

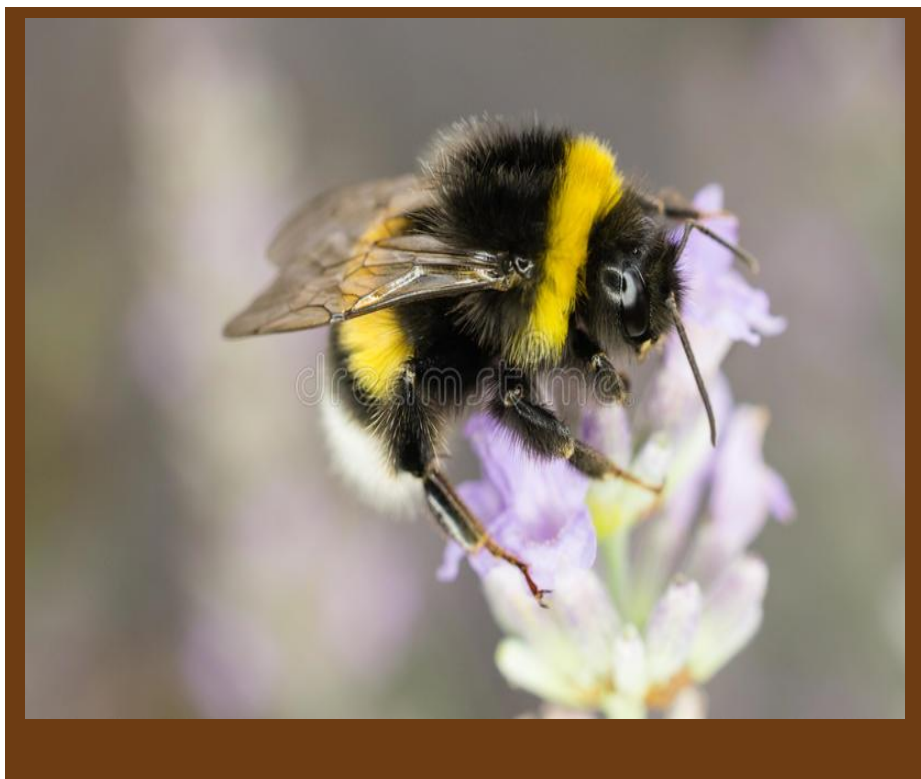
St. Mary's Church, Mildenhall

'Jesus Christ is Lord.

We seek to share His love and Care.

'WE KNOW THAT ALL THINGS WORK TOGETHER  
FOR GOOD FOR THOSE WHO LOVE GOD FOR THOSE  
WHO ARE CALLED ACCORDING TO HIS PURPOSE.

ROMANS 8:28



**JULY 2023**

# Services in July



## **Saturday 1<sup>st</sup>**

## **Churches Together**

9.00am Prayers at King's Church

## **Sunday 2<sup>nd</sup>**

## **Fifth Sunday after Trinity**

11.00am Holy Communion with Prayers for healing

*Bible Reading Romans 11:33-36, 12:1-8*

4.00pm Fun and Faith

## **Friday 7<sup>th</sup>**

## **First Friday**

4-4.30pm Holy Communion (new time)

## **Sunday 9<sup>th</sup>**

## **Sixth Sunday after Trinity**

11.00am All age Holy Communion

*Bible Reading Romans 8:1-11*

2.30pm Songs of Praise at Mildenhall Lodge

## **Sunday 23<sup>rd</sup>**

## **Seventh Sunday after Trinity**

11.00am Holy Communion

*Bible Reading Romans 8:12-25*

## **Sunday 30<sup>th</sup>**

## **Eighth Sunday after Trinity**

11.00am Holy Communion with Celtic style prayers

*Bible Reading Romans 8:26-39*

## A Note from Sue

It's a time to especially be outside and enjoy the creation around us. Here are some words from the Jesuitresource web-site. I hope they encourage you to grow closer to God as you linger in the summershine.

