

Our Saviour Lutheran Church

The Parsonage, 65 Furzehall Avenue, Fareham, PO16 8UD

www.oslc.org.uk

Pastor: Rev. Tapani Simojoki

Tel: 01329 822832 Mob: 07825 447475 e-mail: pastor@oslc.org.uk

First Sunday in Advent 1 December 2019

Today's Hymns: 334, 332, 333, 343

Catechism

P The Lord's Prayer: The Sixth Petition

C And lead us not into temptation.

P What is this?

C God certainly tempts no one; but we pray in this petition that God would guard and keep us, so that the devil, the world, and our flesh may not deceive or mislead us into false belief, despair, and other great shame and vice; and that, though they attack us, we would finally overcome and win the victory.

Turn to the Introit on the laminated card.

In Our Prayers

Members

Ron; Sindy & Nikola; Žina; Reg

Family of members

Ava (bone infection); Holly (health); Mike (Alzheimer's); Geoffrey (depression); Ian (Parkinson's); Doug & Myra (health); Howard (health); Žanna (health); Sheridan (health); Marian (old age); Holly; Greg (cancer)

Friends of members

Ilse Kelly (old age); Bob & Lynette Wiebusch (Alzheimer's); Robert & Anne Srebrianski (dementia); Claire & Phil (health); Johann Wiebusch (CP); Charlotte (cancer); John & family (cancer); Brian (cancer); Tim (health);

Janet (cancer); Pauline (cancer); Sharon (brain tumour); Joby Beresford (cancer); Becky (leukemia); Jenny (health); Michael (health); Freddie & Grace (health); Anne, Clive & Richard (health); Doreen (health); Mattie (tests); Marion (depression)

ELCE

St. David Lutheran Church, Pr. Bessel; *The British Lutheran*; Pr. Roger and Emily Jones (health); Wendy Nicolson (cancer); Ingrid Flor (cancer) & family

The Church of God

Lutheran Church—Missouri Synod; Somali Lutheran Church, Pr. Mohamed Gurhan; St. John's CofE; Amir family

Volunteer Rota

	Music:	Sunday School 1:	Sunday School 2:	Teas:
Today:	Calvin	John	Erin	Diane
Next week:		Barbara	Diane	Averil & Rosemary

“BUT I DISCIPLINE MY BODY...”

St. Paul writes to the Corinthian congregation: “But I discipline my body and keep it under control, lest after preaching to others I myself should be disqualified.” A footnote in the ESV comes clean on the Greek: “I pummel my body and make it a slave.” Here is a perhaps all too neglected Word of God that we Evangelical Lutherans need to learn to hear and ponder anew. There is most certainly a place for bodily discipline: restraining the body’s appetites and its laziness.

Here’s how A. Koeberle expressed it in his book *Justification and Sanctification*, “At all events even asceticism can be described by the paradoxical statement: Its exercise can give salvation to no one but its neglect can corrupt anyone.” That is an important insight.

Lutherans should certainly know that the observance of bodily discipline is not salvific. The work of our salvation is complete and whole in Christ Himself and not in us. But only a gross misreading of the New Testament can overlook the fact that our Saviour summons His forgiven brothers and sisters to JOIN Him in lives of self-denial. “If anyone would come after me, let him deny himself, take up his cross, and follow me.” The refusal to deny the self is what Koeberle warns about. Its neglect can corrupt absolutely any one of us.

Advent comes. It’s an opportunity once more to “pummel the body and make it a slave.” That is, to deny to the flesh its every whim. The Church (in the West) would historically observe several fasting days in this season. How counter cultural can you get? When our society is engaged in an unending pig-out from Thanksgiving through Christmas, to set aside days for fasting? Awesome! Traditionally these would be the Fridays of Advent, and then additionally, the Wednesday and Saturday of Ember week (following St. Lucia’s day, December 13), thus this year December 18th and 21st. Lutherans do not give credence to the distinction of meats (see the Augsburg Confession). Chemnitz in *Examen* mocks those who daintily refuse to eat flesh meats while feasting on seafood delicacies. Instead, fasting means “going hungry.” Why not pummel your body and make it a slave on those days by denying yourself breakfast, maybe even lunch? Then you have those Fridays and that extra Wednesday and Saturday, during which you are freed up to spend extra time in prayer and Bible reading, and you can take the money you’d ordinarily spend on your tummy and give that away to those who are actually poor and hungry.

One more suggestion? Our bodies love to just sit. Couch potato is just a perfect word to describe us as we watch our TV or fixate on our tiny hand-held screens. But Jesus was always walking about, up and down Galilee and Judea. Why not add THIS to your daily routine in Advent: time outside, at least 15 minutes every day. Focus on getting outside your own head. LOOK around you. Pray for what you see. Ask Christ’s presence and blessing upon your neighbourhood. Every

day: 15 minutes walking outside. No screens during the walk. No introspection. Lift up your heads and look at this wondrous world that God has made for you. Remember your neighbours. Pray for each household you walk by. Breathe again deeply the air of this world. Pray for the joyous appearing of the Christ. Observe the world He has made.

