

Certainties



Dear Reader,

Welcome to the July issue of the St Luke's Church Magazine.

One of the certainties we have all experienced over the last 14 months is uncertainty itself. We seem to be coming out of the dark period of lockdown restrictions, but are we? Yes? Or is it no? Cautious optimism, still waiting for the latest data and figures before any further recommendations and decisions can be made. Those with decision making responsibility, being fired at from all sides for being simultaneously both too relaxed and too cautious. All of this is prolonging the agony for every organisation, company, public body, corporation, sole trader, family, and the list goes on.

As a musician I am acutely aware of the impact on those of us in the performing arts professions, whether in local venues or established theatres and concert halls. Any large-scale event relies on advanced planning and some certainty on what can and cannot be done. The travel industry and major national airlines have taken a huge hit. More profound has been the overwhelming effect on the health and lives of many of our loved ones, family members and friends.

Our NHS and all who work in it, have been tested to the limit. Many having lost their own lives. All of this due to a self-replicating organism or virus particle which measures, on average, 1 micron in diameter, or 0.001 of a millimetre....**the Covid Virus.**

Now that the vaccination programme has covered a sizeable swathe of our population, the scientists appear to have somewhat reduced the potency of this virus. One of our most earnest prayers over this period has been for the development and successful roll out of such vaccines.

Apologies if all of the above is simply a brief summary of what we already know and have heard droning daily through our radios, TV's and devices.

Looking forward however, we all sense that it is not simply a matter of coming back out of lockdown and all will be well again.

We have, I believe, a desire and need for a period of reflection; taking stock; being able to process what on earth has happened to us; how we rebuild our lives and communities after the devastating storms. For many there will be an opportunity to hold memorial services for loved ones, lost during the pandemic.

This is something we have yet been **unable** to do while the storm still rages and threats of new virus strains emerge.

God speaks through Isaiah 44: 10 the words:

'Though the mountains be shaken and the hills removed, yet my unfailing love for you will not be shaken'.

Again later in Isaiah 55: 6:

'seek the Lord while He may be found; call on Him while He is near.'

Many people have been seeking the Lord and calling on Him over this pandemic period. May I suggest, when restrictions are finally lifted, when we begin to take stock of the last 15 months, we take up this advice and **continue** to seek the Lord, *whose love for us cannot be shaken*. He can be found when we seek Him. He is available, call on Him while He is near.

Our questions may be *'Lord, what just happened to us?'* *'Lord, what on earth was that all about?'* *'We did not see this one coming, yet You foresee everything, how could You allow this Lord?'* Many times, we read these same questions in the Bible, from many people. Even Christ Himself, whilst nailed to the cross, cried out to His heavenly Father the question,

'My God, my God, why have You forsaken me?'

We aim to run another Alpha course this autumn, where many of these questions are addressed. I heartily recommend this ten-week course for all who have questions and a yearning for love, spiritual fulfilment and stability in this uncertain world.

In our home, for our morning prayers, we endeavour to read a Psalm a day, when we get to the final Psalm 150, we start again from Psalm 1. Our Psalm for the day today was Psalm 46,

*God is our refuge and strength,
an ever-present help in trouble.*

*Therefore, we will not fear, though the earth give way
and the mountains fall into the heart of the sea,
though its waters roar and foam
and the mountains quake with their surging.*

God's promise is certainty amidst uncertainty. Much of what we have relied on as 'robust' has collapsed, much like the 'earth giving way', or 'the mountains falling into the sea'.

God says He is:

'an ever-present help in trouble.'

Isaiah states:

'Seek the Lord while He may be found'

In our troubles He is 'an ever-present help'. He is available, near, call on Him while He is near. It is said that when disaster strikes, is when you really find out who your friends are. They are available. They are near.

Even more precious and valuable than the answers He gives to our questions, is His love,

*'Though the mountains be shaken and the hills removed,
yet my **unfailing** love for you will not be shaken*

Praying that you have a most blessed and restful summer break, with your loved ones,

Jeremy Cooke,
Music Director



Services for July 2021

July 2021			Theme
Sun 4th	10.30am	Morning Service	Preaching
<i>Trinity 5</i>	6.30pm	Evening Communion	<i>The Great I Am (Exodus 3:1-15 and John 8:54-58)</i>
Tue 6th	10.00am	Holy Communion	
Sun 11th	10.30am	Morning Service	Giving
<i>Trinity 6</i>	6.30pm	Evening Service	<i>I am...the bread of life (John 6:25-51)</i>
Tue 13th	10.00am	Service of the Word	
Sun 18th	10.30am	Morning Service	<i>Salt and Light</i>
<i>Trinity 7</i>	6.30pm	Evening Service	<i>Service of Reflection, lament and Hope*</i>
Tue 20th	10.00am	Holy Communion	
Sun 25th	10.30am	Family Communion	Where are the Timothys?
<i>Trinity 8</i>	6.30pm	Evening Service	<i>I am...the Light of the World (John 8:12-20)</i>
Tue 27th	10.00am	Holy Communion	

* - The service on the 18th in the evening is the potential date for the evening service of reflection, lament and hope (if we are confirmed to be released from Lockdown on the 19th). If this date is moved, this service will be swapped with the new date.

Services for August 2021

August 2021			Theme
Sun 1st	10.30am	Morning Service	<i>Lectionary</i>
<i>Trinity 9</i>	6.30pm	Evening Worship	<i>I am...the gate/door (John 10:1-10)</i>
Tue 3rd	10.00am	Holy Communion	
Sun 8th	10.30am	Family Communion	<i>Lectionary</i>
<i>Trinity 10</i>	6.30pm	Evening Service	<i>I am...the Good Shepherd (John 10:11-30)</i>
Tue 10th	10.00am	Holy Communion	

Services for August 2021 (cont.)

