

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 get in touch. This notice sheet covers the next two weeks and combines:

- Notices
- The church diary (including livestream & Zoom joining instructions),
- Prayers and readings for the morning services on Sunday 23rd & 30th March, and
- *Bonus* - some guidance on what to do if you are FRUSTRATED! (see page 7)

Generations

Last week I referred to various generations, and that among Gen Z there is an increased interest in spirituality and indeed Christianity. One or two wanted further explanation so here it is:

Boomer

Born roughly between 1946 and 1964.

Baby boomers are often characterized as hard-working, economically prosperous, and influential in the incorporation of digital technology into daily life.

Generation X (Gen X):

Born roughly between 1965 and 1980.

Often characterized as resourceful, independent, and adaptable.

Grew up in a time of economic uncertainty and changing social norms.

Millennials (also known as Generation Y):

Born roughly between 1981 and 1996.

Known as "digital natives" due to their early exposure to technology.

Often described as collaborative, optimistic, and results-oriented.

Generation Z (Gen Z):

Born roughly between 1997 and 2012.

Considered to be the first generation to grow up with ubiquitous internet access and social media.

Often described as digitally savvy, creative, and socially conscious.

²⁰ Now 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, ²¹ to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen. (Ephesians 3:20-21).

Posies for Mothering Sunday

If you would like to help prepare the posies for Mothering Sunday at 2.30 Saturday 29th March, please get in touch and I will give you the details.

judithrev3@gmail.com or 073293550 - please leave a message if I don't answer - it will be picked up. Many thanks

Revd Judith Offord



Electoral Roll

If you're a worshipper in Alpheton, Lawshall, Long Melford or Shimpling, or part of our 4 o'clock Community, we encourage you to join the Electoral Roll. Joining the Electoral Roll indicates your commitment to our church community and acts informally as a 'membership list' for the church. It is also the register of people who are entitled to vote in the annual elections and to stand for election to the Parochial Church Council (PCC), and Deanery Synod. We are obliged to renew this every six years, and 2025 is a 'renewal' year. Please note this is completely separate from the civic electoral rolls which are used for local and national government elections. The church Electoral Roll can be completed using [this online form](#) which will normally take **under 3 mins** to complete.

Alternatively the form can be downloaded [here](#) and there should be some copies at the back of our churches. Please forward these to Vicky Moakes at chadbrookoffice@gmail.com or send to 4 Skeifs Row, Benwick, Cambs, PE15 0XB. All forms are to be submitted **by 16th April 2025**. If you have any questions or require help then please do not hesitate to contact Vicky either by email or on 07804 558160.

Daily Reflections - Living Hope

There are some really good daily reflections produced by the Church of England is titled 'Living Hope'. You can be able to get daily email reflections ([click here](#)) or on your phone via the Everyday Faith app ([click here](#)).



during Lent ...

St Catherine's Church,
Long Melford CO10 9JU

Fridays 12.30 -1.30pm

**14th, 21st & 28th March
and 4th & 11th April**

*Includes simple soup lunch, a drink and a
brief reflection*

*Raising money for Number 72 Community
Centre in Sudbury, and the church in
Tanzania*

HOPE



LUNCHES

Jan Berry

It is with a whole range of emotions that we must announce the recent death of Jan Berry. Jan worshipped for many years at Holy Trinity before moving to be nearer her family. We are happy for her that she is at rest with the Lord after a life of faithful service. We are thankful for her life and the warm and generous example she was to us, and the way she did not allow her limited sight stop her living a full life. But we are still very sad that she is no longer with us and our thoughts are particularly with her close family. May Jan rest in peace and rise in glory.

Messy Church

A big thank you to all those who helped with the activities and those who cooked for last week's Messy Church - your input was gratefully received. We had a really good session with about 40 attending in total, and a lovely atmosphere.



FaithChat

The next meeting will be at 10.30 on Saturday 12th April March at the home of David & Susie, when we will be discussing prayer. For more details have a word with Malcolm on 01787 315689.

Baby Boxes for Ukraine

Update - We now have enough boxes, some of which already filled. To complete the rest, we are still in need of the following - baby cream, small soft toy for baby and small knitted sunflower or heart for mum. There will be an opportunity to complete filling the boxes in a few weeks' time. Thank you in advance.

Open Gardens May 26th 2025

Did you know that some of the money raised by Open Gardens comes to Holy Trinity? This year we are still hoping for more gardens, big and small. Please have a think about whether you could open your garden for viewing, to help raise funds for our lovely village. If you would like to take part please contact Paul on 01787 378 035 or email contact@themill-longmelford.com



Maundy Thursday Meal **

You are warmly invited to the service on Maundy Thursday, 17th April 2025 at Holy Trinity at 7.00pm, followed by a simple meal. If you would like to attend the meal please let Vicky know along with any dietary requirements. chadbrookoffice@gmail.com or call on 07804 558160

Thankyou!

