

THE PARISH OF SAINT PAUL DEPTFORD



'anglo-catholic, inclusive, committed to prayer & justice.'

<http://www.achurchnearyou.com/deptford-st-paul>

The Rector & Parish Priest: Fr Paul Butler

tel: 0208 6927449 email: stpaulsdeptford@btinternet.com

Welcome to S. Paul's today in church or on Zoom.

Please follow the directions of the Churchwardens & Welcomers.



Please turn off mobile phones.

No form of visual or sound **recording**, or any form of **photography** is permitted during or after the services, without express permission. Thank you for your co-operation.



WCs (& baby changing facilities) downstairs in the crypt.

Do not attend if you have Covid, symptoms, or a cold.

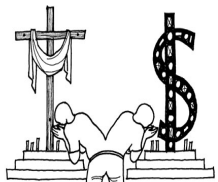
Please let a Welcomer know if you require a **Gluten Free Host**.

'Love one another as I have loved you', says the Lord.



Churchwardens: Ms Lavern Ford & Mr Andrew Taylor

Organist: Mr William Parkinson



**14th SUNDAY AFTER
TRINITY
21st SEPTEMBER 2025**

**THE PARISH MASS
SUNG
10.30am**

Celebrant & Preacher: Fr Alun Ford
Chaplain to the Bishop of Southwark
Acting Archdeacon of Southwark

Mass of St Thomas by David Thorne
Hymns in NEH (green book)
Please join in with the Bold Type

PREPARING FOR WORSHIP

The first movement of worship is to leave our homes and come to church.
This is an act of faith because we come to church to meet Christ.
The experience of worship is enhanced by being in church early.
This provides a time of transition to free our minds from the distractions of the world and, as Psalm 46 says, "Be still, and know that I am God."
We pray that God will reveal himself to you in a new way today.

THE INTRODUCTORY RITES

Stand

I am the salvation of the people, says the Lord.
Should they cry to me in any distress, I will hear them,
and I will be their Lord for ever.

Let us go forth in peace, in the name of Christ. Amen.

Entrance Antiphon

Cf. Psalm 37: 39-40

The Processional Hymn: 146

Holy, holy, holy! Lord God almighty (Tune: Nicaea)

The Greeting

* In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

The Lord be with you. And also with you.

The Introduction to the Mass

The celebrant welcomes the people and introduces the Mass.

Prayers of Penitence

Sisters and brothers, to prepare ourselves to celebrate the sacred mysteries, let us call to mind and confess our sins.

The Confiteor

I confess to almighty God,
and to you, my brothers and sisters,
that I have greatly sinned,
in my thoughts and in my words,
in what I have done, and in what I have failed to do;

(And, striking their breast, they say:)

through my fault, through my fault,
through my most grievous fault;

(Then they continue:)

therefore I ask blessed Mary, ever virgin,
all the angels and saints,
and you, my brothers and sisters,
to pray for me to the Lord, our God. Amen.

The celebrant pronounces the Absolution

Almighty God, who forgives all who truly repent, have mercy upon you, ✠ pardon and deliver you from all your sins, confirm and strengthen you in all goodness, and keep you in life eternal; through Jesus Christ our Lord. Amen.

The Kyrie Eleison

Lord, have mercy. Lord, have mercy.
Christ, have mercy. Christ, have mercy.
Lord, have mercy. Lord, have mercy.

Gloria in Excelsis

Glory to God, Glory to God, Glory to God in the highest.

Glory to God in the highest,
and peace to his people on earth.

Lord God, heavenly King,
almighty God and Father,
we worship you, we give you thanks,
we praise you for your glory.

Glory to God, Glory to God, Glory to God in the highest.

Lord Jesus Christ, only Son of the Father,
Lord God, Lamb of God,
you take away the sin of the world:
have mercy on us;

you are seated at the right hand of the Father:
receive our prayer.

Glory to God, Glory to God, Glory to God in the highest.

For you alone are the Holy One,
you alone are the Lord,
you alone are the Most High, Jesus Christ,
with the Holy Spirit,

✠ in the glory of God the Father.

Glory to God, Glory to God, Glory to God in the highest.

The Collect

Almighty God,
whose only Son has opened for us
a new and living way into your presence:
give us pure hearts and steadfast wills
to worship you in spirit and in truth;
through Jesus Christ your Son our Lord,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever. Amen.

