

God save the Queen



Winnie the Pooh is exactly the same age as her Majesty the Queen. AA Milne's famous '*Winnie-the-Pooh*' story book was first published in October 1926, the same year that Queen Elizabeth was born. Indeed Milne dedicated a collection of poems to her when published later in the same year.

As a young Princess she was said to have loved the stories, and a china nursery set depicting hand-coloured images of Christopher Robin and Pooh soon became a treasured possession. Many years later, in a book entitled '*Winnie The Pooh and the Royal Birthday*', published in 2016 to celebrate her 90th birthday, the two actually met one another. If you would like to have a listen to the enchanting story the link is here:

<https://www.nytimes.com/2016/05/27/books/winnie-the-pooh-royal-birthday.html>

Over the course of the Jubilee in June there will undoubtedly be many reflections on Elizabeth II's 70-year reign. Apart from occasional mistakes along the way (and we all make those don't we), she is widely respected for her tireless service to the country and for her unwavering faith in Christ.

But I am sure the Jubilee will also bring much well-wishing for the future, as she continues to serve in whatever capacity her health allows her to! The rest of the Royal family will also be out in force with multiple heirs to the throne supporting her majesty. It really will be a time of looking backwards as well as looking forwards.

There is a brilliant chapter exploring just this subject (looking forwards and backwards) in that first AA Milne book - ***'In which Pooh and Piglet go hunting and nearly catch a Woozle'***. In this chapter it has been snowing, and Pooh begins to follow some tracks he has discovered, wondering if they might belong to a Woozle!

An excitable Piglet soon joins the circular walk until suddenly Pooh stops, having discovered another set of tracks, and realises that ... ***"This...whatever-it-was...has now been joined by another...whatever-it-is... and they are now proceeding in company"***.

As the footprints head around a clump of larch trees the friends follow together (concerned the animals may be hostile), until shockingly a third set of tracks join the first two. ***"What?" said Piglet, with a jump. And then, to show that he hadn't been frightened, he jumped up and down once or twice more in an exercising sort of way"***.

Unsure if they are now tracking two Wizzles and a Woozle or indeed two Woozles and a Wizzle, the friends carry on round until they realise there are now four sets of tracks in front of them.

At this point, fear gets the better of Piglet and he makes his excuses, just as Christopher Robin calls down from his vantage point in a high Oak tree and asks Pooh what he has been doing. The boy has watched Pooh walk round the trees twice by himself, and then twice with Piglet. Pooh then sits down and thinks about this for a little while, and then tries putting his paw into one of the tracks. ***"Yes,"... "I see now," said Winnie the Pooh. "I have been Foolish and Deluded," said he, "and I am a Bear of No Brain at All."***

Christopher Robin rapidly assures him that he is the best bear in all the world. ***"Am I?" says Pooh hopefully. And this reassurance cheers him up so much that he is able to leave the stresses of the morning behind him and head straight home for lunch.***

What a great story, and I love the shift in perspective! Pooh's fear and confusion is compounded because he is so focused on what is immediately in front of him. He does not look backwards or look up, and he does not pause to think about the bigger picture. It takes Christopher Robin, with his 'umpire's chair' view to help him to work out what is going on and put him back on the right track.

How often do we as Christians end up stuck in a rut, going round and round in circles, making the same mistakes, and repeating the same sins over and over again. Only God has the vantage point and the salvation solution to get each of us back on the right track. Paul in Philippians commends the approach of lifting our eyes to the skyline and focussing on God's input.

“Not that I have already obtained all this, or have already arrived at my goal, but I press on to take hold of that for which Christ Jesus took hold of me. Brothers and sisters, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus”. Philippians 3: 12-14

I also love the fact that whilst Pooh has been a bit daft, Christopher Robin still wholeheartedly encourages him, and in doing so immediately offers him freedom from his embarrassment. Pooh then chooses to accept these compassionate words, and immediately moves on.

1 Corinthians 2: 9-10 references Isaiah when it says

“What no eye has seen, what no ear has heard, and what no human mind has conceived the things God has prepared for those who love him— these are the things God has revealed to us by his Spirit.”

God has wonderful plans for us; and through Jesus’ death on the cross, he offers us freedom from our past, and the opportunity to step into an exciting future of opportunity, (both in this life and the next) with Him alongside us. The crucial thing however, is for us to take the ‘Pooh’ approach to this, so often demonstrated by the Queen! We need to humbly recognise our mistakes, listen to God’s encouragement and calling, and to set off unhesitatingly to make strides towards the future he has planned for us.

We give thanks for Pooh Bear, and especially for Queen Elizabeth II. Her long and faith-filled reign has been an inspiration, and we pray that God may continue to fulfil His plans through her for many more years to come!

*Neil Brookes
Youth Director*

Services for the coming months (continued on the next page)

May		Theme		
Sun 22nd Easter 4	10.30am	Family Comm.	Gift of Wisdom and Knowledge	Tbc
	6.30pm	Eve Worship	12 Dead Men Speak: Jonah – Re-commissioned for service	
Tue 24th	10.00am	Holy Comm.		
Sun 29th Easter 5	10.30am	Morning Service	The Gift of Faith	
	6.30pm	Eve Comm.	Healing Service – the Gift of Healing	
Tue 31st	10.00am	Holy Comm.		

