



# St Luke's Newsletter



July 2021

'Freedom day' – the glorious moment when social restrictions were finally and completely lifted, was supposed to be last month. After more than a year of lockdown we were looking forward to enjoying one another's close company again at church and other venues. But recent infection trends from the Delta (aka Indian variant) forced the Government into another frustrating delay and now 'hope deferred makes the heart sick' - Proverbs 13:12. We are hesitant to believe that the promised 'freedom day' in July will ever arrive.

Psychologists describe the pattern of emotional reaction to change with something called the Kubler Ross curve – shock, denial, anger, and depression before acceptance. Sure enough, we experienced them all in lockdown. And each time another hope is been deferred, disappointment and frustration are surface again. Businesses are struggling and even when complete social freedom in the UK is finally authorised, there will still be overseas travel restrictions and the nagging fear of another variant – another wave of the pandemic from somewhere. This isn't over by any means. And many people, who are already traumatised and exhausted, will take a long time to recover.

One of the keys to human flourishing in times like this is learning to be content and that is a huge challenge, because contentment is the complete opposite of the frustration we naturally feel. The Apostle Paul wrote to the church in Philippi saying: 'I have learned the secret of being content in any and every situation'. The irony is that learning contentment requires challenging circumstances, just as learning the discipline of patience can only be done by facing irritating delays.

Contentment does not minimise the reality of suffering, or avoid taking necessary action. Contentment is choosing to receive God's peace on the inside. It is a deliberate choice to adopt humility and rest and trust in God. As Psalm 131 says: 'I have calmed and quieted myself, I am like a weaned child with its mother; like a weaned child I am content. Israel put your hope in the Lord, both now and for evermore.'

When you meet someone who has learned to be content, the peace that quietly radiates from within them is attractive. That peace will have been hard won and usually forged in difficult circumstances. Now we have the opportunity to learn contentment and it is not easy. Yet if, with the Psalmist, we can rise to it, then on our everyday frontline we can be those special people of peace in the midst of a frustrated and discontented world.

*Rev'd Annie*



**RAKE & CAKE 2**

**Saturday September 11<sup>th</sup>**

**10.30am till 1pm**

A fun day of tending the churchyard for all the family  
**All welcome to come and help**



**Christian Aid**

**THANK YOU**

**£2017**

Great news both St Luke's and St Peter & St Paul's together raised over £2017 inc Gift Aid towards this years Christian Aid fund.

[www.stlukeswhyteleafe.co.uk](http://www.stlukeswhyteleafe.co.uk)

## St Luke's Churchyard Tidy Rake and Cake Thank You



### RIDE AND STRIDE 11<sup>th</sup> September

A group from St Luke's will be walking from local church to church to raise money for the Surrey Preservation Trust.

Half of the money raised goes to St Luke's and the other half goes to the Trust.

Surrey Churches Preservation Trust gives grants to Surrey churches for their restoration and repair. In the past we have received grants towards the restoration of the organ, replacement of water pipes and for our reordering project.

To sponsor our walkers please give on our Just Giving page

<https://www.justgiving.com/fundraising/stlukes-rideandstride2021>

A scaled-down replica Hurricane jet plane has been erected outside the Portcullis Club on the Airfield and Revd Annie was asked to dedicate it to the brave pilots who flew from Kenley during the wars.

With the theme of 'On a wing and a prayer', memories were evoked, prayers were said and the war veterans who attended were thanked. Do have a look at the model on your next walk...



#### Caterham Church Together Morning Prayer

In July Wednesday Morning Prayer 8.30am at Chaldon church outside or on zoom

#### Evening & Night Prayer in July

**6.30pm Tuesdays, Wednesdays, Thursdays & Fridays and Night Prayer at 9.30pm Sundays**

Zoom <https://us02web.zoom.us/j/82053753781>

The password is unchanged but if you require it please email: vicar@chaldonchurch.co.uk

#### Blister Pack Recycling

To help to do our bit towards recycling - here's an idea!

Collect your blister packs

in which your pills are packaged and after you've finished your medication bring them to church so they can be recycled properly.

Please place your foil blister packs in the box in the porch.

**Thank you**