Sun 15th	10.30am	Morning Service	<i>Lectionary</i>
Trinity 11	6.30pm	Holy Communion	<i>I am...the Resurrection and the Life (John 11:1-27)</i>
Tue 17th	10.00am	Holy Communion	
Sun 22nd	10.30am	Family Communion	<i>Lectionary</i>
Trinity 12	6.30pm	Evening Service	<i>I am...the Way, the Truth and the Life (John 14:1-14)</i>
Tue 24th	10.00am	Holy Communion	
Sun 29th	10.30am	Morning Service	<i>Lectionary</i>
Trinity 13	6.30pm	Evening Communion	<i>I am...the True Vine (John 15:1-8)</i>
Tue 31st	10.00am	Holy Communion	

Services for September 2021

Sun 5th	10.30am	Morning Service	Visiting Preacher – Open Doors
Trinity 14	6.30pm	Evening Communion	<i>I am...the Alpha and Omega (Revelation 1:4-8 and 22:12-17)</i>
Tue 7th	10.00am	Holy Communion	
Sun 12th	10.30am	Family Communion	<i>Worship</i>
Trinity 15	6.30pm	Evening Service	<i>Worship</i>
Tue 14th	10.00am	Service of the Word	
Sun 19th	10.30am	Morning Service	Alpha Launch Sun/ “Try Church”? <i>Worship</i>
Trinity 16	6.30pm	Holy Communion	<i>Worship</i>
Tue 21st	10.00am	Holy Communion	
Sun 26th	10.30am	Family Communion	Life Group Sun? <i>Worship in fellowship</i>
Trinity 17	6.30pm	Evening Service	<i>Worship</i>
Tue 28th	10.00am	Service of the Word	

Gifts of the Spirit - evaluating my Gifts

(* Ephesians: 'Living in Christ' Study Book, [SEAN UK](#), pp60-61)

Using the scores given here:

- 3 Very true about me
- 2 Fairly true about me
- 1 A little true about me
- 0 Not true at all about me

for each of the following statements, write the score that best applies to you.
(Do not ponder each statement but write down your **first thought**.)

1	I enjoy presenting God's truth to others.	<input type="text"/>
2	I usually put other people's needs before my own.	<input type="text"/>
3	I love to explain a text in its context (the verses around it).	<input type="text"/>
4	I am able to speak encouragingly to troubled people.	<input type="text"/>
5	I can manage my money so that I can give generously to God.	<input type="text"/>
6	I find it easy to organise people and give them responsibility.	<input type="text"/>
7	I really share with other people in their joys and sorrows.	<input type="text"/>
8	I find I can persuade others to think of their response to God.	<input type="text"/>
9	I make people feel at home.	<input type="text"/>
10	I love to 'dig' into the Bible so that I have something to share.	<input type="text"/>
11	I am able to encourage others to grow spiritually.	<input type="text"/>
12	I cheerfully give money or things to further God's work.	<input type="text"/>
13	I am able to supervise others' work.	<input type="text"/>
14	I enjoy visiting those who are old or ill.	<input type="text"/>
15	I can give a message from God clearly, to church groups.	<input type="text"/>
16	I am happy to help others in the Lord's service, without wanting to lead.	<input type="text"/>
17	I can present truth and the meaning of words clearly.	<input type="text"/>
18	I am at my best when speaking to someone who is spiritually wounded.	<input type="text"/>
19	I have no problem in letting others use my belongings.	<input type="text"/>
20	I am able to plan for things easily, giving others the details they need.	<input type="text"/>

Youth Groups on Zoom

RISE	Thursdays 6.30pm
Rock Solid	Thursdays 7.45pm
Urban Saints	Saturdays 6.00pm
Altitude	Sundays 9.45am

Zoom available on request.

For Urban Saints contact Susan
For all other youth groups contact Neil

Urban Saints

Saturdays 6pm-7.30pm in Church
For ages 7-11

For more details chat to Bill or Susan Miller



Children's Sunday Groups
during 10.30am service.

For more information about children & families at St Luke's,
contact children@stlukeswatford.org

The Malawi Project: April 2021



It is now almost 10 years since St Luke's first links with Malawi were made and here is an opportunity to share with church members some background to the project, what has been achieved so far, some thoughts and experiences.

Background: Why Malawi? Why Malosa? In 2010, the Outreach Committee at St Lawrence Church Abbots Langley decided that, as part of their overseas charitable giving, they wanted to establish a long-term commitment to one area of need in the world rather than supporting a number of anonymous charities. The congregation as a whole voted to support St Luke's Hospital in Malosa and what started as a modest contribution to the hospital has now developed into a firm and lasting relationship with St Luke's Hospital and the community of Malosa, both for St Lawrence and St Luke's here in Watford.

What Projects have been undertaken? In partnership with St Lawrence Church, the first major project was to facilitate the building and equipping of a Maternity Unit at the Hospital's remote clinic at Nkasala. Since then, the Hospital has become one of our regular Mission Partners to which we have continued to give regular financial support. Other fundraising by the churches (managed by a team largely from St Lawrence) has enabled support for a variety of projects including: -

St. Luke's Hospital ... Refurbishing and decorating the Women's Ward and the Out Patients' Department including its reroofing; Repairing the hospital's autoclave; retooling the Hospital's maintenance department; building a placenta pit at Nkasala.

Hospital Nurseries ... There are over 20 of these under the jurisdiction of the hospital and basic equipment has been given including books, stationery, handmade alphabet and number hangings. Finance has been provided for the training of the nursery staff.

Malosa Secondary School (a state funded boarding school) the repair of the school's rice steamers, providing basic equipment such as textbooks, stationery, science equipment, and also desks and chairs.

What is the latest Project? The team had started to raise money to rebuild one of the Hospital's Under-fives Clinic and Nursery but the Hospital's Principal Administrator said that there is now an **urgent need for a safe water supply** at Mposa, one of the Hospital's outlying clinics. This will involve drilling a bore hole and installing a pump and will provide safe water for the clinic which serves upwards of 30,000 people. A grant for this work is in the course of being provided.

How are projects chosen? The projects that have been undertaken have always been in consultation with the Hospital's Principal Administrator or the School's Headteacher.

Once established these projects are run and maintained by local people, for example chicken and egg production directed by the Primary Health Care Co-ordinator, training of the maintenance staff in the Hospital's out lying clinics, the renewable sanitary-wear project and the Orphan Tailoring Training. Occasionally relief funding has been provided in times of crisis for example the time the Hospital's Primary Health Care Department's roof blew off in the hurricane and more recently during the Pandemic. The aim is that projects should enable improvement opportunities in the Hospital, School or local community.

Effect of the Pandemic? Malawi is one of the poorest nations on earth and however much we here in the UK are affected, the distress and hardship suffered by Malawians threatens their very existence. At a time when help is most needed, the team has sought to maintain support. So Malosa Secondary School has been supported during this time by helping to pay the school's support staff salaries, while the school has had to close and funding has been provided for Covid protective equipment for the students as it opens.

