

The Parish Church of St Luke

A member of

The Central Hartlepool Group of Churches

THE MAGAZINE

June 2021



95

**Rose
'Queen
Elizabeth'**

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ST LUKE'S PARISH CHURCH

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stlukeshartlepool

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Weddings or Funerals, please contact:

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Julia Taylor

enquiries@stlukeschurch.plus.com

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Monday 2.30—6.00

Wednesday 10.00—4.00

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JUNE 2021

We look forward to welcoming everyone.

During Social Isolation due to COVID19 we are observing all hygiene regulations as set down by government and the Church of England at both the

9.15am Sunday Eucharist and 9.30am Wednesday Holy Communion services.

Please check our website for latest information.

If you do not have access to a computer we are producing a weekly news sheet and if you'd like to receive copies please leave your name and address on the answerphone.

If you require assistance or want to speak to a member of clergy or one of the Churchwardens, our contact details are above.

A further telephone number to ring if you need help.... Hartlepool Support Hub
01429 272905 (10am-4pm Mon-Fri and 10am-12noon Saturdays)

GROUPS, ACTIVITIES & ORGANISATIONS IN THE PARISH CENTRE

Please note that MOST groups are not meeting at present except *.

It is advisable to check with the group leader before attending.

MONDAY	Beavers and Cubs at Throston School	6.15pm - 7.45pm
	<i>Claire Craig</i>	<i>Tel: 420030</i>
TUESDAY	Art Class	1.00pm - 3.00pm
	<i>Pam Harding</i>	<i>Tel: 268270</i>
	29th Brownies	6.00pm - 7.30pm
	<i>Gillian Rogers 15 Grantham Ave</i>	<i>Tel: 234517</i>
WEDNESDAY	Beavers	6.00pm - 7.15pm
	<i>Louise Moriarty</i>	<i>Tel: 223640 Mob: 07807142755</i>
	Scouts	7.30pm—9.00pm
	<i>Nigel Shaw 49 Hayston Road</i>	<i>Tel: 280917</i>
	Mothers' Union (3rd Wednesday)	2.00pm - 3.30pm
	<i>Pam Harding 36 Welldeck Road</i>	<i>Tel: 268270</i>
THURSDAY	St Luke's 'Little Angels' *	9.30am - 11.15am
	<i>Briony Paterson</i>	<i>Mob: 07429 439577</i>
	Cubs (meeting at West Park School)	6.00pm - 7.30pm
	<i>Mark Anderson</i>	<i>Mob: 07889 177547</i>

Boys Brigade is suspended. A new Captain needs to be recruited. Please contact Richard Cambridge 01429 280860 if interested.

CELL GROUP CONTACTS—meetings suspended except * on Zoom

Andrew McAllister	293623 *
Julia Taylor	271194

CHURCH CONTACTS

Sunday Children's Club	<i>Evelyn McAllister</i>	<i>Tel: 409858</i>
Ways & Means	<i>Pauline Shaw 5 Bankston Close</i>	<i>Tel: 298475</i>
Sewing Party	<i>Maggie Hammond</i>	<i>Tel: 872066</i>

BE STILL AND KNOW THAT I AM GOD

For many of us, the gradual easing of lockdown brings much longed-for opportunities to see friends, play sports, resume contact with family or get back to work that we value. But for many of, even the happy, much anticipated changes and re-adjustment can be difficult for our mental health. So, let's be gentle with ourselves and with each other, allowing ourselves and others to find their own pace as we re-emerge into life after lockdown.

For many others the prospect of coming out of lockdown when debate is still live about the science supporting it can be a real worry. This may especially apply to those more vulnerable to the virus and those of us with mental health concerns. This is a time to lean into each other and into God, to hold each other both in prayer and in practical ways.

What are the mental health challenges, and what can we do?