### **Giving Thanks For Summer**

*Father, Creator of all, thank You for summer!*

*Thank you for the warmth of the sun and the increased daylight.*

*Thank You for the beauty I see all around me*

*and for the opportunity to be outside and enjoy Your creation.*

*Thank You for the increased time I have to be with my friends and family,  
and for the more casual pace of the summer season.*

*Draw me closer to You this summer.*

*Teach me how I can pray no matter where I am or what I am doing.*

*Warm my soul with the awareness of Your presence  
and light my path with Your Word and Counsel.*

*As I enjoy Your creation, create in me  
a pure heart and a hunger and a thirst for You.*



### **Sun's Embrace**

*The warmth of the sun's embrace,*

*the gentle breeze swept in by incoming tide, the rhythm of seasons,  
of new birth, death and recreation.*

*All these speak so clearly of your love, your power and your beauty.*

*All are expressions of your creativity, and more importantly of yourself.*

*As an artist might share his personality within each brushstroke,  
so within the myriad colours of a butterfly's wing*

*you share the exuberance of your love - Found on: [www.faithandworship.com](http://www.faithandworship.com)*

### **Breathe of Summer**

Creator God who breathed this world into being,

who is discernible within the harmony of nature,

the perfection of a butterfly's wing, the grandeur of a mountain range,

the soaring eagle and humming bird, thank you for this world

which you have created.

Thank you for summer sun, which reminds us that your creative breath  
is still alive and active.

Thank you for the warmth of your love, sustaining this world, your garden.

- Found on: [www.faithandworship.com](http://www.faithandworship.com)

**God's blessings,**

**Sue**



## **Churches Together Mildenhall prayer time Kings Church on 1<sup>st</sup> July.**

**9.00-9.45AM Prayer for the Local Community.**

**Please come to join in, everybody is welcome. We want to actually show that **we do** place an importance on praying with other Christians from the town. Please come along for this short time of prayer.**

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## **FIRST FRIDAY MONTHLY SERVICE**



**\*\*New Time\*\***

**7<sup>th</sup> July 2023 4.00pm-4.30pm**

**Please come along to this daytime service;**

**Our short service of Holy Communion using the book of common prayer. Followed by a cup of tea.**

A service designed for everybody including those who would like to come to an extra service. As well an opportunity to invite and come with someone who may not come another time. Everybody is welcome.



**Wednesdays 4.15pm after  
4.00pm prayers.**

## **BIBLE BOOK TIME**

**Please come along for this informal time to chat, learn and spend time together looking at the Bible. At the moment we are reading Daniel and it is a good easy read. If you have any parts of the Bible you're interested in please see Sue. When there is a group looking at one book much more understanding can be found.**

# WAYS OF GIVING

## NEW IN

All that's needed is a tap with a bank card - just like shopping.

This really helps- as while we appreciate all donations- it takes time to make arrangements for cash to be counted by two people- paperwork filled in, someone then collecting and taking it to the mobile bank (when it's here) and then the treasurer collating all the paperwork. All this is avoided by one tap of a card.

Why not have a go please? Amounts can be varied, Gift Aid (adding an extra 20% to your gift) can be claimed as an optional extra

**Parish Giving Scheme (PGS)** supports the Church of England maintain a **presence** in all our towns, cities and villages.

The PGS is a direct-debit scheme allowing donors to give on a weekly, quarterly or annual basis, with Gift aid and inflationary options.

It is designed to support churches by a simple and secure service.

-New donors can set up

- online, [parishgiving.org.uk](http://parishgiving.org.uk)

-or by phone 0333 002 1271,

-Via the Diocesan web-site (search Gift form)- printed and posted, or filled in online.

-or paper application forms are available on the table at the back of church

**Or by simply using the QR code.**



**General Fund**

## JULY PRAYER FOCUS

During July we are focusing our prayers on Newmarket and district Youth for Christ.

Still pray for planning for PULSE 2023 this Autumn term (Oct - Nov) will progress well and smoothly, that the planning group will really 'know' Gods leading.

The possibility of Churches Together in Newmarket starting a joint Youth Group. Possibly youngsters returning to Lunch Clubs, Chaplaincy. Freezone. # Youth groups returning and developing, in some new places. The 13 youngsters that have booked into the New Day Summer Event with N&D  
**Along with all the young people in St Mary's church here who are preparing for confirmation in October. Also we pray for Sarah and Joshua who marry in St Mary's church on 27<sup>th</sup> July**

### **Confirmation October 8<sup>th</sup> 11am**

**Bishop Mike will be coming.**

**There will be opportunities to talk through the basics of faith and explore about confirmation. On the second Sunday of the month at 11.00am Sunday service looking at the creed – starting 11<sup>th</sup> June. If you are thinking about confirmation please speak to Sue and come to these services.**

