

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

## Praising God in Devon

Dearest friends,

I'm very much looking forward to our Holy Habits course this Thursday.

Last week I told you about the first week - bodily prayer, why we cross ourselves, and why that's important.

Next week (14<sup>th</sup>) we'll be talking about Gratitude. Gratitude is a tough old habit, but it is a habit we learn.

It's important that we don't confuse gratitude with joy, or happiness - or indeed happiness with joy! No, gratitude is a spiritual discipline that has deep roots in scripture and in various Christian traditions.

There are ways that we can pray, we can act, that encourage us to think in positive ways. That help us see the gifts of God around us.

We often end up training ourselves to be negative, but with a little effort we can create a new habit of Gratitude.

Gratitude is more than a mental exercise, more than a formula of words. We cannot be satisfied to make a mental note of things which God has done for us and then perfunctorily thank Him for

favours received. To be grateful is to recognize the love of God in everything He has given us - and He has given us everything.

Every breath we draw is a gift of His love, every moment of existence is grace, for it brings with us immense graces from Him.

Gratitude therefore takes nothing for granted, is never unresponsive, is constantly awakening to new wonder, and to praise of the goodness of God.

The grateful person knows that God is good, not by hearsay but by experience. And that is what makes all the difference... Gratitude is therefore the heart of the Christian life.

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.

#### Lions Message Tubes

Did you know that the Lions have created

something called 'Message in a bottle'? It's a super scheme designed to help those who are vulnerable - it contains notes that paramedics or other emergency services may need if they visit your home. The kit comes with stickers, the 'bottle', and some notes. You can get them in both churches. Thanks so much to Lyn for making these available to us.

#### No Parish Lunch This Sunday

There will be no parish lunch at St. Luke's on Sunday 10<sup>th</sup> November.

#### Table Top Sale

Don't forget the table top sale at Wickham Hall on Saturday 16<sup>th</sup>. There's always a great selection of goodies and it's a great opportunity for a coffee, cake, and natter.

#### 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 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

*Divine Office Psalter Week 4, 3 Before Advent*

#### 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

14<sup>th</sup> - St. John's PCC, 5pm, Wickham Hall

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

Basic Safeguarding Training, 11am, Wickham Hall

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

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

Further Safeguarding Training, 11am, Wickham Hall

#### December

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

4<sup>th</sup> - St. Luke's PCC, 7pm, Church Hall

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 11<sup>th</sup> November

Saint Martin of Tours, Bishop

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

*Prayer focus: Our Clergy*

### Tuesday 12<sup>th</sup> November

Saint Josaphat, Bishop, Martyr

9:30am - Morning Prayer [SJ]

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

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

### Wednesday 13<sup>th</sup> November

Wednesday of week 32 in Ordinary Time

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

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

### Thursday 14<sup>th</sup> November

Thursday of week 32 in Ordinary Time

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 15<sup>th</sup> November

Friday of week 21 in Ordinary Time

10am - Said Mass

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

### Saturday 16<sup>th</sup> November

St. Edmund of Abingdon, Bishop

[Prayers offered at home]

*Prayer focus: +Paul and +Mike*

### Sunday 17<sup>th</sup> November

#### 33<sup>rd</sup> Sunday in Ordinary Time

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

11am - Sung Parish Mass, St. Luke's

*Divine Office Psalter Week 1, 2 Before Advent*

## Please pray for:

Christopher, 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:

Carol, Janet, Colin Hooper, Maureen Fenn, Lillian Moore, and all those listed in the Lady Chapel of St. Luke's.