

Sunday 17th October

There will be no 9am service
St. Luke's Patronal Festival

10.15am: Service of
Holy Communion

Revd Gemma and Revd Suzanne

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

We will be joined by our friends
from St. John's for this service.

Sides: Chris Fawcett and Elena Pratt

Sound: Dave Thomas

Mevo: David Millward

Organist: Nick Pratt / Music Group

Duty Warden: David Millward

Coffee: Pat and Maxine

Please Pray This Week

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



This week we remember:

Kitty Shipp (12.10.1993)

Sandra Chilvers (13.10.2007)

Edward Bear Baby and Toddler Group

Wednesdays
1.15pm–2.30pm

Saturday Coffee

11am-12noon (Nick and Elena)

Church will be closed afterwards



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."*

Contacts

Priest in charge Revd Gemma Fraser (not Fridays)
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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) contact Janette Tadman - janettetadman@gmail.com or 01245 469124

Sunday 10th October 2021

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Sunday 10th October

19th Sunday after Trinity

9am: Service of
Holy Communion

Revd Jo Jones

Reading: Mark 10:17-31

Sides: Elena Pratt, Pat Brugier

Sound: Helen Field

Mevo: Lucy Bubb

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

10.15am: Morning Worship

Lucy Bubb

World Mental Health Day – see
separate sheet for readings

Sides: Elena Pratt, Pat Brugier

Sound: Helen Field

Organist: Nick Pratt

Duty Warden: Helen Field

Coffee: Jane and Dave

Collect

Faithful Lord,
whose steadfast love never ceases
and whose mercies never come to an
end:
grant us the grace to trust you
and to receive the gifts of your love,
new every morning,
in Jesus Christ our Lord.
Amen

Post Communion Prayer

Holy and blessed God,
you have fed us with the body and
blood of your Son
and filled us with your Holy Spirit:
may we honour you,
not only with our lips
but in lives dedicated to the service
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

Mark 10:17-31

¹⁷ As he was setting out on a journey, a man ran up and knelt before him, and asked him, 'Good Teacher, what must I do to inherit eternal life?' ¹⁸ Jesus said to him, 'Why do you call me good? No one is good but God alone. ¹⁹ You know the commandments: "You shall not murder; You shall not commit adultery; You shall not steal; You shall not bear false witness; You shall not defraud; Honour your father and mother." ²⁰ He said to him, 'Teacher, I have kept all these since my youth.' ²¹ Jesus, looking at him, loved him and said, 'You lack one thing; go, sell what you own, and give the money to the poor, and you will have treasure in heaven; then come, follow me.' ²² When he heard this, he was shocked and went away grieving, for he had many possessions.

²³ Then Jesus looked around and said to his disciples, 'How hard it will be for those who have wealth to enter the kingdom of God!' ²⁴ And the disciples were perplexed at these words. But Jesus said to them again, 'Children, how hard it is to enter the kingdom of God! ²⁵ It is easier for a camel to go through the eye of a needle than for someone who is rich to enter the kingdom of God.' ²⁶ They were greatly astounded and said to one another, 'Then who can be saved?'

²⁷ Jesus looked at them and said, 'For mortals it is impossible, but not for God; for God all things are possible.'

²⁸ Peter began to say to him, 'Look, we have left everything and followed you.'

²⁹ Jesus said, 'Truly I tell you, there is no one who has left house or brothers or sisters or mother or father or children or fields, for my sake and for the sake of the good news, ³⁰ who will not receive a hundredfold now in this age—houses, brothers and sisters, mothers and children, and fields, with persecutions—and in the age to come eternal life. ³¹ But many who are first will be last, and the last will be first.'

For the Morning Worship readings, please see separate sheet

The Saturday Coffee Book Club recommends...

'Anatomy of a Scandal' by Sarah Vaughan - one of the best books we have read so far.

It involves a Westminster scandal, dark secrets and focuses on the women caught up in it. The action takes place in the Houses of Parliament, Oxford University and the Old Bailey.

One member said "The characters were brilliant ... and I just had to get to the end to find out what happened to them all." We definitely recommend it!

Next MMU Ramble

After the great turnout for our last couple of rambles we are planning another one on:

Saturday 23rd October

9:45 for 10am start to walk or

12:30 for just lunch

Venue: The Cricketers, Mill Green Road, Ingatestone, CM4 0RH.

The walk is flat, about 4 miles long, through woods and fields, mainly on foot-paths with a few stiles and short stretches of road. There is a high chance of seeing the large herd of deer that live there. It could be muddy!

The pub is accessible with one small step at the back and just the threshold at the front. There is an accessible toilet too. Parking is behind the pub, in the lay-by opposite, or there is a large community car park opposite the pub.

Please could you let Jacky Langley (St John's) know ASAP if you would like to join us for the walk and lunch or just lunch. Food orders will be collected nearer the time. Contact Jacky on: jackylangley@btinternet.com or on Jacky's mobile: [07872344495](tel:07872344495)



Farming Community Network — Harvest Giving

If you would like to make a donation to FCN for harvest, there is just one more week to do so.

There are giving envelopes available at the back of church for donating by cash or cheque.

If you would prefer to give online, please go to the St Luke's website homepage and click on the 'Harvest Festival Donate Now' button, which will take you to our giving campaign.