THE LITURGY OF THE WORD

Sit for the readings

First Reading from the Old Testament

A reading from the Book of Prophet Amos (8: 4-7)

⁴ Hear this, you that trample on the needy, and bring to ruin the poor of the land, ⁵ saying, 'When will the new moon be over so that we may sell grain; and the Sabbath, so that we may offer wheat for sale? We will make the ephah small and the shekel great, and practise deceit with false balances, ⁶ buying the poor for silver and the needy for a pair of sandals, and selling the sweepings of the wheat.' ⁷ The LORD has sworn by the pride of Jacob: Surely I will never forget any of their deeds.

The word of the Lord.

Thanks be to God.

Psalm: 113

R. / Give praise to the Lord who lifts up the poor.

¹ Alleluia! Give praise, you servants of the LORD;
praise the Name of the LORD.

² Let the Name of the LORD be blessed,
from this time forth for evermore. R. /

³ From the rising of the sun to its going down
let the Name of the LORD be praised.

⁴ The LORD is high above all nations,
and his glory above the heavens. R. /

⁵ Who is like the LORD our God, who sits enthroned on high,
but stoops to behold the heavens and the earth?

⁶ He takes up the weak out of the dust
and lifts up the poor from the ashes. R. /

⁷ He sets them with the princes, with the princes of his people.

⁸ He makes the woman of a childless house
to be a joyful mother of children. R. /

Second Reading from the New Testament

A reading from the First letter of S. Paul to Timothy (2: 1-7)

My dearly beloved, ¹ I urge that supplications, prayers, intercessions, and thanksgivings be made for everyone, ² for kings and all who are in high positions, so that we may lead a quiet and peaceable life in all godliness and dignity. ³ This is right and is acceptable in the sight of God our Saviour, ⁴ who desires everyone to be saved and to come to the knowledge of the truth. ⁵ For there is one God; there is also one mediator between God and humankind, Christ Jesus, himself

human, ⁶ who gave himself a ransom for all - this was attested at the right time. ⁷ For this I was appointed a herald and an apostle (I am telling the truth, I am not lying), a teacher of the Gentiles in faith and truth.

The word of the Lord.
Thanks be to God.

Stand & turn to face the Gospel

Gospel Acclamation and Reading

♪ **Alleluia!** Though our Lord Jesus Christ was rich, he became poor, so that by his poverty you might become rich. ² *Corinthians 8:9* **Alleluia** ♪
The Lord be with you. **And also with you.**

✠ A reading from the ✠ Holy Gospel according to ✠ **Luke (16: 1-13)**
Glory to you, O Lord.

¹ Jesus said to the disciples, 'There was a rich man who had a manager, and charges were brought to him that this man was squandering his property. ² So he summoned him and said to him, "What is this that I hear about you? Give me an account of your management, because you cannot be my manager any longer."' ³ Then the manager said to himself, "What will I do, now that my master is taking the position away from me? I am not strong enough to dig, and I am ashamed to beg. ⁴ I have decided what to do so that, when I am dismissed as manager, people may welcome me into their homes." ⁵ So, summoning his master's debtors one by one, he asked the first, "How much do you owe my master?" ⁶ He answered, "A hundred jugs of olive oil." He said to him, "Take your bill, sit down quickly, and make it fifty." ⁷ Then he asked another, "And how much do you owe?" He replied, "A hundred containers of wheat." He said to him, "Take your bill and make it eighty." ⁸ And his master commended the dishonest manager because he had acted shrewdly; for the children of this age are more shrewd in dealing with their own generation than are the children of light. ⁹ And I tell you, make friends for yourselves by means of dishonest wealth so that when it is gone, they may welcome you into the eternal homes. ¹⁰ Whoever is faithful in a very little is faithful also in much; and whoever is dishonest in a very little is dishonest also in much. ¹¹ If then you have not been faithful with the dishonest wealth, who will entrust to you the true riches? ¹² And if you have not been faithful with what belongs to another, who will give you what is your own? ¹³ No slave can serve two masters; for a slave will either hate the one and love the other, or be devoted to the one and despise the other. You cannot serve God and ^{*}wealth'. [^{*}Greek: *mammon*]

The Gospel of the Lord.
Praise to you, O Christ.

