

# 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 notice sheet covers the next week and combines:

- Notices
- The church diary (including livestream & Zoom joining instructions)
- Prayers and readings for the morning service on Sunday 24<sup>th</sup> July & Sunday 31<sup>st</sup> July.

## Newsletter

This week's newsletter will incorporate Sunday 24<sup>th</sup> and Sunday 31<sup>st</sup>; please check the website for any additional diary entries. We are also planning one newsletter to cover the whole of August, apologies for any inconvenience this may cause.

## Songs of Praise

A big thank you to all who helped in Tuesdays Songs of Praise, from the setting up, clearing down, and of course everyone who came and sang. It was a hot and sticky day but thank you to everyone who joined us, we did the village & our benefice proud. A special thankyou to the volunteers who replaced the many failed lightbulbs at Holy Trinity.



## Messy Church

On Sunday 24<sup>th</sup> July from 4.00 – 6.00pm, on the Glebe land (or inside the church if the weather is too windy, hot or wet!). Please bring a picnic and rugs/seats to enjoy together after our craft and fun activities where we explore the story of Zaccheus, a short man who climbed a tall tree. For more information please contact Pam on: [melfordfamilyworker@gmail.com](mailto:melfordfamilyworker@gmail.com), 07890 880 976.



## Coffee & Cake

A warm welcome awaits – St Catherine's Thursday 7<sup>th</sup> July at 10.30am. All welcome

## Benefice Picnic – for everyone

The idea is for people from all parts of the church family to spend time together. On Sunday 7<sup>th</sup> August, there will be a picnic on the Glebe land, next to the Long Melford Rectory by the paddocks, from 12.00pm, the last one (pre-Covid) was a lovely way to carry on those connections made within the church and also to make some new ones. Bring your blankets/seats and for the picnic after the morning service.



## 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 22<sup>nd</sup> July to 6<sup>th</sup> August (daily from 10am until 5.30pm, and Sundays from 12noon until 5.30pm). This is a great celebration of the artistic talents so many local people have, and the event also helps to raise much needed funds for the church.



## Newcomer's Evening

It has been lovely to have some new people attending our various services. Back in the 'olden days' we had an annual newcomer's evening each year, and it is a pleasure to welcome people once again on the evening of the 21<sup>st</sup> September, provisionally at 7.30pm at Conduit House, the Green, Long Melford. There will be light refreshments, a brief talk, a chance to ask questions, and of course time to chat. We would love you to come along (and if you are a regular please feel free being someone new along with you). 'New' means new in the last 3 years! To attend please contact Vicky on 07804 558 160 or chadbrookoffice@gmail.com .

## Questions of Faith (& confirmation)

Similarly, over the years we held regular courses for people asking questions about the Christian faith. This year we will be using the Alpha course. We are planning in-person meetings at the start and end, with the main sessions (probably six in total) being held online so that any who test positive (or who have young children) can attend. These will be on Wednesday evenings, probably starting from the 5<sup>th</sup> October. To register or make enquiries please contact Kevin Powell on r\_kpowell@msn.com or 07732 157893. If anyone is seeking confirmation, please contact the Rector as this might for part of the preparation.



## Mental Health and Children / Grandchildren

Our young people (and their parents and teachers) have been fantastic during the pandemic however it has not been an easy time. Most of us will know someone who has not always found it easy mentally. At our **Café Church on the 11<sup>th</sup> September at 4.00pm in Lawshall** we are having a speaker who is a counsellor for young people. Open to all ages, we hope that this will give some pointers as to how to support and pray for our young people. Part of the solution is being able to talk openly about it.

## Time to Pray

For those of you who would welcome some structure for your daily prayers, the Church of England has produced an app for Morning and Night Prayer called Time to Pray which can be accessed via phone or tablet, (unfortunately not a laptop) at <https://www.chpublishing.co.uk/apps/time-to-pray>. This is free, and could form part of your daily routine joining with people praying the same prayers across the world.



## Easter Photo

We took rather a nice photo of the congregation at Easter with the implication that we would put it on our website. If anyone is not happy for this to be online (albeit in wide angle) please contact Vicky the administrator. On the assumption we hear nothing we will publish and if anyone is then not happy please let us know. Photo-shopping can be arranged for a generous donation!



## Christian Aid Collection

Many congratulations to Richard Blyth who was able to collect £531 in Shimpling, contributing to £3,877 from our local churches together group.



## Melford Fete Thankyou

We want to thank Amy Hyde Parker and all who contributed to this happy occasion. £2,500 was raised for local charities including £485 for Holy Trinity church and in addition £404 for the Stained Glass fund (when including glass donations from the service the following day).