### **Update from PCC**

**Photographs of the current Parochial Church Council (PCC) are displayed in the porch,**

**PCC accounts for 2022 are now complete, please see Sue if you would like to see a copy.**

**More prayer is needed for God's blessings to win through.**

**Prayer needs – for St.Mary's church and the community we serve.** Please take at least one of these areas of prayer to pray about daily:

1. Visitors who come to the church to view or to pray. For the church to be safe and a place of peace.
2. Our church finances
3. Maintenance and building projects
4. Schools- teachers, pupils, new head teacher at St.Mary's Academy. School holiday time, exam results, moving on.
5. Families and young people
6. Those preparing for baptism and/or confirmation
7. The PCC in making decisions and plans
8. Elderly people of the church family, in the town and Care Homes
9. Interviews for a new Team Rector (+ for Lark and Lee group) in September
10. Our need to grow, encourage faith and foster new faith
11. Praying, worshipping and working with the other churches in the town
12. Our Sunday worship in church, on facebook and through the radio.

# **THANK YOU to everyone who has donated both money and supplies to the Emergency Supply Boxes.**

They have been a real lifeline to people that have used them. However now someone is needed to take charge of their organisation. Just to make sure the boxes are topped up regularly. Also to make sure that the correct supplies are in the correct box. To do shopping with cash donations and general house keeping.

**CAN YOU HELP AND BE AN EMERGENCY SUPPLY BOX CHAMPION.**



**Plus Plant Table has returned, time to think about next seasons vegetables and flowers. The plant table makes a good home for surplus seedlings. Please label any donations.**

**Donations of plants, seeds and produce indoor and out are welcome. Don't forget, you don't have to bring something to take something away (and you don't have to take something away just because you bring something!).**



**When things are bad and you're feeling sad.**

■ **Just tune in online and all will be fine!**

■ Every Sunday from 11.00am a pre-recorded service is available on



**St. Mary's Church, Mildenhall Facebook.com web page.**

You can also listen to the same service on Zack FM community radio (FM 105.3) on Sunday



**Come and join in the**

# **Clean Up Day**

**St Mary's Church and  
Churchyard**

**Saturday 5<sup>th</sup> August**

**From 9.00am**

**Please come along and join  
in the great clean up day.**

**There's a task to suit  
everyone and everyone is  
welcome.**



## Co-Eco Builders – July: Focus on Plastic Bag Free Day

Following on from last month's World Environment Day 2023 focused on solutions to plastic pollution. This month we are taking a look at plastic carrier bags and recognising International Plastic Bag Free Day on 03 July 2023.

Did you know that approximately 500 billion plastic bags are in use at any one time on a global scale? Many of these bags will end up littered all over the planet having a detrimental effect on the environment, wildlife and human health. The marine ecosystem in particular is suffering immensely as a result of plastic pollution. More than 30 species of marine mammals are known to have ingested marine plastic whilst over 100 species of sea birds have ingested plastic artefacts. In the ocean are massive reefs, floating islands that reach hundreds of miles in length, made up of all sorts of plastic waste including bags. Resulting in many more creatures having become entangled in plastic, including sea lion and seal species.

International Plastic Bag Free Day is dedicated to heightening awareness about these and very real and pressing issues brought about by this most popular of disposable carrying devices. We are reminded that those bags we pick up from the retailers are used for an incredibly short time, usually under 25 minutes, and are then disposed of. They may pass out of our thinking then, but they do not pass out of our world. Plastic bags remain in the world for anywhere from 100-500 years before finally decaying completely. International Plastic Bag Free Day gives us an opportunity to remind ourselves, that every bag we dispose of, effects the lives of everyone in the world for generations to come.

### What You Can Do

- Spend time in prayer and considering ways to inhabit our common home more sustainably and take action to preserve creation in all its brilliance and complexity.
- Reduce, reuse, and recycle! If you have some plastic bags lying around, don't throw them away. You can use them as extra bin bags or an alternative to a lunchbox as just a couple of examples.
- Stop using plastic bags. The best way to celebrate is also the easiest to do. Wherever you find yourself on July 3rd, from the supermarket to a restaurant, make sure not to use and not to ask for any plastic bags.

