

WELCOME TO OUR CHURCH COMMUNITY



Today we welcome The Rev Mary Cantacuzene as she celebrates and preaches at St George's, Shimpling and Holy Trinity, Long Melford

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 Vicky, the administrator on 07804 558160. 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 21st & 28th July 2024

Holiday Cover

With Matthew on sabbatical until early September and Vicky (administrator) now on annual leave until the 1st week in August. Please contact Rev Judith for any queries 07817 329550 or email judithrev3@gmail.com. Alternatively, please contact Cheryl 07943 811030 or email 0305cam@gmail.com with any queries for Holy Trinity, Charlotte 07939 194233 for queries for A&S, Jean 01284 828423 for queries for Lawshall

Folk Music & BBQ at St George's, Shimpling

On Sunday 28th July, please come along to St George's, Shimpling for an afternoon of 'fun, food & folk music'
Wildflower Meadow & Churchyard raking from 2pm – please bring your own rake
Barbecue & Bar from 5pm
Folk Concert with 'Sound Tradition' at 6pm.
All Welcome



Suffolk Art Society

Suffolk Arts Society will once again hold their Exhibition in the Lady Chapel. The Exhibition is a great display of art from all over East Anglia and it attracts people to the village and the church. The Exhibition will be open from 19th July to 4th August (daily from 10am until 5.30pm). This is a great celebration of the artistic talents so many local people have. All work on display will be for sale.

The Society continues to support the work of St Nicholas Hospice and 20% of net profit from sales made during the exhibition will be donated to the Hospice.



Charity Walk for the Alzheimer's Society on 03 August.

If you feel able please support me in raising funds for Alzheimer's Society as I attempt to walk 26 Miles on Saturday 03 August. I will be taking part in their Suffolk Trek 26 event in the Dunwich area. I will be walking part of the Suffolk Coastal Path. If you would like to donate, please donate online to Justgiving/Richard Blyth page /Trek 26 Suffolk Coast 2024. Thank you! Richard Blyth.

Suggestions for Prayer

- We pray for the children of our villages together with our own children and grandchildren awaiting examination results that they may have the grades to take them on to the next stage they have planned for their lives
- 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.
- We pray for those in need of God's presence or his healing touch including Barbara Brady, Robert Hawkins, and Audrey Wreford

Diary

Sun 21 st	9.00am	Communion at Shimpling
	10.30am	Communion at Holy Trinity *
	4.00pm	Shine Informal Worship
Tues 23 rd	9.00am	Morning Prayer via zoom #
Wed 24 th	1.10pm	Melford Music at Holy Trinity – Tom Cogan
Thurs 25 th	10.00am	Shimpling Coffee Caravan
	12.30pm	Funeral at Holy Trinity – Elizabeth Parmiter
	7.00pm	Choir Practice
Friday 26 th	2.00pm	Funeral at Holy Trinity – Yvonne Upton
Sat 27 th	8.00am	Prayer Breakfast at Holy Trinity
Sun 28 th	10.30am	Communion at Holy Trinity *
	2.00pm	Social at Shimpling (please see flyer)
	6.30pm	Communion at Lawshall
Tues 30 th	9.00am	Morning Prayer via zoom #
Wed 31 st	1.10pm	Melford Music at Holy Trinity – Roman Rudnytsky
Thurs 1 st Aug	7.00pm	Choir Practice
Sun 4 th	9.00am	Communion at Alpheton
	10.30am	Family Communion at Holy Trinity *
	6.30pm	Choral Evensong 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:

19 th July – 4 th Aug	9.30-6pm	Suffolk Art Society in the Lady Chapel – Holy Trinity
28 th July	from 2pm	Folk Music & BBQ at St George’s, Shimpling
3rd Aug	7.30pm	1950’s Summer Dance at Shimpling Park Barns

Readings for 21st July 2024 – Trinity 8**Collect** (*prayer for the day*)

Almighty Lord and everlasting God, we beseech you to direct, sanctify and govern both our hearts and bodies in the ways of your laws and the works of your commandments; that through your most mighty protection, both here and ever, we may be preserved in body and soul; through our Lord and Saviour Jesus Christ, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever.