## Sit down for 2 hrs on the 18<sup>th</sup> August – raise an easy £800!

SLR Sound Laboratories in Waldingfield are a specialist company researching all things acoustic. They are looking for 24 volunteers to sit down at their labs to do some sounds tests on the 18<sup>th</sup> August for a max of 2 hours. If we can field this number of people, money raised will be distributed between the churches represented. All our churches are really looking to build up fundraising after the pandemic – perhaps you could invite a friend along for something a bit different! Please contact [chadbrookoffice@gmail.com](mailto:chadbrookoffice@gmail.com), or call 07804 558160 to register **asap** if you can attend. Thankyou

## Ride And Stride

Suffolk Historic Churches Trust is again holding the Ride and Stride this year on Sat Sept 10th between 9.00am and 5.00pm. For a sponsor form, or if you can volunteer for an hour at either St Catherine's or at Holy Trinity, please contact Vicky our administrator. This is a great cause preserving our churches and heritage – if you ride yourself 50% of funds raised go to your nominated church.



## A Local Organic Farm

For their latest video update see [here](#).

## Schools update

Please read the encouraging last page which is an update from Pam. Note we will give an update on the '4 o'clock community' activities another time – these include Café Church, informal worship, forest church, and socials which are co-ordinated by Nicky Lawson.

## Suggestions for Prayer

- For a peaceful resolution to the crisis in Ukraine, remembering before God the thousands who have been killed or injured and their families, refugees, and all caught up in these awful events.
- We remember before God those who have recently died and those who mourn including the families and friends of Christopher Alban, Frances Cadge, Charles Handley-Howard, Anne Paton and Susan Younger.
- For the many people who are feeling overwhelmed or lonely at the moment, that they would know the kindness of God.

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## Dates for your Diary

Sun	7 <sup>th</sup> Aug	12.00pm	Benefice Picnic on the Glebe Land - Holy Trinity
Sat	10 <sup>th</sup> Sept	2.00pm	Lawshall Flower Show
Sat	24 <sup>th</sup> Sept	10.30am	Macmillan Coffee Morning
Sat	24 <sup>th</sup> Sept	TBC	Alpheton & Shimpling Fete – Chadacre
Sat	1 <sup>st</sup> Oct	Evening	Harvest Supper (Alpheton & Shimpling)
Sat	8 <sup>th</sup> Oct	6.00pm	Patrick Kohler Memorial Concert at Holy Trinity
Sat	26 <sup>th</sup> Nov	All day	Melford Christmas Fayre

## This week

Sun 24 <sup>th</sup>	10.30am	Holy Communion at Holy Trinity (livestreamed)*
	4.00pm	Messy Church on the Glebe land at Holy Trinity
Mon 25 <sup>th</sup>	9.45am	Visiting Ringers at Holy Trinity
Tues 26 <sup>th</sup>	9.00am	Morning Prayer via zoom #
	7.30pm	Handbells at St Catherine's
Wed 27 <sup>th</sup>	10.30am	Holy Communion at Lawshall
	1.10pm	Melford Music – Tom Cogan – Organ
	3.00pm	Church Tour – Abingdon Arts Society
	7.00pm	Bell Practice at Holy Trinity
Thurs 28 <sup>th</sup>	7.00pm	Choir Practice at Holy Trinity
Fri 29 <sup>th</sup>	6.00pm	Wedding Rehearsal at Holy Trinity – Sam & Charlotte
Sat 30 <sup>th</sup>	8.00am	Prayer Breakfast at St Catherine's
	1.00pm	Wedding at Holy Trinity – Sam & Charlotte

**Next week**

Sun 31st	10.30am	Holy Communion at Holy Trinity (livestreamed)*
Mon 1st	7.30pm	A&S Homegroup
Tues 2 <sup>nd</sup>	9.00am	Morning Prayer via zoom #
	7.30pm	Handbells at St Catherine's
Wed 3 <sup>rd</sup>	1.10pm	Melford Music – Peter Thorne - Piano Catherine Shrubshall - Saxophone
	7.00pm	Bell Practice at Holy Trinity
Thurs 4 <sup>th</sup>	10.30am	Coffee & Cake at St Catherine's
	7.00pm	Choir Practice at Holy Trinity
Sun 7 <sup>th</sup>	9.00am	Alpheton Morning Worship
	10.30am	Holy Communion at Holy Trinity (livestreamed)*
	12.00pm	Benefice picnic on the Glebe land
	6.30pm	Choral Evensong at Holy Trinity

**\* Livestream Joining Instructions**

- Google the five words “Holy Trinity Long Melford Facebook”.
- Click on the top link [\(or simply click here\)](#) 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.