We should be prepared for the fact that the end of lockdown might be as hard for us as the start was. Just as it took us time to find ways of coping during lockdown, we should also expect that it will take time to find our way back, and to fully reconnect with life. Things may not be the same as they were before. Many have lost loved ones, jobs, homes, confidence, a sense of purpose, the list goes on. It is a vulnerable season for many of us and a time for us to really remember Jesus' command to *love each other as he loves us*.

We need to be proactive in forging out our routines, staying connected, eating well, and taking exercise just as much now as we did at the start of lockdown. I would argue even more so as we remain in a period of high stress but with more demands on us. Because our situations are unique to us, it is vital to try not to compare or judge ourselves harshly based on what other people are doing. Every one of us is facing some uncertainty and challenge – and we have no choice but to move through it as best we can in God's hands and with our own coping mechanisms.

Fear and anxiety are possibly the most common emotional responses any of us will feel as we approach the ending of lockdown. Getting ourselves through it and the many challenges that brought took a lot of our mental and emotional energy. We may have found a place where we could cope, strategies that helped us to survive and that we don't want to leave behind just yet.

That's okay and an absolutely normal response, we just need to take it slowly and ask for help if it feels more than we can bare. Talk to people you trust – it's important to talk about how you feel. Don't dismiss your concerns or judge yourself too harshly. Vulnerability isn't something to be ashamed of, it's something to share with others who love and care for us. When we're real with our vulnerabilities it gives others the space to do the same.

It's important to acknowledge that these feelings are reasonable, and to expect them. It's only by building up tolerance gently that we can move through these fears; always remembering that in our weakness He who calls us is strong. Reciting **2 Timothy 1:7** quietly to myself is really helping to restore my peace during these uncertain times. It reminds me that our beautiful God is a God of Hope and tells us,

***'For he has not given us a spirit of fear, but of power and of love and of a sound mind.'* NKJV**

If possible, take things at your own speed – but try to challenge yourself to try something different each day or at least every couple of days. Build up tolerance and don't beat yourself up if it doesn't go well but keep at it. It's very easy to allow the seclusion that was necessary in lockdown to become deliberate isolation as lockdown ends. Don't forget to celebrate small wins (and big wins) and try and keep a note of what you are achieving. That way on the harder days you have a written reminder of how far you've come and how well you're doing.

Remind yourself of things that are still certain and bring them back into focus – whilst a lot of things are uncertain at the moment, there are also things to be hopeful about. Keep a gratitude journal and try to record and appreciate good things as they happen. Don't forget to take opportunities to reset and relax.

Control what can be controlled – there are a lot of things we can't control that cause us fear and anxiety – but there are some things we can manage or plan for. Having an action plan for managing things we might find difficult can help.

We need to pace ourselves – recognising that we need to go at the right pace for us is important. Don't let others, or situations, push or pressure you into doing things you don't want to. That said, try not to let that be an excuse not to push yourself at all. This is especially true when it comes to reconnecting with family and friends safely.

It can be hard to let others move forward without you – maybe your partner or child wants to see friends or needs to return to work, but you can't. It's important to discuss concerns with those close to you, but also to allow other people space to move at their own tempo. Most importantly remind yourself and others, often, that we are not alone and that we are loved more than we could ever imagine by our beautiful Father God and that He remains the same yesterday, today and always.

Revd Michelle

PLANT SALE

Our first fundraising event to be held at St Luke's since March 2020 took place on 22nd May.



It did not take place as usual, but in the church car park, with no entrance fee, no cake stall, nor raffle and tombola. We could not advertise as thoroughly due to the libraries still being closed and no 'What's on' in the Hartlepool Mail.

Despite all this, we had a very successful morning. People regularly arrived, buying lots of plants. We saw people whom we had not seen for over a year. It was lovely to see everyone. We were very grateful for all the plants that were given and to everyone who helped on the day. In the end, we made £268.45

I still have bedding plants, perennials and shrubs for sale. If you would like any of these, please call me on 298475.

Pauline Shaw

'COMMUNITIES OF HOPE: VOLUNTEERING OPPORTUNITIES



Please find below a list of some of our activities, which we'd love to invite you to volunteer with!

