

Sunday 29th August
13th Sunday after Trinity

**There will only be one
service at St Luke's**

9am: Holy Communion
Revd Gemma Fraser

(live streamed on Facebook, also on the
Worship At Home page of our website)

Sides: Chris Fawcett, Elena Pratt

Sound: Mike Tadman

Mevo: David Millward


Organist: Nick Pratt

Duty Warden:
David Millward

**10am: Joint MMU Service
at St. John's**

Anyone who needs a lift or who can
offer one, let David know.

Please Pray This Week

For Brian, Joan, Bob, Anna, Sally
Doug, Greta, Carmen,
Peter, John and Mary, 
Nicky and Alina, Margaret.

This week we remember:
Michael Carpenter (22.08.1996)

Morning Prayer

In person Morning Prayer is
Wednesdays 9.15am at St Luke's
and Thursdays 9.15am at St John's
(these will not be live-streamed).

***There will be no online Morning
Prayer during August.***

Birthdays

If it's your birthday this week, we'd
like to wish you a very happy birth-
day!

*"Happy Birthday to you:
to Jesus be true.
May God's richest blessing
rest today upon you."*

Contacts

Priest in charge Revd Gemma Fraser (not Fridays)
07540 152561 moulshamrev@gmail.com

Curate Revd Suzanne McAllister 07780 442317
rev_suzanne_mcallister@outlook.com

Churchwarden David Millward 07749 359971

Assistant Churchwarden Nick Pratt 07882 235351

Newsletter Content

If you have any items for the Newsletter (including requests for prayer) please
contact Janette Tadman - janettetadman@gmail.com or 01245 469124

Sunday 22nd August

12th Sunday after Trinity

**9am: Service of
Holy Communion**
Revd Jo Jones

Readings
Ephesians 6:10-20
John 6: 56-59

Sides: Maxine Buck, Pat Brugier

Sound: Helen Field

Mevo: Richard Field

(live streamed on Facebook, also on the
Worship At Home page of our website)

10.15am: Morning Worship
Revd Gemma Fraser

Sides: Maxine Buck, Pat Brugier

Sound: Helen Field

Organist: Nick Pratt

Duty Warden: Helen Field

**Refreshments will be available
between services**

Collect

God of constant mercy,
who sent your Son to save us:
remind us of your goodness,
increase your grace within us,
that our thankfulness may grow,
through Jesus Christ our Lord.
Amen

Post Communion Prayer

God of all mercy,
in this eucharist you have set aside
our sins
and given us your healing:
grant that we who are made whole
in Christ
may bring that healing to this broken
world,
in the name of Jesus Christ our Lord.
Amen

Financial Giving Please do support St Luke's using one of the options below:

- Regular giving by standing order - for more information contact Dave Chambers at simplydavec@aol.com
- One-off online donations accessed via the St Luke's website homepage
- Contactless card reader available at the back of church

READINGS :

Ephesians 6:10-20

¹⁰ Finally, be strong in the Lord and in the strength of his power. ¹¹Put on the whole armour of God, so that you may be able to stand against the wiles of the devil. ¹²For our struggle is not against enemies of blood and flesh, but against the rulers, against the authorities, against the cosmic powers of this present darkness, against the spiritual forces of evil in the heavenly place. ¹³Therefore take up the whole armour of God, so that you may be able to withstand on that evil day, and having done everything, to stand firm. ¹⁴Stand therefore, and fasten the belt of truth around your waist, and put on the breastplate of righteousness. ¹⁵As shoes for your feet put on whatever will make you ready to proclaim the gospel of peace. ¹⁶With all of these, take the shield of faith, with which you will be able to quench all the flaming arrows of the evil one. ¹⁷Take the helmet of salvation, and the sword of the Spirit, which is the word of God. ¹⁸ Pray in the Spirit at all times in every prayer and supplication. To that end keep alert and always persevere in supplication for all the saints. ¹⁹Pray also for me, so that when I speak, a message may be given to me to make known with boldness the mystery of the gospel, ²⁰for which I am an ambassador in chains. Pray that I may declare it boldly, as I must speak.

John 6:56-69

⁵⁶Those who eat my flesh and drink my blood abide in me, and I in them. ⁵⁷Just as the living Father sent me, and I live because of the Father, so whoever eats me will live because of me. ⁵⁸This is the bread that came down from heaven, not like that which your ancestors ate, and they died. But the one who eats this bread will live for ever.' ⁵⁹He said these things while he was teaching in the synagogue at Capernaum.

⁶⁰ When many of his disciples heard it, they said, 'This teaching is difficult; who can accept it?' ⁶¹But Jesus, being aware that his disciples were complaining about it, said to them, 'Does this offend you? ⁶²Then what if you were to see the Son of Man ascending to where he was before? ⁶³It is the spirit that gives life; the flesh is useless. The words that I have spoken to you are spirit and life. ⁶⁴But among you there are some who do not believe.' For Jesus knew from the first who were the ones that did not believe, and who was the one that would betray him. ⁶⁵And he said, 'For this reason I have told you that no one can come to me unless it is granted by the Father.'

⁶⁶ Because of this many of his disciples turned back and no longer went about with him. ⁶⁷So Jesus asked the twelve, 'Do you also wish to go away?' ⁶⁸Simon Peter answered him, 'Lord, to whom can we go? You have the words of eternal life. ⁶⁹We have come to believe and know that you are the Holy One of God.'

Second SWCC Ramble – Thursday 19th August 2021

Eighteen people and three dogs met at The Rodney, Little Baddow for a 09:45 start on a four-mile walk, led by Jess from CHS/St Mary's Widford. The route was much hillier this time and ended with about six stiles. The group soon split into two groups, with Jacky from St John's leading the second. About halfway, the leading group waited in vain for the others. The mobile phone signals were poor, but we discovered that the groups had taken different routes. Jess' group continued to find the others waiting by the roadside. After a short walk along the road, the walkers returned to footpaths to emerge opposite the pub. Having allowed plenty of time for the walk, we arrived before the pub opened! Some of the walkers left, but the rest were joined by others for a meal, and even a birthday cake for one of the walkers. Next month's ramble will be the Cathedral Pilgrimage Route from the Pleshey Retreat House to the Cathedral, and this is eight or nine miles! Transport will be arranged to take the walkers to the starting point. Watch out for more information nearer the time.

On behalf of the ramblers and diners, I express thanks to Jess and Jacky—David.

We need you – Saturday Coffee and Sunday Coffee Volunteers!

As we settle back into church life with the easing of restrictions and with the exciting restarting of Saturday Coffee and Sunday Coffee, we are looking for people to join our lovely team. Duties include: setting up the space, providing refreshments, chatting to people and clearing away. This really is a worthwhile and vital ministry in serving the church family and getting to know each other better, but also for the community too.

You can choose to serve at either Saturday or Sunday Coffee or even both if you are particularly keen (you wouldn't be on both on the same weekend). You would always be with at least one other person and guidance will be given on how we are serving in a Covid secure way.

We would love to have you on board and are really excited about having coffee back in Church again! For more information and to volunteer please email: nickandelena2016@gmail.com or speak to Nick, Elena or David.

St. Luke's Saturday Coffee is back!

Please come and join us for a catch up with friends or just bring a book or paper and relax - all while enjoying our hot drinks, biscuits and treats! Tell your friends too! Venue is the Small Hall, St. Luke's Church, entry via the main church doors from 11am - 12 noon..