

# St. Luke's Formby

April

2025

## Parish Magazine

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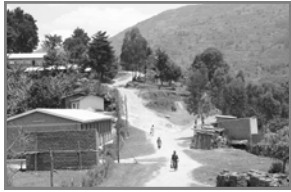
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**Holy, holy, holy is the Lord God Almighty,  
who was, and is, and is to come.**

*Revelation 4:8*





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- Church leadership courses
- Development of job creation (entrepreneurship) among youth and women
- Fighting malnutrition and stunting
- Supporting home and family life



Shyira District Hospital

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**Aim:** To support MU members in serving their communities

### Achieved:

- Members supported with bedding and kitchen utensils
- Training of 25 MU trainers from all over the Diocese
- Successful Revolving Goat Loan project

### Challenges:

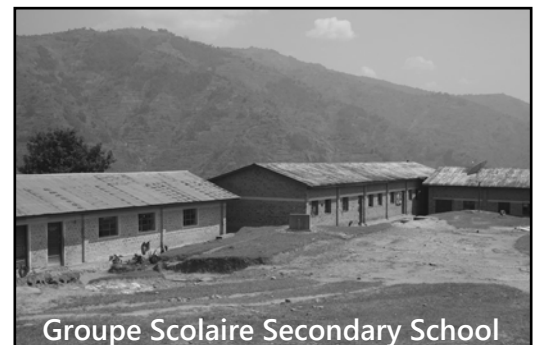
- To extend the MU support across Kivu Diocese
- To work through the Gisenyi MU to help the most needy parts of the Diocese



Lake Kivu

## Primary Schools

**Aim:** To support school ministry by providing equipment, school materials and evangelistic outreach



Groupe Scolaire Secondary School

## Groupe Scolaire Secondary School

**Aim:** To support needy students in Shyira

## How YOU can help

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Vicar – Revd. Dr. Matt Davis

From the Vicarage



Dear Friends

Have you heard of Adrián Simancas? You might have, even if you don't remember his name. A couple of months ago, Adrián was kayaking off the coast of Patagonia in Chile. As he was paddling towards his father, a shape appeared behind him which rose up out of the water and closed around him. It descended back into the water, taking Adrián and his kayak below the surface. Adrián's father could only watch in horror as his son disappeared.

Thankfully that's not the end of the story. A few seconds later (which must have seemed an eternity at the time), Adrián popped up and was quickly followed by his kayak. Swimming back to his father as fast as he could, the shape reappeared with an obvious fin on the top. Adrián had been swallowed by a humpback whale—and lived to tell the tale!

It's a pretty unbelievable story, if not for the fact that Adrián's father, Dell, had recorded the whole event on video. The BBC News article (complete with the video in slow motion) can be accessed via this link: [tinyurl.com/4a2dkc3z](http://tinyurl.com/4a2dkc3z)—just to prove I'm not making this up!

The Bible has an account of someone else being swallowed by a marine creature, which makes an otherwise obscure Old Testament prophet so memorable. The Bible says the wayward prophet Jonah was swallowed and spent three days in the belly of a fish before being vomited out onto dry land. Jonah gets a mention in the New Testament too. Jesus refers to him when asked by some religious leaders for a sign to prove who he was. He replied:

*'A wicked and adulterous generation asks for a sign! But none will be given it except the sign of the prophet Jonah. For as Jonah was three days and three nights in the belly of a huge fish, so the Son of Man will be three days and three nights in the heart of the earth.'* (Matthew 12:39–40)

Jesus is saying that he would die and be buried in the ground, but that would not be the end of his story: three days later he would come back to life. Resurrection! Now, that is far more unbelievable than being swallowed by a fish or a whale. At least it would be, if not for the fact that hundreds of people saw him alive again, and the Bible contains multiple written accounts of the witnesses. Again, I'm not making this up: check your nearest Bible!

But Jesus' resurrection is more than just an interesting story. He calls it a sign: it points to something else. It points to the fact that Jesus has power over death. It's not just his death that he has power over, it's all of death, including yours and mine. That's why Christians have trusted Jesus for almost two millennia. He gives us hope, even in the face of death. Why don't you join us over Easter and find out more about this wonderful hope?

With every blessing,

**Matt**

.....

**Joint Editors: Margaret Cooke (email: [macooke29@gmail.com](mailto:macooke29@gmail.com)) and Ken Davies (e-mail: [kendavies1989@gmail.com](mailto:kendavies1989@gmail.com)).**

**Illustrator: Joan MacDonald. Cover design: Philip Lowe.**

**St. Luke's Web Site: <http://www.stlukesformby.org.uk>**

**St. Luke's Facebook Page: [facebook.com/StLukesChurchFormby](https://www.facebook.com/StLukesChurchFormby)**

# CHURCH REGISTER FOR MARCH

## Funeral –

10<sup>th</sup> March – Marian Baker

.....

## NOTICES

### New Electoral Roll for 2025

It's not too late! Closing date for applications is April 6<sup>th</sup>. To repeat the information published in the March magazine:

'To be eligible you have to be 16 or over, baptized and be either -

- a) a member of the Church of England and resident in the parish (if not living in the parish you need to have attended regularly for 6 months), or
- b) a member of another Church which subscribes to the doctrine of the Holy Trinity and also declare yourself to be a member of the CofE and have attended St. Luke's regularly for 6 months.

The electoral roll shows how many people feel that St. Luke's is **their** church family. Everyone has to complete a new form this year so don't forget to pick one up in church, complete it and then hand it to me, or one of the church wardens.

It doesn't commit you to anything at all, but it does give you the right -

- to stand for the P.C.C.
- to be a sides-person
- to be a warden
- to vote at the Church Annual Meeting, which this year is on May 7<sup>th</sup>.'

So, if you haven't applied yet, and want to, you need to be quick. Pick up a form in church, fill it in, and hand it in.

**Jean Cox - Electoral Roll Officer**

### PRAYER CHAIN

Please contact **Philip Lowe** if you know of someone who would appreciate prayer support.  
([p.h.lowe50@btinternet.com](mailto:p.h.lowe50@btinternet.com)).

### PASTORAL SUPPORT

If you, or someone you know would appreciate a visit from our pastoral team please telephone **Hillary Griffin** (871846) or **Jean Watts** (877662) (Pastoral Care Co-Ordinators).  
Jean is also Vulnerable Adult Officer.

**CHURCHES TOGETHER (CTIFAH) – Good Friday Walk of Witness** (starting 11.00am outside Boots Chemist in the village) followed by Passion Play (11.15am) in Formby Pool Gardens.