June -				
Sun 5th	8am	Holy Comm.	Pentecost	
Pentecost	10.30am	Holy Comm.	Pentecost – tongues and interpretation	I Corinthians 15:35-58
	6.30pm	Eve Service	12 Dead Men Speak: Joel – wrong questions, wrong answers	tbc
Tue 7th	10.00am	Service of the Word		
Sun 12th	10.30am	Morning Service	Gift of miraculous powers	
Trinity Sun	6.30pm	Eve Service	12 Dead Men Speak: Micah – morality matters	Tbc
Tue 14th	10.00am	Service of the Word		
Sun 19th	10.30am	All-age service	(Father's Day)	
Father's Day	6.30pm	Eve Service	12 Dead Men Speak: Nahum – God's Vengeance: curse or comfort?	TBC
Tue 21st	10.00am	Holy Comm.		
Sun 26th	10.30am	Holy Comm.	Gift of Prophecy	
2 nd After Trinity	6.30pm	Eve Service	Healing Service – Blind Bartimaeus	Mark 10
Tue 28th	10.00am	Holy Comm.		
July -				
Sun 3rd	10.30am	Morning Woship	Gift of Discernment	
3 rd After Trinity	6.30pm	Holy Comm.	12 Dead Men Speak: Zephaniah – what you believe matters	tbc
Tue 5th	10.00am	Holy Comm.		
Sun 10th	10.30am	Family Comm.	Gift of Healing	
4 th After Trinity	6.30pm	Eve Service	12 Dead Men Speak: Habbakuk – Faith answers questions	Tbc
Tue 12th	10.00am	Holy Comm.		
Sun 17th	8.00am	Holy Comm.		
5 th After Trinity	10.30am	All-age service		I Corinthians 12?
	6.30pm	Eve Service	12 Dead Men Speak: Haggai – First things First	TBC
Tue 19th	10.00am	Holy Comm.		

July (continued)				
Sun 24th	10.30am	Morning Wor-ship	<i>The Gift/ Fruit of Love</i>	I Corinthians 13
6 th After Trinity	6.30pm	Eve Worship	<i>12 Dead Men Speak: Zechariah – The Lord Comes</i>	
Tue 26th	10.00am	Service of the Word		
Sun 31st	10.30am	Family Comm.	<i>The Gift of Administration</i>	
7 th After Trinity	6.30pm	Eve Worship	<i>12 Dead Men Speak: Malachai – care-lessness costs</i>	
August				
Tue 2nd	10am	Holy Comm.		
Sun 7th	8am	Holy Comm.		
8 th After Trinity	10.30am	All-age Service		
	6.30pm	Eve Worship		
Tue 9th	10.00am	Holy Comm.		
Sun 14th	10.30am	Morning Wor-ship	<i>Office/ Ministry/ Giving</i>	I Corinthians 14:1-25
9 th After Trinity	6.30pm	Eve Worship		
Tue 16th	10.00am	Holy Comm.		
Sun 21st	10.30am	Family Comm.		I Corinthians 14: 26-46
10 th After Trinity	6.30pm	Eve Service		
Tue 23rd	10.00am	Holy Comm.		
Sun 28th	10.30am	Morning Wor-ship		Romans 12:1-8
11 th After Trinity	6.30pm	Holy Comm.		
Tue 30th	10.00am	Holy Comm.		
September				
Sun 4th	10.30am	Holy Comm.		Romans 12:9-21
12 th After Trinity	6.30pm	Eve Worship		Lections

Services

8:00am Holy Communion services

These will be held once a month in St Luke's chapel. These are a said Communion service and all are welcome.

10:30am Morning Service/ Communion Service

These are our main morning services, and are currently available live-streamed on YouTube. All are welcome, and there are usually children's groups provided as well as a crèche for younger ones. The details in the service plan on the previous pages may change

6:30pm Evening Worship/ Communion Services

These are quieter services, which are not live-streamed. The Bible reading and sermon are made available online later in the week. The service plan is below:

10am Tuesday Morning Holy Communion

We also have a weekly Communion at 10am on Tuesday mornings (it is a Service of the Word if the Vicar is unavailable). This is a lovely, reflective service with a couple of hymns, followed by a community tea and coffee.

Please do come along and join us for one of our services, we'd love to welcome you



You are welcome to join in!



**If you are taking part in the service and want to be on camera,
please can you provide permissions (form can be found from the office)**