When will we visit? The first visit was in 2014 and the second in 2018, along with members from St Peter's Church in Watford and St Lawrence Church. A further visit this year was planned but that is now deferred. We **will** go again, but when will depend on the Covid situation both here and in Malawi.

Do we need to visit? Visiting is a fantastic opportunity to see how money for our projects is being used and to witness first hand what needs to be improved. As a result of visiting, relationships have developed based on mutual trust and respect and at the end of both of the trips one of the enduring messages from friends in Malosa was: please visit us again! There has also been an opportunity to share in Christian fellowship with many people whose joy in their faith is apparent despite having little materially.

In talks and articles about the trips, people here have been enabled to understand the lives and circumstances of those in poorer parts of the world and the response from people locally has been amazing. They have given generously through personal donations, supporting fund raising events, providing items for Ebay and car boot sales. One initiative has been to buy space on a container lorry and people have knitted and donated much needed items that have been sent to the Hospital and School. It has been an exciting coming together of people locally to support others in one of the poorest countries of the world.

Fundraising: Fundraising is continuing for the various projects that are being supported and there are many ways that you can get involved ... by making a personal donation, donating items to sell on Ebay, or at car boot sales and of course supporting events!!



So get out your diaries and put down the date of the next fundraiser

Motoring Meander along our local country lanes
.... Saturday 31st July

Wendy Meldrum (St Lawrence)

Paul Evans (St Lukes)



Supporting and advocating for persecuted Christians

You may remember reading the following at the start of the article that John Williamson wrote in our Easter magazine: -

**“More than 340 million Christians suffer high levels of
persecution and discrimination for their faith”**

This is a shocking fact from Open Doors, a charity supporting and advocating for persecuted Christians.

In September we are planning to have an ‘Open Doors’ event, with talks and prayers over the weekend **4th to 6th September.**

On Friday evening, Cameo will have a speaker talking about ‘Open Doors’ at their evening meeting. Saturday morning, Covid permitting, we are hoping to have a men’s breakfast, where again there will be a speaker talking about ‘Open Doors’. Possibly the speaker will visit Urban Saints on the Saturday Evening and they will be talking during the Sunday morning service.

Please mark these dates in your Diaries and think of any questions you would like to raise at the events.

There will never be peace in the world,
until there is peace in nations.
There will never be peace in nations,
until there is peace in communities.
There will never be peace in communities,
until there is peace in families.
There will never be peace in families,
until there is peace in individuals.
And there will never be peace in individuals
until we invite the Prince of Peace to reign in our hearts.



Toddlers

Thursday mornings
In the Hall 9:30am

For further details contact Lydia
(children@stlukeswatford.org)

**Creative
space** for
hard-working women



Come together for continental
breakfast (Sats), drinks and cake (Mon),
a short talk and then spend time
enjoying learning a new craft.

Creative space

venue



**St Luke's
Church**
Langley Way
Watford
WD17 3EG

- learn a new craft skill
- chat with friends

Places are limited

Please book yours by contacting Pam:
07975 748243 or pam.stlukes@gmail.com

www.stlukeswatford.org/creative-space



The 'K Quiz

Help raise money Kisumu
Children Trust
To get your copy,
contact Pam or office

Cameo visit to Savill Garden

Fourteen members of St Luke's Cameo (plus one honorary member), visited the Savill Garden on 10th June. The rhododendrons, roses and many wild flowers were in bloom.

God's creation in perfection.

Weather, traffic and company were also perfect.

A perfect day out



If you would like to give by bank transfer the details are as follows:-

Account name PCC St Luke's Watford

Sort Code 20-91-79 Account No 70687472

*[Donations to the Thanksgiving Fund have same Account name,
and sort code but the Account number is 13611779]*

Reference state if the donation is for a particular appeal e.g. Santa hampers, Rebuild, Foodbank etc.

Please remember to complete a Gift Aid as well if you are a Tax payer.

News from some of Our Mission Partners



Letter from Ruth Guinness NOT in Malawi

Dear friends,

Greetings from Wareham in the UK. As April draws to a close, I am staying with my parents, where I have been since the beginning of February. We have, however, been able to have a week away, staying in my sister's beautiful holiday home in the Cotswold Water Park. I loved being able to get out and about, with plenty of walks around the nearby lakes. Although many of the mornings were frosty, the days were gloriously sunny, and there were plenty of signs of spring: birds nesting; fledgling robins; cuckoos calling; swallows and terns swooping over the lakes; and beautiful meadows with Snake's head fritillaries, Green-winged orchids, and other flowers.

As with most people, I have not found the COVID restrictions easy. I have not yet seen my brother Stephen and his family. My sister Naomi and her family live nearer, so were able to spend Easter day with us, outside in the garden. Someone said to me that it's not easy to have a sabbatical during a pandemic, and I agree! The original plan had been to spend some time in the early part of the year in Northern Ireland with my friends Edna and Glenda. I'm still waiting to be allowed to travel there.

It's amazing what has proved to be possible during a pandemic. I am continuing my involvement with the SIM Regional Leadership Development programme, by zoom. A couple of weeks ago I 'went' on a retreat – whilst not leaving my bedroom! Again, this was by zoom, but far surpassed my expectations. I was with a lovely group of missionaries, all, like me, going through some sort of transition. It was encouraging to know that I'm not alone in facing some of the challenges transition brings. It has been good to have time to read as well.

I am always glad to have contact with friends in Malawi. My missionary colleagues there were able to receive their first COVID vaccine about the same time as I had mine here! After a peak of COVID cases in January in Malawi, the situation is much better at the moment. It is estimated that the harvest this year will be a good one, although there are some areas in the Southern region where there has not been enough rain. I have heard very little news from the Evangelical Bible College of Malawi, but the first semester of this year, led by a new Principal and staff team, is due to end in early June.

Prayer points

Please join me in giving praise for:

- a good week away in the Cotswolds;
- low numbers of COVID-19 cases in Malawi;
- the likelihood of a good harvest in Malawi.

Please pray for:

- being able to travel to Northern Ireland;

- time for reflection, and to discern God's guidance for my future.

Thank you so much for your faithful support and prayers. After my sabbatical I hope to be able to visit churches in the autumn.

*With love in Christ,
Ruth Guinness*

Watford Town Centre Chaplaincy – an update

As with so many organisations, it has been a frustrating year for our volunteers, as the restrictions of Covid have limited our activities. The Chaplains continued communication with shops and businesses online, but when many were closed, or staff working from home, this has proved challenging. However, they persevered with emails and phone calls and of course, their prayers.