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

**Collect, Readings, Post Communion Prayer for 24<sup>th</sup> July 2022**

**Collect (prayer for the day)**

Merciful God, you have prepared for those who love you such good things as pass our understanding: pour into our hearts such love toward you that we, loving you in all things and above all things, may obtain your promises, which exceed all that we can desire; 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**

**Reading**

**Colossians 2:5-19**

For though I am absent from you in body, I am present with you in spirit and delight to see how disciplined you are and how firm your faith in Christ is.

<sup>6</sup> So then, just as you received Christ Jesus as Lord, continue to live your lives in him, <sup>7</sup> rooted and built up in him, strengthened in the faith as you were taught, and overflowing with thankfulness.

<sup>8</sup> See to it that no one takes you captive through hollow and deceptive philosophy, which depends on human tradition and the elemental spiritual forces of this world rather than on Christ.

<sup>9</sup> For in Christ all the fullness of the Deity lives in bodily form, <sup>10</sup> and in Christ you have been brought to fullness. He is the head over every power and authority. <sup>11</sup> In him you were also circumcised with a circumcision not performed by human hands. Your whole self ruled by the flesh was put off when you were

circumcised by Christ, <sup>12</sup> having been buried with him in baptism, in which you were also raised with him through your faith in the working of God, who raised him from the dead.

<sup>13</sup> When you were dead in your sins and in the uncircumcision of your flesh, God made you alive with Christ. He forgave us all our sins, <sup>14</sup> having cancelled the charge of our legal indebtedness, which stood against us and condemned us; he has taken it away, nailing it to the cross. <sup>15</sup> And having disarmed the powers and authorities, he made a public spectacle of them, triumphing over them by the cross.

<sup>16</sup> Therefore do not let anyone judge you by what you eat or drink, or with regard to a religious festival, a New Moon celebration or a Sabbath day. <sup>17</sup> These are a shadow of the things that were to come; the reality, however, is found in Christ. <sup>18</sup> Do not let anyone who delights in false humility and the worship of angels disqualify you. Such a person also goes into great detail about what they have seen; they are puffed up with idle notions by their unspiritual mind. <sup>19</sup> They have lost connection with the head, from whom the whole body, supported and held together by its ligaments and sinews, grows as God causes it to grow.

## Gospel Reading

## Luke 11:1-13

*Hear the Gospel of our Lord Jesus Christ according to Luke*

**Glory to you, O Lord**

One day Jesus was praying in a certain place. When he finished, one of his disciples said to him, 'Lord, teach us to pray, just as John taught his disciples.'

<sup>2</sup> He said to them, 'When you pray, say: "Father, hallowed be your name, your kingdom come. <sup>3</sup> Give us each day our daily bread. <sup>4</sup> Forgive us our sins, for we also forgive everyone who sins against us. And lead us not into temptation."' "

<sup>5</sup> Then Jesus said to them, 'Suppose you have a friend, and you go to him at midnight and say, "Friend, lend me three loaves of bread; <sup>6</sup> a friend of mine on a journey has come to me, and I have no food to offer him." <sup>7</sup> And suppose the one inside answers, "Don't bother me. The door is already locked, and my children and I are in bed. I can't get up and give you anything." <sup>8</sup> I tell you, even though he will not get up and give you the bread because of friendship, yet because of your shameless audacity he will surely get up and give you as much as you need. <sup>9</sup> 'So I say to you: ask and it will be given to you; seek and you will find; knock and the door will be opened to you. <sup>10</sup> For everyone who asks receives; the one who seeks finds; and to the one who knocks, the door will be opened.

<sup>11</sup> 'Which of you fathers, if your son asks for a fish, will give him a snake instead? <sup>12</sup> Or if he asks for an egg, will give him a scorpion? <sup>13</sup> If you then, though you are evil, know how to give good gifts to your children, how much more will your Father in heaven give the Holy Spirit to those who ask him!'

*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

God of our pilgrimage, you have led us to the living water: refresh and sustain us as we go forward on our journey, in the name of Jesus Christ our Lord. **Amen**

## Collect, Readings, Post Communion Prayer for 31<sup>st</sup> July 2022

### Collect (prayer for the day)

Generous God, you give us gifts and make them grow: though our faith is small as mustard seed, make it grow to your glory and the flourishing of your kingdom; through Jesus Christ our Lord. **Amen**

### Reading

### Colossians 3:1-11

Since, then, you have been raised with Christ, set your hearts on things above, where Christ is, seated at the right hand of God. <sup>2</sup>Set your minds on things above, not on earthly things. <sup>3</sup>For you died, and your life is now hidden with Christ in God. <sup>4</sup>When Christ, who is your life, appears, then you also will appear with him in glory.