HOMELESS OUTREACH (around the town centre) Fridays 2.30 – 4pm. This person must have an evangelistic heart as we pray with everyone we meet, and this ministry is very much about sharing the hope of Christ with people. Contact Jo.

POP-UP CAFÉ (outside St. Matthew's Community Centre) Fridays 10-12pm. We need volunteers who are happy to engage with the Burn Valley community, people who like to have a chat, especially about Jesus!! We'd also appreciate any offers of baking (cakes/brownies/cookies etc.) Contact Jo.

PRAYER SPACES IN SCHOOLS (differing primary schools in the parishes) Usually Wednesday afternoons/Monday mornings. This is creative prayer with 5-11 year olds, both indoors and out, it's super fun and rewarding. Volunteers would need to consent to a DBS check taking place. Contact Jess.

EMOTIONAL LITERACY SESSIONS IN SCHOOLS (differing primary schools in the parishes) Days/times during which we go into school will vary depending on their availability. We use a secular emotional literacy programme but deliver this alongside the introduction of prayer as a coping mechanism and to help build resilience. Volunteers in this setting would need to be confident in a classroom environment and consent to a DBS check taking place. Contact Jess.



HOPE CAFÉ, BREAKFAST CLUB (The Blacksmiths Arms, Stranton) Wednesdays 9-10.30am. This is a post-school run free breakfast club for parents/carers/individuals. We'd like volunteers who can help on a practical level, serving food/drinks, but also in a relational sense, building relationships with

those who attend. Contact Jess.

OPEN SKIES FOREST CHURCH (St. Aidan's Primary School nature garden) Last Sunday of every month, 3pm. We would like volunteers to help with welcoming, leading/reading, manning prayer stations, general helping with setting up tidying away. Our first Forest Church session will be on 30th May and monthly thereafter. Contact Jess.



Equally, we'd love to see you just turn up and say hi/eat yummy food at either the Pop-up café or Breakfast Club or join us in worship at Open Skies Forest church. As always, our strength and success in any of these activities comes only from God, so can we could ask for your continued prayers in all of this.'

*Jessica Monopoli
Children & Families Worker
Communities of Hope Hartlepool*

Tel: Jess: 07597308751, Jo: 07597308748

FROM THE EDITOR

Thank you for all your contributions to the latest edition of The Magazine.

On a personal level, I have had a rather stressful time recently, due to the deterioration in my mum's mobility. Could I thank you for all your kind words, good wishes and prayers? She now seems to be settling in to a new home, where she will be much safer with round the clock care.

The next edition, will be the two-month one for the summer months of July and August. I would be grateful to receive your contributions by Sunday 20th June.

Stay safe!

Many thanks, Nigel

Post : 49 Hayston Road, Hartlepool, TS26 0PU

Telephone : 280917

Email : nigel.shaw@ntlworld.com

GOING FURTHER AFIELD

After months of going out on foot from our doorstep into the countryside, from April 17th we could venture further afield. There are so many beautiful places to visit and, with the onset of spring, it was perfect.

One of our favourite walks is from Osmotherley. We parked our car in the village, setting off to Cod Beck, walking along the top of it, crossing the stream and continuing along the Cleveland Way above Mount Grace Priory and back to the village.

If you really want a challenging walk, there is always Roseberry Topping with its spectacular views as well as the wood, now full of bluebells.



Nearer to home, there is a walk from Greatham following the river and railway line. We saw a pair of yellowhammers in the hedgerow and spotted the first swallow. There is always the Castle Eden Walkway, starting at Thorpe Thewles, diving into Thorpe Wood where the sunlight is passing through the small leaves onto the woodland floor, which is full of wood anemones and bluebells. Two miles on, there is Tilery Wood to visit.

Another place for spectacular views is along the Cleveland Way above Carlton in Cleveland.

Our countryside is at its best at present- I would strongly recommend it to everyone.

