

# St. Luke's & St. John's

## Praising God in Devon

Dearest friends,

This week sees the start of our pre-advent course - Holy Habits.

It's a four part course designed to help us understand the habits that we have picked up over the years and also to suggest some new habits that may help deepen your faith, or at least open some new questions in your mind.

The course is split into four evenings. The first evening concentrates on identifying what a Holy Habit is - and we start with the most obvious - crossing ourselves.

At both St. John's and St. Luke's we cross ourselves at various parts of the liturgy. Some of us cross ourselves as we enter church using holy water from the stoup. But why? What does that simple action teach us about our faith? How can this simple action form a bond between all Christians?

What about kneeling? Why do we do it? What are the 'appropriate' stances for prayer? Why do we stand at the Lord's Prayer, why do we kneel at certain parts of the Eucharistic liturgy, why do we bow for two lines during the creed? Why does Father Matthew

insist we stand for the post communion prayer!?

These physical actions are not contained to church. When we pray we often close our eyes? Why do we do that? Where does the idea that in order to pray we must close our eyes come from? Is it because we were told in primary school that in order to pray we place our hands together and close our eyes? If so, why were we taught that and why do we continue to close our eyes but have stopped putting our hands together?

We'll explore the daily physical rituals that Christians around the world use to centre themselves in Jesus.

Moment by moment, hour by hour, day by day, there are habits that constantly pull us back to Jesus - tiny threads that tug us in his direction - gently and almost invisibly - so invisibly that many of us have forgotten why we do them.

If you've not signed up to come to the course yet I urge you to consider it. Four Thursday evenings could really help you

understand your relationship with God that little bit more and what you can introduce to your life that will have a huge impact on your faith.

We start at 7pm in St. Luke's Church Hall. There's lots of parking, it will be lovely and warm, and there'll be tea, coffee, and perhaps cake. Lifts are available for all those coming from St. John's. Please speak to Mark and Gill.

Fr. Matthew

## Notices

### Remembrance Services

In a slight change to previous years there will be a remembrance service in both parishes on the 10<sup>th</sup> November starting at 10:45am outside both churches.

**Christmas Fayre, St. Luke's**  
Donations of raffle prizes etc. are needed for the Christmas Fayre. Please contact Claire Baker with any questions.

**The Rev'd Dr. Chris Moore**  
On the 1st December we'll be joined by the Rev'd Dr. Chris Moore for an afternoon lecture on the Gospel of Mark. A time travellers guide to Mark will really open up the gospel in a new light. Refreshments will be served. 3pm, St. Luke's.

## Today

### Sunday 3<sup>rd</sup> November

#### 31<sup>st</sup> Sunday in Ordinary Time

9:15am - Sung Parish Mass, St. John's

11am - Sung Mass, St. Luke's

*Divine Office Psalter Week 3, 4 Before Advent, All Saints*

#### November

7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup> – Holy Habits [SL] 7pm

10<sup>th</sup> - Remembrance Service [SL & SJ] 10:45am  
Parish Lunch [SL]

16<sup>th</sup> - Table Top Sale [SJ] 10am-12pm

20<sup>th</sup> - Social Committee Meeting [SL] 6:30pm

30<sup>th</sup> - Advent Carols [SJ] 6pm

#### December

1<sup>st</sup> - A Time Travellers Guide to Mark [SL] 3pm

7<sup>th</sup> - Christmas Fayre [SL]

8<sup>th</sup> - Mayor's Civic Service [SL] 3pm

11<sup>th</sup> - Over 60s Christmas Concert [SJ] 2pm

15<sup>th</sup> - December Parish Lunch [SL]

19<sup>th</sup> - Cantemos Carol Concert [SJ] 7pm

22<sup>nd</sup> - Christmas Carols [SL] 4m

Nine Lessons and Carols [SJ] 7pm

24<sup>th</sup> - Live Nativity [SL] 4pm

1<sup>st</sup> Mass of Christmas [SJ] 8pm

Midnight Mass [SL] 11:30pm

25<sup>th</sup> - Christmas Day Mass [SL & SJ] 10am

29<sup>th</sup> - Joint Mass at St. John's 10am with dedication of Holy Family Chapel

Christingle Services at both churches TBC

### Father Matthew Cashmore

father@slsj.co.uk

07555 924862

### Churchwardens

[SJ] Mark Richards (01626) 830063

[SL] Mr Robert (Bob) Julian 07487 653854

[SL] Mr Michael (Mick) Regan (01626) 366559

### Associate Clergy

Fr Christopher Robins, Fr Robin Eastoe SSC

Fr Alan White and Deacon David Rogers

Licensed Lay Minister: Mr Graham Whittle

(01626) 212339

## The week ahead:

### Monday 4<sup>th</sup> November

Saint Charles Borromeo, Bishop

[prayers offered at home, Fr. Matthew's rest day]

*Prayer focus: Our Clergy*

### Tuesday 5<sup>th</sup> November

Tuesday of week 31 in Ordinary Time

9:30am - Morning Prayer [SJ]

10am - Mass [SJ] Followed by Coffee & Cake.

*Prayer focus: The Parish of St. Luke's*

### Wednesday 6<sup>th</sup> November

Wednesday of week 31 in Ordinary Time

10am - Said Mass [SL] Followed by Coffee & Cake.

*Prayer focus: The Parish of St. John's*

### Thursday 7<sup>th</sup> November

Saint Willibrord, Bishop and Missionary

9:30am - Morning Prayer [SJ]

10am - Mass for the dead [SJ]

7pm - Holy Habits Course, St. Luke's Church Hall

*Prayer focus: Persecuted Christians*

### Friday 8<sup>th</sup> November

Friday of week 31 in Ordinary Time

10am - Said Mass for All Saints

*Prayer focus: The Society of St. Wilfrid & St. Hilda*

### Saturday 9<sup>th</sup> November

*Saturday memorial of the Blessed Virgin Mary*

[Prayers offered at home]

*Prayer focus: +Paul and +Mike*

### Sunday 10<sup>th</sup> November

#### 32<sup>nd</sup> Sunday in Ordinary Time

10:45am - Sung Parish Mass, St. John's

10:45am - Sung Mass, St. Luke's

Parish Lunch at St. Luke's

*Divine Office Psalter Week 4, 3 Before Advent*

## Please pray for:

Viv and Linda, Rosemary, Diana, Phil and Jean, Alan, Sophie, Bill, Marilyn, Roy, Anne-Marie, Mandy, Simon, Liz, Melville and Jean, David, Hannah, Kathryn, Bob, Edna, Kerry & Family.

## ...and the souls of:

Joan, Michael, Carol, Janet, William Storr, Christine Jones, and all those listed in the Lady Chapel of St. Luke's.