



An honest conversation

Millions of people pray every day - all ages, backgrounds, faiths as well as people who are not even sure they have a faith. During Lent Christians try to make extra space to spend time with God in prayer (see inside article).

We've also been thinking about how we pray in our recent sermon series at St Luke's; what the Bible says about it, why it is central to our faith and new ways to inspire our 'conversations with God'. Boiled down to its basic definition, this is all prayer really is - an open communication with God.

Just like with any successful relationship, the key is honesty. All God wants is for us to turn to Him with the stuff that is on our minds and our hearts. He loves to receive our thanksgiving and delights in sharing our joy and wonder in times of celebration. But he is also big enough to take our anger and pain, to hear our frustrations and disappointments, to stand with us when we are broken-hearted.

For two thousand years, the Lord's Prayer has helped us shape our prayers. Jesus uses these words to teach His followers (including us) how to pray. It's not a magic formula - but a timelessly relevant framework to help us share the reality of our lives with God. Some days we are acutely aware of our basic needs (our daily bread). Other days we are wrestling with the whole area of forgiveness - both giving and receiving it. At other times we can be overwhelmed with anxiety and feel we are in need of God's protection and peace.

There are two other key things Jesus teaches about prayer. Firstly, you don't need to use fancy phrases and lots of words - simple is fine because "...your Father knows what you need before you ask him."

Secondly, you can pray with confidence because God is "a good Father who loves to give good gifts to his children". In other words God is far more ready to listen and respond than we are ready to pray.

At Easter, we focus on the most amazing gift of all. The absolute proof of God's love for us is seen on the cross of Good Friday. This is where His Son took our place - bearing our griefs and sorrows - so that we can share in God's freedom and be welcomed as beloved sons and daughters into His family. It's because of Easter that we can truly know that God is "Our Father..." and that is really worth celebrating!

The inspiring words of The Lord's Prayer are printed over the page - why not ponder them and see if they can help you connect or re-connect with God?

Finally, a reminder that there's a prayer post box in our foyer if there's something you'd like us to pray about for you - anonymous requests are fine. We love praying for others at St Luke's and would love to see you at one of our Easter services too.



Mark

Reflection and joy this Easter

- **Maundy Thursday (18 April) - 7.30pm** Holy Communion at St Luke's
- **Good Friday (19 April) - 2pm** An Hour at the Cross at Holy Rood, Edwalton and 8pm Tenebrae Service at St Luke's
- **Easter Day (21 April) - 10.15am** All Age Holy Communion services at both St Luke's and Holy Rood Edwalton and 5pm Easter Praise at St Luke's



Decluttering the soul

A look back on Lent



The clocks have changed, the bulbs have flowered and the sunshine is peeping through. At this time of year, many people are moved to do a bit of spring cleaning and decluttering.

This can be a cathartic exercise and a good opportunity to not only dust off the garden furniture but also dust ourselves off too - taking some time to evaluate where we're at. By doing this we can decide what needs fixing, what needs to go and what is really important to us.

Lent is a time for quiet reflection in the 40 days leading up to Easter Sunday and is characterised for many people by giving something up. This might be fasting, putting away the chocolate or giving social media a rest.

But Lent isn't about depriving ourselves, it's about clearing space.

Just as when we empty out our wardrobes of all the clothes that are old or don't fit any more, what we are left with seems to have a sharper focus and more value. Lent gives us time to think by removing the distractions and habits that stop us seeing what is really most important.

The day before Lent officially starts is known as Shrove Tuesday and the word 'Shrove' means to forgive. Just as our possessions and clutter can take over our living space and can add to our mental load, our 'inner life' too can become like a drawer full of random bits; filled with worries, anxieties, unfulfilled dreams and old hurts.

Lent gives us an opportunity clear out our 'inner drawers of junk' and get rid of the things that are holding us back, emotionally and spiritually.

Forgiveness is crucial in this time of reflection; as we acknowledge regrets for what has happened (or hasn't happened), say sorry to God, ourselves and others, and move on. What remains at the end of Lent - after we have paused, reflected, discarded, forgiven and been forgiven - is joy. And freedom from the things that were holding us back.

Exciting times in the heart of Gamston

This past year has seen us run a number of events, services and courses for all ages in Pierrepont Gamston Primary School (PGPS).

From flipping pancakes at our pop-up café to supporting parents with teens, there have been evenings and weekends where the school hall is full as people from all over the local area have gathered.

Over this next year you can expect even more of these pop-up events and services. A team of us are getting ready to launch a new, regular St Luke's congregation in the school on the afternoon of Sunday 15 September. We'll be welcoming those of all ages and stages of life and hope this new, regular service at PGPS will be a fantastic place for discovering faith and community in the heart of Gamston.

If you would like to hear more about this new church congregation you can email Sarah Sharpe on families@st-lukes-gamston.org

We'd love to add you to our email list for updates and keep you informed about our exciting future plans.

The Lord's Prayer

Our Father in heaven
hallowed be Your name

Your kingdom come
Your will be done on earth as in heaven

Give us today our daily bread
Forgive us our sins
as we forgive those who sin against us

Lead us not into temptation
but deliver us from evil

For the kingdom, the power,
and the glory are Yours
now and for ever

Amen



Millennials: leading for a new way of working



Ever heard people talking about 'the millennial generation' and wondered what it is all about?

St Luke's Church is hosting an evening with Phil Knox on Saturday 27 April at 7.30pm where we aim to explore what this means and how improving our understanding can help us to be better leaders in the workplace.

Millennials are the generation entering the workplace in the 21st century. They are the most educated, technologically sophisticated generation ever talked about; the most connected and yet the most lonely. So often we hear negatives about flakiness and lack of commitment but Phil argues that millennials have a longing for depth, meaning and a desire to contribute to causes that are important to them.