<sup>5</sup>Put to death, therefore, whatever belongs to your earthly nature: sexual immorality, impurity, lust, evil desires and greed, which is idolatry. <sup>6</sup>Because of these, the wrath of God is coming. <sup>7</sup>You used to walk in these ways, in the life you once lived. <sup>8</sup>But now you must also rid yourselves of all such things as these: anger, rage, malice, slander, and filthy language from your lips. <sup>9</sup>Do not lie to each other, since you have taken off your old self with its practices <sup>10</sup>and have put on the new self, which is being renewed in knowledge in the image of its Creator. <sup>11</sup>Here there is no Gentile or Jew, circumcised or uncircumcised, barbarian, Scythian, slave or free, but Christ is all, and is in all.

### Gospel Reading

### Luke 11:1-13

*Hear the Gospel of our Lord Jesus Christ according to Luke*

**Glory to you, O Lord**

Someone in the crowd said to him, 'Teacher, tell my brother to divide the inheritance with me.'

<sup>14</sup>Jesus replied, 'Man, who appointed me a judge or an arbiter between you?' <sup>15</sup>Then he said to them, 'Watch out! Be on your guard against all kinds of greed; life does not consist in an abundance of possessions.'

<sup>16</sup>And he told them this parable: 'The ground of a certain rich man yielded an abundant harvest. <sup>17</sup>He thought to himself, "What shall I do? I have no place to store my crops."

<sup>18</sup>'Then he said, "This is what I'll do. I will tear down my barns and build bigger ones, and there I will store my surplus grain. <sup>19</sup>And I'll say to myself, 'You have plenty of grain laid up for many years. Take life easy; eat, drink and be merry.'"

<sup>20</sup>'But God said to him, "You fool! This very night your life will be demanded from you. Then who will get what you have prepared for yourself?"

<sup>21</sup>'This is how it will be with whoever stores up things for themselves but is not rich towards God.'

*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, whose Son is the true vine and the source of life, ever giving himself that the world may live: may we so receive within ourselves the power of his death and passion that, in his saving cup, we may share his glory and be made perfect in his love; for he is alive and reigns, now and for ever. **Amen**

## School ties!

I thought you might be interested in some of the things which have been happening for children and youth over the last few months. In particular I wish to focus on the church's growing relationship with the primary schools – both at Long Melford and at Lawshall.

The children from each school visited their respective Church for Easter celebrations which were joyous. At All Saints, Lawshall this was followed up by a very successful Messy Church on Palm Sunday, complete with visiting donkey. It was such a success we ran out of the delicious homemade sausage rolls and cookies quite early on! The All Saints pupils then joined us at Church again in June to celebrate Pentecost.

At Long Melford Primary School we also focused on Pentecost: I was invited in to run a workshop for the Year1 and 2 classes. We had 5 different craft activities which the children then used to help illustrate the story of Pentecost for the whole school (some of their offerings may be seen in the display at the back of Church).

This month I have been lucky enough to see the children at LMPS twice. A few weeks ago I led worship in school on the subject of 'Do not be afraid' (did you know that phrase is used 365 times in the Bible?). We focused on supporting and encouraging one another through times of change and remembering that God is with us as we face new challenges and move on. Then on Thursday, the whole school came to the Church to say farewell to the Year 6 who will be starting new schools in September. It was wonderful to hear their memories and wonderful singing from all classes.

Back in May, I set up Prayer Stations for the pupils of Long Melford which each class visited. Teacher and congregation member Marie Ryan reported back that many children visited the prayer stations outside of their class time-tabled slots. That is good news indeed!

Of course we still run the weekly toddler group (and it is great to see a number of families now regularly attending some form of service); and the monthly youth group Fusion is going strong - we had 26 join us last week for a BBQ, rounders and water games on the Glebe Land. Many of our group came to us first, through our ties with the school. Connect, Fusion and the Church were also all involved in making squares for the Jubilee patchwork.

As the last of our weekly '4 o'clock community' services before the August break, it is our Messy Church Picnic at 4 o'clock this Sunday, once again on the Glebe Land (weather permitting). We pray that the Holy Spirit is with us and touches all who join us, and His blessing is with all those people the Church has come into contact with this year and in the future.

Have a happy and safe summer everyone, Pam (*Family and Childrens' worker*).

*(note from Rector – thankyou Pam, and all who have contributed to the above. We also have church members who are governors at Long Melford School and one or two on staff. Please pray for our schools, children, and staff.)*