

18th February 2018

1st Sunday of Lent

8.00am: Holy Communion
at Moulsham St. John's

10.00am: Service of Holy Communion

President and Preacher:
Revd Gemma Fraser

Crucifer: Lucy Bubb

Server: Hilary Selwood

Chalice: Lucy Bubb

Readings: Genesis 9:8-17 Dave Chambers

1 Peter 3:18-end Val Bliss

Mark 1:9-15

Intercessions: Lucy Bubb

Sidesmen: Maxine Buck and Chris Fawcett

Sound: Janette Tadman

Coffee: Mike and Janette Tadman

Counters: Dave Chambers and Lucy Bubb

Duty Churchwarden: Mike Tadman

Organist: Michael Davis

LIVING LIGHT

The Aumbry Light for February
has been sponsored in memory
of George Cresswell Bell



Invitation

Just a reminder that 'Get Fit-Keep Fit' is on
Saturday 17th February (9.00 to 12.00)

If you are interested in keeping fit, losing weight
etc. we will have a variety of fitness stations
comprising activities carefully designed to work
certain muscle groups. These vary in intensity
and the approximate numbers of calories
consumed, as indicated below.

Based on a 30 minute session.... you could burn....

Car park - pot-hole repair and gravel rake 110

Tidying up the old kitchen/sacristy 86

Pruning - bushes and trees in garden 63

Cleaning tables 50

Dusting skirting boards 43

Making coffee/snack preparation/washing up 38

Talking about doing any of the above 18*

* Varies with person - some people consume
many more calories when they talk.....!

If you wish to maximise calorie burn try putting a
spicy capsicum based sauce on your scrambled
eggs, sipping coffee before you work (6.7%
increase in calorie burn) or, with written
permission, try hugging (22 calories for 30
minute hug... could combine with talking and get
to 40 calories for the session!).

Risk assessments have been done and we have a
small team trained to administer coffee and
donuts speedily in the event of anyone over-
doing exercise.

So please join us and make a difference...

Contacts

Vicar: Reverend Gemma Fraser 07540 152561

Churchwarden: Richard Field 07776 208546

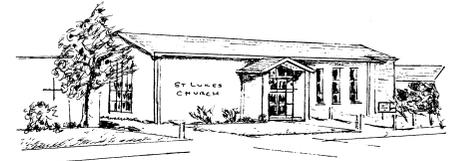
Lucy Bubb 07970 728673

Deputy Churchwarden:

Mike Tadman 07740 625454

St Luke's Weekly News

11th February 2018



Website: www.stlukemoulsham.co.uk

Facebook: www.facebook.com/StLukesmoulshamlodge

WELCOME to St Luke's. Please stay for refreshments and fellowship in the hall after the service.

There will be a collection during the third hymn. If you are a taxpayer, please use
a Gift Aid envelope, available from the sidesmen.

If however you give by Standing Order or are unable to give today, please just pass the basket on.

PLEASE TAKE THIS
NEWSLETTER
HOME WITH YOU

11th February 2018

Sunday before Lent

8.00am: Holy Communion
at Moulsham St. John's

10.00 am: 2nd Sunday Morning Worship

Leader: Chris Fawcett

Speaker: Revd Bridget Jenkinson

Readings: Corinthians 4:3-6 Richard Field
Mark 9:2-9

Intercessions: Richard Field

Sidesman: Jane Chambers

Sound: Helen Field

Coffee: Volunteers

Counters: Richard Field and Dave Chambers

Duty Churchwarden: Lucy Bubb

Organist: Rita Roscoe

4.00pm: Prayer & Praise Moulsham, St. John's

Tea & cake at 4pm, service at 4.30pm

COLLECT

Almighty Father,
whose Son was revealed in majesty
before he suffered death upon the cross:
give us grace to perceive his glory,
that we may be strengthened to suffer with
him
and be changed into his likeness, from glory
to glory;
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever.
Amen.

POST COMMUNION PRAYER

Holy God,
we see your glory in the face of Jesus Christ:
may we who are partakers at his table
reflect his life in word and deed,
that all the world may know his power to
change and save.
This we ask through Jesus Christ our Lord.
Amen.

South West Chelmsford Churches Trip to Ely

Saturday 9th June 2018

The coach trip will cost £12 – which
includes a tip for the driver. Please sign up
to book your place. Come and bring a
friend. There will be various tour options
and walks to add to the enjoyment of your
day and a service in Ely Cathedral to finish
off the day. Watch out for the poster for
details of the tour options.

Details of a trip to the Bradwell festival on
7th July will follow once known. If you are
interested please make a note in your
diary.

If you have any items for the Newsletter
(including requests for prayer) please contact
Janette Tadman 01245-469124;
e-mail janettetadman@gmail.com
Deadline: Wednesday evening.