The Street Angels have hardly been out, as the pubs and clubs were all closed. Having said that, following online safety training, there were volunteers out in the High Street for a time last summer; being a visible, encouraging support to shoppers. Recently the Street Angels have resumed Saturday night patrols and Chaplains are resuming some face-to-face work.

We pray now for a brighter future for our town centre.

Frances Novillo, Lead Chaplain, left WTCC towards the end of 2020 and the Trustees appointed David Scourfield in her place. Dave is no stranger to the Chaplaincy or to St. Luke's having previously volunteered as a Street Angel and at one time, a trustee. He will begin his work on 1st July. Please do pray for him.

WTCC is extremely grateful to all at St Luke's for your continued financial support, your prayers and for providing volunteers.

Thank you,

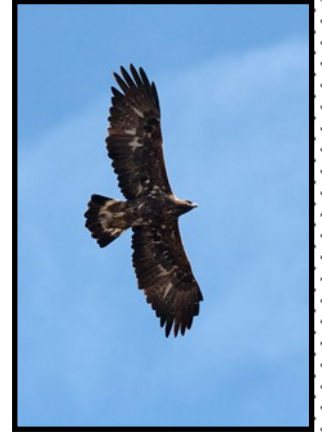
*Pam Rastall
Administrator
Watford Town Centre Chaplaincy*

St Luke's Covid-19 Emergency Fund

If anyone has any needs caused by the Pandemic, or knows of people who need help, and a one-off gift would be useful, please contact the vicar or a churchwarden and we will try to help.

The Eagle

The eagle in flight is a sight to behold! Its wings can be 2 metres across and it has been found flying 10,000 feet up in the sky. When hunting, an eagle can fly up to 120 mph and when diving for prey this can reach 200mph!



The speed of eagles is mentioned many times in the Bible. Saul and Jonathan were described as being *“swifter than eagles.”* (2 Sam. 1 v 23). Was this on foot or on horses? Pursuers were described as being as fast as eagles in Lam. 4 v 19 and Jer. 4 v 13. Proverbs 23 v 5 says: *“Cast but a glance at riches and they are gone, for they will surely sprout wings and fly off to the sky like an eagle.”* Job used eagles to describe the speed at which time flies (Job 9 v 26).

The eagle is used to signify the Lord’s judgement through an enemy nation. *“Their horsemen come from afar. They fly like an eagle swooping to devour the young of your livestock.”* (Habakkuk 1 v 8).

Job 39 vs 27-30 talks about God’s authority over nature; *“Does the eagle soar at your command and build its nest on high? It dwells on a cliff and stays there at night; a rocky crag is its stronghold. From there it looks for food; its eyes detect it from afar.”* Eagle-eyed indeed!

Moses expands on this theme, in a song that is recorded just before he died in Deut. 32 vs 10-1. In this, he recognises God’s care. *“He (God) shielded him (Moses) and cared for him; he guarded him as the apple of his eye, like an eagle that stirs up its nest and hovers over its young, that spreads its wings to catch them and carries them aloft.”*



In order to teach her eaglets to fly, the mother eagle makes what was previously a warm, cosy nest, uncomfortable. She stirs it up. She hovers, flapping her huge wings over the nest looking down on her young. Once the young are ready to fly, with strong affection, yet knowing what is best, she encourages her offspring to leave the nest. She teaches by example, showing them how to flap their wings and coaxes them, nudges them to jump from the nest. Then the eaglets make the leap of faith into the unknown and find that they can fly!

For what reasons might God make something uncomfortable for you? Is he nudging you towards something where he wants you to spread your wings and fly?

Moses’ song implies that the mother eagle, flying below the eaglet is present in case the youngster tires or finds it too hard to continue flying. If needed, she rescues it by catching it on her back. She is the reassurance, the safety net. She will keep it from falling.

The eagle is used as a sign of God’s rescue, care and deliverance for the people of Israel.

Moses relayed God's message to them in Exodus 19 v 4; *"You yourselves have seen what I did to Egypt, and how I carried you on eagles' wings and brought you to myself."* The rescue of God's people from slavery and persecution in Egypt uses the picture of the strength, speed and protection of eagles. The same concept has been used in films such as Tolkien's "Lord of the Rings" when the heroes, having fulfilled their quest, were trapped on a burning volcano with no way of escape. Two eagles were sent to bear them away on their backs. Similarly, eagles remind us of Jesus, who rescues his followers from certain death and carries them heavenward at the end of their earthly lives. *"I carried you on eagles' wings and brought you to myself"*.



Is there anything you need God to rescue you from?

Isaiah 40 vs 29-31 says this: *"He gives strength to the weary and increases the power of the weak. Even youths grow tired and weary, and young men stumble and fall, but those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint."*

The soaring eagle shows great energy and strength as it beats its powerful wings to take it upwards to catch the air currents. The eagle encourages us that we can rely on God's strength when we are weak and powerless, *"those who hope in the Lord will renew their strength."* We can carry on and keep going when we need to, knowing that at our time of weakness, when our wings tire of flapping and we feel spent, the promise is that God will give us strength. God's grace will help us to soar upwards towards God - he will *"lift up our souls."* (Ps 25 v 1)

So, the eagle, one of the most powerful of birds, is speedy and strong. It rears, protects and teaches its young, nudging them to leave the nest, carrying them on its back, supporting them in their weakness. The mother eagle knows that the eaglets need to fly to nest, to mature, fend for themselves, stand on their own two feet, be independent and reach their potential. We have much to learn from eagles - whatever stage we are at in life, we can trust God.

Be reassured that God will strengthen you when you need it - simply ask for His help.

Pam Norman

Prayer During the Week

Tuesday Night Focus 8pm-9pm on Zoom

Thursday Private Prayer in Church 12-1pm

Friday Hour of Prayer 10am-11am at St Luke's

Fulfilment

*(Inspired by **Luke 24:36-48** and a poem 'The Night before Christmas'. The poem was written by biblical scholar and professor, Clement Clarke Moore for his children in 1822.)*

It was the week after Easter and all through the church
Every child was stirring they wanted to search
Through God's word the Bible and its pages they looked
To see all the promises found in this book.
Before the first Easter as earth was beginning
A few days after the world started spinning
The story starts out with Adam and Eve
And a decision they took that made God's heart grieve.
See in the beginning Satan tempted the man
Sin entered the world, but God had a plan
God promised his Son who would crush Satan's head
And sent us a rescuer just as he said.
Through prophets God spoke of this soon coming King
And the people all knew this would change everything
God told through Isaiah of a child to be born
A true Prince of Peace whose body be torn.
Then Micah foretold, although it was small,
Bethlehem would be home to the Saviour of all.
Many prophecies clearly told of his birth
And some he fulfilled before walking the earth.
Of Abraham, Isaac, and Jacobs line
Of Judah from Bethlehem by God's design.
He was born of a virgin as shepherds drew near
And on that very first Christmas God's son did appear.
And throughout scripture God gave us clues
Of this child who'd be born as the King of the Jews.