**APCM – Wed 7<sup>th</sup> May 7.30pm.**

**POST APCM PCC MEETING – Wed 4<sup>th</sup> June.**

**ASSOCIATION OF FORMBY ARTISTS – Spring Exhibition Sat 10<sup>th</sup> May.**

## NOTICES CONTINUED

**Creche@StLuke's** – Sundays during the 10.30 service for pre-schoolers up to age 4.

**Kids@StLuke's** – Reception to Year 5. Games, crafts and age-appropriate Bible teaching by DBS-checked leaders during the 10.30 Sunday service. For more information, email [kids@stlukesformby.org.uk](mailto:kids@stlukesformby.org.uk)

**Youth@StLuke's** – Year 6 and above, Sundays at 10.30.

**The Hive (brand new Youth Group)** – School years 6-9. Fridays during term time 7.30-9.00pm in the Parish Hall, Kirklake Road. Lots of organised fun! £1 subs. For more information, email: [office@stlukesformby.org.uk](mailto:office@stlukesformby.org.uk)

**Together@StLuke's** - For anyone in the local community who would like to join us. It is on the first Saturday of the month. The walk (of differing abilities) starts at 2.00pm from the Meeting Room by the main church building, followed by drinks and snacks and crafts for primary aged children from 3-4pm. Come for some or all of it! It's free but donations are welcome – Sat 5<sup>th</sup> April.

**Tuesday Lunch** – Soup/sandwiches/cake & company, 1st & 15<sup>th</sup> April in the Meeting Room. Donations for lunch welcome. **Anne**

**Open Door Saturdays & Green Fingers!** Our simple coffee mornings start again after Easter. Dates at time of press are: - May 3<sup>rd</sup>, May 17<sup>th</sup> (when we hope to have a 'plant sale') & May 31<sup>st</sup>, June 14<sup>th</sup> & 28<sup>th</sup>, July 12<sup>th</sup> & 26<sup>th</sup>.

Re the 'plant sale' – it will be no good if we don't have any plants so...check your garden for plants that need splitting, get some seeds and start planting, then bring along your surplus on the 17<sup>th</sup> May and together we can raise some money for the church. We are open 10 'till 12 for tea, coffee, cake and a chat. Why not bring your crafting along, many of us do. Drop in and say hello – you will be made welcome. **Jean**

**Southport Soup Kitchen Easter Chocolate Appeal** – see p7.

**Saving used stamps: Hearing Dogs for the Deaf** – please save used postage stamps and pass them to **Irene** who sends them to fund the training of these valuable dogs.

**New Boiler Fund** – Further donations still welcome to top up the reserves. Many thanks to all who have donated so far.

**Lent Projects** – Lima (Peru) & Shyira (Rwanda). See March magazine. Please support generously.

### FORMBY FAMILY SPACE

Formby Family Space is a new free after-school club for primary school aged children and their families on Thursdays at the Lighthouse Church. With fun, friendship, games, crafts and a hot meal it is run by volunteers from local churches in conjunction with Compassion Acts and everyone is welcome. Please pray for this mission to our families and, if you are able, consider volunteering for this uplifting and rewarding outreach. **Contact Dympna Edwards / Formby Family Space on 07722 014530 or have a word with Valerie Hogben on 07519 264553 to find out more.**

# NEW BISHOP OF WIGAN TO BE THE INTERIM BISHOP OF LIVERPOOL



It was announced from Downing Street and in the Bulletin from the Diocese of Liverpool on 28<sup>th</sup> February that the Rt. Revd. Ruth Worsley was to become the new suffragan Bishop of Wigan in the Diocese of Liverpool. Bishop Ruth will also serve as the Interim Bishop of Liverpool.

As Interim Bishop of Liverpool, Bishop Ruth will work closely with the leadership team, the Bishop's Council, and the Diocesan Synod to support the diocese's vision and mission as it seeks to be God's church in the world.

Bishop Ruth Worsley said:

*“The Diocese of Liverpool is a vibrant and faithful community, and I look forward to working alongside the leadership team, clergy, and laypeople as we navigate this season together. My prayer is that we will listen to God’s voice, find our hope renewed, and seek to live out his love for all by being a Church of welcome, care, and healing.”*

The invitation to become Interim Bishop of Liverpool followed consultation with the senior leadership team in Liverpool. Currently the Bishop of Taunton, she brings a wealth of experience, having previously served as Acting Bishop of Bath and Wells and Acting Bishop of Coventry.

The senior leadership team announced in the same Bulletin that Bishop Ruth would be taking up her post as soon as feasible and will have an installation service in the next few weeks.

Bishop Ruh has been invited to this role by the Archbishop of York as an ideal person to lead the diocese for a period of two years by which time the formal crown nominations commission process will have taken place to appoint a permanent Bishop of Liverpool.

In order to facilitate this according to the legal processes of the Church of England the Archbishop proposed a scheme to temporarily revive the dormant see of Wigan. Bishop Ruth will be able to act in certain respects immediately but as soon as possible will be translated to the see of Wigan. A formal delegation of the authority of the Bishop of Liverpool will be made. This will enable Bishop Ruth to perform all the legal functions of the Bishop of Liverpool in this interim period.

For further information on Bishop Ruth's appointment and also about Bishop Ruth herself follow the Diocese of Liverpool website.

All at St. Luke's welcome Bishop Ruth into our diocese and pray her tenure as Interim Bishop of Liverpool is a joyful, exciting and fruitful period for both herself and for the whole Diocese of Liverpool.

**(Bulletin extracts from the Diocese of Liverpool 28<sup>th</sup> February 2025)**

.....  
**Why Easter?** A Sunday School teacher had been explaining why Easter should matter to us and wanted to make sure her group understood. So, she asked, “can anyone tell me what you must do before you can obtain forgiveness of sin?” There was a short pause and then, from the back of the room, a small boy spoke up. "Sin?" (PP)

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### What can I eat for Easter?

Can't eat beef.....mad cow.  
Can't eat chicken..... bird flu.  
Can't eat eggs.... Salmonella.  
Can't eat pork.... fears that bird flu will infect pigs.  
Can't eat fish..... heavy metals in the waters.  
Can't eat fruits and veggies..... insecticides and herbicides.  
Can't eat potatoes, pasta, bread, rice.....nasty carbs.  
Hmmmmmmm! I believe that leaves.....chocolate.

