

# A very warm welcome to the **St. Luke's Church Network**

St. Luke's Cranham Park is your local  
Church of England Parish with two buildings.

Our two church buildings are on  
**Front Lane and Moor Lane**



**So, what goes on?**

Inside this leaflet you will find  
information on a number of our  
ministries and activities.

## **Office Information**

### **Office opening hours**

Monday 10.30 am – 1 pm  
Tuesday-Fridays 9.00 am – 1pm

### **Office Contact information**

Telephone - 01708 222562

Email – [admin@stlukescranham.org](mailto:admin@stlukescranham.org)

Websites – [www.stlukescranham.org](http://www.stlukescranham.org)  
[www.moorlanechurch.org](http://www.moorlanechurch.org)  
[www.kingdomoverflow.com](http://www.kingdomoverflow.com)

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# St. Luke's - Front Lane



## Sunday

**Morning Service** 10.00 am – 11.30 am

A family friendly service for all ages with children's and young people's activities. One Sunday (usually the first of the month) includes Holy Communion.

## Tuesday

**Ladies Bible Study** - 10.30 am – 12 noon.

This is a friendly welcoming group that meets in a downstairs room – please check with reception for further information.

**The Well - a community for those in Recovery** 7.00 pm - 10.00 pm

Meeting in the Church Centre from 7.00 pm for a social time with tea and coffee. Then around 7.45 pm moving into a relaxed friendly worship time centered around recovery in the Church worship area.

Twice a year, over 16 weeks, the Well runs a 12 step addiction recovery course for anyone dealing with any and all addiction issues.

This is open to everyone.

Email - [recoverycourseslc@gmail.com](mailto:recoverycourseslc@gmail.com)

## Wednesday

**Gospel Choir** 7.30 pm - 9.15 pm

All Welcome.

Held in the church worship area every first and third Wednesday of the month. No previous experience or audition required and you do not have to be able to read music, just come along and join in.

## Thursday

**New Beginnings - Bereavement support** 1.30 pm – 3.30 pm

Meeting on the third Thursday of each month this group supports and encourages those who have lost their partner. Each meeting has a different speaker on a variety of topics.

## **ME & CFS Support Group** 7.30 pm - 8.30 pm

This group meets twice a month on a Thursday evening and is open to anyone dealing with ME & CFS issues. Many people have found comfort, help and strength through this ministry.

Email – [neilbarrett.me.uk](mailto:neilbarrett.me.uk)

## **Friday**

### **Friday Café** 10.30 am -12 noon (3<sup>rd</sup> Friday each month)

Once a month we open up the Church Centre for light refreshments and a chance to chat and meet new people – all are welcome.

## **Monday to Wednesday**

### **Debt Ministry - CAP** (Christians Against Poverty)

We are an official Centre for the nationwide C.A.P debt ministry.

No charges, absolutely free.

So if you are weighed down by debt? Call free 0800 328 0006 for free debt counselling by an award winning charity.

Website – [capdebthelp.org](http://capdebthelp.org)

## **Monday to Friday**

### **Prayer Sanctuary** - Monday – Friday 9.30 am – 12.30 am

Every weekday morning we have a special prayer sanctuary at the front of our main worship area.

You can use it for 10 minutes or an hour. Whatever prayer need you have feel free to use this quiet space for reflection or to light a candle for a loved one or just to sit in silence.

Check in at reception in the Church foyer.

## **MUMS AND KIDS**

## **Tuesday**

### **Sunbeams (Parent&Toddler group)** 10.00 am - 11.30 am (term-time only)

This group is for 0 – 5 year olds and their carer with organised play and craft. There may be a waiting list and there is a small charge.

## **Sunday**

### **Kid's Rock Worship Group** (9-16 year olds) 11.15 am - 12.15 pm

Would you like the chance to learn to worship with other youngsters your own age? This takes place once a month; please contact the Church Office for details.

# TEENS & TWENTIES and Young @ Heart

## Sunday

**Kingdom Overflow - Evening Service** 6.30 pm – 8.00 pm

A time of worship in a relaxed informal atmosphere with comfy seating. All are welcome.

There is a regularly held Kingdom Overflow Family Meal at 5.00 pm. Please check the website for when this is on.

## Thursday

**The Pod – Listening service** 4.00 pm – 5.00 pm

This a free drop in service for anyone wanting to confidentially chat through any issues with trained listeners. How you are feeling matters and we want to listen to you.

## Friday

**Kingdom Overflow - Community Dance Group** 6.00 pm – 7.00 pm

Fancy being involved in contemporary dance?

This is a friendly relaxed group whatever your age or ability.

**Overflow 14 - 18 years** 8.00 pm – 10.00 pm

Are you 14-18 years old and would love the chance to hang out with people of your own age in a safe and friendly environment? Come along and enjoy music, chat, great coffee and tasty snacks at affordable prices.

Meeting on the **first** and **third** Fridays of the month in the Church foyer.

**Overflow 18 years+** 8.00 pm – 10.00 pm

Are you 18 or over and would love the chance to hang out with people of your own age in a safe and friendly environment? Come along and enjoy music, chat, great coffee and tasty snacks at affordable prices. Meeting on **the second** Friday of the month in the Church foyer.

## Saturday

**Kingdom Overflow - Football Club** - 11 am – 1.00 pm every Saturday morning

Run by Kingdom Overflow but open to all ages and abilities – we have dads and sons, many teenagers and twenty somethings, and some older ones who think they're fitter than they are!!

We meet at Upminster Hall Playing Fields

Email - [tomlambert.stlukes@gmail.com](mailto:tomlambert.stlukes@gmail.com)

## (OVER 60's)

### Monday

**Pop-In - Social ministry** 1.30 pm – 4.00 pm

Enjoy refreshments and an opportunity to chat and meet with people from your area. There are different speakers each week on a variety of topics.

Email: [pop-in@stlukescranham.co.uk](mailto:pop-in@stlukescranham.co.uk)

# Moor Lane Church



## Sunday

**Morning Service** 10 am – 11.30 am

A family friendly service for all ages.

One Sunday (usually the fourth of the month) includes Holy Communion.

**Reflective Evening Service** 5.00 pm – 6.00 pm

A reflective, more traditional evening Service often including Holy Communion.

## Monday

**Pop-In - Social ministry** 2.00 pm – 4.00 pm

Enjoy refreshments and an opportunity to chat and meet with people from your area. We often have visiting speakers on a variety of topics.

**Prayer Meeting** 7.00 pm – 8.00 pm

This group meets every week to pray for people's needs, the community and world affairs.

## Thursday

**Acorn (Parent&Toddler Group)** 10.00 am - 11.30 am (term-time only)

This group is for Pre-School children and their carer which alternates between a coffee morning and an activity morning. Activities and organised play areas.

There may be a waiting list and there is a small charge.

## Monday to Wednesday & Friday

**PRE-SCHOOL** - see days & times below

This is an Ofsted Inspected Pre-school for children from two and a half years old to four years old.

Telephone: 07599 930 469

Email: [moorlanechurchpreschool@gmail.com](mailto:moorlanechurchpreschool@gmail.com)

Monday; 9 am - 12.10pm

Tuesday 9 am - 12.10 pm & 12.15 pm – 3 pm

Wednesday 9 am - 12.10 pm & 12.15 pm – 3 pm

Thursday NO PRE SCHOOL

Friday 9 am - 12.10 pm & 12.15 pm – 3pm