Over 300 prophecies Jesus fulfilled
And many of those on the day he was killed.
Isaiah foretold that though broken and bruised
No words would be heard from 'the One' when accused.
David in Psalms wrote of pierced feet and hands
And that gambling for clothing was part of the plan.
He also wrote clearly of sour wine to drink
Whilst Amos foretold the sky darkened like ink.
Isaiah once mentions the rich tomb connection
Whilst Hosea, Daniel, Jonah hint at resurrection.

You see, it's not just the children so eager to search
The fulfilment of scriptures gave rise to the church.
To upper room disciples Christ carefully showed
The same connections explained on Emmaus Road.
His dying and rising at dawn on the third
Fulfilled all the prophecies found in God's word.
But completion of these was only the start
His sacrifice promised fresh hope to each heart.
By repentance and through the forgiveness of sin
The kingdom is open; God welcomes us in.

From Jerusalem 'hope' would rapidly spread
As the witnesses shared all the things Christ had said.
And the message diminishes not through the years
the truth stays the same and is meant for 'OUR' ears.
Christ's fulfilment of scripture shows clearly God's plan
To rescue, from fear every woman and man.
And we through fulfilled bible promises see
That he fully completes and thus satisfies me.

So, search out connections and join up the dots
In your priority list, give Christ the top spot.

Because:

From beginning of time, he had one centre view -
All he suffered and conquered was given for **you!**

Neil Brookes
Youth Director



This lovely poem was penned by our talented Youth Director and recited to us as part of his sermon during a Sunday morning service. For more information about Youth and Children's groups at St. Luke's Church, on Sundays or weekdays, please contact the Church Office on 01923 246161. Or contact Neil Brookes or Lydia Davies, our Children and Family Worker.

**"I believe in Christianity, as I believe that the sun has risen:
not only because I see it,
but because by it, I see everything else."
CS Lewis**

Watford Deanery Synod meeting, May 26 2021 via Zoom

The meeting was chaired by the Rural Dean, Revd. Dr. Peter Waddell. Mary, Cynthia, Michael and I attended for St Luke's.

The main subject of the meeting was a presentation from the Diocesan Youth Officer, Mr Christian Cole, presenting the report

'Faith in Young People'

and the St Albans diocesan strategy for work with teenagers. The report is available online and if you are interested in the current situation and possibilities for engaging with young people, do have a read. See:

<https://www.stalbans.anglican.org/wp-content/uploads/Faith-in-Young-People.pdf>

Discussion followed about current local initiatives and as to how we, as a Deanery, might be able to work more closely together in this area. Examples of areas considered were:

- Celebrating each individual young person (YP), and creating a culture where YP can flourish
- Encouraging volunteers
- Engagement with families as well as the young people in them
- Partnerships between parishes (especially where numbers are low, to build a 'critical mass')
- Deanery level gathered events – for energy of the group and meeting others of faith, including a variety of styles for YP to connect (it was noted that YP are not all the same!)
- work with schools – more opportunity in some parishes
- Network and/or events for leaders of YP across the Deanery or Diocese

Amongst those commenting, Mike Pilavachi, for Soul Survivor noted YP stay for relationship. He spoke of the importance of working intentionally and relationally, of numbers of YP being together and of including some big events, such as those previously at the Abbey. He said it takes time, listening, finance.

Clergy and laity nominations to Diocesan Synod were also accepted and agreed at the meeting.

Wendy Somerville
Reader



Bible Tiffin Cake

*Elijah said unto her, Fear not; go and do as thou hast said: but **make me thereof a little cake first**, and bring it unto me, and after make for thee and for thy son. 1Kings 17:1*

250 grams of cake or biscuit (this can be fresh or stale) crushed with a rolling pin

Lamentations 3:34 KJV 'To crush underfoot all prisoners in the land,'

One tablespoon golden syrup (look at the Tate and Lyle tin)

Judges 14:14 NIV 'He replied, "Out of the eater, something to eat; out of the strong, something sweet." '

30gm of Sugar

Jeremiah 6:20 KJV '...the sweet cane from a far country'

100gm Butter

Judges 5:25 He asked water, and she gave him milk; she brought forth butter in a lordly dish

Melt the golden syrup, sugar and butter in a mixing bowl over boiling water or a saucepan

Psalms 58:7 Let them melt away as waters which run continually: 'as waters which run smoothly'

Grate 300gm Cooking Chocolate (150gm dark and 150gm milk)

Exodus 32:20 'And he took the calf which they had made, . and ground it to powder'

75gm dried fruit (plus 100gm dried chopped apricots, if desired)

1 Samuel 25:18 Then Abigail made haste, and tookand an hundred clusters of raisins,...

Mix well together

2 Timothy 1:6 Wherefore I put thee in remembrance that thou stir up the gift of God, which is in thee by the putting on of my hands.

Grease a loose bottomed 6–7inch tin

2 Timothy 1:6 Their heart is as fat as grease; but I delight in thy law

Press the mixture down into the tin

Luke 6:38 Give, and it shall be given unto you; good measure, pressed down, shaken together,

Leave overnight in a fridge.

Deuteronomy 16:4 remain all night until the morning.

Turn out by pushing up the bottom of the cake tin.

Hebrews 12:13 And make straight paths for your feet, lest that which is lame be turned out of the way; but let it rather be healed.

Cut into pieces and serve

John 12:26 If any man serve me, let him follow me; and where I am, there shall also my servant be: if any man serve me, him will my Father honour.

Submitted by Joy Hobbs



What does a successful life look like?

My dear friend Philip died in January, aged 63. I had the privilege of saying a few words at his funeral. It was easy, I knew exactly what to say about him.

The great truth about his life was that he loved God and knew that God loved him. He also had a heart that loved other people. In fact, his life was summed up in God's commands, *"Love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind"* and *"Love your neighbour as yourself"* (Luke 10:27).