(PP)

### Easter one-liners

What do you need if your chocolate eggs mysteriously disappear? *An eggs planation*  
What kind of jewellery does the Easter Bunny wear? *14-karat gold*  
What is the Easter Bunny's favorite kind of music? *Hip hop*  
What do you call an Easter Bunny wearing a kilt? *Hopscotch*  
What do you call a bunny with fleas? *Bugs Bunny*  
How can you tell which rabbits are oldest in a group? *Just look for the gray hares*

(PP)

# JOHN FREDERICK LEWIS HERON

31<sup>st</sup> January 1938 - 14<sup>th</sup> January 2025



John Frederick Louis Heron was born on the 31<sup>st</sup> of January 1938 in Liverpool, to parents Fred and Ella. John grew up in Maghull, along with his older sister Hillary. In later years, John was very proud of the fact that in his entire life, he only lived in two houses: Roslin Avenue in Maghull and Gardner Road, in Formby. John loved his childhood. He would spend his days out on his bike, only coming home when he was hungry! He would be building dens, jumping streams, or in his garden. John's Dad spent World War 2 in Devon and so John didn't know him very well. He came home for good when John was 11, and when John saw him, he asked "Who's this fella?" As John's Mum looked after the business, John's grandmother looked after him. His grandfather taught him how to garden and look after animals, two things which, as most of us know, continued throughout his life.

John hated school! He was always up to mischief. He went to a private school in Southport but spent most of his time skiving. He used to collect boats that had drifted off in the Marine Lake, so earned a little bit of money while not at school! He had bad memories of school, with caning for not listening and bad spelling. He got out as soon as he could. With his love of gardening and animals, John always wanted to be a farmer, but didn't have the money to start. Instead, he became a tailor's cutter in Liverpool. He worked long hours, but it was good money. As a young man he was able to save up to go to Norway and San Sebastian with a friend.

John did his national service in Malaysia. On his return he loved to tell stories of his time there. Some ended up rather embellished; that penknife cut on his leg? No, it was from a German bullet while he was carrying a friend over the front line! A quiet return from service? No, everyone lined both sides of Gardner Road with flags to cheer when "Jonny came home"! Completely made up! But great stories, nonetheless. John's children have described him as a bit of a dreamer: he loved making things up! For Christmas he'd think of everything: every kind of food would be bought for Christmas Day, to make sure it was special. And holidays were the same: he'd think of everything. John loved holidays, especially in Devon. His parents retired to Devon, and he'd spend a lot of time at the farm next door. But we're getting ahead of ourselves...

In the early 60s, John met a young teacher by the name of Geraldine, at the Moulin Rouge in Ainsdale. One day she said to John: "we've been going out for five years; are we getting married or what?!" John thankfully took the hint, and they got married in 1966 at Our Lady's here in Formby. Geraldine was from Formby, so they settled here and set up home in Gardner Road, and were joined by Sally, Alec, Joanne and Vicky. John used to say that having four kids was the best thing he ever did. He loved family life. The family house was always the house that everyone came to. His family have lots of fond memories of growing up there. New Year's Eve was especially busy. John was devoted to Geraldine and when she was diagnosed with lung cancer, he cared for her while trying to protect the children from the emotional toll. Marie Curie were a great help in those few short months, caring for her and supporting the family. That's why they were chosen by John as the charity to support at his funeral.

After a while, John went back to work. He was a rep for electrical sales. His job would take him travelling from NW Manchester all the way across to NW Wales. John found an on-line forum for people recently widowed a great support. Through it he got in contact with a lady by the name of Rhona. Rhona ran a Christian bookshop and café called Emmaus House in Burnley. When John was in the area with work, he would call in for a brew and a slice of cake. Their friendship developed, they became companions and then got married in 2005 in Cliviger, near Burnley, and set up home, again in Gardner Road.

*(Cont. on p7)*



It was around this time that John and Rhona started to attend services here at St. Luke's. Alison, the vicar at the time, and the congregation made both John and Rhona feel very welcome. Rhona has fond memories of them together hosting prayer meetings and the Alpha course, and even a visitor from Rwanda. St. Luke's became a very dear part of their extended family. And as vicar, I am so glad to be able to say John and Rhona were part of our congregation.

John's grandchildren have great memories of being taken to the M&S café in Liverpool on the train by him and Rhona. He loved cafés! And the kids loved them too: they were only allowed to pick the biggest piece of cake: "have that knickerbocker glory!" When it came to Christmas presents for the grandchildren: he loved giving presents with the biggest boxes! You might remember John's favourite car: he got a Landrover. And living in Formby, what else would you do, but take the kids up and down the sandhills?! Further afield, John loved the holidays with Rhona: trips to Canada, and tobogganing, cruises and island hopping around Greece. Closer to home, he loved going to his son Alec's farm. I think he took his good friend Allan Worthington a few times. I'm sure it made him happy to see his son doing what he always wanted to do.

Not that John would have complained. I don't know if he ever complained! He was pretty much always positive and bright. Apparently, he'd say: there's no point in being miserable and upset all the time: people get fed up with you! His family say he was always good for advice. As his health conditions got worse, he described himself as a creaking gate! He enjoyed laying out all his daily tablets and telling the grandchildren, this one's for this, and those ones are for that ...

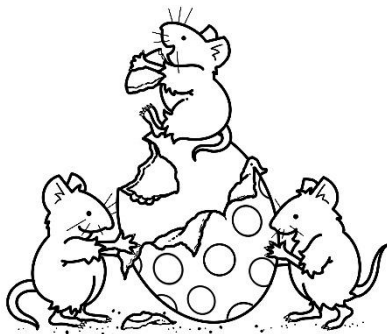
After all the time in hospital and care homes, I know Rhona was so glad to be able to spend one last night together with John before he died. John was much loved by all Rhona's family. Rhona's son Chris told me a couple of days ago, that if they could have picked someone to love their Mum, it would have been John.

**Presented on behalf of the family by Revd. Dr. Matt Davis at John's funeral on Wednesday the 12<sup>th</sup> of February at St. Luke's Church.**

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## **SOUTHPORT SOUP KITCHEN EASTER CHOCOLATE APPEAL**

To all readers of the church magazine, we are back in Lent leading up to Easter. Most families and children will have Easter chocolate to eat and enjoy. Sadly, we all know that this won't always be possible for everyone and every family. That is the situation for the guests and families who receive regularly from the volunteers at the SSK who give so much of their time to helping out those in need on the streets of Southport. The SSK is a charity run and managed by volunteers; no paid people are involved.



If you would like to contribute to an Easter chocolate collection for those we help, please leave items – along with any normal food donations – in the church porch after the Sunday services leading up to Easter.