Fasting and bodily movement. It may not seem like “pummelling your body” to some; to others, it may seem almost unthinkable much. But make a beginning. Give this self-denial, this making the body a slave, a trial. I believe you will find it almost shockingly freeing! To realize that in Christ the body is NOT your lord or master, but His servant, and that you can actually say “no” to its whims by the power of His Holy Spirit! Joy abounding.

Advent comes. Let’s observe the time with the discipline of our bodies, nourishing our souls with His Word and promises and enjoying communion with Him in prayer, praying ever: “Come, Lord Jesus!” *Rev. William Weedon*

Advent and Christmas Services

Day	Date	Time	Service
Wed	4 Dec	7 pm	Advent Vespers
Wed	11 Dec	7 pm	Advent Vespers
Sun	15 Dec	4.30 pm	Finnish Carol Service
Wed	18 Dec	7 pm	Advent Vespers
Sat	21 Dec	6 pm	Community Carol Service
Tue	24 Dec	11 pm	Midnight Mass
Wed	25 Dec	10 am	Christmas Morning Divine Service
Sun	28 Dec	10.30 am	Sunday after Christmas
Wed	1 Jan	10 am	New Year’s Day: Circumcision and Name of Jesus

Advent Vespers:

The topic for this year’s services will be John the Baptist: his life and ministry as the one preparing the way for Jesus Christ.

Venues for the services:

Advent Vespers are held at the home of Barbara Higgins:

2 Southmead Road
Fareham
PO15 5JX

All the other services are held at the Scout Hall.

DATES FOR YOUR DIARIES

This Week

- Wed 10.30 am Pastor's Drop-in (The Hub)
7 pm Advent Vespers
- Thu 1.10 pm Bible study (Parsonage)
6.45 pm Bible study (Eastleigh)
- Sun 10.30 am Divine Service (Scout Hall)
3.30 pm Bible study at Brighton Mission
4.30 pm Divine Service at Brighton Mission

Further Ahead

- 11 Dec 10.30 am Pastor's Drop-in (The Hub)
2 pm Devotion at Kiln Lodge & Hunters Lodge
7 pm Advent Vespers
- 12 Dec 1.10 pm Bible study (Parsonage)
6.45 pm Bible study (Eastleigh)
- 15 Dec 10.30 am Divine Service (Scout Hall)
4.30 pm Finnish Carol Service (Scout Hall)
- 18 Dec 10.30 am Pastor's Drop-in (The Hub)
7 pm Advent vespers
- 19 Dec 1.10 pm Bible study (Parsonage)
6.45 pm Bible study (Eastleigh)
- 21 Dec 6 pm Community Carol Service (Scout Hall)
- 22 Dec 10.30 am Divine Service (Scout Hall)
3 pm Bible study at Oxford Mission
4.30 pm Divine Service at Oxford Mission
- 24 Dec 11 pm Divine Service (Scout Hall)—Midnight Mass
- 25 Dec 10 am Divine Service (Scout Hall)—Christmas Day
- 29 Dec 10.30 am Divine Service (Scout Hall)
- 1 Jan 10 am Divine Service (Scout Hall)—Circumcision & Name of Jesus

Daily Readings:

- Sun: Isaiah 7:10–8:8 1 Peter 3:1–22 *Large Catechism Short Preface:14–28*
- Mon: Is 8:9–9:7 1 Pet 4:1–19 *LC 1:1–12*
- Tue: Is 9:8–10:11 1 Pet 5:1–14 *LC 1:13–23*
- Wed: Is 10:12–27a, 33–34 2 Pet 1:1–21 *LC 1:24–29*
- Thu: Is 11:1–12:6 2 Pet 2:1–22 *LC 1:30–40*
- Fri: Is 14:1–23 2 Pet 3:1–18 *LC 1:41–48*
- Sat: Is 24:1–13 1 John 1:1–2:14 *LC 1:49–58*
- Sun: Is 24:14–25:12 *Obadiah 1–21* 1 John 2:15–29 *LC 1:59–68*

Scripture quotations are from The ESV® Bible (The Holy Bible, English Standard Version®), copyright © 2001 by Crossway, a publishing ministry of Good News Publishers. Used by permission. All rights reserved. Our Saviour Lutheran Church, Fareham, is a member congregation of the Evangelical Lutheran Church of England (ELCE) which is a registered charity in England and Wales (Registered number 220466) and Scotland (registered number SC041204). Registered Office: 28 Huntingdon Road, Cambridge CB3 0HH, England, UK. Hymns printed under One License No. A-729649 and CCLI Licence No. 1331485