Philip was such a joy to know and was such a blessing. Philip trusted God, and whenever he had a problem or concern, he would talk to Jesus about it. He knew that Jesus would help. It was easy to celebrate his life. When he prayed for others, he had faith that God would answer. He cared when others were suffering. He had compassion.

It made me think about what we celebrate in life. What do we think a successful life looks like? The world might say fame, riches, a good job, a lovely house and even kids we can be proud of. We look up to celebrities or stars or sportsmen or the famous. We put certain people on pedestals. We label people as successful or not.

We test our children on their abilities. We decide if they are clever, whether they make the grade, whether they pass their exams. We decide that IQ and intelligence can be measured, and that with a higher IQ we can be seen as clever, brighter or more able than others.

As parents, we push our children to do well at school. We are proud when they achieve. It feels good to boast about them to others when they get into university or get selected for a job with prestige. It makes us look good too.

But when I die, I don't want my life to be remembered by my CV or academic achievements. I want to be remembered for my faith in God, and my service for others. I want to be remembered for my heart, not my IQ.

The Bible is clear about what God wants. He judges the heart. His commandments are to love God and love others as we love ourselves.

Einstein said, *"Everybody is a genius. But if you judge a fish by its ability to climb a tree, it will live its whole life believing that it is stupid."*

I thought about this as I was watching the squirrels leaping from tree to tree. If I compared my tree-climbing ability to theirs, I would be seen as disabled. I watched the birds flying in the sky. If I compared my flying ability to them, I would be a non-starter. I watched my dog eagerly sniffing the new smells in the undergrowth in our yard. Again, my smelling ability would be seen as lacking.

I cannot do any of those things. I cannot swim like a fish, climb walls like a lizard, make honey like a bee or run fast like a cheetah . I am so glad I am not judged on those attributes or skills.

So how do I want to be judged? How does God judge me?

I believe love is the key. Trusting God is success. Living as God wants us to live is achievement. Knowing the King of Kings, the God who made the universe and having him say, *"You are my son, my daughter, whom I love. With you I am well pleased"* (Mark 1:11). That would be my wish at the end of my life.

It was so good to be able to honestly celebrate those attributes when I spoke about Philip. It was much more meaningful than saying he had a degree, riches or fame. That would have been so empty in comparison.

Philip was one of the nicest people I have met. He made people feel good. In my eyes, he was amazing. I believe God said to Philip, *"You are my son, whom I love. With you I am well pleased."* I believe he was readily welcomed into Heaven.

Philip had Downs syndrome.

Sue Sutton

Why worry?

As Mark Twain once quipped,
*"I am an old man and
have known a great many troubles,
but most of them never happened."*

Or as a Swedish proverb puts it:
"Worry often gives a small thing a big shadow."

If your life is overshadowed right now by anxiety,
ask God to bring you out of that shadow and
into the light of his presence,
enabling you to trust him
or whatever is troubling you.

*Father,
I can't see even one minute into the future,
so help me stop trying to do so.
Instead,
teach me to live in this present moment,
casting all my cares on you.
Amen*

Cricket Quiz

Things connected with cricket and a few players thrown in!

- 1 It is polished on the trousers (4)
- 2 Basket material removes end by tea (6)
- 3 Magician's party piece with rabbit? (3-5)
- 4 An evil captain in Peter Pan (4)
- 5 A place to play in God's own country (10)
- 6 Strange-looking eyes? (6)
- 7 Happen later? (6-2)
- 8 Girl's toy taken in the hands (5,5)
- 9 The invisible plant part (4)
- 10 Au revoir! (3)
- 11 What actors wish for each other - almost! (3-5)
- 12 It shaves the tops of flowers (5,6)
- 13 Hesitation indicated by funeral heap I hear (6)
- 14 Inside a seagull you will find the answer (5)
- 15 Squashed circle (4)
- 16 Your nose does this (4)
- 17 Handed permit, ripped up then mended (4,5,3)
- 18 Dillon! Go nicely now - inside! (4-2)
- 19 One place that 37 might stand (3,5)
- 20 A bloke from the east? (8)
- 21 Evidence of trees cut down (6)
- 22 The man who crouches behind (12)
- 23 Avoid for political reasons? (7)
- 24 It connects China, p.m. and pot (3)
- 25 Around by around lies around the ground (8)
- 26 He guards until morning comes (13)
- 27 Fastball hesitation at Northern city? (6)
- 28 Fair lassie doesn't go under for nothing (6,4)
- 29 He builds up the fire (6)
- 30 Waist-high gesticulation indicates this (4)



Cricket Quiz answers 1. Ball 2. Wicket 3. Hat-trick 4. Hook 5. Headingly 6. Googly 7. Follow-on 8. dolly catch 9. Root 10. Bye 11. Leg-break 12. Daisy cutter 13. Umpire 14. Gully 15. Oval 16. Runs 17. Deep third man 18. Long-on 19. The crease 20. Chinaman 21. Stumps 22. Wicketkeeper 23. Boycott 24. Tea 25. Boundary 26. Nightwatchman 27. Yorker 28. Maiden over 29. Stokes 30. Four 31. Trent Bridge 32. Lords 33. Square leg 34. Green 35. Long hop 36. The Ashes 37. Batsman 38. Bouncer 39. Silly point 40. Bowler

- 31 It crosses a Midlands river (5,6)
- 32 Men with ladies in house in London (5)
- 33 Shape pin? (6,3)
- 34 Blue + yellow = (5)
- 35 Part of the triple jump (4,3)
- 36 Burnt bails in a Cup (3,5)
- 37 Robin's partner gets solid in the middle! (7)
- 38 One on a trampoline? (7)
- 39 That's just a daft way of indicating (5,5)
- 40 Gentleman's hat perhaps (6)

Rotas

Please let the office know when you feel safe to come back onto the rota and we will be happy to welcome you back.

Newcomers to the rotas also welcome, please let us know.

One event for your diary in the autumn...
is our away and at home weekend,

Saturday 16th/Sunday 17th October

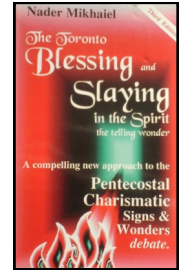
We will be going to Hope Latimer for the Saturday,
there will be youth and children's work provided
as well as times of
fellowship,
worship and
teaching for all.

The Reverend Keith Powell
will be our guest preacher for the weekend,
as he is our new advisor
to the Mission Advisory Group.