As always, thank you for any donation you make to help those worse off than ourselves.

Thank you again and God Bless!

**Maggie Elkington – St. Luke's Church**

## ST. LUKE'S CE PRIMARY SCHOOL



It looks like Spring may be on the way this week (first week in March) - crocuses and daffodils are shooting up. We have enjoyed playing out in the sunshine.

It's incredible that we are halfway through the school year already - time definitely flies when you're having fun! As usual, there have been lots of exciting things going on at St. Luke's Primary School...



We are looking forward to World Book Day, residential trip to CHET (Crosby Hall Educational Trust) for Year 4, Year 5's musical production 'Pirates of the Currybean', Red Nose Day, our Easter service in church, football matches, the swimming gala, sports hall athletic competitions, Reception classes visiting 'Imagine That' - all this half term!

**Mrs K Allen - HT**



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## SERVICES FOR APRIL & EASTER

### Thursday 3 April

11.00am Holy Communion  
(Readings: Exodus 32:7-14 & John 5:31-47)

### Sunday 6<sup>th</sup> April – Lent 5

8.30am Traditional Service  
10.30am All-age Holy Communion  
(Readings: Zephaniah 3:9-20 & John 12:1-8)

### Sunday 13<sup>th</sup> April – Palm Sunday

8.30am Traditional Service  
10.30am Contemporary Service\*  
(Readings: Psalm 118:19-24 & Luke 19:28-40)

### Maundy Thursday 17<sup>th</sup> April

7.00pm Holy Communion  
(Readings: 1 Cor 11:23-26 & Matt 26:17-30)

### Good Friday 18<sup>th</sup> April

9.30am All-age Service  
(Reading: Luke 23:26-56)  
2.00pm Reflection  
(Reading from Isaiah)

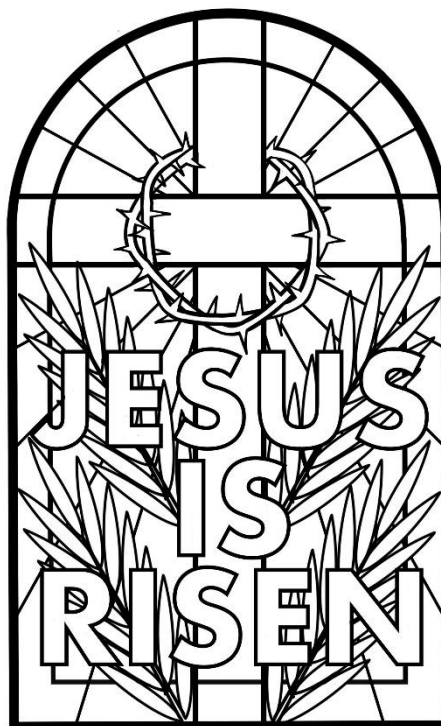
### Easter Sunday 20<sup>th</sup> April

8.30am Traditional Service  
10.30am All-age Holy Communion  
(Readings: 1 Cor 15:19-26 & Luke 24:1-12)

### Sunday 27<sup>th</sup> April – Easter 2

8.30am Traditional Service  
10.30am Contemporary Service\*  
(Readings: Acts 15:1-21 & John 20:19-31)

(\* with Children's Church)



“Holy, holy, holy  
is the Lord God Almighty,  
who was, and is, and is to come.”  
(Revelation 4:8 NIV)

### An after-Easter prayer

Don't leave our Lord amidst the lilies  
Within a hallowed sphere.  
Don't praise Him only in your churches  
In Easter hymn and prayer...  
Keep Him beside you through  
The business of ordinary days,  
In the common place encounters  
Along the humdrum ways.  
Our Master told us very simply  
What He would have us do....  
He taught: "Love one another  
Even as I love you."



**By Elsie Campbell (PP)**

## WHO'S WHO

Vicar	Rev Dr Matt Davis
Readers	Mrs Anne Dixon Mrs Jean Watts
Reader Emeritus	Prof Allan Hobson
Churchwardens	Mr Steve Ginn Mrs Fiona Grieveson
Deputy Churchwarden	Mr John McGibbon
Treasurer	Mr Hugh Dixon
Deputy Treasurer	Mrs Gwyneth Croft
PCC Secretary	Dr David Hogben
Electoral Roll Officer	Mrs Jean Cox
Deanery Synod Representatives	Mr Andrew Cox Mr John Gelder Mrs Hillary Griffin Dr David Hogben
Gift Aid Officer	Mrs Valerie Hogben
Legacy Officer	Mr John McGibbon
Parish Hall Secretary	Mr Steve Ginn
Meeting Room Secretary	Mrs Fiona Grieveson
Newsletter Editor	Mrs Irene Powell
Magazine Editors	Mrs Margaret Cooke Mr Ken Davies (Contributions by <b>10th</b> of the month – preferably by email – see page 1)
Magazine Distribution	Mrs Margaret Cooke
Magazine Adverts	Mrs Margaret Cooke
Magazine Collation	Mr David Moore
Church and Churchyard Maintenance	Contact Wardens for information
Safeguarding Officer	Dr Peter Griffin
Child Protection Officer	Mrs Joyce Eddlestone
Pastoral Care Co-ordinators	Mrs Hillary Griffin Mrs Jean watts
Vulnerable Adults Officer	Mrs Jean Watts
Health & Safety Officer	Dr David Hogben
Woodland Workshop Co-ordinator	Dr Peter Griffin
Cathedral Representative	Mrs Elizabeth Lowe
Church & Mid-African Mission	Mrs June McGibbon
Church Administrator	Mrs Valerie Hogben

## WHAT'S ON

Refer also to p2, p3 and Weekly News Sheet for further information on church activities and events.

**Monthly Prayer Meetings** – See Weekly News Sheet for details. Monday or Tuesday evenings likely days, 7.30/7.45pm in MEETING ROOM.

**Weekly Home Bible Groups** – If you would like to join a group, please speak to Matt.

**Creche** - A creche is available at all 10.30am services.

**(Toilet facilities available in the Meeting Room throughout all services).**

**Parish Breakfast** – Most first Sundays of the month 9.30am between services.

**Woodland Workshop** – Contact Peter Griffin (871846) for details – 2<sup>nd</sup> Sat am of the month.

**Confirmation classes** for juniors and adults are held annually.

**Home Communion** – The Wardens welcome the names and addresses of the sick and elderly who would like Holy Communion at home.