Pauline Shaw

ANNUAL MEETINGS 23 MAY 2021

RESULTS OF ELECTIONS:

At the Annual Meeting of Parishioners, Ms Christine Amjad-Ali and Mr Rob Darling were elected as Churchwardens (see page 3 for contact details).

At the Annual Parochial Church Meeting the following were elected onto St Luke's Parochial Church Council:

David Errington
Margaret Hammond
Pamela Harding
Brenda Kloed
Evelyn McAllister
Stephen McAllister
Joan Nixon



Deanery Synod Representatives (elected in 2020) are Julia Taylor and Rob Darling.

Revd Norman Shave chaired the meeting and thanked all on the PCC both over the past year and to those joining this year. Particularly, Andrew McAllister is stepping down as Lay Chair and was thanked for his service over the last five years and received a gift of Vouchers. The period has encompassed a number of challenges, including the Pandemic and the repairs needed to the windows. Similarly Julia Taylor, as retiring Churchwarden, was presented with a card and a potted orchid.

"Trust in the Lord with all your heart, and do not rely on your own insight. In all your ways acknowledge him, and he will make straight your paths".

Proverbs 3:5-6, NIV



June
2021

June brings us the 95th 'official birthday' of Her Majesty the Queen, and we send her all our good wishes.

From The Registers

DEPARTED

To God with our love:

4th May 2021

Jean Picton

St Luke's walked 500 miles... And then we walked 500 more!

Throughout the month of April, we set ourselves the challenge of walking 500 miles together (apart) and raising £100 for church funds. Not only did we reach our goal, but we more than doubled our target miles and raised six times our fundraising target!

Owing to the enthusiasm and generosity of St Luke's, as well as family and friends, we clocked an impressive **1,458 miles** and raised a massive **£685.42**.



A huge thank you to everyone who got behind this challenge, put the miles in and donated to the cause. Not only did we raise hundreds of pounds, but we got out into nature and got fit in the process. We are astounded by your incredible effort, well done!

Anne Greason

FROM MOTHER GEMMA

Dear friends,

I am writing this at the end of the first week of the latest easing of lockdown restrictions; my family have been to visit, we have eaten in a restaurant, had a drink *inside* a pub and have been shopping for absolute non-essentials! I can't deny that some of this freedom is really wonderful and very, very welcome. Hugging friends and family who we've not seen for a year or more is pretty special, isn't it, and many of us have had both of our vaccines and the light at the end of a very long tunnel is beginning to shine more brightly. But I also can't help but feel that some aspects of this new phase is anxiety-inducing, and not all that welcome...



And this new easing of restrictions has got me thinking about a few things.

Firstly, in this past year or more, we have all been through a real lot – a lot of big feelings and huge changes and massive amounts of upheaval and adapting – and the cost of that is yet to be fully known...and we haven't finished counting that cost yet, not by a long way. So, we must continue to be gentle with ourselves and each other.

Secondly, there are some things we will be glad to see the back of (I can't wait for the day when I no longer have to withhold the cup at the mass, or can get rid of masks so my glasses don't steam up so annoyingly). But, inevitably, there are also some things we will miss, and it might be important to keep hold of some of those things. For some of us, that hour of daily exercise was a saving grace, and one we would do well to keep. Perhaps we spent more time chatting with family and friends on the phone, or restarted letter writing, or slowed down a bit or took up a new hobby or were grateful for our gardens or whatever it was for you. Either way, any act of gratitude that might have sprung up in a pandemic is a good one to keep hold of. And, we must continue to be gentle with ourselves and each other.

The other thing I am realising is that priorities and perspectives have changed. Things that once felt important no longer seem that way. Before lockdown I had 3 'weddings' planned, in order to accommodate all people in all places. Now, I simply long to hold Craig's hand. That's quite a shift! I guess the main thing really does become the main thing, when push comes to shove. And, we must continue to be gentle with ourselves and each other.

