

WELCOME TO OUR CHURCH COMMUNITY



If this is your first newsletter, welcome ... if you have any questions about the church family, the Christian faith, or about our children's work, please do not hesitate to call Matthew the Rector on 01787 310 845.

This notice sheet covers the next week and combines:

- Notices
- The church diary (including livestream & Zoom joining instructions)
- Prayers and readings for the services on Sunday 28th January

Quiet Day – 10th Feb

We are planning a Quiet Day on Saturday 10th at the beautiful Assington Hall. There will be led meditations, quiet times, shared lunch, time for walks, or talks, or silence. There's no pressure to join in everything if you want some time to yourself. If you are someone who is easily distracted, this is a great opportunity to be intentional about spending time with God.

To cover the costs, there will be a charge of roughly £15 - £20 per person depending on numbers, but if you would like to come and this is too much, please have a discreet word with me. Blessings – Judith. Please contact 017878 315689 or judithrev3@gmail.com.

Please see flyer on last page



4 o'clock Community This Sunday ...

The forecast is much better! All ages welcome as we explore the vicinity of Shimpling church for our 'Dark Walk'. We will be reflecting with a Christian perspective on the topic of hibernation, finishing with refreshments in the church. There is an interesting activity for children, however this is an all age event and suitable to invite guests who would not normally come to church. Who could you invite? Shimpling Church, Aveley Lane, Shimpling, IP29 4HF (down the tree-lined driveway which is opposite Old Rectory Lane).



Lent Lunches – start date and volunteers

Lent will be upon us soon (Easter is Early this year). As per previous years we are planning to welcome you to a simple soup lunch at St Catherine's on Fridays served at 12.30pm, starting on the 16th Feb. There will usually be a short reflection which is suitable for church goers and visitors alike. We will be raising money for charity.



Can you help?? – we would really appreciate it if you could prepare a simple soup and bread lunch for about 15 people for just one of the weeks. Please could you contact Denise on 01787 827719 or carpediem2@hotmail.co.uk if you are able. **(Thank you those who have already offered)**

Lent Course

As well as the brief reflections at the Lent Lunches, we are planning a more in-depth study course (ironically perhaps!?) on the topic of important meals in the Bible. This is a really profound topic and does tie in to Lent and our preparations for Easter. It will be an evening course. If you are interested please contact Malcolm Offord on malcolmhofford@gmail.com or 01787 315 689.

Sabbatical

Once upon a time Church of England ministers had a three-month sabbatical every seven years - this has now been 'rounded up' to every ten years. Though I had a mini-break of four weeks a few years ago, after 13 year of intense parish life - in Bury St Edmunds for my curacy and here in the Chadbrook Benefice - I have been given permission to take a sabbatical this year (for good behaviour!?). I was originally planning to take this when we were hit by the pandemic but felt that it was not right to apply during the crisis. Accordingly, I will be away for June, July and August, however plans are already in place to ensure that things run as smoothly as possible to provide ministerial cover - indeed you can look forward to a number of interesting guest speakers to keep you on your toes! I am planning some study, some retreats, and may finally tidy the garage!! However, I do believe that this will help me to focus on God and I pray that I will return with freshness and renewed inspiration. Matthew

Locking/Unlocking Holy Trinity

We are looking for volunteers, if anyone is available to help with the unlocking & locking up of Holy Trinity Please contact Cheryl on 07943 811030 or via email 0305cam@gmail.com

