

**"Trust in the Lord with all your heart  
and lean not on your own understanding." (Proverbs 3:5)**

In our culture, the heart is often associated with romantic love or with emotion in contrast to reasoning. That is not really what the Bible means when it talks about the heart. For the Bible emotion is important, but it is associated with a different part of our inner anatomy. For example, Proverbs 23:16 translated literally is:

"My kidneys will rejoice, when your lips speak what is right."

The heart is far more important. It is associated with our fundamental attitudes and commitments, the direction we have set ourselves in life. If our body was a ship, then the heart would be the ship's bridge, where the course of the ship is set.

What happens to our heart, then, effects the whole of our life. True wisdom cares about the heart, is careful to make sure the heart is trained and disciplined above everything else in our lives.

We are often concerned today with our physical health, being careful what we eat, ensuring we exercise effectively and so on. Increasingly, however, there is a concern about our mental health. Deeply linked to that is the attitude of our hearts.

We need to be concerned about what we feed our heart in terms of advice and how we train it in terms of disciplining it to rid ourselves of unhelpful attitudes and ways of thinking. Fundamentally, though, all of this flows from the ultimate allegiances of our heart. As Proverbs 3:5 states, true wisdom comes when we learn to trust in the LORD with all our heart, when our fundamental allegiance is to him.

*Paul Worledge*

## **This Sunday's Services on livestream:**

[Sunday 26<sup>th</sup> June – Proverbs 23:12-25](#)

Click the above link to access the livestream for this week's service. You can also use the link to watch the service at a later time.

## **Spanish Students this Sunday**

Just to let you know that this week at St. Luke's we are likely to be joined by around 40 Spanish Students. We pray that they will feel welcomed!

## **Weekly Calendar**

### **Sunday 26<sup>th</sup>**

**Family Service** (St. Luke's Church), Proverbs 23:12-25 –

11:00am-12:00pm

**Youth Initiative** (St. Luke's Church), 5:00pm-7:30pm

**Wisdom for life** (Dorothy Drive), 5:30pm-7:00pm

### **Monday 27<sup>th</sup>**

**Daily Prayer** (St. Luke's Church) - 9:30-10:00am

**Wisdom for life** (Margate Road), 7:30pm-9:00pm

### **Tuesday 28<sup>th</sup>**

**Daily Prayer** (St. George's Church) - 9:30-10:00am

## Wednesday 29<sup>th</sup>

**Wisdom for life** (Lyndhurst Road), 2:00pm-3:30pm

**Wisdom for life** (South Eastern Road), 7:30pm-9:00pm

## Thursday 30<sup>th</sup>

**Daily Prayer** (St. Luke's Church) - 9:30-10:00am

**Cafe4All** (St. Luke's Church), Coffee and Chat for all - 10:00-11:30am.

## Friday 1<sup>st</sup> July

**Play and Praise** (St. Luke's Church Hall) – 10:00-11:30am

**Gather, Women's Drop-In** (St. Luke's Church) - 12:30-2:30am

## Saturday 2<sup>nd</sup>

**Prayer Breakfast** (St Augustine's Church) - 9:00-10:00am

**Claire's Ordination** (Canterbury Cathedral) – 5:30pm-6:30pm

## Sunday 3<sup>rd</sup>

**Family Service** (St. Luke's Church), Proverbs 26:4-7, 17-28 –

11:00am-12:00pm

**Picnic Celebration for Claire's Ordination**, (St. Luke's grounds), 12:30-2:00pm

**Youth Initiative** (St. Luke's Church), 5:00pm-7:30pm

**Wisdom for life** (Dorothy Drive), 5:30pm-7:00pm

## Claire's Ordination

Claire our curate is being ordained as 'Priest' at **5:30pm on Saturday 2nd July** at Canterbury Cathedral. This is an important moment in her journey of ministry and it would be great if a good number from both churches could come to support her at the Cathedral. If you would like a lift to the event or can offer others lifts to Canterbury for that evening, then please let Paul or one of the Wardens know.

Claire will take her first Eucharist / Holy Communion at the 9:30am service at St. George's on **Sunday 3rd July**. We will also have a bring and share (picnic) lunch in St. Luke's Vicarage Garden from **12:30-2:00pm** later on that day. Please sign the list at the back of church today to indicate what you will bring to the lunch.

## Sailor's Church

The Sailor's Church in the Harbour are planning on running services through July this year at 6pm on Sunday evenings. Everyone is welcome to attend.

## Prayer Requests

Be assured I will do my best to check that people are happy for the requests to be shared before including them. Please pray for...