But, above all this, God has continued to be faithful and constant and good. Our Creator has continued to create and recreate and redeem and hold. We have been floored, but God has continued to soar. We have been fearful and locked down, and God has continued to be victorious and free and ruler of all. And we cannot lose, or fail, or fall, if we keep our eyes fixed on God. There have been so many unknowns, so much loneliness, endless days and uncertainty, but God remains. And, we must continue to be gentle with ourselves and each other. Just as our Lord is with us.

So, take heart, friends. God has got us. We are not forgotten.

Keep hold of that which is good. Give up that which has hurt or is bad.

And, continue to be gentle with yourself, and each other.

CONFLICT IN ISRAEL AND PALESTINE

FROM BISHOP PAUL

I'm sure that, like me, the current situation in Israel/Palestine is very much in your minds, on your hearts and in your prayers. I write to share with you a recent statement by the Most Revd Hosam Naoum, the Anglican Archbishop in Jerusalem. It includes an appeal for the Al Ahli Hospital in Gaza and a prayer to use in our parishes and chaplaincies:

'Over the past week, we have seen the rapid escalation of violence throughout the Holy Land: in the air attacks launched against Gaza and Central Israel, in the rioting between extremists in ethnically mixed cities, and in the continuing conflicts between protesters and police over the pending evictions in the Sheikh Jarrah neighbourhood, of which Saint George's Cathedral is a part. It is particularly disheartening that this violence erupted out of police disrespect of Muslim sacred sites and traditions in Jerusalem during the various religious feasts.

'We know from sad experience that violence and hatred will never lead to solutions to the deep ethnic and religious divisions that have afflicted this region now for a century. We therefore call upon the authorities on both sides to agree to an immediate ceasefire in the Gaza conflict in order to end the rain of death and destruction that has had tragic consequences for thousands of individuals and families.

'We also call on Israeli authorities to restore order and calm within the ethnically mixed cities where rioting has broken out, so that the human and civil rights of all are protected equally.

Finally, we call upon the United Nations and the international community to work with all parties to seriously address the underlying injustices and grievances that have led to this latest unrest in a recurring cycle of violence, working for a just and lasting peace between Palestinians and Israelis that incorporates a viable Two-State Solution.

'In the meantime, the Episcopal Diocese of Jerusalem is continuing its Christian mission of bringing healing to the wounded, relief to those who have lost their homes and livelihoods, and comfort to those who mourn the loss of loved ones. Al Ahli Hospital in Gaza has been on the frontlines of these relief efforts, becoming a beacon of hope to those trying to remain alive under such dire circumstances.



'But they are overwhelmed and in desperate need of upwards of 1.6 million USD to obtain fuel for hospital generators, and to purchase emergency medicine and medical supplies so that the doctors and nurses who are working around the clock can meet the crushing flow of injured and traumatized victims in this conflict.

'I therefore issue an appeal to our international partners and all people of goodwill to

support this humanitarian mission through their generous contributions to Al Ahli Hospital, enabling them to show forth the compassionate love of Christ in real and tangible ways in these desperate circumstances.

'Last of all, I ask those within the Anglican Communion and all of Christendom to join with us in offering the following prayer:

Almighty and Everlasting God:

Our days are in your hands; we lift up all those in the Holy Land who are victims of violence and injustice, that you might empower your Church to bring healing to the wounded, relief to the suffering, and comfort to those who mourn; we pray also that you would soften the hearts of all those involved in the recent conflicts, that they would be led to work for justice and lasting peace in the land where your Son, our Lord Jesus Christ first came to bring hope and abundant life to all people; these things we ask in his Holy Name. Amen.'

Donations to the Al Ahli Hospital can be made via The Jerusalem and the Middle East Church Association: Al Ahli Hospital Appeal 2021 | jmeca.org.uk

HALLELUJAH OVERDRIVE

You all know how I go on about Jehovah Jira working in my life. God is in charge of all the little details as well as the big mind blowing stuff. I have to be very careful not to take His provision for me for granted. O.K. what did my God provide me with this time:-

I am making a multi coloured stripy throw-over out of scraps of wool that have been left over from bigger projects and being kept to make Trauma Teddies. It is amazing how far a tiny scrap of wool can go when crocheting my little bobbles of wool stretched to a full line over 51 inches. I do a little bit each night after six o'clock.