**Baptisms & Weddings** – Contact the Wardens after the 10.30 service.

**Uniformed Organisations** in the Church Hall unless otherwise stated –

<b>Rainbows</b>	Contact District Commissioner		Sheila Kirk	875393
<b>Brownie Guides</b>				
4 <sup>th</sup> Formby	Monday (In Meeting Room)	6.00pm	Julie Maher	07811 907003
<b>Guides</b>				
4 <sup>th</sup> Formby	Wednesday	7.30pm	Julie Clark	833757
<b>Beavers</b>	Thursday (In Meeting Room)	5.45pm	John Gelder ( <a href="mailto:Beavers8thFormbyStLukes@outlook.com">Beavers8thFormbyStLukes@outlook.com</a> )	876456
<b>Cub Scouts</b>	Thursday (In Meeting Room)	6.45pm	Bob Ford ( <a href="mailto:Cubs8thFormbyStLukes@outlook.com">Cubs8thFormbyStLukes@outlook.com</a> )	873026
<b>Group Scout Leader</b>			Gordon Hilbert	874167

**PCC** – if you would like to communicate a concern to the PCC, the **Standing Committee Members** are Rev. Dr. Matt Davis (Vicar), Hugh Dixon (Treasurer), Steve Ginn (Warden), Fiona Grieveson (Warden), Dr. David Hogben (Secretary).

**Other PCC Members** are Andrew Cox, Debbie Davies, Ken Davies, Ann Dennison, Anne Dixon, John Gelder, Hillary Griffin, Prof. Allan Hobson, Allyson Jump\*, Jean Mainey\*, Chris Payne, Michael Roberts\*, Jean Watts. (\*New Members)

# FORMBY GP

Private, ethical General Practice



**Dr Heather Ryan**  
**MRCGP**  
MA (Oxon), MBBS,  
MSc (Distinction)

## Services

- Private GP consultations
- Joint injections
- Covid vaccination service
- Covid & flu tests
- Blood tests
- Pregnancy anti-D tests
- ECG, 24 hour BP

## Why choose us?

- Longer appointments
- Experienced GPs
- Independent, impartial advice
- NHS and private referrals



**Dr John Cosgrove**  
**FRCGP**  
MBBS Lon, DRCOG,  
DFFP, Cert. Med. Ed.

## Weight loss treatments from £170/month! in partnership with RZ Fitness

- Discuss your options with our weight loss doctor, Dr Cosgrove
- Medical assessment and support
- Optional blood tests
- Personalised diet and lifestyle support with RZ Fitness' Yamina Zertal

**RZ**  
FITNESS



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01704 617050

## A TESTIMONY FROM FLUGENCE NSENGIMANA

The following is an edited version of an email from an ex-Groupe Scolaire Shyira (Rwanda) student Flugence Nsengimana, who was sponsored through the Shyira Trust. It was received by the Trust's Chair, John Gelder, via Bishop Augustin of Kivu Diocese on the 13th of February.

*"I would like to share with you how St. Luke's Formby through the Shyira Trust, by sponsoring my secondary education, helped me in my studies and how it helped me to turn my dream into reality. When I started to study at Groupe Scolaire Shyira in 2019, obtaining school fees was very difficult. As I commenced to study at G.S. Shyira I wasn't confident that I would finish my education because my family was not able to obtain all requirements for me to finish my studies. In addition, I had six siblings so that it was very difficult to obtain full requirements for all of us.*

*When I was promoted to senior five (2020) my teachers and other school leaders recognised the financial difficulties in the way of my studying and as a result advocated for me to be helped.*

*Fortunately, I was selected, and I took advantage of the opportunity to turn my dreams into reality. I wanted to pass excellently in my academic studies in order to have the opportunity of being sponsored to study at university. When I was being sponsored by St. Luke's Formby my confidence in life increased and stress was reduced. I was a motivated, hardworking and dedicated student who wanted to make a positive change in the ways of living of my family and also be able to contribute to society development and to the country as a whole.*

*In general, St. Luke's Formby by sponsoring me at G.S. Shyira was invaluable in my studies because it removed all challenges and obstacles that I would likely meet. It helped me to keep on track with my studies without any stress and thus helped me to pass Rwanda national examinations excellently. It helped bridge the gap for me to be able to continue with my studies in the University of Rwanda through a government sponsored scholarship. I was admitted studying a Bachelor of Pharmacy degree. This really meant a great deal in my life because to be a healthcare provider, especially a pharmacist, was my dream.*

*I want to express my heartfelt gratitude to everyone at St. Luke's Formby who continue to contribute to sponsor students from disadvantaged family backgrounds and thereby help them to thrive. I really appreciated your help and support to me and other students.*

*Proudly St. Luke's Formby*

*Yours sincerely*

*NSENGIMANA Flugence"*

**(NB Sponsors do not continue their sponsorship after students have left the school).**

**(If you would like to sponsor a student at Groupe Scolaire Secondary School in Shyira, contact Shyira Trust trustee Margaret Cooke: [macooke29@gmail.com](mailto:macooke29@gmail.com) / 01704 876325)**

.....  
**Easter chocolate dilemma** - 364 days of the year we tell our kids: "Do NOT eat anything you find on the ground, or anything from strangers!"

On Easter morning we tell them: "Why don't you go outside and search in the dirt for chocolates that a strange giant bunny has left for you?"

Mixed messages? **(PP)**



## WHAT'S ON FOR THE 'ELDERLY' IN APRIL

**St Luke's Church** – Refer p2 & 3; p10 for Services; p12 What's On.

### **St Peter's Church and Parish Hall (Paradise Lane) – 01704 871171**

- Bingo for the elderly every Sun 8.00-9.30pm and Mon 2.00-4.00pm.
- Bacon Barm & Banter – Mon 7<sup>th</sup> April, 10.30-12noon (1<sup>st</sup> Monday of the month except Bank Holidays) in the Bier House on church site. Free admission.
- Singing Thursdays! (except for 1<sup>st</sup> Thurs of the month) in the parish hall – check with church for details in April.

