

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 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 1st September 2024

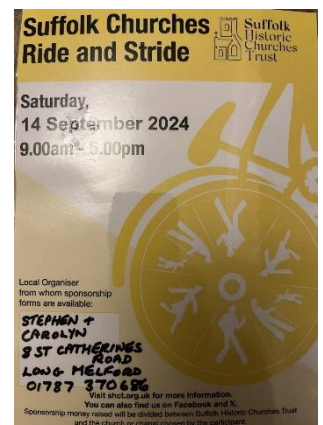
Suffolk Historic Church Ride & Stride

Suffolk Churches Ride & Stride will this year take place on Saturday 14th September between 9am & 5pm.

If you are keen to take part or volunteer to help with signing in and refreshments please contact Stephen & Carolyn Spraggon on 01787 370686

The annual sponsored Ride and Stride raises money to make grants to churches and chapels of all denominations towards repair and restoration costs.

50% of the money raised goes to the church or chapel of the cyclists choice and the other 50% to the SHCT for future grant giving.



Macmillan Coffee Morning

Please come and join us for our Coffee Morning in aid of Macmillan Cancer, to be held at our house, 13 Laurel Drive Long Melford, on Saturday 21st September, 10am until 12. There will also be a raffle and second-hand book stall. We look forward to welcoming you, Jan & Ron



Unlocking & Locking the church

Cheryl needs some help with unlocking and locking the church on a weekly basis. If anyone could take on any of the following to help her out, it would be most appreciated:

Wednesday morning (unlocking)

Wednesday afternoon (locking)

Thursday afternoon (locking)

Saturday morning (unlocking)

Every other Saturday afternoon (locking)

Sunday evening (locking when there isn't a service on)

Please contact Cheryl directly on 0305cam@gmail.com or 07943 811030

Bishop Mike’s Final Service

Sunday 29 September, 3.30pm

St Edmundsbury Cathedral, Bury St Edmunds IP33 1LS

Everyone is warmly invited to St Edmundsbury Cathedral as we say farewell to Bishop Mike as he leaves to become the Bishop of Exeter. The service will be followed by Devon cream teas and fizz. For catering purposes, please use this link to RSVP so we have an indication of

numbers: <https://forms.gle/7Byys8vNYtMTqQF99>

Suggestions for Prayer

- We pray for those starting term whether students, teaching or auxiliary staff. We also pray for those starting school for the first time.
- 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 including the unrest in towns and cities in our own country.
- 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, David Bremer, Robert Hawkins, Ian MacDonald, baby Munroe, and Audrey Wreford

Dates for your diary

14 th Sept	all day	Suffolk Historic Church Trust – Ride & Stride
5 th Oct	tbc	Harvest Supper at Alpheton Village Hall
5 th Oct	tbc	Harvest Supper at Lawshall Village Hall
6 th Oct	9.00am	Harvest Celebration at Alpheton
6 th Oct	10.30am	Harvest Celebration at Holy Trinity
13 th Oct	4.00pm	Harvest Celebration at Lawshall
2 nd Nov	6.30pm	All Souls Evensong

Diary

Sun 1 st	9.00am	Communion at Alpheton
	10.30am	Family Communion at Holy Trinity *
	6.30pm	Choral Evensong at Holy Trinity *
Mon 2 nd	7.30pm	A&S HomeGroup
Tues 3 rd	9.00am	Morning Prayer via zoom #
Thurs 5 th	7.00pm	Choir Practice
Fri 6 th	5.00pm	Wedding Rehearsal at Alpheton – Bryce & Hayley
Sat 7 th	1.30pm	Wedding at Alpheton – Bryce & Hayley
Sun 8 th	10.30am	Communion at Holy Trinity with Baptism *

*** 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](#).

Collect (*prayer for the day*)

Merciful God, your Son came to save us and bore our sins on the cross: may we trust in your mercy and know your love, rejoicing in the righteousness that is ours through Jesus Christ our Lord. **Amen**

Reading (9am & 6.30pm)**James 1:17-27**

Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows. ¹⁸ He chose to give us birth through the word of truth, that we might be a kind of firstfruits of all he created.

¹⁹ My dear brothers and sisters, take note of this: everyone should be quick to listen, slow to speak and slow to become angry, ²⁰ because human anger does not produce the righteousness that God desires. ²¹ Therefore, get rid of all moral filth and the evil that is so prevalent, and humbly accept the word planted in you, which can save you.