One night I came to the end of a row and was five or six loops short. How frustrating is that? No more wool that colour. I tipped out all the scraps I had onto the floor and sorted through them. Nothing remotely like the colour I needed.....

Thinking I had to pull the whole line back and start again with another colour... I found myself automatically talking to God... not a proper prayer but just mythering on, on over and over... I just need a little bit more please (I didn't even say his name...I then looked in the box of bits that are not big enough for anything I keep (just in case i think of something).

And yes Hallelujah over drive in praise and thank-yous. A tiny little end of a chain made for something else many moons ago and forgotten... it filled the five/six loops perfectly and left a little bit for fastening off.

One very happy Bunny. Thank you Lord and thank you for the fantastic thunderstorm and rainbow yesterday.

Love, keep safe, Margaret Hughes

Bible Bite

A short story from the Bible

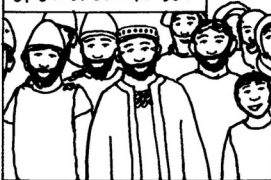
It can be read in the Bible in
2 Sam 6: 1-10, 2 Chron 13, 15:1-28

Copies of God's Laws for the Jews were kept in a special holy chest - the Ark. It had been stored at Keriath Jearim for 20 years...

When King David made Jerusalem his capital, he decided to bring the Ark there.



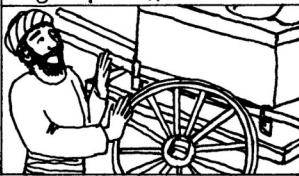
David brought his soldiers and a huge crowd came too



They put the Ark on a new cart and set off down the hill.



The oxen stumbled, and Uzzah thought the Ark might fall off the cart.



He forgot the Ark was holy and held on to it.



David was very angry with God that Uzzah had died



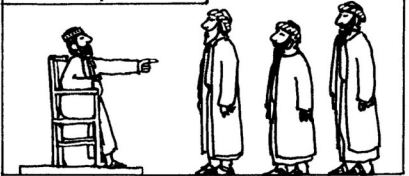
So he left the Ark stored at the house of Obed Edom.



David realised that they had not treated God's Ark with respect.



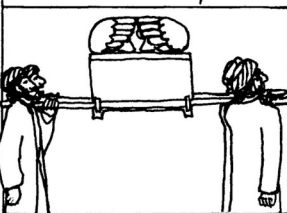
He talked to the Levites, the tribe that God had chosen to be His priests.



They organised musicians and trumpeters, and people to carry the Ark.



God's holy Ark was treated with respect.



Everyone cheered and sang as the Ark was carried into Jerusalem.



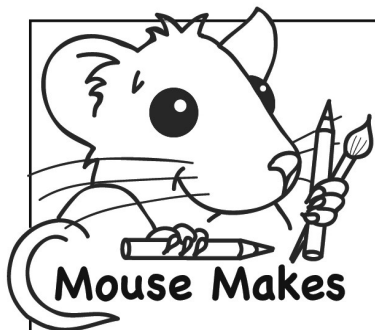
BIBLE BITES WORDSEARCH

h	j	f	j	c	e	s	c	g	m	q	c
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l	z	l	r	e	r	u	r	n	s	s	o
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p	s	o	l	d	i	e	r	s	a	b	p
i	h	k	e	h	s	d	i	g	n	e	e
t	r	u	m	p	e	t	e	r	s	d	j
a	f	r	a	i	d	a	v	i	d	h	o
l	e	v	i	t	e	s	t	o	r	e	d
r	e	s	p	e	c	t	l	a	w	s	b

capital
cheered
tribe
Jerusalem
crowd
laws
holy
angry

Levites
hill
soldiers
Ark
respect
stored
cart
organised

Uzzah
Obed
fall
trumpeters
stumbled
David
afraid
musicians



JESUS HEALS

Who was the first person
Jesus healed?

