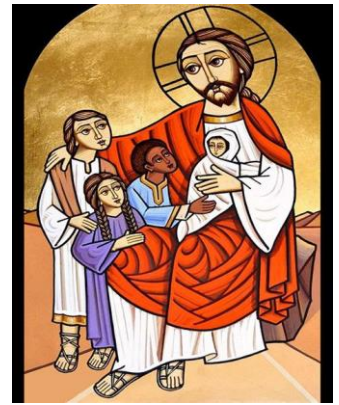


WELCOME TO OUR CHURCH COMMUNITY

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)
- The church diary (including livestream & Zoom joining instructions) (p4)
- Prayers and readings for Sunday's morning service (p5-6)



Come and Cry!

This week I have spoken to more than one person who is anxious about returning to church in person. One of the reasons is that they are worried that the pent up emotion of all the last months might come out in a messy way. Let us remember that King David cried, as indeed did Jesus himself. There is *"A time to weep, and a time to laugh; a time to mourn, and a time to dance"* (Eccl. 3).

We will not all turn and stare; we'll have the tissues ready.

The band Coldplay has a lovely song: "Every teardrop is a waterfall"; our tears are precious to God. Rev Lawson.



Reading the Screens

There are some good things about screens – they reduce covid risks, they have the potential to reduce paper, they encourage us to sing upwards (rather than to our feet), they enable media to be presented, and of course the projected words are visible to those watching on line. However it is not great if you cannot read the words for hymns! We are looking at options for improving the rather basic projection system we have at Holy Trinity, and in the meantime will try to make the words even clearer and larger. However if you do want to use a hymn book ... just pick one up as you are going to your seat and we will be announcing hymn numbers.



Thank you to Melford Music

Melford Music put on a great series of lunchtime concerts in really difficult circumstances. Through their generosity, and the generosity of the many people who attended, they have been able to make a donation of £1,250 towards Holy Trinity. We congratulate them on a successful season.

Afghan Refugee Clothes Drop-off

Just a reminder that you can 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.uk). Please check their Facebook page for the latest information.

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.

Harvest 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](#).

Foxearth Meadows – Afternoon Service

There will be a service on Sunday 19th at 3.00pm with guest speaker Professor Higgins, Director of Science for the British Trust for Ornithology. More details can be found [here](#).



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.

Invite someone to on-line church?

To attend church for the first time can be quite daunting ... with the grand churches in our Benefice ... the solid oak doors ... and the worry that you will do something 'wrong'. If you have been praying for someone to attend, why not consider asking them to first join you at home to watch an online service ... this might be a good way to help them to make their next step of faith.

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

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.

Admin Support

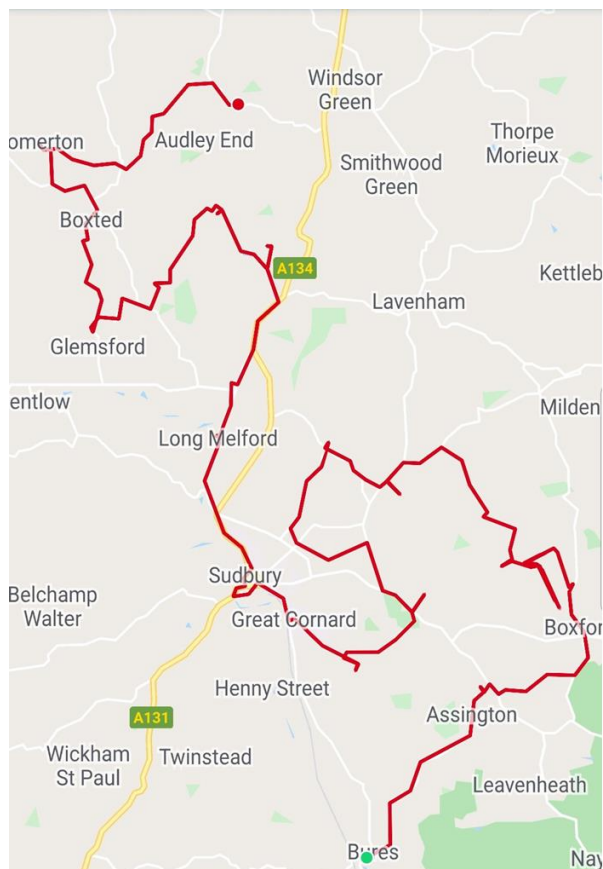
Vicky, our benefice administrator, will be moving house (& county) shortly. Whereas she can continue many of her activities remotely as she has done for many months already, we are looking for someone to volunteer for the following: delivery of newsletter, delivering wedding documents to the Sudbury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

The C (hristmas) word

With time ticking away and services now resumed, I am looking to attempt to do a provisional December rota, I would be grateful if you could please let me know whether you are available for any of the festive services. Many Thanks Vicky

Ride and Stride Brain Teaser ...