Amen

First Reading**Ephesians 2:1-22**

As for you, you were dead in your transgressions and sins, ²in which you used to live when you followed the ways of this world and of the ruler of the kingdom of the air, the spirit who is now at work in those who are disobedient. ³All of us also lived among them at one time, gratifying the cravings of our flesh and following its desires and thoughts. Like the rest, we were by nature deserving of wrath. ⁴But because of his great love for us, God, who is rich in mercy, ⁵made us alive with Christ even when we were dead in transgressions – it is by grace you have been saved. ⁶And God raised us up with Christ and seated us with him in the heavenly realms in Christ Jesus, ⁷in order that in the coming ages he might show the incomparable riches of his grace, expressed in his kindness to us in Christ Jesus. ⁸For it is by grace you have been saved, through faith – and this is not from yourselves, it is the gift of God – ⁹not by works, so that no one can boast. ¹⁰For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.

¹¹Therefore, remember that formerly you who are Gentiles by birth and called 'uncircumcised' by those who call themselves 'the circumcision' (which is done in the body by human hands) – ¹²remember that at that time you were separate from Christ, excluded from citizenship in Israel and foreigners to the covenants of the promise, without hope and without God in the world. ¹³But now in Christ Jesus you who once were far away have been brought near by the blood of Christ.

¹⁴For he himself is our peace, who has made the two groups one and has destroyed the barrier, the dividing wall of hostility, ¹⁵by setting aside in his flesh the law with its commands and regulations. His purpose was to create in himself one new humanity out of the two, thus making peace, ¹⁶and in one body to reconcile both of them to God through the cross, by which he put to death their hostility. ¹⁷He came and preached peace to you who were far away and peace to those who were near. ¹⁸For through him we both have access to the Father by one Spirit.

¹⁹Consequently, you are no longer foreigners and strangers, but fellow citizens with God's people and also members of his household, ²⁰built on the foundation of the apostles and prophets, with Christ Jesus himself as the chief cornerstone. ²¹In him the whole building is joined together and rises to become a holy temple in the Lord. ²²And in him you too are being built together to become a dwelling in which God lives by his Spirit.

This is the word of the Lord

Thanks be to God

Gospel Reading**Mark 6:30-34, 53-56**

Hear the Gospel of our Lord Jesus Christ according to Mark

Glory to you, O Lord

The apostles gathered round Jesus and reported to him all they had done and taught. ³¹Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, 'Come with me by yourselves to a quiet place and get some rest.'

³²So they went away by themselves in a boat to a solitary place. ³³But many who saw them leaving recognised them and ran on foot from all the towns and got there ahead of them. ³⁴When Jesus landed and

saw a large crowd, he had compassion on them, because they were like sheep without a shepherd. So he began teaching them many things.

When they had crossed over, they landed at Gennesaret and anchored there. ⁵⁴As soon as they got out of the boat, people recognised Jesus. ⁵⁵They ran throughout that whole region and carried those who were ill on mats to wherever they heard he was. ⁵⁶And wherever he went – into villages, towns or countryside – they placed those who were ill in the market-places. They begged him to let them touch even the edge of his cloak, and all who touched it were healed.

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

Strengthen for service, Lord, the hands that have taken holy things; may the ears which have heard your word be deaf to clamour and dispute; may the tongues which have sung your praise be free from deceit; may the eyes which have seen the tokens of your love shine with the light of hope; and may the bodies which have been fed with your body be refreshed with the fullness of your life; glory to you for ever. **Amen**

Programme of Recitals

June

- 5 MARIANNE OLYVER Gypsy & Classic Pop
Electric Alchemy
Sponsored by BREAKOUT
- 12 CheGO Playing all styles
Chelmsford Guitar Orchestra
Sponsored by BESPOKE BLINDS
- 19 JILL CROSSLAND Piano
Sponsored by THE MILL B & B
- 26 LIZZIE GUTTERIDGE
English music from around the time of the church
Sponsored by THE IVESON CLINIC

July

- 3 THE ROCK CHOIR 
- 10 GWENDAL MOELE Accordion & Vocals
and JANE WARD **Sponsored by**
KING ARCHITECTURAL DESIGN & PLANNING
- 17 MAV DUO Cello & Harp
Mixed Styles from Columbia
Sponsored by THE ARTS SOCIETY, STOUR VALLEY
- 24 TOM COGAN Organ
Sponsored by THE DOVE COMPANY
- 31 ROMAN RUDNYTSKY Piano
Sponsored by THE HARE INN