John 4:46-54

Who did Jesus heal
from fever?

Mark 1:29-31

How was the the
paralysed man
brought to Jesus?

Mark 2:1-12

Jesus **healed** and
made the...

SICK	ABLE
DEAD	WALK
BLIND	FORGIVEN
DEAF	ALIVE
CRIPPLED	SPEAK
SINNER	MOVE
MUTE	SEE
PARALYSED	WELL
DISABLED	HEAR



Where did the
demons ask Jesus
to send them
when he drove
them out?

Mark 5:1-20

How long had
the man by
the pool been
disabled?

John 5:1-15

What did Jesus say made
the woman well?

Matthew 9: 20-22

How many men were
healed from leprosy?

Luke 17:11-19

What did Jesus heal
Bartemaus from?

Mark 10:46-52

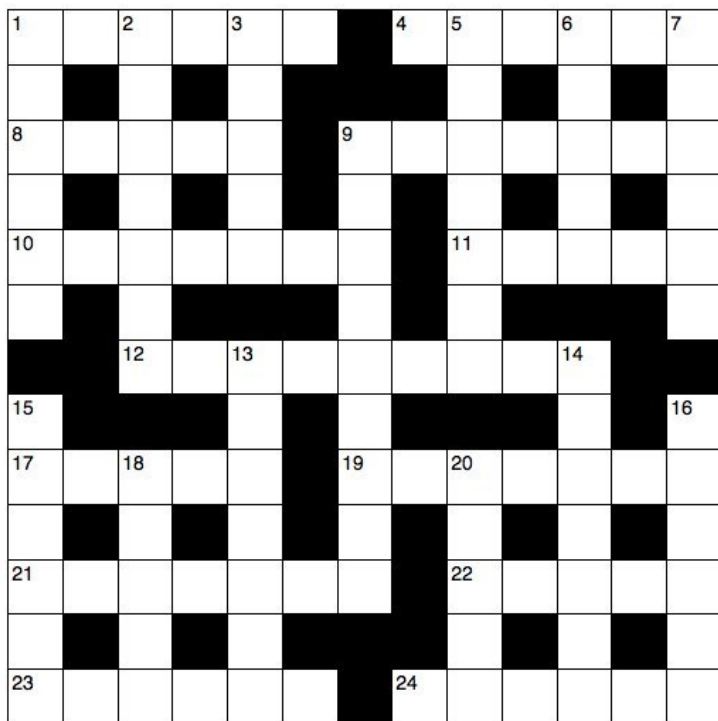
Jesus raised Lazarus from the dead,
how many days had he been buried?

John 11:1-45



CROSSWORD

ANSWERS ON PAGE
18



ACROSS

1 Military tactic used by Joshua to attack and destroy the city of Ai (Joshua 8:2) (6); **4** Place of learning (6); **8** 'When Moses' hands grew — , they took a stone and put it under him and he sat on it' (Exodus 17:12) (5); **9** Unpleasant auguries of the end of the age, as forecast by Jesus (Matthew 24:7) (7); **10** Stronghold to which girls in King Xerxes' harem (including Esther) were taken (Esther 2:8) (7); **11** Where Saul went to consult a medium before fighting the Philistines (1 Samuel 28:7) (5); **12** Propitiation (Hebrews 2:17) (9); **17** Turn away (Jeremiah 11:15) (5); **19** So clear (anag.) (7); **21** 'I have just got — , so I can't come': one excuse to be absent from the great banquet (Luke 14:20) (7); **22** Long weapon with a pointed head used by horsemen (Job 39:23) (5); **23** Musical beat (6); **24** What the Israelites were told to use to daub blood on their door-frames at the first Passover (Exodus 12:22) (6)