The Homily

Niceno-Constantinopolitan Creed

Stand

We believe in one God, the Father, the Almighty, maker of heaven and earth, of all that is, seen and unseen. We believe in one Lord, Jesus Christ, the only Son of God, eternally begotten of the Father, God from God, Light from Light, true God from true God, begotten, not made, of one Being with the Father; through him all things were made. For us and for our salvation he came down from heaven, (*Genuflect*) **was incarnate from the Holy Spirit and the Virgin Mary and was made human. (*Rise*) For our sake he was crucified under Pontius Pilate; he suffered death and was buried. On the third day he rose again in accordance with the Scriptures; he ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead, and his kingdom will have no end. We believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son, who with the Father and the Son is worshipped and glorified, who has spoken through the prophets. We believe in one holy catholic and apostolic Church. We acknowledge one baptism for the forgiveness of sins. We look for the resurrection of the dead, ✠ and the life of the age to come. Amen.**

Remain standing

Prayers of Intercession

Celebrant

In the power of the Spirit and in union with Christ, let us pray to the Lord, saying, **Lord, have mercy.**

Intercessor 1

For the peace of the whole world, for the welfare of the Holy Church of God, and for the unity of all, let us pray to the Lord.

Intercessor 2

For Stephen our archbishop, Christopher our bishop, his assistant, Alastair, Fr Paul our parish priest, Fr Alun and all Bishop's Chaplains and Archdeacons, and for all clergy and people, let us pray to the Lord.

Intercessor 3

For all peoples and their leaders, and for peace and justice in the world. We pray especially for (*Celebrant adds...*) let us pray to the Lord.

Intercessor 4

For the diverse communities that make up the Deptford community, for every city, town and village, and for all the people who live within them, let us pray to the Lord.

Intercessor 5

For good weather, abundant harvests for all to share, and for the care and conservation of the planet and all its creatures, let us pray to the Lord.

Intercessor 6

For all people in distress and all places of distress; the sick and the suffering, workers, travellers and refugees, prisoners and captives, victims of crime, and for their safety, health and salvation. We remember especially (*Celebrant reads the names...*) let us pray to the Lord.

Intercessor 7

For our deliverance from all affliction, strife and need, and for the absolution of our sins and offences, let us pray to the Lord.

Celebrant

We remember those who have gone before us in the peace of Christ, especially... and those whose anniversaries fall at this time especially... Rest eternal grant unto them, O Lord, **and let light perpetual shine upon them.** ✠ May they rest in peace **and rise in glory. Amen.**

The celebrant invites us to offer our personal intentions, and then leads us in asking for the Prayers of our Lady & the Saints.

Rejoicing in the fellowship of the BVM we pray: **Hail Mary...**

S. Peter, Prince of the Apostles, **Pray for us.**

S. Paul the Apostle, our Patron,

S. Joseph of Nazareth, **S. Matthew** the Apostle,

S. Augustine & **S. Monica**, **S. Benedict** & **S. Scholastica**,

S. Francis & **S. Clare** of Assisi, **S. Padre Pio**, **Bl. Lancelot** Andrewes,

Ss. Cosmas & **Damian**, **S. Vincent** de Paul, **All** you **angels** and **saints**.

Merciful God

accept these prayers for the sake of your Son, our Saviour, Jesus Christ. Amen.

Remain standing

¶ THE LITURGY OF THE EUCHARIST

The Altar is prepared

The Offertory Hymn: 381
Jerusalem the golden (Tune: Ewing)

Remain standing

Orate Fratres

Pray my sisters and brothers, that my sacrifice and yours may be acceptable to God, the almighty Father.
May the Lord accept the sacrifice at your hands for the praise and glory of his name, for our good, and the good of all his Church.

Prayer over the Offerings

Receive with favour, O Lord, we pray, the offerings of your people, that what they profess with devotion and faith may be theirs through these heavenly mysteries. Through Christ our Lord. **Amen.**

THE EUCHARISTIC PRAYER

The Lord be with you.
And also with you.

Lift up your hearts.

We lift them to the Lord.

Let us give thanks to the Lord our God.
It is right to give thanks and praise.

Here follows the Preface in which the celebrant praises God for his mighty acts, and all respond:

Holy, holy, holy Lord, God of power and might, heaven and earth are full of your glory. Hosanna in the highest.