TO OUR VISITORS. Welcome to our service. The **hymn numbers** are displayed on the boards,
and will also be announced. When we come to receive Holy Communion, please see the notes in our
Order of Service, which are provided for your guidance. We like to mark **birthdays** by singing:
"Happy Birthday to you: to Jesus be true. May God's richest blessing rest today upon you." If it is your birthday
this week, please tell one of the ministers!

The ministry of Prayer with Laying-on-of-Hands for Healing is available every Sunday. If you
would like this for yourself or another, please speak to one of the Ministers or Churchwardens.

READINGS:

2 Corinthians 4:3-6

³And even if our gospel is veiled, it is veiled to those who are perishing.⁴In their case the god of this world has blinded the minds of the unbelievers, to keep them from seeing the light of the gospel of the glory of Christ, who is the image of God. ⁵For we do not proclaim ourselves; we proclaim Jesus Christ as Lord and ourselves as your slaves for Jesus' sake. ⁶For it is the God who said, 'Let light shine out of darkness', who has shone in our hearts to give the light of the knowledge of the glory of God in the face of Jesus Christ.

Mark 9:2-9

² Six days later, Jesus took with him Peter and James and John, and led them up a high mountain apart, by themselves. And he was transfigured before them, ³and his clothes became dazzling white, such as no one on earth could bleach them. ⁴And there appeared to them Elijah with Moses, who were talking with Jesus. ⁵Then Peter said to Jesus, 'Rabbi, it is good for us to be here; let us make three dwellings, one for you, one for Moses, and one for Elijah.' ⁶He did not know what to say, for they were terrified. ⁷Then a cloud overshadowed them, and from the cloud there came a voice, 'This is my Son, the Beloved; listen to him!'⁸Suddenly when they looked around, they saw no one with them any more, but only Jesus.

⁹ As they were coming down the mountain, he ordered them to tell no one about what they had seen, until after the Son of Man had risen from the dead.

Lent 2018

Ash Wednesday - there are two services being held within the MMU on Wednesday 14th February: 9.45am at St. Luke's and 7.30pm at St. Michael's in Galleywood. Both services will be Holy Communion with the Imposition of Ashes.

Lent Giving - the PCC have agreed that our giving this Lent will go to CHES (Churches Homeless Emergency Support Scheme). Look out for information on the essential work they do and how to give next week.

Lent Groups - this year we will be joining with Churches Together in Moulsham Lodge and Tile Kiln for our Lent Groups. We will be using one of the York courses, written by Bishop John Pritchard, called "On the Third Day".

The groups will be starting w/c 19 Feb and will run through Lent:

Weds at 2pm, at Holy Name

Thurs at 8pm, at Tile Kiln Church.

PLEASE PRAY ESPECIALLY THIS WEEK



For: Win Jellicoe, Brian Roscoe, Joyce Stockwell, Joan Scrivener, Bob Wood, Margaret Judd, Tammy Thomas and June Page;

for those named on the prayer request board;

This week, we remember:

Anne Blake (07.02.2003)

George Cresswell Bell (08.02.2007)

Lily Clarke (13.02.2007)

Robert Wade (14.02.1998)

Shrove Tuesday - or Pancake Day!

Don't forget it's Shrove Tuesday on 13 February - it's a day of penitence, to clean the soul, and a day of celebration as the last chance to feast before Lent (a time of abstinence) begins!

FINDING ELIM

By Dave Nelson



I DON'T KNOW WHAT IT IS,
BUT I'M PRETTY SURE I
GAVE IT UP FOR LENT.

Christingle Collection

Anyone not at the Christingle Service who would like to make a donation to The Children's Society, please use the envelopes at the back of the church (and gift aid their donation if a tax payer) and put in the collection basket today.

Saturday Coffee 17th February

On duty: Larry Walters



THIS WEEK:

The church is open every day for prayer.

Monday 12 February

Pray for one-parent families

9.15am: Informal Morning Prayer at St. John's Vicarage using a collection of liturgy including Iona and Northumbria Community

Tuesday 13 February

Pray for Edward Drive

Wednesday 14 February

Pray for Roman Catholics

9.15am: Morning Prayer at St. Luke's using Common Worship liturgy

Ash Wednesday

Services of Holy Communion
With Imposition of Ashes
at

9.45am: St. Luke's, Moulsham
7.30pm: St. Michael's, Galleywood

Thursday 15 February

Pray for Peace in Syria
& The Middle East

9.15am: Morning Prayer at St. John's using
Common Worship Liturgy

Friday 16 February

Pray for the
Little Acorns Pre-School

Saturday 17 February

Pray for Orange Tree Close

Women's World Day of Prayer

Friday 2nd March, 10.30am
at Moulsham Lodge Methodist Church

The theme this year is
'All God's Creation is Very Good'
and the service has been written by the
women of Suriname in South America.