

Birthdays

If it's your birthday this week, we'd like to wish you a very happy birthday!
"Happy Birthday to you: to Jesus be true. May God's richest blessing rest today upon you."

Sunday 18th July

7th Sunday after Trinity

9am: Holy Communion
Revd Gemma Fraser

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

Sides: Jane Chambers, Sue Davies
Sound: Helen Field
Mevo: Richard Field

10am: Morning Worship
Revd Gemma Fraser

Sides: Jane Chambers, Sue Davies
Sound: Helen Field

Duty Warden:
Helen Field

Please Pray This Week

For Brian, Joan, Bob, Anna, Doug,
Greta, Carmen, Peter, John and
Mary, Nicky and Alina,'

We pray for the soul of Mary
Marshall, and her family and friends
as we mourn her loss.

This week we remember:

Helen Curtis (13.07.2002)

Revd Hugh Godden (16.07.1965)

Elizabeth Barr (17.07.1990)

Sheila Desborough (17.07.2013)

Contacts

Priest in charge Revd Gemma Fraser (not Fridays)
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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 11th July

6th Sunday after Trinity

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

Readings:
Psalm 24
Mark 6:14-29

Sides: Hilary Few, Chris Fawcett
Sound: Dave Thomas
Mevo: Lucy Bubb

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

10am: Morning Worship
Revd Jo Jones

Readings:
2 Samuel 6:1-5, 12b-19
Mark 6:14-29

Sides: Hilary Few, Chris Fawcett
Sound: Dave Thomas

Duty Warden: David Millward

Collect

Creator God,
you made us all in your image:
may we discern you in all that we
see,
and serve you in all that we do;
through Jesus Christ our Lord.
Amen

Post Communion Prayer

God of our pilgrimage,
you have led us to the living water:
refresh and sustain us
as we go forward on our journey,
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

Worship Survey – Closing today

For the last two weeks we have been collating your responses to our worship survey as we are half way through the six month transitional pattern of worship with 9am Holy Communion and 10am Morning Worship. We are really interested in your thoughts and comments in order to influence and shape our worship going forward!

The paper version is available on the Welcome Table at the back of church, and there is a box for your completed surveys. There is also an electronic version of the survey available on the homepage of our website: www.stlukemoulsham.co.uk.

Good Lament and Hard Hope - A community art project

A community art project, a collaboration between Chelmsford Cathedral and a group of textile artists, The Material Girls, will be on display at Chelmsford Cathedral from the 26th June until the 20th August.

This community art project was designed to explore the challenges of the pandemic and wanted to help enable people to express their grief and hope through hand-made fabric postcards.

Textile groups and community groups, members of churches from across the diocese of Chelmsford, and further afield, were invited to send in fabric postcards that helped them to tell their stories of the pandemic. They were also asked to consider the environment and use recycled materials. Some postcards even came from the Articulation Textile Group, Canada. 70+ postcards have been received in total and they all tell a different but shared story: stories of encountering nature in a new way; of daily walks; of the pain of being alone; of monotony; of learning new things (like zoom); of having time to think; of loss and of hope. The postcards have provided a means for communication at a time when we have been cut off from so many of our normal networks and communities. Visitors to the exhibition are able to make a postcard when they are there and post them in the post boxes that will be scattered through the exhibition.

Morning Prayer

Morning Prayer takes place on Monday, Tuesday and Friday mornings at 9.15am on Facebook. 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).

First South West Chelmsford Churches (SWCC) Ramble - Saturday 3 July

Shortly after the most recent Lynchpins meeting, it was suggested that a ramble for the South-West Chelmsford Churches congregations would provide an opportunity to get to know one another. Last Saturday about 25 people and a few dogs met at The Compasses in Littley Green for the first of such occasions. After pre-ordering our lunches and having a group photograph taken, the motley crew set off.

After a short walk along the road, we entered the most overgrown part of the route. Once we had cleared the long grass, we walked on a mixture of firm ground, slippery ground, and roads. During our walk we passed the old Ridley brewery at Hartford End, and much of the time we were on land owned by the Ridley family; Joss Ridley is the pub landlord. At various points on the route, the leaders stopped for a while to allow everyone to catch up, so our overall pace was quite slow. The walk was shortened towards the end so that we weren't too delayed for our lunch.

Back at the pub, we were joined by a few other people, including one or two that had cried off the walk because of the weather. Both the walk and the meal allowed the group to mix socially.

To provide further opportunities to get to know each other, two provisional dates for future rambles have been arranged:

- A shorter walk, probably on 21 August
- A walk along the Cathedral Pilgrimage Route from the Pleshey Retreat House to the Cathedral (c8-9 miles), probably on 18 September.

On behalf of the rambles and diners, I express thanks to Jess (Widford) and Jacky (St John's) for organising the event - look out for more information about the next rambles nearer the time.

Having trouble sleeping?

We are all aware of the importance of a good night's sleep. Sleep is critical for physical health, maintaining an effective immune system and helping us to fight off disease and remain well. Sleep is also critical for mental health and our ability to beat stress, depression and anxiety.

Did you know that the Daily Hope free phone line of hymns, reflections and prayers from the Church of England now has a new option: 'Sleep Well with Daily Hope', consisting of a 4-part series, which can be listened to on loop, sharing helpful tips and Bible readings to reflect on and encourage sleep.

This new material can be found on **0800 804 8044 and selecting #**