

# St. Luke's & St. John's

## Proclaiming Christ in Devon

Dearest friends,

Each year on or near 3 February, the Church remembers St Blaise, bishop and martyr, and celebrates the Blessing of Throats. This simple but striking rite connects our everyday human vulnerability with God's healing grace.

St Blaise was a bishop in Sebaste (in modern-day Turkey) in the early fourth century. Very little is known about his life, but what has been handed down tells of a pastor devoted to prayer and to the care of those who were sick or suffering. According to tradition, while Blaise was being taken to prison during a persecution of Christians, a desperate mother brought him her child who was choking on a fishbone. Blaise prayed for the child, who was immediately healed. From this story grew the Church's long-standing association of St Blaise with illnesses of the throat.

The Blessing of Throats developed from this tradition and has been celebrated for many centuries. Using two candles held in the form of a cross, the priest prays that God will protect us from diseases of the throat and from every other illness. The words of the blessing remind us that God cares not only for our souls but for our bodies as well.

This blessing is not a guarantee that we will never be ill. Rather, it is a sign of trust: that

in sickness and in health, God is with us.

This blessing has been very much on my mind over the last few weeks! I think I needed it last month!

I'm away at Walsingham for the Priest & Deacons retreat this week where I'll be praying for healing for me, and will take all your prayer requests with me. (I'll also be bringing home holy water from the well to aid in your blessings at home and healing prayers).

In love,

Fr. Matthew

### Notices

#### Bread of Life Lent Course

Please sign up for the Lent Course at

[www.slsj.co.uk/bread](http://www.slsj.co.uk/bread)

or let me know directly as I need to order books. The first evening is on 19th February, 7pm and Wickham Hall. It runs for 6 weeks across Lent. It's the ideal way to learn about the Eucharist and how it forms the model for everyday Christian Living.



### New Mass Setting

We launched our new mass setting last week and I thought it went really well. If you'd like to practice, head to the website at [www.slsj.co.uk/newmass/](http://www.slsj.co.uk/newmass/) where you can find the sheet music and music to sing along to.

### Dates for the diary

Looking further ahead a few dates for your diary.

10th April, Bingo at St. Luke's - eyes down 7pm.

2nd May, Quiz with fish & chips, 7pm, St. Luke's.

5th September, Glastonbury Pilgrimage

### Lent Course

Our Lent Course this year will be "Bread of Life" - a six-week look at the Eucharist and why it forms the model of a good Christian Life. It's great if you want to know WHY we do certain things at mass, and WHY they are important to your life everyday, not just Sundays.  
Starts 19th February, 2026

### Funerals

We have two funerals in the coming weeks and I promised to share as soon as I had dates.

Barbara Butler, 11th Feb', 11am

[SL]

Linda Caunter, 12th Feb', 11:30am

[SJ]

## Today

### Sunday 1st February

#### The Presentation of the Lord

9am - Sung Parish Mass [SJ]

11:15am - Sung Parish Mass [SL]

Psalter Week 4, A(II), Epiphany 4 / Presentation

### Upcoming Dates

#### February

7th - Chorals, Coffee, & Cake, 10am [SL]

18th - Ash Wednesday, Mass, 10am [SL], 6pm [SJ]

19th - Lent Course, Bread of Life, 7pm [WH]

21st - Table Top Sale, 10am [WH]

22nd - Stations of the Cross, Adoration & Benediction with Evening Prayer, 4pm [SL]

26th - Lent Course, Bread of Life, 7pm [WH]

#### March

5th - Lent Course, Bread of Life, 7pm [WH]

Stations of the Cross, 6pm [SJ]

8th - Explorers, 3pm [SC]

Stations of the Cross, Adoration & Benediction with Evening Prayer, 4pm [SL]

12th - Lent Course, Bread of Life, 7pm [WH]

15th - Solemn Evensong with Adoration & Benediction, 6pm [SJ]

19th - Stations of the Cross, 6pm [SJ]

Lent Course, Bread of Life, 7pm [WH]

21st - Table Top Sale, 10am [WH]

Rosary Group, 10:30am [SL]

22nd - Stations of the Cross, Adoration & Benediction with Evening Prayer, 4pm [SL]

26th - Oswestry Chrism Mass, Exeter Cathedral, 11am - 3pm

Lent Course, Bread of Life, 7pm [WH]

28th - Easter LIVE!, 2pm [SL]

29th - Palm Sunday Processions 10am [SL & SJ]

#### April

2nd - Maundy Thursday, 6pm Joint Mass [SL]

Watch at both churches until 10pm

Light arrives and Watch begins at St. John's, 8:30pm

3rd - Liturgy of Good Friday, 3pm [SL & SJ]

4th - Vigil Mass of Easter, 7:30pm [SJ]

5th - Dawn Mass of Easter & Breakfast, 5:30am [SL]

Easter Sunday Mass, 10am [SL & SJ]

18th - Table Top Sale, 10am [WH]

25th - Oswestry Regional Festival, Truro Cathedral

St. Luke's Women's Group meets first Wednesday of every month.

#### Father Matthew Cashmore

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#### Churchwardens

[SL] Mr David Dunn - david@slsj.co.uk

[SJ] Elizabeth Brooks - elizabethbrookso86@gmail.com

#### Associate Clergy

Fr Christopher Robins, Fr Robin Eastoe SSC

Fr Alan White and Deacon David Rogers

## The week ahead:

### Monday 2nd February

Monday of Week 4 in Ordinary Time

[prayers offered at home]

Prayer focus: The homeless

### Tuesday 3rd February

Saint Blaise, Bishop, Martyr

9:15am - Morning Prayer [SJ]

10am - Coffee & Chat [SJ]

Prayer focus: St. Luke's

### Wednesday 4th February

Wednesday of Week 4 in Ordinary Time

10am - Said Mass [SL]

Prayer focus: St. John's

### Thursday 5th February

Saint Agatha, Virgin, Martyr

[prayers offered at home]

Prayer focus: St. Catherine's School

### Friday 6th February

Saints Paul Miki and his Companions, Martyrs

[prayers offered at home]

Prayer focus: Stover School

### Saturday 7th February

Saturday of Week 4 in Ordinary Time

10am - Chorals, Coffee, & Cake, 10am

Prayer focus: Haytor View School

### Sunday 8th February

#### 5th Sunday in Ordinary Time

9am - Sung Parish Mass [SJ]

11:15am - Sung Parish Mass [SL]

Psalter Week 1, A(II), 2nd before Lent

## Please pray for:

LT Oliver Pelendrides, Mark, Vicky Pearce, Viv, Sylvia, Rosemary, Jean & Phil and all those who have asked for our prayers.

## Pray for the souls of:

Barbara Butler, Lynda Caunter, Jack, Joy Jarman, Stephanie Wills, Hilda Seymour, and the souls of all those whose anniversary of death falls this week.

[SJ] St. John's | [SL] St. Luke's | [WH] Wickham Hall

[SC] St. Catherine's School