### **Formby Methodist**

- Coffee Club 1st Tues of each month (1<sup>st</sup> April) 2-4pm.
- The Carers' Support Group meets every Fri afternoon 2.00-4.00pm at the Methodist Church in Elbow Lane. Contact Irene for further information: tel 876219 or by emailing the Formby Befriending Scheme – [info@formbybefriendingscheme.org.uk](mailto:info@formbybefriendingscheme.org.uk)

### **Formby Library (01704 874177) – Mon to Fri 10.00-4.30pm and Sat 10.00-1.30pm**

- New for April and onwards – **'Loved and Lost' shared reading group**: a space to explore poetry and prose together to help make sense of thoughts and feelings about bereavement and grief. Texts will be selected by the group leader/s and shared by reading aloud on the day. There is no pressure to speak if you just wish to listen. Please note, this is not intended to be a therapeutic support group, so may not be suitable for those who have experienced a very recent bereavement. Sessions each month are on Weds from 11.30-1.00pm and the date in April is the 23<sup>rd</sup>. Free tea/coffee. No booking required. Readings will be from books like 'Stone Trees' by Jane Gardam, 'Strong Enough to Help' by David Constantine, 'Grief' by Matthew Dickman and 'Starlings in Winter' by Mary Oliver (not an exhaustive list).
- New Knit and Natter continues to be well attended but would welcome new members who wish to bring along their projects in crochet, knitting or embroidery. Sessions are weekly on Mondays at 12.30pm and no booking is required. Free tea and coffee.
- Ukulele lessons have been very popular. Contact Library for expressions of interest.
- All the usual events are happening in April including –
  - Police Help Desk – check with Library when being held.
  - Warm Hub Coffee Mornings continue every Thursday throughout April, 10.30 to about 3.00pm, with free hot drinks & biscuits available until 3.30pm.
  - Thursday IT helpdesk 11am-1pm.
  - Gardening Club sessions throughout April. Dates to be notified nearer the time. Contact Library to go on the mailing list.
  - Creative writing group. Check with Library for details.

**Sefton Dementia Action Alliance** – contact Jan Campbell: [jan.campbell@seftoncvcs.org.uk](mailto:jan.campbell@seftoncvcs.org.uk)

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### **Miscellaneous observations on life:**

In the 60s, people took LSD to make the world weird. Now the world is weird, and people take Prozac to make it normal.

When a minister rehearses his sermon, is he practising what he preaches?

If walking/cycling is good for your health, our postmen and women will be immortal.

The fastest land mammal is a toddler who's been asked what's in their mouth. **(PP)**

**F**  
**CHORAL**  
**M**  
**B**  
**SOCIETY**

*Johann Sebastian Bach*  
**ST JOHN PASSION**

with  
Barbara Ruzsics, Louise Ashdown  
Daniel Joy, Edward Robinson  
**Liverpool Concert Orchestra**  
Conducted by **David Holroyd**

**Saturday 5<sup>th</sup> April**  
**7:30pm**

**Formby High School**  
Freshfield Road, Formby, L37 3HW

**Tickets - £15**  
Under 19s free

Available using the QR Code  
☎ 07706 017221  
or online: [www.trybooking.co.uk/73402](http://www.trybooking.co.uk/73402)

.....

## HELIOS @ THE CATHEDRAL

Experience the SUN like never before! World-renowned British artist Luke Jerram's Helios premiering @ Liverpool Anglican Cathedral from **Friday 4<sup>th</sup> April to Friday 9<sup>th</sup> May** (closed during Holy Week services Friday 18<sup>th</sup> April and reopening Easter Sunday 20<sup>th</sup> April for the sunrise service at 5.30am). Free admission.

For the first time ever the UK's largest cathedral will host this dazzling masterpiece by Luke Jerram after having also hosted *Museum of the Moon and Gaia*.

Get ready to bask in the brilliance of Helios, and be prepared to be mesmerised by the awe-inspiring illuminated seven-metre sculpture of the Sun. This isn't just art – it's an experience! With a custom surround sound composition blending solar sounds, NASA mission recordings, and uplifting music, you'll feel connected to the Sun's power, warmth and significance.

(<https://liverpoolcathedral.org.uk>)

# UPDATES FROM DEANERY SYNOD AND FIT FOR MISSION

## Deanery Synod



St. Luke's is in the deanery of Sefton North, which includes the three Anglican churches in Formby together with churches in Great Altcar, Hightown, Maghull (3), Melling, Aintree, Blundellsands (2) and Crosby (2). The clergy and a number of lay representatives from each parish meet three times a year at different churches, and each meeting includes a presentation about diocesan initiatives/resources, a break for refreshments and an update on deanery events, finances and staffing. The role of synod members is to report back to our PCCs and wider congregations, so that new ideas can be taken forward if appropriate for our own parish.

The three meetings that have taken place in 2024/25 were as follows:

- May 2024, St. Stephen's, Hightown. The meeting included a presentation by Jennie Taylor, the Diocesan Officer for Racial Justice. She explained how her role was to implement the recommendations of the Diocesan Racial Justice Strategy "From Repentance to Repair". These include transforming unjust structures of society, challenging violence of every kind, pursuing peace and reconciliation and ensuring that all people are loved and accepted in God's family.
- November 2024, St. Nicholas, Blundellsands. The theme of the presentation by Annie Merry was Net Zero Carbon. Annie Merry is the Director of "Faiths4Change", a Merseyside charity set up in the Diocese of Liverpool with the aim of fostering the diocese's agenda to assist its churches achieve Net Zero Carbon emissions by 2030 and also to become Eco Churches. Not surprisingly, the chief source of carbon emissions is the heating systems in churches and church schools. As we have found at St. Luke's, it remains difficult to find alternatives to gas boilers for a large building which only requires to be heated to a comfortable temperature for short periods each week. On a more positive note, we are among the 20 churches in the diocese which have achieved a silver Eco Church Award to date (only 2 have gained a gold award).
- February 2025, Holy Trinity, Formby. Vicky Sime, the Diocesan Finance and Resources Officer, who is also a lay reader at Holy Trinity, spoke about "The Special Gift: Legacies". We were encouraged to consider gifts both to our own church and to Christian charities. In more recent years at St. Luke's, the coloured glass window in the Meeting Room and much of the outdoor furniture has been funded by legacies. Legacies of all sizes are exempt from Inheritance Tax.

In addition to the normal meetings of synod described above, members of synod, together with other PCC members have been encouraged to attend a series of meetings on Fit for Mission (see p18).

**Hillary Griffin**

## Fit for Mission



Fit for Mission is a diocesan initiative aimed at addressing the long-term decline in church membership across the diocese, relieving the governance pressures on congregations and releasing resources for mission. It is hoped that ultimately there will be a bigger church, creating a bigger difference. Parishes will be able to join with other parishes in their deanery to create a larger,

single parish; they would then no longer have a local PCC with the associated statutory governance responsibilities. In our deanery of Sefton North, the larger parish could include churches as far apart as Melling and Aintree in the east and Hightown in the west.

The project is being rolled out across the diocese in stages, with each deanery being allocated to a cohort. Our deanery is in one of the later cohorts and we have therefore had some feedback from deaneries who are further on in the process.