St Luke's Jubilee Party

Saturday 28th May In the Church Hall

5pm - 7pm Food Fun Games Music



CanCC

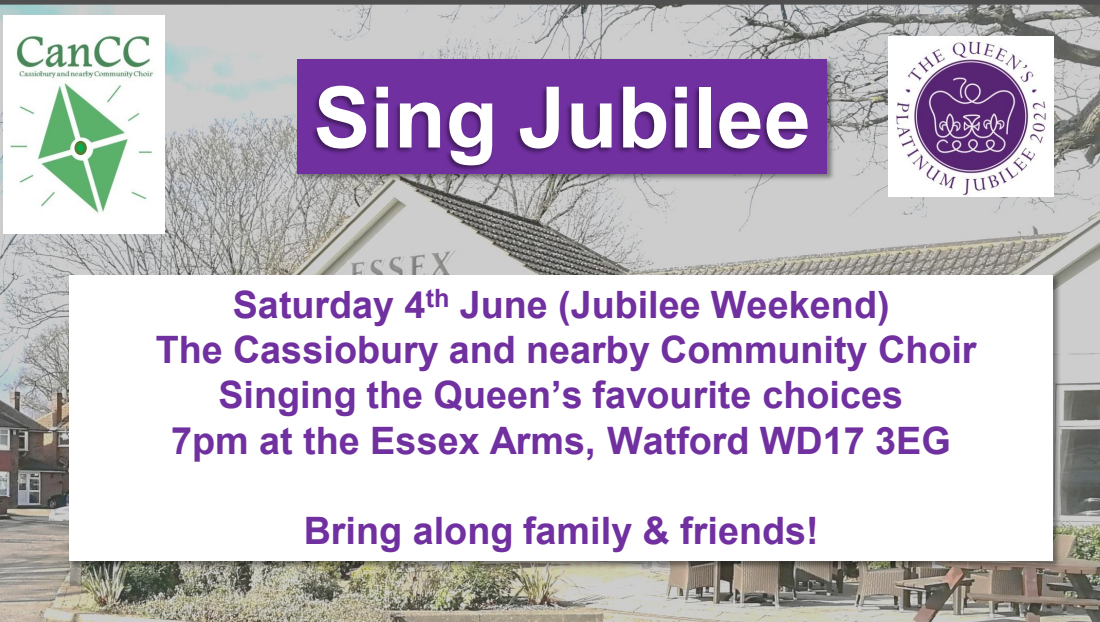
Cassiobury and nearby Community Choir

Wednesdays at 8pm

at St Luke's Church

All welcome of any ability
music reading not a requirement

With occasional visit to the Essex afterwards



Sing Jubilee

Saturday 4th June (Jubilee Weekend)
The Cassiobury and nearby Community Choir
Singing the Queen's favourite choices
7pm at the Essex Arms, Watford WD17 3EG

Bring along family & friends!

EASTER PILGRIMAGE TO ST ALBANS 2022



After a two year absence, the 2022 Easter Pilgrimage to St Albans Cathedral on Easter Monday was much anticipated, and promised to be an extra special occasion. We were blessed with perfect weather for walking, so it was with a skip in our step that Mary Bowen, Jeremy Hogarth and Jill Rogers set off at 9am from St. Luke's. After a brisk walk to the St. Albans Road, we met Caroline and Mimi Tearle, who then became our experienced guides.

Glorious walking in the spring sunshine led us through to the Munden Estate, (coffee stop on a tree log) and then we were shortly joined by John and Reuben Williams, Dean and India Tearle.

Next stop was Moor Mill, Bricket Wood, where Paul Rogers and Pam Willis popped up, shortly followed by Phil Matthews, who had caught us up having walked all the way from Croxley Green. It was great to have our numbers increase en route. Paul, having lived locally since 1962 pointed out some interesting, and some less interesting facts and history along the way, and it really didn't seem any time at all before the Abbey came into view.

We rested with a picnic on the hill in front of the Abbey, and were delighted that Joss Lawrence, Tony Smith and Tiffany and Dora Pyatt met us there. Our party was finally complete, and when the bells rang out over St. Albans, we began the procession into the Abbey. As always, the Abbey was filled with rousing music, expertly mixed by Adam Sullivan, together with barking dogs and hundreds of happy, enthusiastic people praising the Lord.

Our spirits were high, and it was an uplifting conclusion to a wonderful walk, and the Easter weekend.

Jill Rogers




Recitals at St Luke's

For some years at St Luke's, we have hosted Sunday afternoon recitals on a monthly basis where we invite singers and instrumentalists (who have links with the church community or a Watford connection) to come and bless us with a concert. They are usually held on the second Sunday of the month at 4.30pm, running for around 40-50 minutes followed with light refreshments. The performers that we host share with us their wonderful talents, sometimes in aid of a particular charity (Peace Hospice, Christians Against Poverty etc.). Though entry is free, donations are welcome to support St Luke's church and its ministry, and to cover artists' expenses. It's a fantastic opportunity to act as a double-edged sword in both giving recitalists a wonderful venue and space to perform in, as well as their way of supporting us as a church.

During the pandemic our afternoon recitals were stifled because of red tape limiting gatherings. Due to the repercussions of the pandemic, the arts industry has suffered as a result. With live music gone and only just reemerging from the last 2 years, musicians and especially young musicians have been hit financially, as for them performing live is their livelihood and only source of income. So we feel it is in our heart to offer our church building to support more professional singers & musicians as they rebuild their careers, especially now as we've begun to emerge from a pandemic.

We are blessed as a church community to have such a beautiful nave in our building, and with its acoustic treatments below and around the balcony, it presents a perfect venue to rehearse and perform in for young professionals as well as for other chamber groups and local Symphony orchestras.



**Thank you to
Jeremy and his dad
for their concert in May**

**Michael Hogarth
(Tenor)
with
Jeremy Hogarth *Piano***



Entry free. Donations welcome. With tea/coffee provided afterwards. Mask wearing is recommended

As we begin to bring back recitals on a more regular basis, we are encouraged to see audience numbers growing, from the church community and also from our local community. We hope that as we continue to host more recitals throughout the year, it would begin to carry on connecting to those local to us through music and be a good witness.