DOWN

1 Fasten (Exodus 28:37) (6); **2** Art bite (anag.) (7); **3** 'The people of the city were divided; some — with the Jews, others with the apostles' (Acts 14:4) (5); **5** Contend (Jeremiah 12:5) (7); **6** Possessed (Job 1:3) (5); **7** Sheen (Lamentations 4:1) (6); **9** 'You love evil rather than good, — rather than speaking the truth' (Psalm 52:3) (9); **13** Large flightless bird (Job 39:13) (7); **14** They were worth several hundred pounds each (Matthew 25:15) (7); **15** 'A — went out to sow his seed' (Matthew 13:3) (6); **16** How Jesus described Jairus's daughter when he went into the room where she lay (Mark 5:39) (6); **18** The part of the day when the women went to the tomb on the first Easter morning (John 20:1) (5); **20** Narrow passageway between buildings (Luke 14:21) (5)

SERVICES IN CHURCH AND ONLINE

St Luke's church is now open for regular weekly services at 9:15am on Sundays and 9:30am on Wednesdays. Our partner churches in the Central group are also open for services. For those who prefer to join us on line we will continue to stream the services marked with a *.

Please note that during the pandemic all Covid restrictions remain in place for worship in Church. Please check with the weekly notices or the Facebook page in case there are any changes to the schedules.

COME
Worship
WITH US

Sunday services

9.00am	Holy Communion (Stranton)*
9.15am	Parish Eucharist (St Luke's)
10.45 am	Mass (St Aidan's)*
11.00am	Morning Worship or Communion (Stranton)*

Wednesday

9.30am	Holy Communion (St Luke's)*
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Mid-week online streamed services

Please check with the weekly notices, Facebook page or website for any changes to timings.

Mother Gemma will stream Mass at 9.15am from St Aidan's each morning on Monday, Tuesday, Thursday and Saturday.

Communities of Hope will continue to stream an afternoon reflection at 3.00pm on Tuesdays.

In April, Michelle began a weekly afternoon reflection on Thursdays at 3.00pm

If you would like to access a night prayer **Lectio 365 have introduced a daily night prayer** accessible by down loading the app. The Church of England has also introduced an audio version of Morning Prayer.

Zoom Morning Prayer at 8.30am Monday to Friday. Contact Revd Norman for details.

CROSSWORD ANSWERS

ACROSS: 1, Ambush. 4, School. 8, Tired. 9, Famines. 10, Citadel. 11, Endor. 12, Atonement. 17, Avert. 19, Oracles. 21, Married. 22, Lance. 23, Rhythm. 24, Hyssop.

DOWN: 1, Attach. 2, Biretta. 3, Sided. 5, Compete. 6, Owned. 7, Lustre. 9, Falsehood. 13, Ostrich. 14, Talents. 15, Farmer. 16, Asleep. 18, Early. 20, Alley.

For Children & Young People

SUNDAY CHILDREN'S CLUB

During the 9.15am Parish Eucharist (except 2nd Sundays) **closed during the Coronavirus outbreak.** We'll be back as soon as we are able.



LITTLE ANGELS

For the under 5s with their parents, grandparents or carers.



**Thursdays
9.30am to 11.15am**

Contact :

Briony Paterson - 07429 439577

For other activities, please see Page 4

Mothers' UNION
Christian care for families

St Luke's Mothers' Union meets at 2pm on the 3rd Wednesday of each month.

Suspended until further notice.

Contact Pam Harding 268270

Make the gift of a lifetime

Making a new will or revising your existing one? Have you thought about including St Luke's?

In the past church members, and those who want to see the mission and ministry of their local church flourish, have designated specific amounts from their estate to St Luke's. It doesn't have to be much and you could choose to specify a certain percentage of your estate. In this way your gift would retain its value. Whether you give £200, £2,000 or much more, your gift will help to support St Luke's into the future.

WEDDINGS AT ST LUKE'S

There is nothing as special as a church wedding. The 2021 cost of £659, includes all Banns and Fees to Church and Organist.

Contact office for bookings.

Tel: 01429 281122



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