Having researched the characteristics of this generation, Phil has many insights to share on how to get the best from them. The evening will provide an opportunity to explore new thinking on the challenges and opportunities of leading millennials in the workplace.

If you are a parent, colleague or leader of millennials in the workplace and you want to understand more about this generation and how to inspire them to be the best they can be, this evening is for you. Tickets cost £5 and can be purchased from leading-millennials.eventbrite.co.uk or contact the church office for more information.

A warm welcome and a fond farewell



St Luke's welcomes a new curate this July when Jonathan Mole, his wife Kristine and their four daughters join us in West Bridgford and Gamston. Jonathan will be ordained at the end of June and we are very much looking forward to him undertaking his curacy placement with us.

We would also like to send our very best wishes and lots of love to John Blakeley and his family as he leaves Edwalton to become curate at St Nic's in Nottingham.

John has been completing a training ministry placement at Holy Rood over the last 18 months and he, his wife Lynda and sons Mikey and David have been active and faithful members of St Luke's for many years. We will miss seeing them around but are pleased they won't be far away!

As a church we are praying for both Jonathan and John as they start new chapters in their church leadership.



What matters to you?

Nottinghamshire is one of the first areas in the country to develop an Integrated Care System (ICS), bringing the local NHS, councils and voluntary sector together. This combined health and social care system will have greater freedom to manage local services, spend money on health and care, and invest in what works well.

Earlier this year, NHS England launched its Long Term Plan; setting out the national ambition to make sure everyone has the best start in life, receives world class care for major health problems and gets the support they need to age well.

The Nottingham and Nottinghamshire ICS is currently seeking the views of local people to help shape how it delivers the aims of the NHS Long Term Plan locally. For more information and to have your say visit www.nottswatmatterstoyou.co.uk

Weekend and evening appointments

Local GP Practices are offering pre-bookable and same day appointments seven days a week across Rushcliffe. An extended GP service is available evenings between 6.30pm and 8.00pm and at weekends from 08.30am to 12.30pm from three locations on a rotation basis:

- Castle Healthcare Practice
Embankment Primary Care Centre
50-60 Wilford Lane, West
Bridgford, Nottingham, NG2 7SD
- East Bridgford Medical Centre 2
Butt Lane, East Bridgford,
Nottingham, NG13 8NY
- Keyworth Medical Practice Bunny
Lane, Keyworth, Nottingham,
NG12 5JU

To book an evening or weekend appointment, please contact your own GP Practice who will then make an appointment for you at the most convenient location for you.

This seven-day service can be used by anyone who is registered with a Rushcliffe practice and might be helpful for people who find it difficult to attend appointments during the week due to work or childcare commitments.

About St Luke's

St Luke's is an Anglican Church (Church of England) with around 180 members. Together we enjoy a mixture of service and worship styles from traditional to modern. We offer a warm welcome to everyone, so if you are keen to try church for the first time or are returning to church, we'd love to see you.



Who's who



Rev Mark Fraser
Vicar



Ade Perham
Trainee Vicar



Sarah Sharpe
Families Minister



Andy Wright
Youth Worker



Joanne Pilkington
Church Office Administrator

Contact us

St Luke's Church
Leahurst Rd, West Bridgford,
Nottingham NG2 6GL

Call the church office
on **0115 974 5024** or email
office@st-lukes-gamston.org

Things to do at St Luke's

Older People / over 50s

- Prime Time – social group for older people with music, talks and refreshments on the first and third Thursdays of the month at 2pm
- Coffee Break – Every Saturday morning from 10am

Children 4 and under

- Dads & Tods - tea, chat and bacon butties every third Saturday of the month at 10am
- Tinies & Toddlers - Every Thursday morning 10am to 11.45am (term time only) crafts, singing, story time and free play

Youth (11-18s)

- 1st and 3rd Fridays: Youth Café at St Luke's - 7.30pm
- 2nd and 4th Fridays: Youth Worship at St Giles' - 7.30pm
- Hot Chocolate and Cereals, every Monday at St Luke's from 3.30pm contact youth@st-lukes-gamston.org for more info

Mums

Oasis – local mums 'sharing life' every Wednesday 10 to 11.30am
- good chat, great coffee, simple Bible study and prayer (crèche provided)

Regular Sunday services, prayer and worship at St Luke's

Midweek

- Morning Prayer: 9.15am on Monday, Tuesday, Wednesday & Friday
- Morning Communion: 9.15am every Thursday

Sunday Services

- 9.30am Sunday morning worship / communion including regular activities on Sunday mornings for the following age groups 0-3, 3-7, 7-11 and 11+
- 5pm Traditional communion / teaching service

Second Sunday of the month only

- 9.30am Activities and breakfast snacks followed by a short All-Age service from 10am
- 5pm Communion service
- 7pm Engage (informal service)

You can also visit our website at www.st-lukes-gamston.org to find more information about our church and download audio recordings of our Sunday sermons.

OneLIFE mission 2019

More than 15 Bishops have so far signed up for the One Life mission taking place in Southwell & Nottingham from Thursday 12 September to Sunday 15 September 2019. Every church is being invited to take part in the mission, which will see a whole range of activities and events taking place in parishes and across the diocese.

The Archbishop of York, Dr John Sentamu, and Bishops Paul and Tony will support activities planned by local churches. St Luke's will be planning its own OneLIFE mission events - details dropping through your door this August.

All activities and events are held at St Luke's Church unless otherwise stated. Our church building is also used by the community including Guides, Brownies, Rainbows and Leahurst Road Pre-school. Our community hall is also available to hire for meetings, children's parties and special events. St Luke's is a registered charity (number: 1132547)