

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 newsletter combines:

- Notices for this week (p1 – p3, p6)
- The church diary (including livestream & Zoom joining instructions) (p4)
- Prayers and readings for Sunday's morning service (p5-6)

It's good to be back!

From the Rector Matthew ... just to say that I have arrived safely back from Scotland where I had a very good break with my family. It appears that we were extremely fortunate to have a lot of sunshine. It is a long time since I have been to the Highlands. The scenery was absolutely stunning, and we saw eagles, porpoises, dolphins, and possibly two orcas. We had an active time sailing, canoeing, fishing, and climbing mountains including one of the Black Cuillins.

We missed church. We all turned up to a service the first Sunday to find that the date had been changed, and turned up at another location the following Sunday to be greeted by people leaving (the time had been changed); it was heartbreaking as fellowship is so important. However all was not lost - the second week the minister, a sheep farmer, held an extra short service for our family and invited us for tea. It was really special to share fellowship with them - the bond of Christ really does reach beyond culture and borders.



So I look forward to fellowship and worship with you, and I will do my best to get the times and dates right! Finally may I close by saying a huge thankyou to all those who have 'kept the show on the road' while I have been away.

The Afghan Refugee Crisis

I'm sure that this has been on all our minds. Huge numbers of people have been brought out of Afghanistan in a very short space of time. Over the coming months, it is anticipated many more will arrive through other routes. The challenge for the whole nation is to welcome these families and help them build new lives here in the United Kingdom. As yet we are waiting to hear how many refugees may be coming to Suffolk and where they will be placed.

There are a number of ways in which we might respond:

- **Donate clothes** at the scout hut in Sudbury or the Stevenson Centre CO10 OWD on Sunday 19th September between 10am and 3pm. Please seal and label bags with contents, and bag similar items together. This is arranged by [refugeesupportsudbury](http://refugeesupportsudbury.org). Please check their Facebook page for the latest information.
- **Tune in to SUFFOLK RADIO** this Sunday 12th September, at 7.20am, to hear an interview with Jim Gourlay about what we could do to help. Jim is SE England Regional Manager for the mission charity AsiaLink (www.asialink.org).
- If you want to **offer practical help** please register here: www.help-refugees-uk.service.gov.uk.
- If you wish to get in touch with the team supporting refugees in Suffolk, please email: afghanrefugeesupport@suffolk.gov.uk.
- For local charities please visit: suffolkrefugee.org.uk or hopeandaiddirect.org.uk.
- Do have a look at this toolkit, prepared by the Mission and Public Affairs Division of the Church of England and the Diocese of Canterbury, including details on donations, drop-off points as well as longer term practical help. Please visit [here](#).

Bread **AND WINE**

This is just to say that arrangements are now in place for us to receive bread and wine at communion. We have carefully thought through a way for you to receive a wafer which has been intincted (an edge has been dipped) in wine. All other arrangements are the same. We hope and pray that this adds to our feeling of intimacy with Christ as we recall that his blood was shed for us.

Ride and Stride – Suffolk Historic Churches Trust

The Suffolk Historic Churches Trust 'Ride and Stride' event is taking place on Saturday 11th. The event, organised by the Suffolk Historic Churches Trust, raises a very significant amount of money which goes towards maintaining many of our magnificent church buildings. The money raised by each person taking part is shared equally between the Suffolk Historic Churches Trust and the place of worship nominated by the participant.

Thank you to all those who have already made preparations and to those participating. We hope everyone taking part has an enjoyable day helping raise money to help preserve our heritage for future generations. For more information, please visit the Suffolk Historic Churches Trust website <https://shct.org.uk/ride-and-stride/>.



Confirmation / Enquirers

In autumn we will be holding a course for all wanting to learn more about the Christian Faith, or indeed any who want to get baptised or confirmed. It will be on Wednesday evenings at 7.30pm starting on the 6th October. If you would like to find out more please contact the Rector Matthew Lawson on 01787 310 845 or revmattis@gmail.com.

Harvest Supper & Harvest Services

Alpheton and Shimpling churches are holding a **Harvest Supper** this year at Alpheton Village Hall on **Saturday 2nd October** 7.00 for 7.30pm. To come along and join in the fun please contact Liz Brunwin lizbrunwin@hotmail.co.uk or 01284 828122.