Fit for Mission has three stages:

- **Engage:** a time to find out about Fit for Mission. Since November 2024, a number of meetings have been held locally, at which diocesan staff have explained what is involved. At the end of this period, PCCs will have to vote on whether or not their parish wishes to explore Fit for Mission further. Our PCC will need to vote in October 2025.
- **“Acting as if”:** a two-year period of preparation for parishes who have elected to explore the option of joining a larger single parish. During this period, a number of teams will be set up, including a local leadership team, finance teams, buildings teams, warden teams and safeguarding teams.
- **Larger Single Parish:** the legal responsibilities of the existing PCCs are transferred to the PCC of the new parish. The local leadership teams will be responsible for ministry and mission for their churches. Each church will still need to have individuals responsible for safeguarding, maintaining financial records and preparing an annual budget, arrangements for church services and maintenance of buildings, i.e. the roles currently undertaken by the Parish Safeguarding Officer, Treasurer and Church Wardens.

Fit for Mission challenges us to consider significant changes. There is an abundance of information on the diocesan website on different aspects of the process. Please speak to a member of PCC if you have questions or concerns and pray for PCC members across the deanery as they prepare to vote in October.

**Hillary Griffin**



## Outstanding care centre in Formby

Are you or a loved one finding it increasingly difficult to manage independently and looking for a warm, cosy and safe new community to call home?

Offering residential, nursing and dementia care services, **Formby Manor** is fast becoming the care home of choice in Formby and the surrounding area and the residents and permanent staff members at the facility have created a warm, safe and vibrant community.

Outstanding residential, nursing, respite and dementia care in a luxurious and safe environment.



*"To say I am impressed is an understatement. The management and staff show nothing but care and affection to both residents and their families."*

*"The care and attention is excellent. All the staff treat mum with great care and respect and ensure her dignity is not compromised in any way."*

*"I was amazed at the standard of Formby Manor having visited care homes when my husband required nursing care. It is far superior to any I have seen."*

*"I cannot praise this home enough. The care given and the commitment to the wellbeing of the residents is second to none. Thank you."*

For further information, or to make an appointment to view **Formby Manor** contact the team on 01704 339090 or email [enquiries@newcarehomes.com](mailto:enquiries@newcarehomes.com)

**Formby Manor Care Centre** 67 Liverpool Road, Formby L37 6BU  
[newcarehomes.com](http://newcarehomes.com)

## WITH HOLY WEEK IN MIND...

All the armies that ever marched, and all the navies that ever were built, and all the parliaments that ever sat, and all the kings that ever reigned, put together, have not affected the life of mankind on this earth as powerfully as has that one solitary life. - *James A Francis*

He suffered not as God, but He who suffered was God. *John Owen*

The death of Christ was the most dreadful blow ever given to the empire of darkness. - *William Plumer*

The world cannot bury Christ. The earth is not deep enough for His tomb, the clouds are not wide enough for His winding-sheet. - *E Thomson*

The empty tomb of Christ has been the cradle of the church. - *WR Nicoll*

The Christian Church has the resurrection written all over it. - *E G Robinson*

Christianity is the revelation of God, not the research of man. - *JA Stewart*

Our friends bring us to the grave and leave us there, but God will not. - *Anon*

**(PP)**

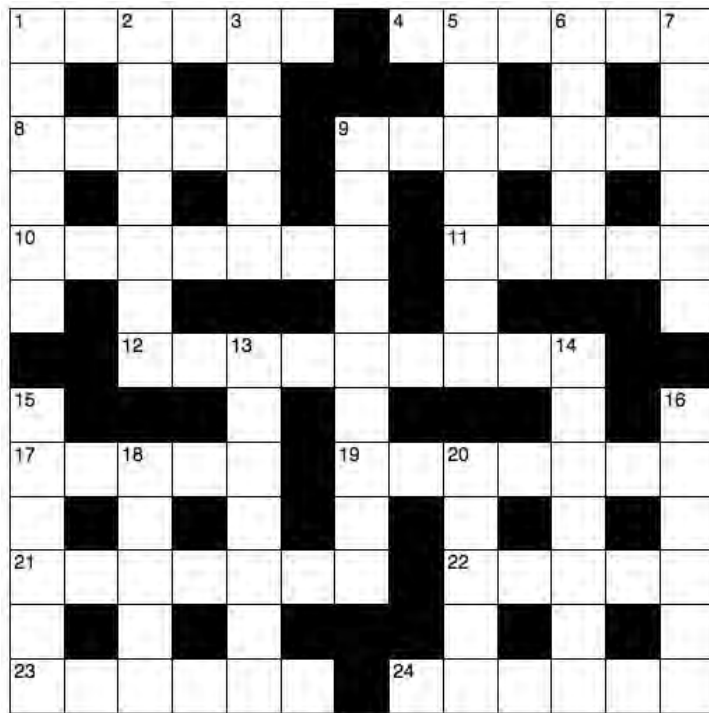
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## THOUGHT FOR APRIL / EASTER



# JESUS

## CROSSWORD



### ACROSS:

- 1 Relating to the whole universe (6)  
 4 The disciple who made the remark in 8 Across (John 20:24) (6)  
 8 'Unless I see the nail marks — — hands, I will not believe it' (John 20:25) (2,3)  
 9 He urged King Jehoiakim not to burn the scroll containing Jeremiah's message (Jeremiah 36:25) (7)  
 10 Baptist minister and controversial founder of America's Moral Majority, Jerry — (7)  
 11 'Look, here is —. Why shouldn't I be baptized?' (Acts 8:36) (5)  
 12 Repossessed (Genesis 14:16) (9)  
 17 Port from which Paul

sailed on his last journey to Rome (Acts 27:3–4) (5)

- 19 'Moses was not aware that his face was — because he had spoken with the Lord' (Exodus 34:29) (7)  
 21 Roonwit, C.S. Lewis's half-man, half-horse (7)  
 22 Grill (Luke 24:42) (5)  
 23 'The lot fell to Matthias; so he was added to the — apostles' (Acts 1:26) (6)  
 24 'I was sick and you looked after me, I was in — and you came to visit me' (Matthew 25:36) (6)