✠ **Blessed is he who comes in the name of the Lord. Hosanna in the highest.**

The celebrant recalls the Last Supper, and this acclamation is used:

Great is the mystery of faith:

Christ has died: Christ is risen: Christ will come again.

The Prayer continues and leads into the doxology, to which all respond boldly:

AMEN.

¶ THE COMMUNION RITE

Remain standing

The Lord's Prayer

At the Saviour's command and formed by divine teaching, we dare to say:

**Our Father,
who art in heaven,
hallowed be thy name;
thy kingdom come;
thy will be done;
on earth as it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses,
as we forgive those who trespass against us.
And lead us not into temptation;
but deliver us from evil.**

The celebrant adds:

*Deliver us, Lord, from every evil, and grant us peace in our day.
In your mercy keep us free from sin and protect us from all distress
as we wait in joyful hope for the coming of our Saviour, Jesus Christ.*

**For thine is the kingdom,
the power and the glory,
for ever and ever. Amen.**

The Peace

Lord Jesus Christ, you said to your apostles:

Peace I leave you, my peace I give you.

Look not on our sins, but on the faith of your Church,
and grant us the peace and unity of your kingdom
where you live for ever and ever. **Amen.**

The peace of the Lord be always with you.

And also with you.

Let us offer one another a sign of peace.

*We share the peace with those immediately around us,
a sign that expresses peace, communion, and love.*

Agnus Dei

*during which the celebrant takes the host and breaks it over the paten,
placing a small piece in the chalice.*

**Lamb of God,
you take away the sin of the world,
have mercy on us.**

**Lamb of God,
you take away the sin of the world,
have mercy on us.**

**Lamb of God,
you take away the sin of the world,
grant us peace.**

Giving of Communion

Behold the Lamb of God who takes away the sin of the world.

Blessed are those who are called to his supper.

**Lord, I am not worthy to receive you,
but only say the word, and I shall be healed.**

Communion Antiphon

Jesus said: You cannot serve God and wealth.

S. Luke 16: 13

Please follow the directions of the sidespeople.

The Body / Blood of Christ.

The communicant replies

Amen.

and then receives.

* At home, make an Act of Spiritual Communion *

*As you imagine yourself receiving the Bread of Heaven, be still and rest in the
love of God. Thank Him for entering beneath the roof of your soul.*

○ Sacred Feast! Wherein Christ is received,
his Passion is remembered, our souls are filled with grace
and the pledge of eternal glory is received.

○ Sacrum Convivium, 13th century (attributed to S. Thomas Aquinas)

After receiving Holy Communion read & pray quietly in thanksgiving.

THE JESUS PRAYER

Lord Jesus Christ, Son of God, have mercy on me, a sinner.

THE TRISAGION (Thrice Holy)

Holy God, Holy Mighty, Holy Immortal, Have mercy on us. (x3)

The Communion Hymn: 294

Just as I am (Tune: Saffron Walden)

Prayer of S. Bonaventure on receiving Holy Communion

Pierce, O my sweet Lord Jesus,
my inmost soul with the most joyous and healthful wound
of your love, with true serene and most holy apostolic
charity, that my soul may ever languish and melt with love
and longing for you, that it may yearn for you and faint for
your courts, and long to be dissolved and to be with you.
Grant that my soul may hunger after you, the bread of
angels, the refreshment of holy souls, our daily and
supernatural bread, having all sweetness and savour and
every delight of taste; let my heart hunger after and feed
upon you, upon whom the angels desire to look, and may
my inmost soul be filled with the sweetness of your savour;
may it ever thirst after you, the fountain of life, the fountain
of wisdom and knowledge, the fountain of eternal light,
the torrent of pleasure, the richness of the house of God;
may it ever compass you, seek you, find you, run to you,
attain you, meditate upon you, speak of you and do all things
to the praise and glory of your name, with humility and
discretion, with love and delight, with ease and affection,
and with perseverance unto the end;
may you alone be ever my hope, my entire assistance,
my riches, my delight, my pleasure, my joy,
my rest and tranquillity, my peace, my sweetness,
my fragrance, my sweet savour, my food, my refreshment,
my refuge, my help, my wisdom, my portion, my possession
and my treasure, in whom may my mind
and my heart be fixed and firm and rooted immovably,
henceforth and forever. Amen.