This will complement our family friendly **Harvest Services** which will be on Sunday 3rd October at 10.30am in Long Melford, and 4.00pm in Alpheton.

Donations –The local Storehouse Foodbank is encouraging regular donations via the usual drop-offs in supermarkets to continue (the demand is going up at the moment). However they have warned that this year they will not be in a position to process Harvest donations.

Therefore Harvest donations of dried and tinned foodstuff, and toiletries, will be donated to the Halstead Foodbank; you may also consider donating financially to the Storehouse Foodbank either on the day or online [here](#).

Walking Group

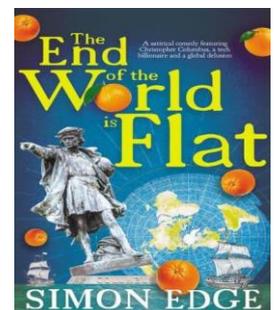
Our next walk will be to St Stephen's Chapel in Bures on Wednesday, 22nd September 10.15am for a 10.30am start. There will be two options - a walk of 1.5 miles to the Chapel from the Arger Fen Nature Reserve car park, or a longer, circular 3.5 mile walk. Andy Edgecombe is kindly leading this walk for us, and she will give a short talk on the chapel and the legend of the Bures Dragon. Please contact her on 371670 for further information, and book in with Vicky in the usual way. Blessings Christine

The Book Group

This will be meeting at Mansel Hall, Little St Mary's, at 6pm on:

Thursday 16th September to consider *The End of the World is Flat* by Simon Edge.

All are welcome; the meeting is a good opportunity to meet people, have a glass and enjoy the books. Get in touch with Cheryl (07943 811030) or Sally (07808 338751) with any queries.



Admin Support

Vicky, our benefice administrator, will be moving house (& county) shortly. Whereas she can continue many of her activities remotely as she has done for many months already, we are looking for someone to volunteer for the following: delivery of newsletter, delivering wedding documents to the Sudbury registry office, and various other duties which can not be done remotely. This will take approx. 1-1.5 hours a week. If interested please contact Vicky Moakes chadbrookoffice@gmail.com

Macmillan Coffee Morning

Janet & Ron will be holding a Macmillan Coffee morning on Saturday 25th September at 13 Laurel Drive, Long Melford from 10.30 to 12.30 where there will also be a raffle, a book stall and a plant stall. Everyone is welcome.

Diary

Sun 12 th Sept	10.30am	Holy Communion at Holy Trinity with Live Stream *
	11.45am	Zoom Coffee after the Service **
	12.30pm	Christening at Holy Trinity
	3.00pm	URC Thanksgiving service at St Catherine's
Tues 14 th	9.00am	Morning Prayer via zoom
	7.30pm	A&S PCC
Wed 15 th	7.30pm	Bell Ringing Practice at Holy Trinity
	7.30pm	LM PCC at St Catherine's
Thurs 16 th	7.30pm	A&S Homegroup
Fri 17 th	4.00pm	Wedding Rehearsal at Holy Trinity – Harry & Chloe
	7.30pm	Fusion Youth Club, St Catherine's
Sat 18 th	1.00pm	Wedding at Holy Trinity – Harry & Chloe
Sun 19 th	9.00am	Holy Communion at Shimpling
	10.30am	Holy Communion at Holy Trinity with Live Stream *
	11.45am	Zoom Coffee after the Service **

* *Livestream Joining Instructions*

- Google the five words "Holy Trinity Long Melford Facebook".
- Click on the top link ([or simply 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.

** *Zoom Coffee after the Service*

Zoom Meeting ID: 833 5925 6347, Passcode: 682003, or [click this link](#)

Morning Prayer

Zoom Meeting ID: 810 2345 2032, Password: 283350, or [click this link](#)

Dates for your Diary

- Sunday 26th Sep, 4.00pm – Informal Worship at Holy Trinity
- Sun Oct 10th – Elders Commissioning, 10.30am, HT, with Bishop Mike
- Note that Choral Evensong in October is on the 10th not the 3rd at 6.30pm

Collect (prayer for the day)

God, who in generous mercy sent the Holy Spirit upon your Church in the burning fire of your love: grant that your people may be fervent in the fellowship of the gospel that, always abiding in you, they may be found steadfast in faith and active in service; 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

James 3:1-12

¹ Not many of you should become teachers, my fellow believers, because you know that we who teach will be judged more strictly. ² We all stumble in many ways. Anyone who is never at fault in what they say is perfect, able to keep their whole body in check.