Some of our regular recitalists include Soprano Nina Cook, violinist Matthew Bethel, and Oboist Henrietta Cooke. Our most recent recital on the 8th May featured special guest tenor Michael Hogarth and on the piano his son who you may have recognised from somewhere. The recitals can give a platform for keen amateur musicians as well!

Please do pencil these dates in your diary if you fancy coming along to any to enjoy a relaxed afternoon of soothing classics.

June 12th – Recitalist TBC

July 10th – The Brume Trio (*Mezzo Soprano, Piano, Cello*)

August – NO RECITAL

Sep 11th – Recitalist Adrienne Cooke *Viola*

Oct 9th – Recitalist Michael Wigram *Cello*

Nov 13th – Recitalist Home Brass *brass quintet*

Jeremy Hogarth



If you would like to give to St. Luke's 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 Form as well if you are a Tax payer

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.



We have some awesome kids groups on during our 10.30am services!

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



Urban Saints

Fun, Games, Activities and Bible Teaching

**Every Saturday Evening
6pm-7.30pm in Church Hall
For ages 7-11**

For more details email Susan Miller
susan-miller@ntlworld.com

The Point



The Point is a Pathfinder venture run by CPAS for 10 to 14 year olds. This year we are moving to Embley School in Hampshire and is happening between 24 - 31 July.

The team, a few of whom names you know, myself, Joe Hartropp, Jo and Erin Page and Bryn Llewellyn are incredibly excited to be running this venture again in a plush new home. Thank you God!

A venture gives the opportunity for young people to have a LOT of fun, while immersing themselves in accessible Christian teaching. We never know who is coming on camp... that's God's business... but most Pathfinders return year after year and it is rare to recruit leaders from anywhere other than our old Pathfinder pool.

We aim to model how appealing being a Christian is, teach the truths of our faith and the opportunity to be part of a 'Christian bubble ' for the week. This is always the best week of our year. Our aim is for young people to experience God's love for the first time, or to confirm that Christianity is their faith, not just their family's tradition. Finally, we aim for our venture to deepen all our faiths and enable us to walk more joyfully with God.

Bookings are up this year, proving the demand for post pandemic fun as well as a desire to build faith. I thank God every time I think of this venture and the thousands of young people it has helped in their relationship with Jesus.

If you fancy coming along or want to know more, please don't hesitate to ask. We're in particular need of a cook this year!

Katie Llewellyn



Youth Groups

K2	Tuesdays 6.15pm
RISE	Thursdays 6.15pm
Rock Solid	Thursdays 7.45pm
Altitude	Sundays during 10:30am

For more information about Youth Groups, contact our Youth Director Neil

Spark In The Park

While others will be enjoying a calm (I hope) first week to their summer holiday, I am looking forward to re-joining a large team of volunteers running a holiday club in Welling, South London.



Spark in the Park is run by a team of local churches from Welling and Bexleyheath, and I got involved in the London branch of Spark in 2015, after helping at the Coventry Spark from 2010. It's definitely something I feel called to make time for, and I love being part of the team! I am overjoyed that Spark is able to run again this year, after two years away.

What is Spark?

Spark is almost impossible to describe. It's almost a holiday club, but is better imagined as church-led activities for children and young people, in the park for a week in the summer. The team offer face painting and craft sessions, sports activities and there are always some bouncy castles - all manned by members of local (and not so local) churches wearing bright yellow t-shirts - and all completely free!

Every day we take a pause in the activities to tell a Bible story and sing some worship songs (with fun actions), and to explain why we feel called to bless the community in this way.

We also run some events in the evenings including a quiz night, a karaoke night, a football tournament and a pamper evening.

Who can come?

Anyone can come along - all the activities are free (there is a small charge for refreshments). Pre-booking is not necessary, as parents and guardians are expected to stay on site and remain responsible for the children. Children and parents often come and go, as there is no fence or gate - and there is a play area nearby!

Because it's free, it does get busy and the queues for the bouncy castles and for face painting get quite long.

Why do I go back?

Being part of the team is a blessing and a time to focus on God. We worship each morning before opening to the public, and pray throughout the day. It is a wonderful opportunity to witness, and to demonstrate that although the churches may be different, we represent one large family of God.



If you want to come along, it is a bit of a drive (about an hour, if the M25 is being nice), but the team and I would be happy to welcome you for an afternoon. Ask me for details.

Beth Burns



HOLIDAY CLUB

BODY BUILDERS

Tuesday 2nd – Friday 5th August
10am – 1pm

**ST LUKE'S
WATFORD**

SAVE THE DATE!

5 – 11 year olds

Registration forms available online soon



New Wine – United A

23rd – 28th July 2022

Have you ever marvelled how, in the gospels, Jesus seems to do, listen and care so much - and yet still has the time just to be with His Father and with His friends? Too often, my daily times reading Scripture, praying and allowing God to ask questions have to be squeezed into the diary. Even at church I can find myself focussing on doing, rather than being.

I find it really helpful, from time to time, to take a few days' complete rest from my usual routines and set the time apart for God. Sharing it with other Christians can be even better; relaxing and talking about some of the things Jesus is doing. I suppose that is what Sabbath is – and it's what the annual New Wine conference provides!

After a two-year interruption for Covid, a small group from St Luke's will be going to New Wine's United A conference this summer in Peterborough. We would love you to join us. Some will camp on-site; others of us are staying in B&B.