Saint Bonaventure OFM, 'the Seraphic Doctor'

*Original name, Giovanni Di Fidanza, born c. 1217 in Bagnoregio,
Province of Viterbo in central Italy, died July 15, 1274 at Lyon, France.*

*Bonaventure was a leading medieval theologian, the 7th Minister General
of the Franciscan order (1257-1274), and Cardinal Bishop of Albano. He
was a close friend of the Dominican theologian, S. Thomas Aquinas OP.*

*Bonaventure was formally canonised on April 14, 1482 by the Franciscan
Pope Sixtus IV and ranked along with Thomas Aquinas as the greatest of
the Doctors of the Church by another Franciscan, Pope Sixtus V, in 1587
and became known as 'the Seraphic Doctor'. His feast day is July 15.*

*Bonaventure was regarded as one of the greatest philosophers of the
Middle Ages. His works, as arranged in the most recent Critical Edition by
the Quaracchi Fathers (Collegio S. Bonaventura), consist of a 'Commentary
on the Sentences of Lombard', in four volumes, and eight other volumes,
including a 'Commentary on the Gospel of S. Luke' and a number of
smaller works; the most famous of which are 'The Mind's Road to God'
(Itinerarium mentis in Deum), an outline of his theology or Brief Reading
(Breviloquium), 'Reduction of the Arts to Theology' (De reductione artium
ad theologiam), and 'Soliloquy on the Four Spiritual Exercises'
(Soliloquium de quatuor mentalibus exercitiis), 'The Tree of Life' (Lignum
vitae), and 'The Triple Way' (De Triplici via), the latter three written for
the spiritual direction of his fellow Franciscans. He also recodified the
constitution of his order (1260).*

¶ THE CONCLUDING RITE

Stand

Postcommunion Prayer

Lord God, the source of truth and love,
keep us faithful to the apostles' teaching and fellowship,
united in prayer and the breaking of bread,
and one in joy and simplicity of heart,
in Jesus Christ our Lord. **Amen.**



¶ **NOTICES
& ANY BANNs OF MARRIAGE.**

The Blessing

The Lord be with you.
And also with you.

Let us bow our heads and pray for God's blessing.

The peace of God, which passes all understanding,
keep your hearts and minds in the knowledge and love of God,
and of his Son Jesus Christ our Lord;
And the blessing of God almighty,
✠ the Father, and the Son, and the Holy Spirit,
be among you and remain with you always. **Amen.**

The Dismissal**The Recessional Hymn: 443**

Rejoice, the Lord is King (Tune: Gopsal)

The Angelus

The Angel of the Lord brought glad tidings to Mary;
And she conceived by the Holy Ghost.

**Hail Mary, full of grace, the Lord is with thee,
blessed art thou among women,
and blessed is the fruit of thy womb Jesus.
Holy Mary, Mother of God, pray for us sinners, now,
and at the hour of our death. Amen.**

Behold the handmaid of the Lord.

Be it unto me according to thy Word. Hail Mary...

And the Word was made flesh.

And dwelt among us. Hail Mary...

Pray for us O holy Mother of God.

That we may be made worthy of the promises of Christ.

We beseech thee, O Lord, pour thy grace into our hearts, that as we have known
the Incarnation of thy Son Jesus Christ by the message of an angel, so by his Cross
✠ and Passion we may be brought unto the glory of his Resurrection; through the
same Christ our Lord. **Amen.**

✠✠✠✠✠

Organ Voluntary

✠✠✠✠✠

∞ ∞ PLEASE TAKE THIS SHEET AWAY WITH YOU
& MAKE YOUR WAY TO THE CRYPT FOR REFRESHMENTS. ∞

✠✠✠✠✠

THE COLLECTION OF MONEY

is taken for the Mission & Ministry of the Church.

Please see the **Financial Information** Section in the **Notices** on the
back page of this Mass Sheet for further information about giving to S. Paul's.

Contactless payment and Yellow envelopes are provided for the gifts of
visitors. Please fill in the front of the envelope or enter the details on
the machine so that we can claim Gift Aid on your offering.

Regular members of S. Paul's should be giving by Direct Debit,
or be part of the parish envelope scheme.