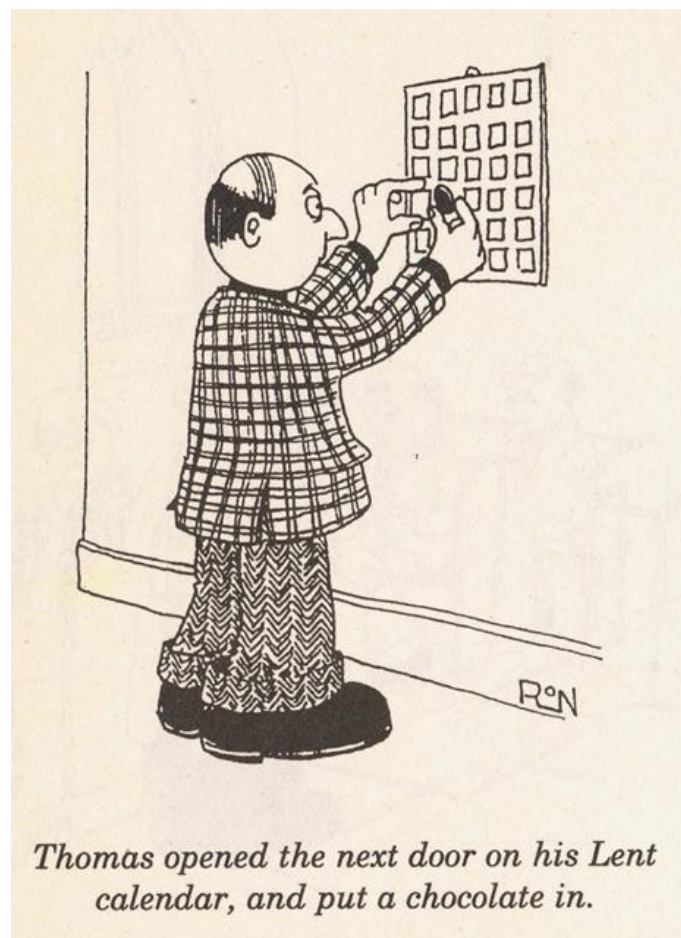
... to the kind soul who has already started cutting back the 'suckers' on the drive to Shimpling church (prior to the graveyard tidy).

Fusion Youth Club Update

Towards the end of last year we had approaching 40 people attending our last two sessions which was not sustainable. Therefore we have split into two - normal 'Fusion' and 'Fusion Plus' for some of the older children. This means that Pam and the rest of the team now commit to two Friday evenings each month but we believe that it is an important ministry. Please give Pam your encouragement when you get a chance as it is hard work (but very rewarding).

Kelvedon Singers conducted by Christopher Phelps

Holy Trinity Church, Long Melford, Saturday 12th April at 6.30pm. The Kelvedon Singers are delighted to invite you to join them when they perform two sublime choral works at Holy Trinity Church, Long Melford, Suffolk. **Mozart's Requiem** is an unparalleled masterpiece of choral and orchestral music, and stands as one of the most profound and haunting compositions in the Western classical repertoire. **Franz Schubert's Mass in E-flat major** is a monumental work that is a testament to his genius in the realm of sacred music. One of Schubert's last compositions, it is notable for its grand scale and profound spirituality. We will be joined by four soloists with strong reputations in both concert and opera performance: **Catherine May** (Soprano) **Felicity Buckland** (Mezzo Soprano), **Jonathan Cooke** (Tenor) and **Owain Browne** (Bass) **Nigel Brown** who is organist and choir master at Holy Trinity, will accompany us on this occasion. Tickets are £15pp incl interval refreshments. Sarah Phillips 01376 561719 / sarahphillips365@outlook.com www.kelvedonsingers.org.uk



Diary

Sun 23 rd	10.30am	Communion at Holy Trinity *
	4.00pm	Shine Informal Worship at Holy Trinity
Mon 24 th	9.30am	Connect Toddler Group St Catherine's
	7.30pm	A&S PCC at the Rectory
Tues 25 th	9.00am	Morning Prayer #
Wed 26 th	9.00am	Brass Cleaning at Holy Trinity
Thurs 27 th	2.30pm	Church Tour at Holy Trinity
	7.30pm	Choir Practice Holy Trinity
Fri 28 th	12.30pm	Lent Lunch at St Catherine's
	7.30pm	'Fusion Plus' Youth Group
Sat 29 th	8.00am	Prayer Breakfast at Holy Trinity
Sun 30 th	10.30am	Mothering Sunday Family Communion at Holy Trinity *
	6.30pm	Evening Communion at Lawshall
Mon 31 st	9.30am	Connect Toddler Group - St Catherine's
Tues 1 st April	9.00am	Morning Prayer #
Thurs 3 rd	7.00pm	Choir Practice HT
Fri 4 th	12.30pm	Lent Lunch at St Catherine's
	tbc	School Easter Services at Holy Trinity and Lawshall
Sun 6 th	9.00am	Communion at Alpheton
	10.30am	Communion at Holy Trinity *
	4.00pm	Wild Church at Frithy Wood, Lawshall
	6.30pm	Choral Evensong at Holy Trinity

*** Livestream Joining Instructions**

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

Morning Prayer Zoom Meeting ID: 816 5338 9796, Passcode: 289895, or click [here](#).