John Tyson (lead pastor at Church of the City, New York) will be teaching from the Bible each morning and there are big arena meetings each evening. The worship is always focussed on who God is: Father, Son and Holy Spirit – and worshipping alongside 10,000 believers is a real highlight. Being an accountant, I will try and attend the maximum number of seminars throughout the day – but there is no need and choosing one or two activities that are really right for you is more important.

We try to eat together – and that is often when God underlines what He wants each of us to take away. There is a huge variety of teaching – but each year I have found something that God keeps wanting me to return to.

If you would like to join us, go to <https://www.new-wine.org/events/united22/>. We are going to **United A**. The price now is £195 per person camping, with a £40 discount for those booking their own accommodation off-site. Reductions for children and youth. There are also day (£45) and evening (£30) tickets available.



Please speak to Mave and Dave Clarke or John and Melanie Sills if you have any questions and let us know if you do book. If you are camping, please say on the booking website that you want to camp with St Luke's Watford.

John Sills



NEW WINE 2022
UNITED

at the EAST OF ENGLAND SHOWGROUND, PETERBOROUGH

A 23 JULY - 28 JULY 2022

Book by 15 September 2021 for best prices

FLASH SALE NOW OPEN at new-wine.org or see **John and Melanie Sills** (john.sills5@gmail.com)



Ian Pankhurst

On Sunday afternoon 8th May, many friends and colleagues from over the years gathered at St Andrew's Church in honour of Rev Ian Pankhurst to mark the occasion of his retirement.

We all know how engaged Ian is with people and with the local community, something we cannot imagine he will ever retire from.



He has always been very supportive of joint initiatives by the local churches and Christians across Watford, including the annual Good Friday walk of witness through the town. In addition he is a dedicated volunteer as a leader for the local 'Talking Newspaper' for the visually impaired, work he has done over many years.

Ian is also a keen outdoors man, going for many hikes and camps over the summer break. During his time at St Luke's he was an enthusiastic member of the Men's Walking Group. Over the years he has regularly joined in with the Easter Monday pilgrimage to St Alban's Abbey.

I have worked with Ian over many years, primarily officiating as organist or pianist at church services, weddings and funerals. A regular request is one of his favourite pieces, the Toccata by Widor for Organ, always necessitating that extra bit of practice

to keep it up to scratch. His technical skills came on leaps and bounds with Covid forcing services to be online.

A meticulous planner and thoughtful communicator, services are always led with sensitivity and encouragement. Many of us at St Luke's will remember Ian for the Taize services he led, and what stillness and peace we experienced in this setting as we put aside the issues of the world and our everyday lives in this oasis of calm, enabling us to focus on Christ Himself, the Prince of Peace.

One of the highlights of the year is the Queen's School annual Carol Service at St Luke's, which Ian, as a former teacher of the school, has traditionally led, with a warm pastoral heart. The School seems to take over the whole building, creating an energy and buzz, always a high point of the year for Ian. Sadly the most recent Service had to be cancelled due to Covid.

Ian is also a keen musician, at St Luke's he was always happy to sit with the Viola section when we had Church orchestra.

We are so grateful for the way in which Ian led us so capably through one of our interregnums, and for the Services he officiated at during our last interregnum. It was such a shock during one of these services to hear the news of Ian's wife Sue collapsing at home, and passing away shortly afterwards, to be with Christ in His Kingdom. Ian was nevertheless resolute to continue to cover services at St Luke's over this sad period.

We look back with fondness and gratitude on Ian's ministry over the many years passed. We also look forward to his ministry in the community over the coming years. If there is work to be done for God's Kingdom, Ian will be there, ready for action! If people need comfort and prayer, Ian has such a gentle and pastoral heart. We wait on God's guidance for the way forward, not just for Ian but for ourselves in our own lives.

Jeremy Cooke



Toddlers

Thursday mornings
In the Hall 9:30am

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

News from some of Our Mission Partners



Greetings from Ruth Guinness in Malawii

April has flown by – I've enjoyed seeing photos of primroses and other spring flowers in the UK, whilst here the garden is mainly green as we come to the end of the rainy season.

At the beginning of April I really enjoyed my visit to Nanjoka, where I stayed with the Wheatleys. It was good worshipping in the village church and having conversations with the local pastor, a former student. He is now heading up a discipleship ministry within the Africa Evangelical Church. We went to a meeting of a number of pastors and their wives held in a small village called Sani. It was great to meet up with the pastors again – most of whom are former students – and to build on the connection we have. In the time of sharing, they all mentioned quite difficult challenges, including the pervasiveness of traditional religious/cultural practices, leaders chosen for the wrong reason who are not willing to serve, and the need to build or re-build church buildings. The Wheatleys and I had a couple of nights staying by Lake Malawi – I always love the opportunity to be by the lake and enjoy God's creation.

Over Easter the local Africa Evangelical Church congregations all joined together for a conference at the local church where I worship. It was wonderful worshipping with a large number of people. There was good teaching too, which was an encouragement.

I have continued with zoom calls, still getting to know people and developing my picture of what is going on in theological education in SIM. This week I had two zoom meetings with other Ministry Point Persons – people who have a similar role to me in other areas such as health ministries, youth ministries, business ministries and many others. It was helpful to hear stories of how they have collaborated in the past, and I trust opportunities to work with others will open up in the future.