Joint Service

Sunday 31st October,

On Sunday 31st October there will be 9am Holy Communion but no Morning Worship, instead we will be joining with our MMU friends at Church of the Holy Spirit at 10am. If you need transport, or can offer transport to others, please let David know.

Morning Prayer at 9.15am

Monday - online on Facebook

Tuesday - online on Facebook

Wednesday - at St Luke's

Thursday - at St John's

(1st Thur in the month is Holy Communion)

Friday - online on Facebook



[/stlukesmoulshamlodge](https://www.facebook.com/stlukesmoulshamlodge)

strongly, “Stay with us, for it is nearly evening; the day is almost over.” So he went in to stay with them.

³⁰ When he was at the table with them, he took bread, gave thanks, broke it and began to give it to them. ³¹ Then their eyes were opened and they recognized him, and he disappeared from their sight. ³² They asked each other, “Were not our hearts burning within us while he talked with us on the road and opened the Scriptures to us?”

³³ They got up and returned at once to Jerusalem. There they found the Eleven and those with them, assembled together ³⁴ and saying, “It is true! The Lord has risen and has appeared to Simon.” ³⁵ Then the two told what had happened on the way, and how Jesus was recognized by them when he broke the bread.

In small groups, discuss the following questions:

- How do you imagine the two companions were feeling?
- Have you ever felt like this?
- How does Jesus interact with the travellers?
- What can we learn from Jesus’ approach to these two men?

There are all kinds of causes of mental health problems. Just like physical injuries and diseases, mental health problems can affect anyone. Having poor mental health does not mean that God cannot use you. In fact, a number of Bible heroes may today be described as mentally unwell. A list may include the writer of many Psalms, prophets like Ezekiel and Jeremiah, not forgetting Jonah and Elijah who both prayed for death because they didn’t feel they could go on. Each one was used powerfully by God despite their mental health challenges.

World Mental Health Day – Sunday 10 October 2021 2021 Theme: ‘Mental Health in an Unequal World’



Since 1992, the World Health Organisation (WHO) has recognised 10th October as World Mental Health Day.

Throughout God’s world, economic disparities go hand in hand with social and health inequalities. Covid-19 held a mirror up to this by affecting those of older years, those from BAME backgrounds and those with complex health conditions. Lockdowns and shielding measures particularly impacted individuals living on their own, people in residential care, and those living with existing mental ill-health conditions.

People running small and medium enterprises (SMEs), those whose jobs were furloughed or lost altogether, and many who are dependent on state support to make ends meet, lived with heightened anxiety and stress. Many face uncertain futures, simply around how to make ends meet and provide for themselves and their families. Their stress and anxiety continue to rise.

Now, as we relax a little, we are beginning to see that the mental health of younger people, whose lives and education has been disrupted in fundamental ways, has deteriorated alarmingly.

Even as we come back together to worship in person, joy is tinged with anxiety, pleasure with exhaustion. We talk about a new normal, yet normality differs so widely from person to person and context to context.

Job 23:1 – 9, 16-17 (NRSV)

Job Replies: My Complaint Is Bitter

23 Then Job answered:

- ²“Today also my complaint is bitter;
his hand is heavy despite my groaning.
³Oh, that I knew where I might find him,
that I might come even to his dwelling!
⁴I would lay my case before him,
and fill my mouth with arguments.
⁵I would learn what he would answer me,
and understand what he would say to me.
⁶Would he contend with me in the greatness of his power?
No; but he would give heed to me.
⁷There an upright person could reason with him,
and I should be acquitted forever by my judge.
⁸“If I go forward, he is not there;
or backward, I cannot perceive him;
⁹on the left he hides, and I cannot behold him;
I turn to the right, but I cannot see him.
¹⁶God has made my heart faint;
the Almighty has terrified me;
¹⁷If only I could vanish in darkness,
and thick darkness would cover my face!

Luke 24: 13 - 35 (New International Version)

On the Road to Emmaus

¹³Now that same day two of them were going to a village called Emmaus, about seven miles^[a] from Jerusalem. ¹⁴They were talking

with each other about everything that had happened. ¹⁵As they talked and discussed these things with each other, Jesus himself came up and walked along with them; ¹⁶but they were kept from recognizing him.

¹⁷He asked them, “What are you discussing together as you walk along?”

They stood still, their faces downcast. ¹⁸One of them, named Cleopas, asked him, “Are you the only one visiting Jerusalem who does not know the things that have happened there in these days?”

¹⁹“What things?” he asked.

“About Jesus of Nazareth,” they replied. “He was a prophet, powerful in word and deed before God and all the people. ²⁰The chief priests and our rulers handed him over to be sentenced to death, and they crucified him; ²¹but we had hoped that he was the one who was going to redeem Israel. And what is more, it is the third day since all this took place. ²²In addition, some of our women amazed us. They went to the tomb early this morning ²³but didn’t find his body. They came and told us that they had seen a vision of angels, who said he was alive. ²⁴Then some of our companions went to the tomb and found it just as the women had said, but they did not see Jesus.”

²⁵He said to them, “How foolish you are, and how slow to believe all that the prophets have spoken! ²⁶Did not the Messiah have to suffer these things and then enter his glory?” ²⁷And beginning with Moses and all the Prophets, he explained to them what was said in all the Scriptures concerning himself.

²⁸As they approached the village to which they were going, Jesus continued on as if he were going farther. ²⁹But they urged him