Dates for your Diary include:

Sat	12 th Apr	6.30pm	Kelvedon Singers Concert
Thurs	17 th Apr	7.00pm	Maundy Thursday Service **
Fri	18 th Apr	from 10am	Walking with the Cross through our villages
Fri	18 th Apr	2.00pm	Good Friday Devotional
Sat	19 th Apr	8.30pm	Easter Eve Vigil
Sun	20 th Apr	10.30am	Benefice Easter Sunday Service

Annual Meetings

Do come along for a review of the year - it is a chance to remind ourselves of all the good things that are taking place. If you are feeling called to serve on the PCC please talk to Matthew or an existing PCC member.

Long Melford	Mon 12 th May 7.30pm	St Catherine's
Lawshall	Tues 13 th May 7.30pm	All Saint's Church
Alpheton & Shimpling	Mon 19 th May 7.30pm	Alpheton Church

Suggestions for Prayer include

- We pray that during Lent we can build treasure in heaven and take hold of the HOPE of Christ.
- We pray for world leaders that they would remain humble, seek peace, and be open to the Spirit of God.
- We remember before God those who have recently died and we pray for those who mourn, including the family and friends of Roy Adams, Jan Berry, Charles Samsun, and Ruth Tuhey.
- We pray for those in need of God's presence or his healing touch including Barbara Brady, David Bremer, Robert Hawkins, baby Munroe, Mary Tuffen, & Gordon Wright.

Finding Peace in the Midst of Frustration

On Monday this week your Rector nearly 'lost the plot' due to the inordinate amounts of admin he was faced with. Who would have guessed that it was a quick AI search that helped, with the following reflection which is shared just in case anyone else can get wound up by bureaucracy. Revd Matthew

Scripture: *Philippians 4:6-7 – “Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”*

Introduction:

Frustration is something we all face—whether in our jobs, relationships, or personal struggles. It can make us feel stuck, overwhelmed, or even distant from God. But as believers, we have a different way to handle frustration—by turning to God instead of allowing frustration to control us.

1. Acknowledge Your Feelings

Even great men and women of faith experienced frustration—Moses, Elijah, David, and even the disciples. The key is not ignoring frustration but bringing it before God. Psalm 55:22 says, *“Cast your cares on the Lord and He will sustain you.”* God is not afraid of your emotions; He invites you to lay them at His feet.

2. Shift Your Focus to God's Power

Frustration often comes when we focus too much on our problems and not on God's power. Instead of dwelling on what's wrong, shift your perspective. Romans 8:28 reminds us, *“And we know that in all things God works for the good of those who love Him.”* What frustrates you today may be shaping you for something greater tomorrow.

3. Choose to Respond in Faith, Not in Frustration

James 1:19 encourages us, *“Everyone should be quick to listen, slow to speak, and slow to become angry.”* Frustration leads to quick reactions, but faith calls us to pause, pray, and trust that God is in control. Before reacting in frustration, take a step back and ask, *“How would God have me respond?”*

4. Pray and Give Thanks

Paul tells us in Philippians 4:6-7 that the antidote to anxiety and frustration is prayer and thanksgiving. When we thank God in the middle of our struggles, we open the door for His peace to guard our hearts and minds. Instead of focusing on what's frustrating, start listing things you're grateful for—this simple act can change your entire outlook.

Conclusion:

Frustration is a part of life, but it doesn't have to control us. When we acknowledge our feelings, shift our focus to God, respond in faith, and pray with thanksgiving, we experience His peace even in difficult times. Whatever you are facing today, remember: God is working, and His peace is greater than your frustration.

*Readings for the 23rd March - Lent 3***Collect** (*prayer for the day*)

Almighty God, whose most dear Son went not up to joy but first he suffered pain, and entered not into glory before he was crucified: mercifully grant that we, walking in the way of the cross, may find it none other than the way of life 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**1 Corinthians 10:1-13**

For I do not want you to be ignorant of the fact, brothers and sisters, that our ancestors were all under the cloud and that they all passed through the sea. ²They were all baptised into Moses in the cloud and in the sea. ³They all ate the same spiritual food ⁴and drank the same spiritual drink; for they drank from the spiritual rock that accompanied them, and that rock was Christ. ⁵Nevertheless, God was not pleased with most of them; their bodies were scattered in the wilderness.

