

The Retreat House, Pleshey

The Retreat House, Pleshey have created a range of online retreats with titles such as:

- A quiet space in Narnia
- What is prayer?
- Greening the soul
- Sing to the Lord a new song (utilising the psalms)

Why don't you take a look at their website for more information: <https://www.retreathousepleshey.com/events/category/online-retreats/>

The Retreat House is also running three online retreats exploring how people have seen and found hope in these troubled times, and how this hope may resource ourselves and our communities 'See I am doing a new thing!'.

Come and share in Good News stories from Church, NHS and parish communities, and see how we are all being called to be part of something new! Find out more and book at <http://ow.ly/f2iL50DnD67>

Three online retreats 10am-12pm

9th February

13th March

20th April

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.

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

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 - janettetadman@gmail.com or 01245 469124 **Deadline** Wednesday evening

Sunday 7th February

2nd Sunday before Lent

10am: Morning Worship

Leader: Stephen Hogben
Speaker: Richard Field
(online)

10.45am: Zoom Coffee

Next week

Morning Prayer - 9am online
Mon 8th, Tues 9th, Fri 12th

Sunday 14th February

8am: Holy Communion
(online)

10am: Morning Worship
(online)

10.45am: Zoom Coffee

Collect

Almighty God,
you have created the heavens and the earth
and made us in your own image:
teach us to discern your hand in all your works
and your likeness in all your children;
through Jesus Christ your Son our Lord,
who with you and the Holy Spirit reigns
supreme over all things,
now and for ever.
Amen

Post Communion Prayer

God our creator,
by your gift
the tree of life was set at the heart of
the earthly paradise,
and the bread of life at the heart of your
Church:
may we who have been nourished at
your table on earth
be transformed by the glory of the
Saviour's cross
and enjoy the delights of eternity;
through 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
- Online giving (one-off donations) accessed via the St Luke's website homepage

In Church/Online Worship

We are making decisions about church services month by month at the moment, we reviewed things last week and we have decided that the building needs to remain closed for at least another month, which means until the end of February. In the middle of February we will review again for March. The great news is a good number of our church family have now been vaccinated and the infection rates have dropped significantly, things are getting better but we're not quite out of the woods yet. Online worship and pastoral care will continue.

We are currently making plans for Easter and though we hope and pray that we will be back in church by then, we are planning for both eventualities. If we do return to church live streaming will continue as before.

Home Communion The clergy team are available to bring Home Communion to those who are unable to join us online, although capacity is limited. A simple service can be offered on the doorstep with face coverings and hygiene precautions in place. Please contact to Gemma to arrange this.

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.

Tree Treasure Hunt

Moulsham Lodge Community Trust (MLCT) have organised a Tree Treasure Hunt, running from 1st-21st February - something fun to do when out for your daily exercise! Look out for an MLCT tree poster in the window of houses in some tree named roads.

The roads with tree posters are:

Alder Drive, Ash Close, Cypress Drive, Fir Tree Rise, Juniper Drive, Laburnum Drive, Larch Grove, Lilac Close, Lime Walk, Linden Close, Magnolia Close, Maple Drive, May Walk, Orange Tree Close, Plane Tree Close, Poplar Close, Rose Glen, Sycamore Way. **Some roads have more than one poster.**

You need to find all those houses and add up the house numbers then send the total figure with your name and contact details by one of the following methods:

- ◆ By paper through the letter box at MLCT station at 99 Gloucester Avenue CM2 9DS
- ◆ By email to competitions@mlct.org.uk
- ◆ By messenger to MLCT Facebook

by 23rd February to win a prize.

Please Pray This Week

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

This week we remember:

Anne Blake (07.02.2003)

George Cresswell Bell (08.02.2007)

Lily Clarke (13.02.2007)

WANTED - Nearly there!



We've been given about 20 jars already so thank you to those who have donated - we need a few more though so please keep any small glass jars that you have (c3-4 inches tall) and pass them to Lucy, she's happy to collect from your doorstep when out for a walk.

These are going to be used on Easter Sunday and here's a clue - a smaller version of something we see every time we go into church - can you guess?

Lent

You will soon be receiving a Lent Bag, this will contain weekly reflection material for your journey through Lent inspired by Paula Gooder's book *Lentwise*, this book will be the basis of our Zoom Lent group which will happen every Thursday for 5 weeks starting on the **25th Feb at 7.30pm**. Please email or call Gemma if you would like to join the course and we will give you the joining information and materials.

You don't need to do the course to use the reflection material and you don't need to have read the reflection material to do the course but they do complement each other.

There are 5 themes;

- ◆ Direction
- ◆ Nourishment
- ◆ Light
- ◆ Shelter
- ◆ Water

Each theme will have an item to help you reflect and pray. Your bag will also contain a Palm cross (in case we aren't back in the building by then and an ash stone (more information on that to come!))

Ash Wednesday 17th February

On Ash Wednesday there will be two online services, a traditional service including Spiritual Communion on Facebook at **10am** and live Ash Wednesday meditation on Zoom at **7.30pm**. These will be joint services with our brothers and sisters across Moulsham, Galleywood and Widford.