- Claire as she goes on retreat this week and is ordained on Saturday at Canterbury Cathedral.
- Kate Page who is having treatment for breast cancer.
- Rita Ryan and family after the sudden death of Colin last week.
- Healing for Gloria's left knee following an incident last week.
- Emma (friend of Kelly) undergoing treatment for breast cancer.
- Alison and David Hawthorn and family, after the death of David's daughter last week.

- Nicky Galer, Chris Miller and family after the death of Nicky's brother, Paul last week.
- Baby Hope as she has a few appointments/tests with her cardio team over the coming weeks for her heart defect.
- Ken Tipler that the pain can be kept under control.

Please also continue to pray for: Michelle (Terry De Vere's wife), Mitch Styles, Flo Baldock, Jean Hann, Shirley Crabb, Joy Smithers, Nathan Court, Pauline Emptage, Collette Judge, Barb (Gloria's daughter's friend), Rita Ryan, David Perkins.

## Volunteering Survey

St. Luke's depends deeply on volunteers carrying out a number of important roles in order to operate effectively. Although many things have restarted successfully since lockdown, there are still gaps in how we should be operating and we are keen to have everything working properly by September.

Please consider carefully what roles you may be willing to help out with from September and let us know what you are interested in using [this online form](#). Please make sure you click, 'Submit' at the end of the form.

## Vicarage BBQs

We are planning to invite all church members to one of two vicarage BBQs in July. The idea is that you bring some meat (or vegetarian equivalent) to be cooked on the BBQ and we will provide the rest. The two dates we are aiming for are 9<sup>th</sup> July and 30<sup>th</sup> July. If you cannot make the date you are invited to you can swap to the other date. Invitations should be out next weekend.

## Gather Drop-In Volunteer Event – Friday 8<sup>th</sup> July

Gather is a Drop-In for women that runs at St. Luke's church on Friday afternoons, 12:30-14:00pm. If you are female, you could be part of the amazing drop-in team. From 11am, there will be information about Gather, how to apply and the opportunity to stay for a Gather session.

## Thanet Light Orchestra Concert – Saturday 16<sup>th</sup> July, 7pm

Thanet Light Orchestra who rehearse at St. Luke's on Thursday evening are putting on a concert to raise money for church funds on Saturday 16<sup>th</sup> July. Tickets are £10 on the door, but we will make cheaper ones available in advance for church members. Children will be admitted free. It should be a great event so do make sure the date is in your diary. [Find out more.](#)

## Book to see the vicar:

If you would like to arrange to see Paul the vicar about anything, then please use this following link to book an appointment: <https://calendly.com/worledge/meet-with-paul>

## Links to Share:

### Last week's Sermon:

[Wisdom - a Choice \(Proverbs 10\)](#)

We are bombarded with pithy little sayings put together by advertising agencies that want to make us better consumers. Isn't it better to listen to pithy little sayings written to make us better people? That's where Proverbs comes in...

## **Church of England Evangelical Council Bulletin**

The Church of England Evangelical Council (CEEC) was formed by John Stott (a former rector of All Souls Langham Place – next to the BBC in Central London) to galvanise and equip evangelical mission and ministry in the Church of England. In our current situation, and with the many challenges facing the Church of England, it often feels as though evangelical witness is under threat.

In order to stay connected with evangelicals across the Church of England (including the Evangelical Group on General Synod), CEEC has recently launched a regular e-bulletin. This will help you pray more informedly, keep you up to date on relevant news and enable you to influence the direction of the Church of England. [Sign up free of charge.](#)

## **Pushchairs**

Refugees and asylum seekers arrive in the UK in just the clothes they stand up in and need support for their babies and children.

The cost of pushchairs is just unbearable for refugee parents and yet so many unwanted prams, in good condition, end up in landfill – or stuck in the loft.

Not having access to a suitable pushchair means many refugee parents are unable to get outside and access much-needed fresh air and headspace. This can affect their mental health and wellbeing and hinders accessing services and other activities to help community connections such as our weekly drop ins.

If you have a pushchair to donate, please contact Domenica, your diocesan refugee officer by email [dpecoraro@diocant.org](mailto:dpecoraro@diocant.org) or call her on 07801 898215 and she will arrange for collection or drop off.

## **Lambeth Conference Volunteers**

There is still time to register to become a full or part-time volunteer for this year's Lambeth Conference at the end of July in Canterbury. Roles could include: welcoming visitors, enabling people to get around the site, accompanying visitors on official conference visits and services, helping the accommodation teams, or supporting media moments and 'significant acts' that raise profile on key issues during the conference. [Learn more or register...](#)

## **Welcoming different ethnic groups**

Joining a White Majority church as someone who isn't white. This is a video of different people's experiences, some positive, some negative. [Watch Video.](#)

Finally, let's pray that God will help us to have a heart that trusts in God.

Yours in Christ,

Paul Worledge  
(Vicar, St. Luke's Ramsgate)