⁶Now these things occurred as examples to keep us from setting our hearts on evil things as they did. ⁷Do not be idolaters, as some of them were; as it is written: 'The people sat down to eat and drink and got up to indulge in revelry.' ⁸We should not commit sexual immorality, as some of them did – and in one day twenty-three thousand of them died. ⁹We should not test Christ, as some of them did – and were killed by snakes. ¹⁰And do not grumble, as some of them did – and were killed by the destroying angel.

¹¹These things happened to them as examples and were written down as warnings for us, on whom the culmination of the ages has come. ¹²So, if you think you are standing firm, be careful that you don't fall! ¹³No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it.

This is the word of the Lord

Thanks be to God

Gospel Reading**Luke 13:1-9**

Hear the Gospel of our Lord Jesus Christ according to Luke

Glory to you, O Lord

Now there were some present at that time who told Jesus about the Galileans whose blood Pilate had mixed with their sacrifices. ²Jesus answered, 'Do you think that these Galileans were worse sinners than all the other Galileans because they suffered this way? ³I tell you, no! But unless you repent, you too will all perish. ⁴Or those eighteen who died when the tower in Siloam fell on them – do you think they were more guilty than all the others living in Jerusalem? ⁵I tell you, no! But unless you repent, you too will all perish.'

⁶Then he told this parable: 'A man had a fig-tree growing in his vineyard, and he went to look for fruit on it but did not find any. ⁷So he said to the man who took care of the vineyard, "For three years now I've been coming to look for fruit on this fig-tree and haven't found any. Cut it down! Why should it use up the soil?" ⁸"Sir," the man replied, "leave it alone for one more year, and I'll dig round it and fertilise it. ⁹If it bears fruit next year, fine! If not, then cut it down.'"

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, you have renewed us with the living bread from heaven; by it you nourish our faith, increase our hope, and strengthen our love: teach us always to hunger for him who is the true and living bread, and enable us to live by every word that proceeds from out of your mouth; through Jesus Christ our Lord **Amen**

Readings for the 30th March – Lent 4**Collect (prayer for the day)**

God of love, passionate and strong, tender and careful: watch over us and hold us all the days of our life; through Jesus Christ our Lord. **Amen**

First Reading**Exodus 2:1-10**

Now a man of the tribe of Levi married a Levite woman, ² and she became pregnant and gave birth to a son. When she saw that he was a fine child, she hid him for three months. ³ But when she could hide him no longer, she got a papyrus basket for him and coated it with tar and pitch. Then she placed the child in it and put it among the reeds along the bank of the Nile. ⁴ His sister stood at a distance to see what would happen to him.

⁵ Then Pharaoh's daughter went down to the Nile to bathe, and her attendants were walking along the river-bank. She saw the basket among the reeds and sent her female slave to get it. ⁶ She opened it and saw the baby. He was crying, and she felt sorry for him. 'This is one of the Hebrew babies,' she said.

⁷ Then his sister asked Pharaoh's daughter, 'Shall I go and get one of the Hebrew women to nurse the baby for you?'

⁸ 'Yes, go,' she answered. So the girl went and got the baby's mother. ⁹ Pharaoh's daughter said to her, 'Take this baby and nurse him for me, and I will pay you.' So the woman took the baby and nursed him. ¹⁰ When the child grew older, she took him to Pharaoh's daughter and he became her son. She named him Moses, saying, 'I drew him out of the water.'

This is the word of the Lord

Thanks be to God

Gospel Reading**John 19:25-27**

Hear the Gospel of our Lord Jesus Christ according to John

Glory to you, O Lord

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.'

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

Loving God, as a mother feeds her children at the breast you feed us in this sacrament with the food and drink of eternal life: help us who have tasted your goodness to grow in grace within the household of faith; through Jesus Christ our Lord. **Amen**

Easter Memorial Lilies at Holy Trinity



Easter Memorial Lilies

Easter Sunday this year will be on 20th April. There will be a lily display in remembrance of loved ones, with names remembered listed in the porch at Holy Trinity as part of our Easter Celebrations. There is a suggested minimum donation of £5.00. Orders can be taken until noon, Friday 11th April. We usually have a marvellous response to the Easter Memorial Lilies so look forward to hearing from you. Please use the form below and write the names clearly in **capitals** of those whom you wish to remember.

.....
Easter Lilies 2025

I would like to purchase lilies at £5.00 each in memory of:-

- 1.
- 2.
- 3.
- 4.

Total £

Signed.....

Tel. No.....

Address.....

.....

You may pay by cheque payable to Long Melford PCC or placed **clearly** marked in an envelope in the church donation box. Alternatively, please email the names to chadbrookoffice@gmail.com

The forms can also be found at the back of Holy Trinity church