Organ Fundraising

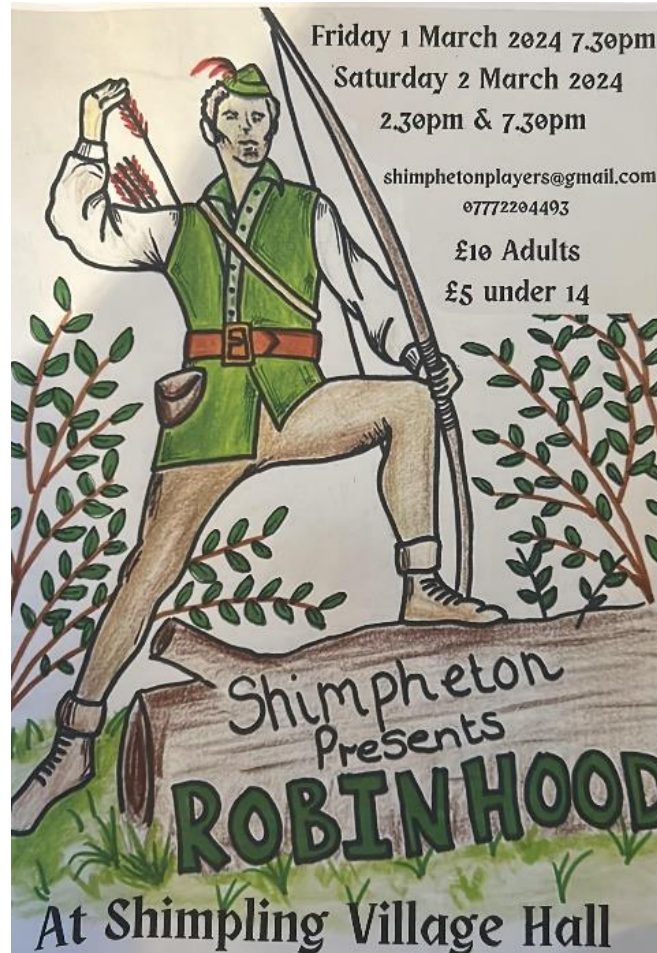
To everyone who has signed up for Easyfundraising, you have now helped to raise £500 towards the organ fund at Holy Trinity. It is not too late to help us get 2024 off to a great start for Holy Trinity Church Long Melford Organ Fund by signing up to support us for FREE on #easyfundraising. You can raise donations whenever you shop online with over 8,000 brands including John Lewis & Partners, eBay, Argos, M&S and more. Plus, once you've raised your first £5, easyfundraising will double it! Sign up today - it will make a BIG difference to us this year:

<https://join.easyfundraising.org.uk/holytrinitych/U678NE/c2s/EyvfC0Bg/CR062/facebook/>

GCSE Maths and Science Tuition

Do you need help with maths and/or science up to GCSE level? I'm an A-level student studying maths and chemistry, a Grade 9 GCSE student in higher maths and sciences, and would love to help tutor students in this field! £10 per hour. If you're interested please contact the church office and they will put us in touch (07804 558160, chadbrookoffice@gmail.com). Thankyou.

Oh no it isn't!!!!



Suggestions for Prayer

- We pray for a lasting peace in the Holy Land, for a resolution to the war in Ukraine, and a ceasing of hostilities in other places of violence and hatred.
- We remember before God those who have recently died and those who mourn. In particular we remember the family and friends of Doreen Jordan, Malcolm Newcomb, Nick Mudd, and Kevin Roper.
- We pray for those in need of God's presence or his healing touch.

Diary

Sun 28 th	10.30am	Communion at Holy Trinity *
	4.00pm	Rescheduled Dark walk at Shimpling Church
	6.30pm	Communion at Lawshall
Mon 29 th	9.30am	Connect baby & toddler group at St Catherine's
Tues 30 th	9.00am	Morning Prayer via zoom #
	1.00pm	Funeral at Holy Trinity – Kevin Roper
Wed 31 st	8.00pm	Alpha course via Zoom
Thurs 1 st	7.00pm	Choir Practice at Holy Trinity
Sat 3 rd	9.30am	Wedding Preparation Morning at St Catherine's
Sun 4 th	9.00am	Communion at Alpheton
	10.30am	Communion at Holy Trinity *

*** Livestream Joining Instructions**

- Google the five words "Holy Trinity Long Melford Facebook".
- Click on the top link [or click here](#) to open the church's Facebook page and scroll down a bit.
- Please note that you do not need a Facebook account yourself in order to watch the livestream.

Morning Prayer Zoom Meeting ID: 810 2345 2032, Password: 283350, or click [here](#).