²² Do not merely listen to the word, and so deceive yourselves. Do what it says. ²³ Anyone who listens to the word but does not do what it says is like someone who looks at his face in a mirror ²⁴ and, after looking at himself, goes away and immediately forgets what he looks like. ²⁵ But whoever looks intently into the perfect law that gives freedom and continues in it – not forgetting what they have heard but doing it – they will be blessed in what they do.

²⁶ Those who consider themselves religious and yet do not keep a tight rein on their tongues deceive themselves, and their religion is worthless. ²⁷ Religion that God our Father accepts as pure and faultless is this: to look after orphans and widows in their distress and to keep oneself from being polluted by the world.

This is the word of the Lord

Thanks be to God

Reading (10.30am)**James 3:1-12**

My friends, not many of you should become teachers. As you know, we teachers will be judged with greater strictness than others. ² All of us often make mistakes. But if a person never makes a mistake in what he says, he is perfect and is also able to control his whole being. ³ We put a bit into the mouth of a horse to make it obey us, and we are able to make it go where we want. ⁴ Or think of a ship: big as it is and driven by such strong winds, it can be steered by a very small rudder, and it goes wherever the pilot wants it to go. ⁵ So it is with the tongue: small as it is, it can boast about great things.

Just think how large a forest can be set on fire by a tiny flame! ⁶ And the tongue is like a fire. It is a world of wrong, occupying its place in our bodies and spreading evil through our whole being. It sets on fire the entire course of our existence with the fire that comes to it from hell itself. ⁷ We humans are able to tame and have tamed all other creatures—wild animals and birds, reptiles and fish. ⁸ But no one has ever been able to tame the tongue. It is evil and uncontrollable, full of deadly poison. ⁹ We use it to give thanks to our Lord and Father and also to curse other people, who are created in the likeness of God. ¹⁰ Words of thanksgiving and cursing pour out from the same mouth. My friends, this should not happen! ¹¹ No spring of water pours out sweet water and bitter water from the same opening. ¹² A fig tree, my friends, cannot bear olives; a grapevine cannot bear figs, nor can a salty spring produce sweet water.

This is the word of the Lord

Thanks be to God

Gospel Reading

Mark 7.1-8,14-15,21-23

Hear the Gospel of our Lord Jesus Christ according to Mark

Glory to you, O Lord

The Pharisees and some of the teachers of the law who had come from Jerusalem gathered round Jesus ² and saw some of his disciples eating food with hands that were defiled, that is, unwashed. ³ (The Pharisees and all the Jews do not eat unless they give their hands a ceremonial washing, holding to the tradition of the elders. ⁴ When they come from the market-place they do not eat unless they wash. And they observe many other traditions, such as the washing of cups, pitchers and kettles.)

⁵ So the Pharisees and teachers of the law asked Jesus, 'Why don't your disciples live according to the tradition of the elders instead of eating their food with defiled hands?'

⁶ He replied, 'Isaiah was right when he prophesied about you hypocrites; as it is written:

“These people honour me with their lips,
but their hearts are far from me.

⁷ They worship me in vain;
their teachings are merely human rules.”

⁸ You have let go of the commands of God and are holding on to human traditions.'

¹⁴ Again Jesus called the crowd to him and said, 'Listen to me, everyone, and understand this. ¹⁵ Nothing outside a person can defile them by going into them. Rather, it is what comes out of a person that defiles them.'

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

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**





2024 LUNCHTIME RECITALS

WEDNESDAY 1.10pm

ADMISSION FREE

Light Refreshments available

Retiring Collection to aid preservation of this Historic Building

AUGUST

7th	SERENDIPITY	Wind Trio
	Sponsored by DAVID BURR ESTATE AGENTS	
14th	GILL GERRARD	Oboe
	RHIANWEN GOLD	Violin
	MARY BLANCHARD	Piano
	Sponsored by THE GEORGE & DRAGON	
21st	AHMED DICKINSON	Spanish Guitar
	Sponsored by THE CLOTHES LOUNGE	
28th	SAM PLACKET and CHRIS ALLARD DUO	Jazz Guitar
	Sponsored by THE BLACK LION HOTEL	

HOLY TRINITY CHURCH
LONG MELFORD

For details of the individual programmes visit
The Church Website/What's On at
www.longmelfordchurch.com/arts