Here in Malawi, I have been meeting with others working in the area of church leadership development and discipleship. Coming up I will be involved in planning a retreat for pastors and their wives. I will also be involved in discussions related to the relationship of SIM and the Africa Evangelical Church.

Summary of prayer points:

- Give thanks for my visit to Nanjoka and meeting with former students;
- Give thanks for beginning to get to know people by zoom;
- Praise God for safety in travel and for a time at the Lake;
- Pray for my health – I've been struggling for a while now with allergies;
- Pray for wisdom and discernment in my roles.

Thank you so much for your prayerful support. Do let me know how I can pray for you too.

With love in Christ,

Ruth Guinness

Creative Space

Patience was the theme of our May Creative Space Event.

We breakfasted, chatted, shared and listened to a talk by Wendy S. Then having chosen our craft for the day, we each went to our experts to learn to sew!

Vera taught us how to make a trendy bag with Edna ably assisting too, 5 sewing machines hummed, people pinned, turned, sewed, and topstitched. We whipped up lovely material bags in under 2 hours.

The tie-makers were taught by Etsy Expert, Lucy and we carefully learned the intricacies and accuracy needed for this neckwear.

There were lovely toy bunnies being formed of felt under the watchful eye of Wendy D, hand warmers to become gifts for others and ourselves.

We had fun learning to hand and machine sew together. Thanks to all involved. We look forward to a summer and autumn of more creative fun.

Check out the church website for details of future events or email pam.stlukes@gmail.com. So that's sewn up!

Pam Norman

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







Watford Foodbank's 10th Anniversary

In 2012, Steve Bolton and others in Watford saw the need and had the vision to start a foodbank, and in July 2012 Watford Foodbank began its operation. We are a registered charity which is affiliated to the national

Christian charity The Trussell Trust, which operates a UK-wide network of over 400 foodbanks.

Our aim is to provide food and support to local people in times of crisis. Non-perishable food is donated by churches, schools, businesses and individuals, and we have supermarket collection points at Tesco, Sainsburys and Asda. Food is taken to our warehouse off Imperial Way in north Watford where it is packed into parcels and taken to our four distribution points: Wellspring Church Centre, Christ Church, St Michael & All Angels, and South Oxhey Baptist Church. People in crisis can go to one of over 100 organisations around the town such as Citizens Advice, social services, some doctors, and some schools and be given a foodbank voucher which they can redeem at a distribution point.

In the first few years of operation, clients received emergency food with up to only three successive parcels, but over the last couple of years this model has become increasingly unrealistic as many clients have medium and long-term issues with benefits, debt, or physical and mental health issues, often in combination. So they are requiring regular food parcels and not just emergency ones. Some clients are in work, some are trying to find work, and many are on the government benefit system Universal Credit, but find in the current economic climate that their monthly payments are just not enough to live on. As low income is their major problem, they come to us on a regular basis. We are working in co-operation with Citizens Advice Watford and the Mind Hertfordshire Network to try to address some of the underlying reasons why clients need to come to us. We also try to work closely with New Hope and Watford and Three Rivers Refugee Partnership. Most clients come from the central Watford, Holywell and Meriden wards and South Oxhey – few from the Cassiobury estate!

The Trussell Trust's long-term goal is to end the need for foodbanks in this country. When we began ten years ago, we did not think that there would be a need for a foodbank in Watford in 2022. It is not an anniversary we really wanted to reach. We are currently supplying over 500 food parcels per month to individuals and families and the numbers are rising. The economic situation means that for many families the choice is now whether to eat or to heat, and unfortunately the trend looks to be getting worse. Recently we are noticing a general decline in the food donations we receive and we are having to purchase more food items ourselves.

We are very thankful to the individuals at St Luke's who have supported us with donations of food and money, and with prayer over the past ten years. Everyone

helping at the foodbank is a volunteer, and if you feel you would like to help then please contact us. If you would like to donate non-perishable food there is a collection point in the Gathering Area with a list of which items we would like.

John Bishop

Watford Foodbank and Community Relief Trust. Registered charity 1184482

watford.foodbank.org.uk

info@watford.foodbank.org.uk



A Prayer for Ukraine

**God of Peace and Justice, we pray
for the people of Ukraine today.**

**We pray for peace
and the laying down of weapons.**

**We pray for all those
who fear tomorrow,
that your Spirit of comfort
would draw near to them.**



26th May – 5th June 2022

We encourage everyone who is able to take part in this global prayer initiative from Ascension Day to Pentecost.

Visit <https://www.thykingdomcome.global/> for details and resources, or, click [here](#) to download the prayer journal (you will need to print it for yourself)



Ukraine Humanitarian Appeal

**Please donate via bank transfer
or envelope marking both as: UKRAINE**

**OPALS - 21st June
at Stanborough Park Centre**

An OPALS (Older Persons Activity Learning Session) event is taking place on 21st June 2022 10am to 2pm at Stanborough Park Centre, Cedar Sycamore Hall, 609 St Albans Road, Watford, WD25 9JL.

It is an event purely for vulnerable over 65's, if you feel that you may know someone who will benefit from this then please pass this on to them.

The aim of an OPALS event is to reduce the vulnerability of residents to scams, burglaries, fires etc. by providing a sample of support, advice and help available within the local community.

At the event guests will be seated, served FREE hot meal & refreshments and then representatives from a variety of agencies will discuss the services they offer, there will be refreshments served and a chance to win a hamper.