Please find below David Walter's route visiting every church in our deanery. Think you can work out a better way of doing it? Have a go next year!



Diary

Sun 19 th Sept	9.00am	Holy Communion at Shimpling
	10.30am	Holy Communion at Holy Trinity with Live Stream *
	11.45am	Zoom Coffee after the Service **
Mon 20 th	12.00pm	Funeral at Holy Trinity – Audrey Cox
	2.30pm	Interment of Ashes at Holy Trinity – Doris Coplestone
	7.30pm	Elders Training at Holy Trinity
Tues 21 st	9.00am	Morning Prayer via zoom
	2.00pm	Funeral at Alpheton – Susan Blake
Wed 22 nd	11.30am	Holy Communion at Melford Court (TBC)
	7.30pm	Bell Ringing Practice at Holy Trinity
Sat 25 th	6.00pm	Informal Worship Rehearsal at Holy Trinity
Sun 26 th	10.30am	Holy Communion at Holy Trinity with Live Stream *
	11.45am	Zoom Coffee after the Service **
	4.00pm	Informal Worship at Holy Trinity

* *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

- 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)

O Lord, we beseech you mercifully to hear the prayers of your people who call upon you; and grant that they may both perceive and know what things they ought to do, and also may have grace and power faithfully to fulfil them; 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 3:13-4.3,7-8a

Who is wise and understanding among you? Let them show it by their good life, by deeds done in the humility that comes from wisdom. ¹⁴ But if you harbour bitter envy and selfish ambition in your hearts, do not boast about it or deny the truth. ¹⁵ Such 'wisdom' does not come down from heaven but is earthly, unspiritual, demonic. ¹⁶ For where you have envy and selfish ambition, there you find disorder and every evil practice.

¹⁷ But the wisdom that comes from heaven is first of all pure; then peace-loving, considerate, submissive, full of mercy and good fruit, impartial and sincere. ¹⁸ Peacemakers who sow in peace reap a harvest of righteousness.

⁴ What causes fights and quarrels among you? Don't they come from your desires that battle within you? ² You desire but do not have, so you kill. You covet but you cannot get what you want, so you quarrel and fight. You do not have because you do not ask God. ³ When you ask, you do not receive, because you ask with wrong motives, that you may spend what you get on your pleasures.

⁷ Submit yourselves, then, to God. Resist the devil, and he will flee from you. ⁸ Come near to God and he will come near to you. Wash your hands, you sinners, and purify your hearts, you double-minded.

Gospel Reading

Mark 9:30-37

Hear the Gospel of our Lord Jesus Christ according to Mark

Glory to you, O Lord

They left that place and passed through Galilee. Jesus did not want anyone to know where they were, ³¹ because he was teaching his disciples. He said to them, 'The Son of Man is going to be delivered into the hands of men. They will kill him, and after three days he will rise.' ³² But they did not understand what he meant and were afraid to ask him about it.

³³ They came to Capernaum. When he was in the house, he asked them, 'What were you arguing about on the road?' ³⁴ But they kept quiet because on the way they had argued about who was the greatest.

³⁵ Sitting down, Jesus called the Twelve and said, 'Anyone who wants to be first must be the very last, and the servant of all.'

³⁶ He took a little child whom he placed among them. Taking the child in his arms, he said to them, ³⁷ 'Whoever welcomes one of these little children in my name welcomes me; and whoever welcomes me does not welcome me but the one who sent me.'

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

Almighty God, you have taught us through your Son that love is the fulfilling of the law: grant that we may love you with our whole heart and our neighbours as ourselves; 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 remember before God the many known to us who are facing worries and struggles of all kinds and pray that they will be aware that nothing can separate us from the Love of God.
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