### DOWN:

- 1 Coastal rockfaces (Psalm 141:6) (6)  
 2 Academic (1 Corinthians 1:20) (7)  
 3 Publish (Daniel 6:26) (5)  
 5 For example, the Crusades (4,3)  
 6 11 Across is certainly this (5)  
 7 He reps (anag.) (6)  
 9 Liberator (Psalm 18:2) (9)  
 13 Man who asked the question in 11 Across was in charge of all her treasury (Acts 8:27) (7)  
 14 They must be 'worthy of respect, sincere, not indulging in much wine' (1 Timothy 3:8) (7)  
 15 The human mind or soul (6)  
 16 'O Lord, while precious children starve, the tools of war increase; their bread is —' (Graham Kendrick) (6)  
 18 'We played the flute for you, and you did not —' (Matthew 11:17) (5)  
 20 Bared (anag.) (5)

**(SOLUTIONS ON PAGE 24)**

# SUDOKU

EASY

	5	7		8	9	2	1	
3			7			9		6
	4	9	2					
	6		1				3	
	1						8	
	9				3		5	
					1	8	2	
9		1			4			5
	3	4	5	6		7	9	

MEDIUM

				5	7		3	
3			2					
	8	5						
1				6	2	3		7
		3				5		
6	7	5	3					4
						7	4	
					8			3
	4		6	1				

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(SOLUTIONS ON PAGE 24)

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## WORDSEARCH - Preparation for Passover

E	A	E	S	E	B	C	C	E	B	B	R	G
W	C	L	T	J	E	R	U	S	A	L	E	M
S	B	P	I	B	T	U	R	S	T	O	N	E
A	E	M	R	I	R	C	T	S	B	O	E	N
E	N	E	O	A	A	I	A	T	L	D	D	Y
Y	A	T	T	Y	F	I	E	S	I	R	L	
D	M	S	I	A	A	I	N	R	R	A	A	J
S	E	N	I	W	L	X	E	C	M	L	G	N
I	S	E	C	L	A	I	R	T	E	E	E	T
E	H	G	S	E	D	O	P	G	X	S	N	G
B	T	E	A	L	S	N	N	T	I	T	I	F
R	E	V	O	S	S	A	P	R	I	A	V	S
P	G	S	A	D	U	J	B	O	D	Y	O	O

Christ is risen! He is risen indeed! Hallelujah! April brings us to Easter – the crucifixion, death and resurrection of Jesus Christ - the triumphant highlight of the Christian year. As St. Paul pointed out, unless Jesus really did rise again, our faith is useless, and we may as well forget any hope of heaven or eternal life. But because He does live, we have a sure and certain hope for our future.

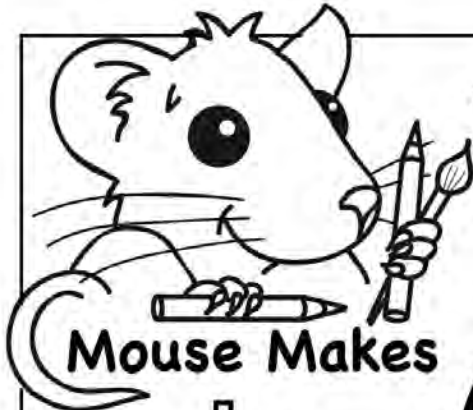
Passover  
bread  
wine  
body  
blood  
betrayal

Jerusalem  
Pilate  
Judas  
Gethsemane  
trial  
crucifixion

soldiers  
cross  
nails  
vinegar  
temple  
curtain

tomb  
angel  
stone  
risen  
gardener  
Mary





On the cross Jesus opened wide his arms for us.  
 Jesus put an end to death by dying for us,  
 and showed us the resurrection to  
 come by His raising to new life!



**Jesus is risen!**

The angel said:  
 "Jesus ...is not here, for He  
 has risen, just as He said."  
*Matthew 28:6*



**Jesus is here**

Jesus said:  
 "Where two or three  
 come together  
 in my name I am  
 there with them."  
*Matthew 18:20*



**READ** the story of  
 the resurrection in:  
*Matthew 28:1-10*  
*Mark 16:1-19*  
*Luke 24:1-49*  
*John 20:1-29*  
 and *21:1-14*

R E D E E M E R  
 E A S T E R P I  
 S A V I O U R S  
 U L T I M J A E  
 R I E D E L I N  
 R V J E S U S S  
 E E W B S P E P  
 C C L O I S S N  
 T H O S A N N A  
 I R R O H Y E U  
 O I D N P P W S  
 N S G O T E L L  
 K T A F O A I O  
 I Y O G J C F R  
 N U J O Y E E B  
 G O O D N E W S



**Jesus will  
 come again!**

Jesus said:  
 "I will come back  
 and take you to  
 myself so that you  
 will be where I am."  
*John 14:3*



JESUS • ALIVE • RISEN  
 LORD • SAVIOUR • KING  
 RESURRECTION  
 PEACE • NEW LIFE • JOY • GOOD NEWS



MESSIAH • REDEEMER  
 CHRIST • SON OF GOD  
 HOSANNA • PRAISE  
 GO TELL • EASTER



# SUDOKU SOLUTIONS

EASY

6	5	7	4	8	9	2	1	3
3	8	2	7	1	5	9	4	6
1	4	9	2	3	6	5	7	8
7	6	5	1	2	8	4	3	9
4	1	3	9	5	7	6	8	2
2	9	8	6	4	3	1	5	7
5	7	6	3	9	1	8	2	4
9	2	1	8	7	4	3	6	5
8	3	4	5	6	2	7	9	1

MEDIUM

9	6	4	1	5	7	2	3	8
3	7	1	2	8	6	4	5	9
2	8	5	3	9	4	1	7	6
1	5	8	4	6	2	3	9	7
4	9	3	8	7	1	5	6	2
6	2	7	5	3	9	8	1	4
8	3	6	9	2	5	7	4	1
5	1	9	7	4	8	6	2	3
7	4	2	6	1	3	9	8	5

## CROSSWORD SOLUTIONS

**ACROSS:** 1, Cosmic. 4, Thomas. 8, In his. 9, Delaiah. 10, Falwell. 11, Water. 12, Recovered. 17, Sidon. 19, Radiant. 21, Centaur. 22, Broil. 23, Eleven. 24, Prison.

**DOWN:** 1, Cliffs. 2, Scholar. 3, Issue. 5, Holy war. 6, Moist. 7, Sphere. 9, Deliverer. 13, Candace. 14, Deacons. 15, Psyche. 16, Stolen. 18, Dance. 20, Debar.



"I'm really not sure about this trend for clergy dressing down, dear."



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**01704 872023**

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## Scripture Union

Helping under-18s explore the Bible, respond to Jesus and grow in faith



MEDICAL CARE AND FREE SURGERY  
IN THE POOREST NATIONS



St. Luke's supports these 8 charities



10% of our unrestricted income is given to charity (Lev 27:30)