### Why not sew a Re-useable Shopping Bag?

There are lots of tutorials available on the internet – here is one you could try: <https://www.youtube.com/watch?v=5drUqZlzygc>

You could make your bag more sustainable by recycling some old fabric, such as an unwanted tablecloth or pillowcase, to create your bag.

# **Thank you for all your collections for WaterAid. £215.00**

**has been sent to help supply water to those who need help to secure a clean water supply. The change clean water can bring to a community is amazing. Health happiness and hygiene. All helping prosperity more time can be spent on education and earning a living wage rather than collecting and recovering from drinking dirty water.**

**There is a service at Mildenhall Lodge on July 9th Songs of Praise at 2.30pm- Please come along to join in and encourage the residents too as well.**

**Don't forget the church is a lovely place to drop in when you come into town. It's always cool, peaceful and calm. An ideal place for a few still moments in a hectic life. Feel free to call in just spend quiet time with The Lord, checking all is safe and calm.**



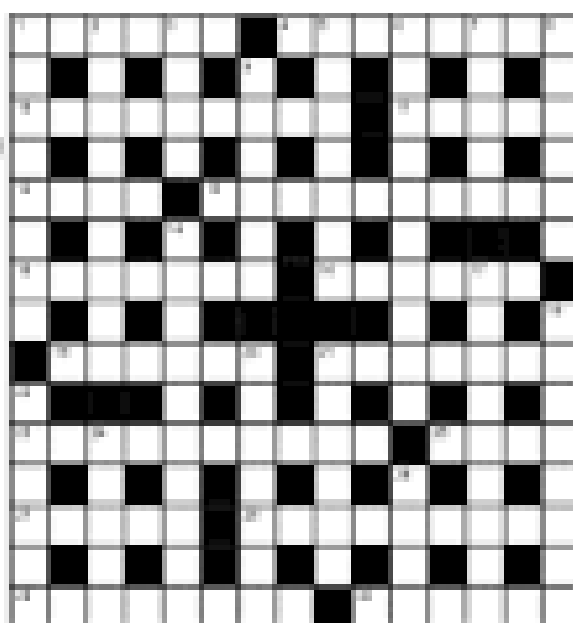
# BIBLE CROSSWORD I

## Across

1. An ancient weight (6)
4. Seamed (6)
10. New Testament book (7)
11. Unit of length (6)
12. '...is a \_\_\_\_\_ thing  
thinking requires'  
(Dan 2:11) (4)
13. Contemplation (10)
15. Abigail's supply (David  
with one hundred  
clusters of these) (7)
16. A son of King David (5)
19. Concurred (6)
21. Light source (7)
23. Propitiation (10)
25. A labor-god (4)
27. Gather (5)
28. Adamah's wife (4)  
Her (7)
29. Instruction (8)
30. Hastily (6)

## Down

1. Laid animal  
workers (6)
2. Inspiring (6)
3. Compass point (4)
5. Intense emotion (7)



by PhiloType

© BiblePuzzles.org.uk

6. The words of Jeremiah  
caused to listen to  
these (10)

7. Jewish leader (5)

8. 'He is proud, knowing  
nothing, but \_\_\_\_\_  
about questions and  
series of words...' (1 Tim 6:4) (14)

9. Bread makers (6)

14. In the year of King  
Nebuchadnezzar's reign,  
Nebuzadnezzar arrived in  
Jerusalem (10)

17. Ancient city of Qig, King  
of Babylon (7)

18. Damaged instrument (8)

20. Joseph's (perhaps) (7)

21. Tiny amount (6)

22. Jesus did this with  
authority (6)

24. Last letter of the Greek  
alphabet (3)

26. Province of the Roman  
Empire (4)

On a

An invitation to

St. Mary's Church Mildenhall

"Fun and faith for all"

Celebrating

"The life of trees"

Sunday July 2nd 4.00-4.45pm



Meet in Church for a song and nature hunt.

Then outside weather permitting for practical  
activities and Crafts.

Finishing with a song and prayer.

For all ages. All welcome.

For more information– please contact Sue

- 01638 711930 [stmmildenhall@aol.com](mailto:stmmildenhall@aol.com)

# Calling all volunteers

## Your Church needs you

There are a number of situations vacant please have a think and pray to see if one of the roles would suit you.

Two more people are needed to help on the cleaning rota. Meeting up once a month.