August

- 7 SERENDIPITY Wind Trio
Sponsored by DAVID BURR
- 14 RACHEL BREEZE Vocal
Songs from the Shows
Sponsored by THE GEORGE & DRAGON
- 21 AHMED DICKINSON Spanish Guitar
Sponsored by THE CLOTHES LOUNGE
- 28 SAM PLACKET DUO Jazz Guitar
Sponsored by THE BLACK LION

The organisers reserve the right to change recitals without notice

ROCK 'N' ROLL

1950'S Summer Dance

SATURDAY 3RD AUGUST

7:30PM-11PM

SHIMPLING PARK BARNs
IP29 4HY

50'S/60'S DRESS
ENCOURAGED

PRIZES FOR BEST DRESSED!

LICENSED BAR (CASH AND CARD)

TICKETS £25 EACH

INCLUDES LIGHT SUPPER, WITH
VEGETARIAN OPTION ON REQUEST

SARAH HEALY CATERING

Live Music By 5 Piece Band

'ROCKHOUSE'



TO BOOK AND PAY FOR TICKETS PLEASE EMAIL
OR TEXT:
shimplingvh@gmail.com
Carol: 07855762812



IN AID OF ALPHETON & SHIMPLING VILLAGE HALL FUNDS

Readings for 28th July 2024 – Trinity 9**Collect** (*prayer for the day*)

Almighty God, who sent your Holy Spirit to be the life and light of your Church: open our hearts to the riches of your grace, that we may bring forth the fruit of the Spirit in love and joy and peace; 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**

First Reading**Ephesians 3.14-21**

For this reason I kneel before the Father, ¹⁵from whom every family in heaven and on earth derives its name. ¹⁶I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, ¹⁷so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, ¹⁸may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ, ¹⁹and to know this love that surpasses knowledge – that you may be filled to the measure of all the fullness of God.

²⁰Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, ²¹to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.

This is the word of the Lord

Thanks be to God

Gospel Reading**John 6.1-21**

Hear the Gospel of our Lord Jesus Christ according to John

Glory to you, O Lord

Some time after this, Jesus crossed to the far shore of the Sea of Galilee (that is, the Sea of Tiberias), ²and a great crowd of people followed him because they saw the signs he had performed by healing those who were ill. ³Then Jesus went up on a mountainside and sat down with his disciples. ⁴The Jewish Passover Festival was near.

⁵When Jesus looked up and saw a great crowd coming towards him, he said to Philip, 'Where shall we buy bread for these people to eat?' ⁶He asked this only to test him, for he already had in mind what he was going to do.

⁷Philip answered him, 'It would take more than half a year's wages to buy enough bread for each one to have a bite!'

⁸Another of his disciples, Andrew, Simon Peter's brother, spoke up, ⁹'Here is a boy with five small barley loaves and two small fish, but how far will they go among so many?'

¹⁰Jesus said, 'Make the people sit down.' There was plenty of grass in that place, and they sat down (about five thousand men were there). ¹¹Jesus then took the loaves, gave thanks, and distributed to those who were seated as much as they wanted. He did the same with the fish.

¹²When they had all had enough to eat, he said to his disciples, 'Gather the pieces that are left over. Let nothing be wasted.' ¹³So they gathered them and filled twelve baskets with the pieces of the five barley loaves left over by those who had eaten.

¹⁴After the people saw the sign Jesus performed, they began to say, 'Surely this is the Prophet who is to come into the world.' ¹⁵Jesus, knowing that they intended to come and make him king by force, withdrew again to a mountain by himself.

¹⁶When evening came, his disciples went down to the lake, ¹⁷where they got into a boat and set off across the lake for Capernaum. By now it was dark, and Jesus had not yet joined them. ¹⁸A strong wind was blowing

and the waters grew rough. ¹⁹ When they had rowed about three or four miles, they saw Jesus approaching the boat, walking on the water; and they were frightened. ²⁰ But he said to them, 'It is I; don't be afraid.' ²¹ Then they were willing to take him into the boat, and immediately the boat reached the shore where they were heading.

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

Holy Father, who gathered us here around the table of your Son to share this meal with the whole household of God: in that new world where you reveal the fullness of your peace, gather people of every race and language to share in the eternal banquet of Jesus Christ our Lord. **Amen**