

## Support and Opportunities during lockdown

### Green spaces

We know that being outside and exercise improve our physical and mental health but it can be a struggle walking around the same space every time! You can search for alternative green spaces on [www.loveyourchelmsford.co.uk](http://www.loveyourchelmsford.co.uk) and explore the riches Chelmsford has to offer. The current law allows driving to exercise and doesn't limit the time we spend but it does ask that we stay within our local area. If you're more of a home bird at the moment then Joe Wickes is back with his regular workouts on Youtube!

### £500 Self Isolation Payment from Chelmsford City Council

If you are asked to self isolate and you or your partner are in receipt of one of the following:

Universal Credit                      Housing Benefit                      Working Tax Credit  
Pension Credit                      Income Support  
income-based Employment and Support Allowance  
income-based Jobseeker's Allowance

Then you may be entitled to a one off payment of £500, this is separate to the national scheme, is discretionary and may available to those with no recourse to public funds or waiting for a benefit decision. Please do share, this could make a big difference to people in our community.

### Online Christian Seminars

Heartedge is an ecumenical network started by St Martin in the Fields, London with a focus on social justice, culture and the arts and creative mission. They are offering several online seminars and discussions over the coming months. Many other organisations are hosting sessions too and we will share as we find them.

### Contacts

**Priest in charge** Revd Gemma Fraser 07540 152561

moulshamrev@gmail.com

**Curate** Revd Suzanne McAllister 07780 442317

rev\_suzanne\_mcallister@outlook.com

**Churchwardens** - Vacancy

**Deputy Churchwardens**

Sue Davies 07708 296804

David Millward 07749 359971

### Newsletter Content

If you have any items for the Newsletter (including requests for prayer) please contact Janette Tadman 01245 469124 **Email** [janettetadman@gmail.com](mailto:janettetadman@gmail.com) **Deadline** Wednesday evening

## Sunday 17th January

### 2nd Sunday of Epiphany

**10am: Morning Worship**  
Online

**10.45am: Zoom Coffee**

### Next week

Morning Prayer - 9am online  
Mon 18th, Tues 19th, Fri 22nd

## Sunday 24th January

**8am: Holy Communion**  
Live - online

**10am: Morning Worship**  
(Online)

**10.45am: Zoom Coffee**

## Collect

Almighty God,  
in Christ you make all things new:  
transform the poverty of our nature  
by the riches of your grace,  
and in the renewal of our lives  
make known your heavenly glory;  
through Jesus Christ your Son our  
Lord,  
who is alive and reigns with you,  
in the unity of the Holy Spirit,  
one God, now and for ever.  
**Amen**

## Post Communion Prayer

God of glory,  
you nourish us with your Word  
who is the bread of life:  
fill us with your Holy Spirit  
that through us the light of your  
glory  
may shine in all the world.  
We ask this in the name of Jesus  
Christ our Lord  
**Amen**

## Regular 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](mailto:simplydavec@aol.com)
- Online giving (one-off donations) accessed via the St Luke's website homepage

### Church Closure

We have taken the decision, along with many other churches, to close the church for public and private worship until the end of January. We will review towards the end of the month.

#### DVD/CD

We can still record all of the services onto DVD or audio CD, please do let us know if you would like this.

#### Private Prayer

We have been asked by the Diocese to close the church for private prayer because of the increased transmissibility of the new Covid variant. We are sorry we know a few of you value being in the space but we must do all we can to protect each other.

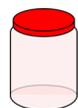
### Diocesan Lent Modules

The Diocese have created a number of courses during the season of Lent, providing a wide range of courses to enable the whole people of God to connect with their faith in this season of reflection.

These are open to anyone and the majority will be carried out using Zoom, including some interactive discussion, breakouts and practical exercises.

The cost has been kept to a minimum, starting at £15 for a two session course, rising to £25 for 5 session courses.

If you would like to know more about the courses, please contact Lucy who can share more information.



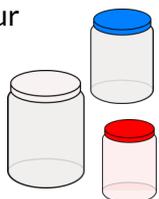
### WANTED - Getting ready for Easter

We're starting to think about Easter and how we can worship together - even though it seems a long way off!



Please could you keep any small glass jars that you have over the coming weeks (no more than c3-4 inches tall) and pass them to Lucy, she's happy to collect from your doorstep when out for a walk. What's she going to do with them?

All will be revealed in due course ....



### Please Pray This Week

For Brian, Joan, Bob, Anna, Tammy, Doug, Greta, Carmen, Revd John , Nicky & Alina, Peter and Margaret L.

We pray for the family and friends of Louise A, who went missing from Tile Kiln during the week, was found but sadly died in hospital. She was a much loved member of the community here in Moulsham Lodge and Tile Kiln.

This week we remember:  
Colin Marshall (19.01.2015)  
Basil Law (21.01.2020)

### Daily Hope

Daily Hope offers music, prayers and reflections as well as full Worship services from the Church of England at the end of a telephone line.

The line – available 24 hrs a day on **0800 804 8044** – has been set up particularly with those unable to join online church services during the period of restrictions in mind.

### Home Communion

We know that not being able to receive Communion has been very hard for some of you. The clergy team are available to bring Home Communion to those who have been/are unable to join us online. They aren't able to enter homes in these circumstances but have a simple service that can be offered on the doorstep with face coverings and hygiene precautions in place. If you know someone that would appreciate this please let Gemma know and she will arrange it. Please note capacity for this isn't huge and so is limited to our members that are unable to access worship in other ways.

### Chelmsford Methodist Churches

invite you to get involved with

**January Lights**

**22nd-24th Jan**

**Over the weekend fill your windows with lights to help spread some much needed cheer.**

### Birthdays

If it's your birthday this week, even though we're not together physically, we would like to sing: "Happy Birthday to you: to Jesus be true. May God's richest blessing rest today upon you."