Dates for your diary include:

10 th Feb	All Day	Quiet Day at Assington Hall
3 rd Mar	5.30pm	Choral Evensong with Cathedral Choir (note earlier start)
23 rd Mar	TBA	Shimpling Easter Market at the Village Hall
31 st Mar	10.30am	Easter Baptisms and Confirmations at HT with Bishop Mike
27 th May	All Day	Open Gardens Long Melford

Collect (prayer for the day)

God our creator, who in the beginning commanded the light to shine out of darkness: we pray that the light of the glorious gospel of Christ may dispel the darkness of ignorance and unbelief, shine into the hearts of all your people, and reveal the knowledge of your glory in the face of 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

Hebrews 2:14-18

Since the children have flesh and blood, he too shared in their humanity so that by his death he might break the power of him who holds the power of death – that is, the devil – ¹⁵ and free those who all their lives were held in slavery by their fear of death. ¹⁶ For surely it is not angels he helps, but Abraham’s descendants. ¹⁷ For this reason he had to be made like them,^[a] fully human in every way, in order that he might become a merciful and faithful high priest in service to God, and that he might make atonement for the sins of the people. ¹⁸ Because he himself suffered when he was tempted, he is able to help those who are being tempted.

Luke 2:22-40

Hear the Gospel of our Lord Jesus Christ according to Luke

Glory to you, O Lord

When the time came for the purification rites required by the Law of Moses, Joseph and Mary took him to Jerusalem to present him to the Lord ²³ (as it is written in the Law of the Lord, ‘Every firstborn male is to be consecrated to the Lord’), ²⁴ and to offer a sacrifice in keeping with what is said in the Law of the Lord: ‘a pair of doves or two young pigeons’.

²⁵ Now there was a man in Jerusalem called Simeon, who was righteous and devout. He was waiting for the consolation of Israel, and the Holy Spirit was on him. ²⁶ It had been revealed to him by the Holy Spirit that he would not die before he had seen the Lord’s Messiah. ²⁷ Moved by the Spirit, he went into the temple courts. When the parents brought in the child Jesus to do for him what the custom of the Law required, ²⁸ Simeon took him in his arms and praised God, saying:

²⁹ ‘Sovereign Lord, as you have promised,
you may now dismiss your servant in peace.

³⁰ For my eyes have seen your salvation,

³¹ which you have prepared in the sight of all nations:

³² a light for revelation to the Gentiles,
and the glory of your people Israel.’

³³ The child’s father and mother marvelled at what was said about him. ³⁴ Then Simeon blessed them and said to Mary, his mother: ‘This child is destined to cause the falling and rising of many in Israel, and to be a sign that will be spoken against, ³⁵ so that the thoughts of many hearts will be revealed. And a sword will pierce your own soul too.’

³⁶ There was also a prophet, Anna, the daughter of Penuel, of the tribe of Asher. She was very old; she had lived with her husband seven years after her marriage, ³⁷ and then was a widow until she was eighty-four. She never left the temple but worshipped night and day, fasting and praying. ³⁸ Coming up to them at that very moment, she gave thanks to God and spoke about the child to all who were looking forward to the redemption of Jerusalem.

³⁹ When Joseph and Mary had done everything required by the Law of the Lord, they returned to Galilee to their own town of Nazareth. ⁴⁰ And the child grew and became strong; he was filled with wisdom, and the grace of God was on him.

This is the Gospel of the Lord

Praise to You O Christ

(Bible readings courtesy of Bible Gateway New International Version - UK (NIVUK))

Post Communion Prayer

Generous Lord, in word and eucharist we have proclaimed the mystery of your love: help us so to live out our days that we may be signs of your wonders in the world; through Jesus Christ our Saviour. **Amen**

Quiet Day Flyer

INVITATION

to a Quiet Day

at Assington Hall

Sat 10th February—10.00 -
3.00



The relaxed, friendly day

will be run on an

If-you-want-to-basis

Please see news sheet

for more details OR

contact Revd Judith Offord

To book or for more information

01787 315689

Flexible Timetable

10.00—10.30am

Refreshments and greetings

10.30.am—12.00

Opening Prayer / Led Meditation

Do we make God Too Small

12.00—12.30

Time for Sharing / Listening

12.30—1.30 - Shared Lunch

1.30—2.30

Bible Study—Malcolm OR

Alpha/Beta group led by Christine

2.30—3.00pm

Sharing/Listening/ Closing Prayer