Keith is the Diocesan Renewal Advisor
for the Bath and Wells diocese
and he has a prophetic ministry.

The Toronto Blessing and Slaying in the Spirit*

by Nader Mikhael



This book is not one that can be skimmed through. The evidence unfolds with every page. It will be of particular interest to those who have been involved with the New Wine Conference and are aware of the soaking phenomenon promoted there. Also by any who had experience of the Toronto Blessing (TB) connected with the Arnotts of the Toronto Airport Christian Fellowship, 'Now Catch the Fire'. The 'soaking' taught at New Wine is the same as the 'slaying in the Spirit' of the TB experience.

The author, Nader Mikhael discusses whether the phenomenon is Biblical, and whether it is a form of hypnosis. He also deals with the arguments as to whether hypnosis can be a biblical activity.

The author examines particularly the manifestation of '*slaying in the Spirit*' or '*soaking in the Spirit*' - it is the same phenomenon. In it a person becomes controlled by a spirit from outside themselves. In his title for the book, he calls it the telling wonder because an examination of what actually happens shows that this spirit cannot be the work of the Holy Spirit of God. Would the Holy Spirit demean the image of God in man by causing a human being to bark like a dog, utter expletives, and curses, and laugh uncontrollably among other activities? Matt. 7 :16 says judge '*by the fruit*'. This is also applied to various kinds of prophecy.

It is helpful to remember that Satan can only imitate the truth, and never initiates anything of himself. Hence, real discernment is needed and more so in the years to come, as the Bible warns us of increased demonic activity in the last days. One way of being conned is by sinfully hankering for something more than Jesus. Another is by trying to '*use*' God like Satan tried to make Christ sin in the temptations, (by misusing The Word, forcing God's will, etc.). So, deflecting us from seeking to grow in holiness. Any spiritual zeal that focuses on anything other than Jesus, is a recipe for deception. Abiding in Jesus is the only way out.

Romans 11:16 says '*if the root is holy so are the branches*' and vice versa. The author looks at the roots of the movement and its history. Today, eastern occultic meditation techniques are promoted widely. The New Apostolic Reformation, runs on false prophecy, fraudulent 'miracles' undergirded by their doctrines of Prosperity Gospel or WordFaith and Dominionism which both have occult roots. Such produce occult phenomena.

What to do? It is of first importance that Christians make sure they know the defensible facts on which the faith is built so that they cannot be dislodged by the devil's devious designs. The scriptures are provided as a principle to be applied in passing a judgment. Secondly, but of equal importance that they have a genuine close relationship with the Lord which cannot be swapped for a 'feel good' delusion.

Jo Gardner

*St. Matthew Publishing: £6 from Jo Gardner

The Candle distribution project...

...for the end of lockdown

A big thank you to the team who have prepared the candles for distribution. We will need around **50 volunteers** to go round and hand out the gifts to our estate. Please tell Beth in the office if you can help.

The aim is to encourage all on the estate and locally to take time to have a period of reflection on the Sunday before restrictions are finally lifted (we trust the 18th July).

In this time of reflection, we are asking people to think about things they have lost in the last year, things to give thanks for and their hopes for the future.

Each pack will include guidance including a prayer for those of faith and an invite to come to church either for quiet personal reflection

4:30-6:30pm

or join us in a short evening service

6:30pm-7:15pm on that Sunday.

**Please pray for this project,
that we can get enough volunteers
to distribute the candles.**

Open Doors

**STANDING
STRONG LIVE**

Prayer without borders

01 JULY | 8:15PM



The church in India is struck down, but not destroyed. **It's time to act.**

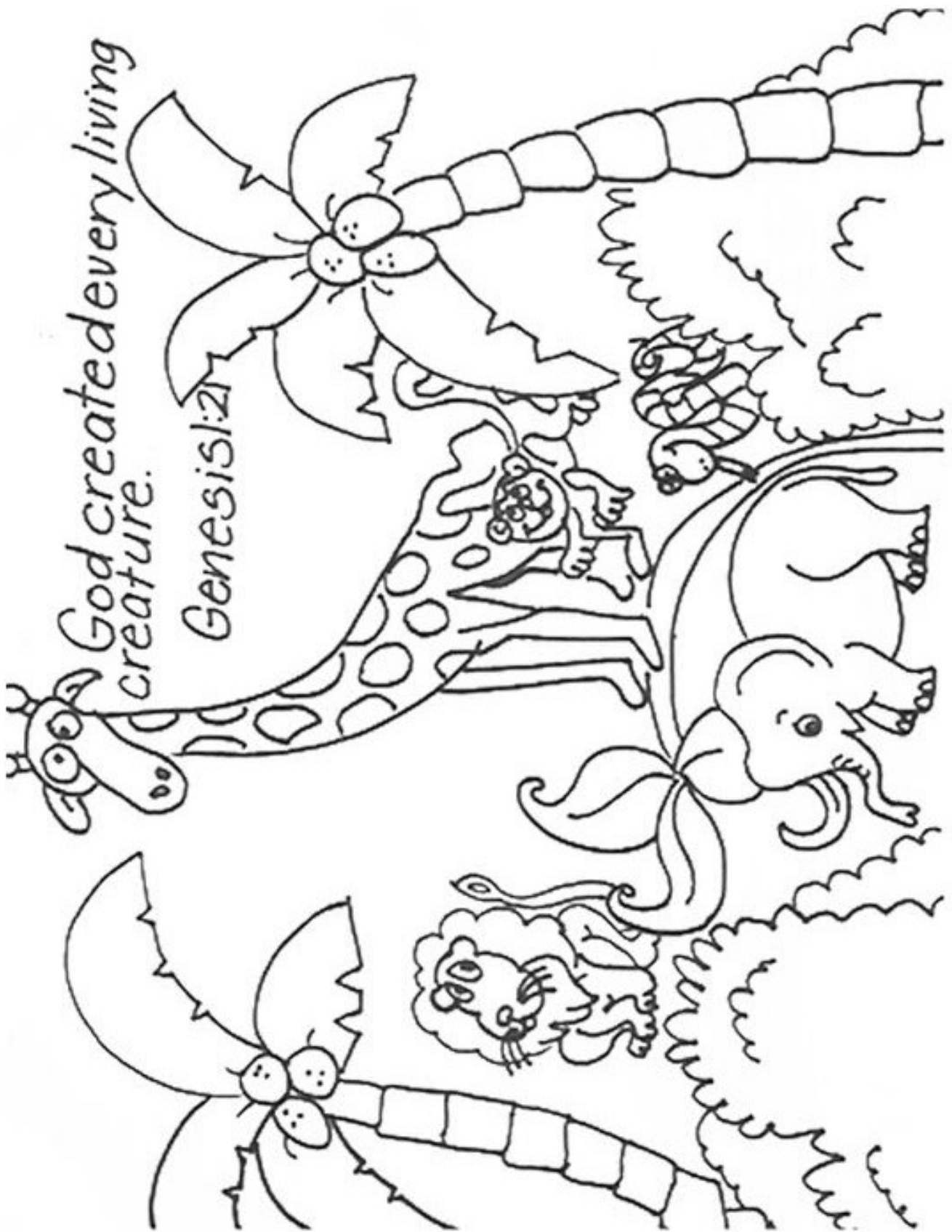
We need to pray like never before! Some Hindu extremists have said they wish to eradicate Christianity from India. There is an unprecedented urgency to act and pray to support our Indian brothers and sisters.