Please see the Churchwardens or Hon. Treasurer for further details.

Credits: Charity Registration no. 1182791. Hymns reproduced under CCLI Church Copyright
Licence no. 924099, Music Reproduction Licence No. 924123, PRS for Music Church Licence
No. 924154; Streaming Licence 236366; Common Worship material © Archbishops' Council
of the Church of England; NRSV Biblical Texts © National Council of Churches of Christ in the
USA, 1989. Roman Missal, English translation according to the Third Typical edition © Catholic
Truth Society. 'Ite missa est', from Mass VIII (Missa de Angelis), Graduale Romanum, Solesmes,
1961, p. 31. Image on front page: © Cerezo Barredo.

THE KALENDAR

14th after Trinity & 25th Week of Ordinary Time

21st to 27th September 2025

MASS & Other Service Times in church

SUN, 21st,

MORNING PRAYER at 9am,

PARISH MASS SUNG at 10.30am

EVENING PRAYER at new time of 5pm

WEDS, 24th,

Evening Prayer at 6.30pm

SAT, 27th,

Morning Prayer at 10am; Evening Prayer at 6.00pm

28th SEPTEMBER 2025

MICHAELMASS

**THE FEAST OF S. MICHAEL & GABRIEL & RAPHAEL,
ARCHANGELS**

MORNING PRAYER at 9.00am

PARISH MASS CHORAL at 10.30am

Celebrant & Preacher: The Rector

EVENING PRAYER at the new time of 5pm

THE NOTICES

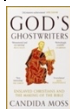
Thelma, known as Fay Mitchell RIP

**Funeral at S. Paul's on Wednesday, 1st October at 11am,
Committal at Hither Green Crematorium at 1pm.**

We send our deepest condolences to Fay's family and friends and assurance
of our prayers. May Fay rest in peace and rise in glory. Amen.

Ω S. PAUL'S OMEGA STUDY GROUP Ω

is taking a break for the summer. Back in the Autumn. Date TBC.



Meets on Thursdays 8.30 - 10pm over Zoom. Further info and login
details on the Parish website & the Rector's Weekly Email.
All welcome. We are currently reading and discussing:

'God's Ghostwriters: Enslaved Christians

and the Making of the Bible' by Candida Moss (2024)

**Church Cleaning & Preparation for Parish Mass
On Saturday after Morning Prayer until 12.30pm.**

FINANCIAL INFORMATION

'The Lord loves a cheerful giver.'

The Church, based upon biblical teaching, asks every Christian to give a
Tithe, 10% of their time, talents & money to God's work. In particular, that
the faithful might give 5% of their Income to church where they attend.

E.g. If you earn:

£5000 a year or, £96 a week = Give £5 a week to S. Paul's.

£10000 a year, £192 a week = £10 a week.

£20000 a year, £385 a week = £20 a week.

£25000 a year, £480 a week = £25 a week.

£30000 a year, £577 a week = £30 a week.

Over the year our costs run to almost £1,000 a week. We receive no
external subsidies, and all monies must be raised from the parishioners,
through lettings, or voluntary donations.

Thank you for all financial contributions which help to pay for: - the:
Utility bills of the church, (gas, electricity, water) - Costs of maintaining the
worship, (e.g. candles, wine, wafers, incense) - Maintenance, cleaning, &
repair of our Grade I Listed church, (substantial costs) - Office costs (e.g.
postage, printing, paper) - Monthly Diocesan Parish Share to the Diocese,
(80p out of every £1 we give to the Diocese goes towards clergy stipends).

**We ask everyone, who can, to please give via Direct Debit,
Standing Order, or, via the Weekly Envelope Scheme.**

GIVING VIA DIRECT DEBIT: Please see the **PARISH GIVING
SCHEME** information leaflet and Direct Debit Form, on the Parish Website

ONLINE GIVING: Our **Give A Little** page is available on our website,
via the **Donate** button, or here: <https://bit.ly/spd-giving>

✠ FURTHER INFORMATION & UPDATES ✠

On the

Parish Website

Church Noticeboard (churchyard forecourt)

& Subscribe to the Rector's Weekly Email

directly from the link on the website or by sending an email to:

stpaulsdeptford@btinternet.com

sent every Friday via MailChimp (GDPR compliant)