It is a sociable event, and a great opportunity to meet other residents in the local area.

Not all agencies attending will be doing talks, so there will also be the opportunity to walk around the stands, collect some safety related freebies and speak one to one with other representatives.

The event lasts around 4 hours, please arrive on time to ensure that you do not miss out on any of the speakers, or freebies on offer

Please contact 07970 954072 or email carley-jo.rackley@hertfordshire.gov.uk to book your FREE place.



**Watford Schools Trust – Our aim is to help
teachers provide pupils with a clear
understanding of the Christian faith**

Watford Schools Trust are looking for volunteers to help with a project in schools on the 16th-19th or 23rd-27th May. Please contact the office for more details.



OpenDoors
Serving persecuted **Christians** worldwide

Open Doors news

Thank you to everyone at St Luke's Watford who is supporting the persecuted church and Open Doors, in various ways.

Got your copy of World Watch List 2022?

Have you picked up a copy of the World Watch List 2022? There are copies in the welcoming area, you can get your own copy and you are welcome to give copies to other people too. This publication lists the 50 countries where it is hardest to follow Jesus. Each copy comes with a map showing all the countries listed.

Highlighting World Watch List countries

Every week St Luke's mentions one of the 50 countries on the World Watch List, as a focus for prayer. The weekly notice sheet lists the country for that week, it's also updated each Friday on the website version of the notice sheet. The web address is www.stlukeswatford.org/weekly-news-at-st-lukes-watford.

Watford MP in government role

Dean Russell, MP for Watford has been the Private Parliamentary Secretary to James Cleverly MP (Minister of State of the United Kingdom for Europe and North America) since late 2021.

This is significant, as he has been quite involved with various debates and questions in the House of Commons about human rights abuse and persecuted Christians.

International Ministerial Conference on Freedom of Religion or Belief: London 2022

On 5th and 6th July, 2022, the UK government will host a human rights conference to urge increased global action on Freedom of Religion or Belief (FoRB) for all.

The conference will bring together governments, Parliamentarians, faith and belief representatives, and civil society to urge increased global action on freedom of religion or belief for all. The overarching themes of the conference will be preventing FoRB violations and abuses, and protecting and promoting freedom of religion or belief.

How can I help?

If you'd like to help your persecuted brothers and sisters, here are some things you can do:

- use the World Watch List booklet (or on the Open Doors website www.opendoorsuk.org/persecution/world-watch-list) to pray for Christians in the various countries
- contact your MP (Dean Russell is Watford's MP) and ask them to do what they

can to fight for the rights of persecuted Christians

- write to persecuted Christians encouraging them, you can get information here: www.opendoorsuk.org/act/letter/

Thank you for taking the time to learn more about human rights abuses against Christians in various parts of the world.

You are also welcome to contact me with questions and if you'd like to know more,

John Williamson,
john@petermagnusdesign.co.uk
0777 999 1551.
Open Doors UK
www.opendoorsuk.org

Stay connected

To learn more about services, Our LifeGroups and other church activities you can take part in, email the office to get the weekly email sent on Fridays

Volunteers urgently required for...

Coffee after 10:30 service

Children's groups (Sundays and Tuesdays)

Welcoming (hopefully once a month maximum)

Security rota (about one week a quarter)

Please get in touch with Beth in the office if you wish to help.



New Hope - Egg-citing news!

We have four new residents in the therapeutic garden at New Hope House and the Manse. Rescue hens, they have settled into their new home, grown their feathers back, and are busy laying four to six eggs a day!

The therapeutic garden is an important part of our Recovery Services, providing a safe social space, positive activities, and a



peaceful environment for people who are seeking to be abstinent from drugs and/or alcohol.

One resident has been working incredibly hard transforming the two gardens of New Hope House and the Manse into one larger garden. He was keen to create a space for others to enjoy and encourages the other residents to get involved. He told me that gardening keeps his mind occupied

and keeps him relaxed.

I am sure I have the best view of the garden from my office on the top floor of the shop. I have been watching the transformation of the garden (even in the winter, people were out there working hard) and love hearing the enthusiastic voices of staff and residents as they enjoy both the garden and the chickens!

Kind regards,

Rebecca Palmer
Fundraising and Communications Manager

WOOL

St Luke's Knitting group, which meets once a month on a Monday morning is in need of more wool to make baby items and hats for adults.

Can you help? All wool gratefully received via the Church Office, during working hours.

To join the group contact **Di** via the office.

Thank you.





The Armour of God

The All-Age Service on Sunday 15th, was led by Neil our Youth Director and Lydia Davies, Children & Family Team Leader. The service was based around Ephesians 6:10-18, where we are encouraged to put on the armour of God.

Ephesians 6:10-18 NIV

10 Finally, be strong in the Lord and in his mighty power. 11 Put on the full armour of God, so that you can take your stand against the devil's schemes. 12 For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. 13 Therefore, put on the full armour of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. 14 Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, 15 and with your feet fitted with the readiness that comes from the gospel of peace. 16 In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. 17 Take the helmet of salvation and the sword of the Spirit, which is the word of God. 18 And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people.