Join us to hear more about the current situation and be inspired to join us in prayer for the church in India: It's unthinkable that the church could be destroyed in the world's largest democracy.

Book now and watch live on Thursday, July 1, at 8.15pm at <https://www.opendoorsuk.org/resources/standing-strong-live/> or contact **Joy Hobbs**

Children's Page

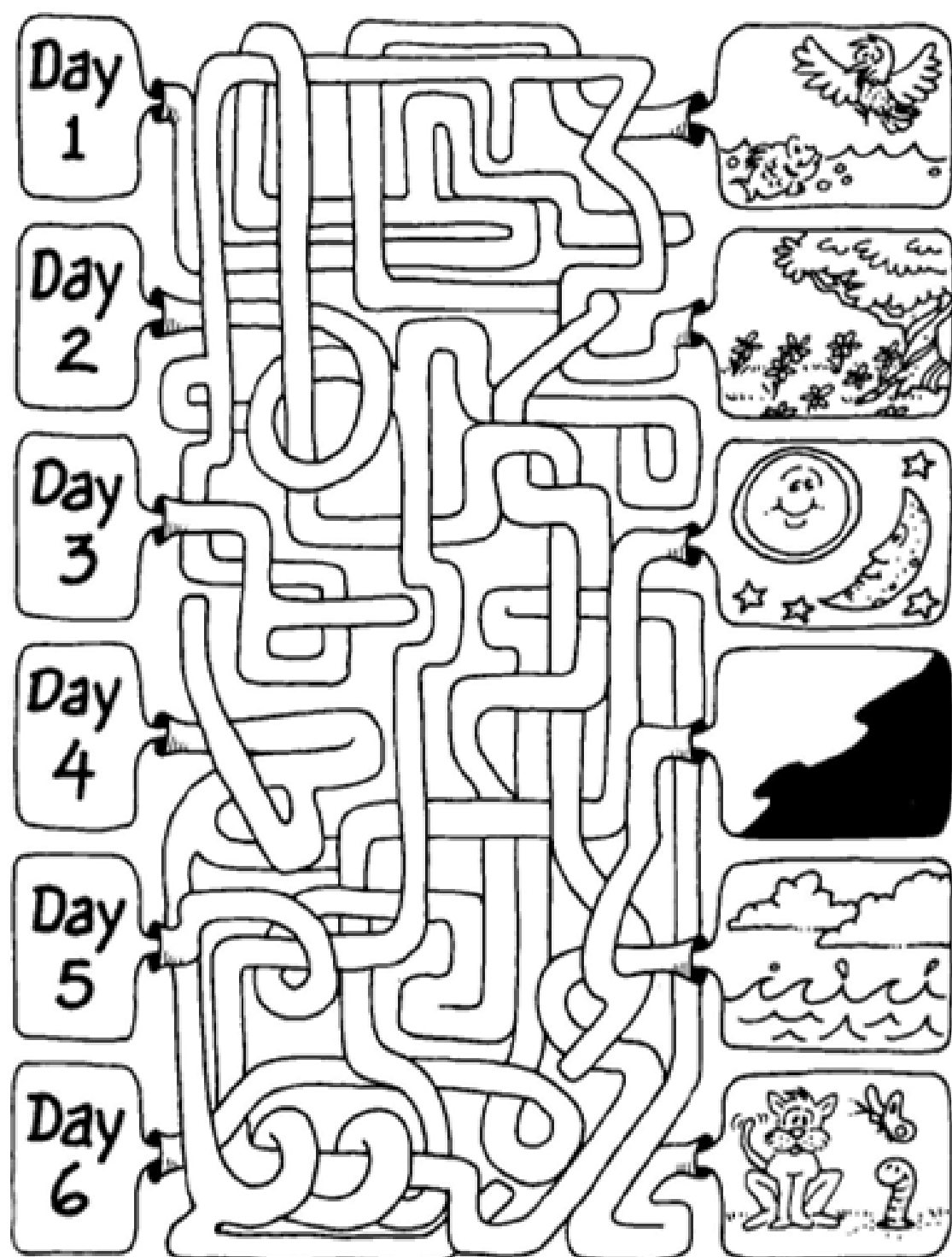
Colour in this picture



IN THE BEGINNING

Genesis 1:1-31 – 2:3

Read Genesis 1:1-25. Starting with Day 1, find the correct path through the maze to the things that God created on that day. Do this until you have matched all the days with the correct pictures.



The next edition of St. Luke's News will be in at the start of September. You are welcome to submit an article, of not more than 450 words, by the end of August to be considered for the next magazine.

Please email articles to the editor, Margaret Forester or to the Church Office

If you wish to receive St. Luke's News regularly, either delivered to your door or emailed, please contact the Church Office (246161). Large print is also available. Alternatively, please let us know if you no longer wish to receive it.

The magazine appears on our website, www.stlukeswatford.org

Vicar	Michael Norman
Reader	Dave Clarke
	Pam Norman
Reader-in-training	Wendy Somerville
Music Director	Jeremy Cooke
Youth Director	Neil Brookes
Children & Family Team Leader	Lydia Davies
Administrator	Beth Burns
Assistant Music Leader	Jeremy Hogarth
Church wardens	Susan Miller
	John Williamson
PCC Lay Chair	Cate Sims
PCC Treasurer	Paul Evans
PCC Secretary	John Sills
Safeguarding Officer	Mary Bowen

Please leave a message for any of the above on the Church Office answerphone -
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