly regarded as a joyful symbol of beauty, hope, and life. Every church has Easter lilies around the altar on Easter Day and because they are shaped like a trumpet they remind us that we should joyfully celebrate the Easter message of the resurrection.