³ When we put bits into the mouths of horses to make them obey us, we can turn the whole animal. ⁴ Or take ships as an example. Although they are so large and are driven by strong winds, they are steered by a very small rudder wherever the pilot wants to go. ⁵ Likewise, the tongue is a small part of the body, but it makes great boasts. Consider what a great forest is set on fire by a small spark. ⁶ The tongue also is a fire, a world of evil among the parts of the body. It corrupts the whole body, sets the whole course of one's life on fire, and is itself set on fire by hell.

⁷ All kinds of animals, birds, reptiles and sea creatures are being tamed and have been tamed by mankind, ⁸ but no human being can tame the tongue. It is a restless evil, full of deadly poison.

⁹ With the tongue we praise our Lord and Father, and with it we curse human beings, who have been made in God's likeness. ¹⁰ Out of the same mouth come praise and cursing. My brothers and sisters, this should not be. ¹¹ Can both fresh water and salt water flow from the same spring? ¹² My brothers and sisters, can a fig-tree bear olives, or a grapevine bear figs? Neither can a salt spring produce fresh water.

Gospel Reading

Mark 8:27-37

Hear the Gospel of our Lord Jesus Christ according to Mark

Glory to you, O Lord

Jesus and his disciples went on to the villages around Caesarea Philippi. On the way he asked them, 'Who do people say I am?'

²⁸ They replied, 'Some say John the Baptist; others say Elijah; and still others, one of the prophets.'

²⁹ 'But what about you?' he asked. 'Who do you say I am?' Peter answered, 'You are the Messiah.'

³⁰ Jesus warned them not to tell anyone about him.

³¹ He then began to teach them that the Son of Man must suffer many things and be rejected by the elders, the chief priests and the teachers of the law, and that he must be killed and after three days rise again. ³² He spoke plainly about this, and Peter took him aside and began to rebuke him.

³³ But when Jesus turned and looked at his disciples, he rebuked Peter. 'Get behind me, Satan!' he said. 'You do not have in mind the concerns of God, but merely human concerns.'

³⁴ Then he called the crowd to him along with his disciples and said: 'Whoever wants to be my disciple must deny themselves and take up their cross and follow me. ³⁵ For whoever wants to save their life will lose it, but whoever loses their life for me and for the gospel will save it. ³⁶ What good is it for someone to gain the whole world, yet forfeit their soul? ³⁷ Or what can anyone give in exchange for their soul? ³⁸ If anyone is ashamed of me and my words in this adulterous and sinful generation, the Son of Man will be ashamed of them when he comes in his Father's glory with the holy angels.'

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

Keep, O Lord, your Church, with your perpetual mercy; and, because without you our human frailty cannot but fall, keep us ever by your help from all things hurtful, and lead us to all things profitable to our salvation; through Jesus Christ our Lord. **Amen**

Suggestions for Prayer

- We remember before God those who have recently died and those who mourn.
- For Lawshall Parish as we continue to reflect on the possible union.
- We pray for the situation in Afghanistan.
- We celebrate the ministry of the URC in Long Melford and pray that those who worshipped at the URC.
- For Rev Faith Marsden who was licensed as Rector of Acton and Great Waldingfield this week.

Further Notices

Lightwave Commissioning

This Saturday Bishop Mike will be commissioning three of our parishoners as Lightwave leaders at the Lightwave weekend away – Nicola Lawson, Christine Smith and Pam Tonks. [Lightwave](#) is a diocesan initiative to provide support (spiritual, practical, and financial) those using small groups to establish and nurture faith in Christ, whether in homes, pubs, offices, toddler groups, schools, or in other ways. Please do pray for them and for the work they are planning, which could well help enable a smoother transition for the proposed union with Lawshall. More information will be forthcoming in due course.

Fusion Youth Club

team-building **friends** **ice-breakers**

games **fusion** **food**

Friday 17th September, 7.30-9pm **St Catherine's, Long Melford, CO10 9JU**

Year 6 – year 13

Booking advisable, contact Pam: melfordfamilyworker@gmail.com