



# St Luke's Newsletter

February 2021 Edition



## The Secret of Contentment: Rejoice in Christ

*Rejoice in the Lord always. I will say it again: Rejoice! ...  
Do not be anxious about anything, but in every situation, by prayer and  
petition,  
with thanksgiving, present your requests to God.  
And the peace of God, which transcends all understanding,  
will guard your hearts and your minds in Christ Jesus. PHILIPPIANS 4:4, 6-7*

I've been thinking a lot about contentment since the beginning of this current lockdown, and have been struck by the fact that we can choose to be content. As Paul says in Philippians 4:12, 'I have learned the secret of being content in any and every situation ... whether living in plenty or in want.' He doesn't explicitly tell us what the secret is but it was when I noticed the word 'learned' that I began to understand.

Contentment isn't something we have to hope we might be given, or something that would happen in our lives if only we received or achieved all the things we're longing for. Contentment isn't the result of everything being the way we want. Nor is it a gift randomly given to some people to enable them to bear difficult circumstances.

It is something we can learn, something we can actively pursue. We do that by choosing to seek Christ's glory over our own, to emulate his life of grumble-free humility, and to learn from others how to press on towards the goal of becoming more like him. And we do it by choosing to rejoice.

Paul doesn't say 'Rejoice in the Lord when things work out', or 'Hang in there; we'll be able to rejoice one day'. No, he commands us to rejoice in the Lord always. God is always good. There are always things to praise him for, in our plenty and in our want, even in a long, lonely lockdown. (Isn't it interesting that Paul had to learn how to be content with plenty as well as with want? Even the dream job, ideal home, and perfect partner won't bring automatic contentment.)

This doesn't mean denying the reality of our situations. We can and should 'present our requests to God', we just do it in an attitude of thankfulness not anxiousness. And as we play our part, God will respond by giving us something greater than what we have asked for – he'll give us his peace, 'which transcends all understanding, to guard our hearts and our minds'.

True contentment is a gift from God – as indeed is everything good in life – but God in his goodness allows us to choose whether to receive it or not. So make the choice: rejoice!

*Rev Annie*

## Lent is Here!

### Ash Wednesday 17<sup>th</sup> February

On Ash Wednesday there will be a recorded YouTube service from St Luke's and a 6.30pm Zoom service from Chaldon.

During Lent Rev Annie and Rev Helen will be sending out daily Lent reflections, as they did during Advent.

There will also be a regular Wednesday morning Zoom session during Lent called 'Wednesday Windows' where we can meet together to discuss where these reflections are leading each of us. The links will be on the website as will details of the Lent book we will be using to aid our discussions. It would be lovely if you could join us. New people welcome!

If you wish to be sent emails from St Luke's please contact [pa@stlukeswhyteleafe.co.uk](mailto:pa@stlukeswhyteleafe.co.uk) to be added to our mailing list.





## Facebook Live Broadcasts

Rev Annie has recently learned the art of doing live filming on Facebook from her phone and has been astonished at the encouragement from those who watch them as they happen and also tune in to the recording at a later time.

Thank you.

In her first broadcast she introduced the community to our new RAFA bench. In her second it gave her the opportunity to publicly thank two teachers from Whyteleafe School who have filmed the inside of our lovely church for their RE lessons. Keep an eye and ear open for the next one...who knows when it will happen!

## St Luke's Church Needs You!

Join our Knitting Ninjas  
and knit for our local community



To join us in knitting for local hospitals & charities  
please call Helen on 07427 019735

and come to our regular Zoom Knitting Natters...

All donations of wool  
or donations to buy new wool gratefully received.

## Vaccination Centres

In case you are wondering, Rev Annie did look into whether or not St Luke's Church could become a vaccination centre but unfortunately, we don't have some of the vital requirements that would qualify us.

We have no WIFI, no bespoke parking and not good enough toilet facilities amongst other things.

But watch this space!

Our reordering project that we hope to be able to present to you all later this year, would hopefully address all of those issues and more...

## St Luke's Charity Quiz Saturday 20<sup>th</sup> February at 7pm

Rejoice and join in!

Please do join us for a fun filled hour of shouting at the quiz master's incompetence! The Zoom link will be on the website and emailed out.

All you need is a pen and paper, a sense of humour and any nibbles you might need to keep your stamina and brain in good form. £1 per person for our church charities.

## Eco Tips

Don't forget to check your packaging when you dispose of it!



Much of it is recyclable or compostable. Most bread bags are recyclable along with carrier bags, as are lots of fruit and veg bags.

**If you can, buy unpackaged food if you are able.**

Remember you can reuse plastic or compostable bags to line the silver recycling food caddys. You can use anything from old shopping bags to bread or salad bags, but not black bin bags or plastic food packaging.

## Supermarkets

Did you know Morrisons has a new dedicated shopping service aimed specifically at helping to ensure vulnerable & elderly people can get the groceries they need. Customers who wish to place an order should phone 0345 611 6111 and select option five. Customers who are self isolating, elderly, vulnerable and not able to visit a shop, are able to place orders with Morrisons over the phone and the delivery will be made the following day by a store colleague from their local store

Sainsburys also run a similar scheme. Register via the phone before you can place orders. The delivery service operates just like the internet shopping scheme.

Access this service by phone 0800 328 1700 Mon-Fri 9am-5pm