Neil and Lydia encouraged the children to dress up during the service as they introduced us to each part of the armour



The shield of faith

The helmet of salvation

The sword of the Spirit

The belt of truth

The body armour of righteousness

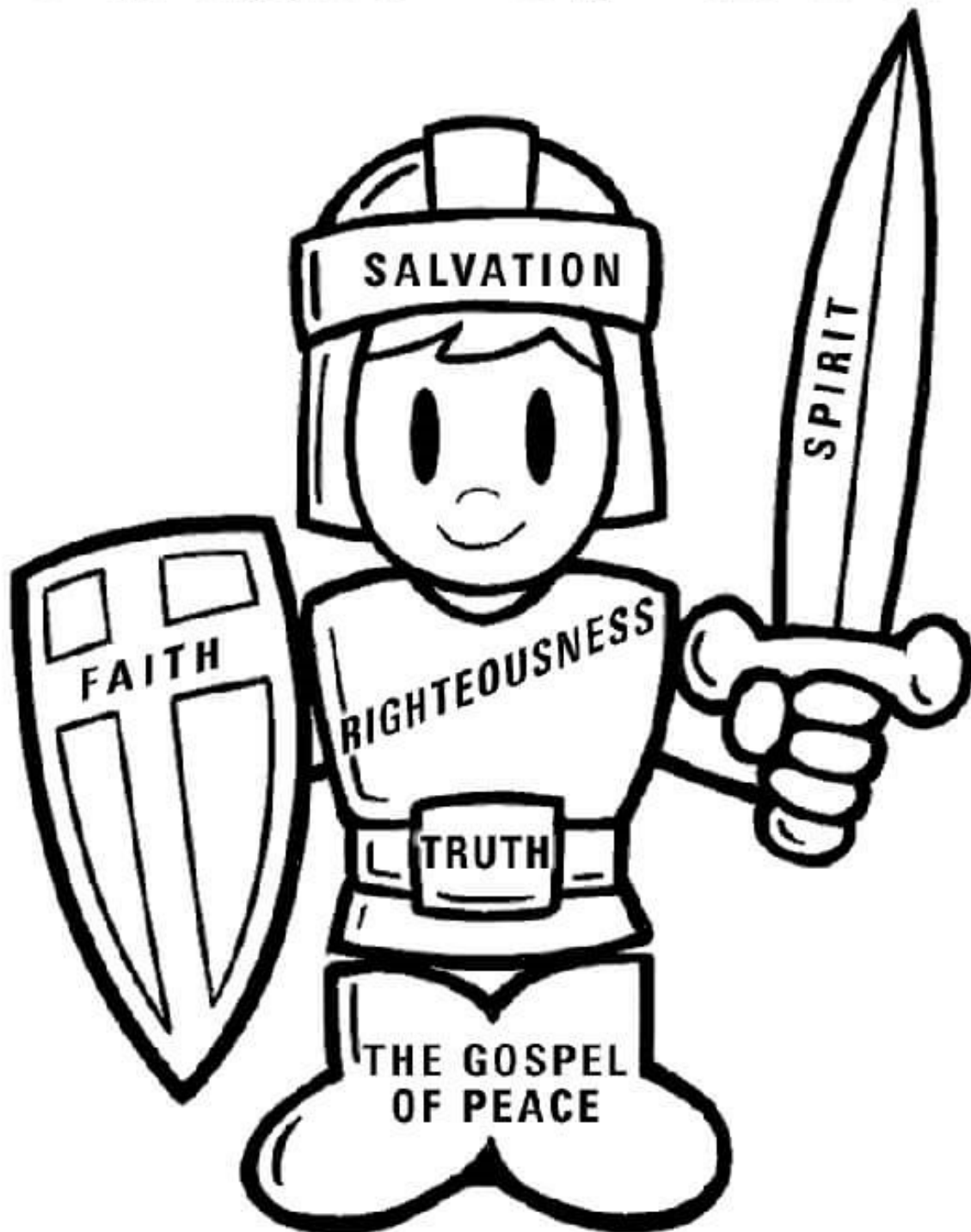
The shoes of peace

Children's Page

Colour in this picture of the armour of God

You can read about it in The Bible in Ephesians ch6 10-18

Armor of God



Word Search

Find the following words which come from the Ephesians reading on the armour of God

ALERT

FLAMING

SALVATION

ARMOUR

FULL

SHIELD

ARROWS

GOD

SHOES

BELT

GOSPEL

SPIRIT

BREASTPLATE

HELMET

TRUTH

BUCKLED

PEACE

WAIST

EVIL

PEOPLE

WORD

FEET

RIGHTEOUSNESS

B	R	E	A	S	T	P	L	A	T	E
U	I	K	R	A	R	R	O	W	S	T
C	G	F	U	L	L	S	E	O	H	S
K	H	G	O	V	B	E	L	R	I	I
L	T	O	M	A	E	P	S	D	E	A
E	E	S	R	T	L	S	S	A	L	W
D	O	P	A	I	T	E	E	F	D	G
H	U	E	B	O	R	D	N	S	T	N
E	S	L	X	N	E	R	I	P	R	I
L	N	P	L	G	L	O	D	I	U	M
M	E	O	I	O	A	W	A	R	T	A
E	S	E	V	D	Z	S	E	I	H	L
T	S	P	E	A	C	E	R	T	J	F

You are welcome to submit an article for the next edition of St. Luke's News which should be no more than 450 words. We may edit articles for clarity.

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 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	Richard Waddington
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 -
246161

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