Someone to co ordinate card making workshops as part of a coffee morning

Someone to help on a rota for the soundesk

People to join Prayer ministry team  
(Training will be given)

Someone to coordinate the shopping and topping up of donations and checking there's always something available.

People to lead the Intercession prayers on a Sunday morning  
(guidance will be given).

If you think you can fill any of these roles please speak to Sue. The church is such a magnificent building which we are blessed to have. Together we can make it a warm and friendly place for people to come and join in. Thank you to all those helped with the open tower your help is very much appreciated. The next Open Tower date is to be confirmed.

The church will be open for prayer during the following times:

Tuesdays: 9:30 – 10:00 AM (Service from 9:45 – 10:00 am)

Wednesdays: 4:00 – 4.15 PM Evening Prayer

Thursdays: 7:30 – 8:00 PM (Compline from 7:45 – 8:00 pm)

Fridays: 9:30 – 10:00 AM (Service from 9:45 – 10:00 am)

### Emergency Supply Boxes

All donations are needed and appreciated. Your generosity helps those in need. Please feel free to drop donations in the back of the Church. Milk, toiletries and tins of meat and fish are especially needed. Thank you for helping the community.

### **PLEASE TAKE NOTE**

**YOU ARE WELCOME TO CONTINUE TO WEAR MASKS OR SOCIALLY DISTANCE AND/OR TO USE HAND SANITIZER.**

**YOU MAY SIT WHERE YOU LIKE IN THE CENTER PEWS. PLEASE LEAVE THE SIDE AISLES FREE FOR THOSE WHO WOULD LIKE MORE SPACE.**

### Updated Contacts List

Rev. Sue Leathley: 8 Church Walk 01638 711930

[stmmildenhall@aol.com](mailto:stmmildenhall@aol.com)

Andrew Borrett (Church Warden): 01638 713538

[andrew.borrett@hotmail.com](mailto:andrew.borrett@hotmail.com)

Carole Sinclair (Church Warden): 01638 562979

[Carolesinclair53@gmail.com](mailto:Carolesinclair53@gmail.com)

Brian Sinclair (Deputy church warden (07720827057)

[briansinclair@gmail.com](mailto:briansinclair@gmail.com)

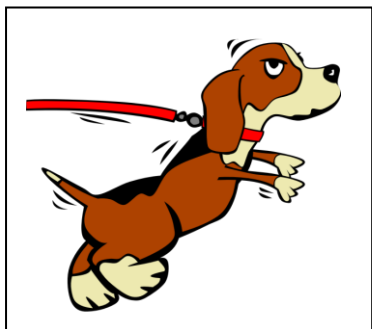
June Flogdell Deputy Church Wardens Church Warden):

Suzy (Administrator): 07579 018645 Fridays 10-11pm in the cottage rooms [officestmm@gmail.com](mailto:officestmm@gmail.com)

Jane Busuttil Treasurer [churchfinstmm@gmail.com](mailto:churchfinstmm@gmail.com)

## Buddy's Blog

Woof, woof to you all.



The weather is warming up beautifully now – and it's time for lounging in my doggie bath on the garden. BUT that's about all I am allowed to do, because it's BE KIND TO the wildlife time!!!

All the time, I'm getting, don't chase the birds- mind the baby robins, blackbirds, greenfinches, dunnocks and blue tits. I'm not even supposed to chase the big fat pigeons.

And it's be careful of the frogs. Mind out for the hedgehogs (we have a family and a baby) is fair enough because the prickles get in my nose. Also, ducking out of the way of the bats as they swoop down is OK. But all the time, I'm getting - leave the bees alone, don't chase the butterflies, don't squash the ladybirds and even look after the wasps.

Never mind BE KIND TO the wildlife. What about be kind to Buddys? Then Mum explained that I have it easy. My environment and food source are not under threat. I don't have to worry about where I will get shelter, of if it is too hot or cold, or wet, or where my next meal will be coming from.

So, yes, I'm going to be kind to wildlife and other animals. And I have taken a deep breath and going to hand over this space to a cat. Yes, you heard me – a cat! I'm having a little holiday and Suzy, St.Mary's administrator's cat is going to say a few words, or mia-ows. I hope she is kind to the wildlife too...

I will be back one day, but for now it's woof, woof, goodbye for a while and have a good summer- and don't forget the wildlife,

s.

**Yours Buddy, the vicarage dog..**

